

# Focus on Wellness

## Preventing Influenza

As winter rolls around and the weather changes we all need to ensure we take precautions to prevent the flu so we can enjoy our time with family and friends. Symptoms of the flu consist of muscle aches, dry cough, sore throat and a runny or stuffy nose. More serious symptoms like chills, pain in the chest or abdomen, shortness of breath, confusion and abrupt dizziness, diarrhea and coughing up phlegm may require hospitalization.

**Here's some easy steps to staying healthy during the winter season.** Using these small tips will help you and your love ones have a wonderful winter season.

- **Get your flu shot.** Annual immunizations help as a first line of defense in preventing the flu.
- **Wash your hands.** One of the easiest ways to prevent germs and infections is frequently washing your hands. For instances where there is not soap and water, use an alcohol-based sanitizer.
- **Drink plenty of water.** Staying hydrated helps keep your body strong and ready to fight off infections.
- **Get plenty of rest.** Getting adequate sleep (7-9 hours) keeps your immune system strong to fight off germs.
- **Cover your mouth and nose when sneezing or coughing.** This prevents droplets from reaching others, which helps prevent the spread of germs. Best practice is to cough into your elbow and not your hands where you are more likely to spread germs from touching.



# Providence Place SENIOR LIVING News

Q1: January 2020



## Dimensions of Wellness

Community \* Spirit \* Mind \* Physical \* Social

## Welcome New Residents

Shirley Bauser  
 Gary Kolick  
 Norma Hadesty  
 Olga Peshock  
 Mary Louise Roeder  
 Walter Yanosky  
 Kenneth Long  
 Rita Laspina  
 Janet & Joe Weschules

## Resident Birthdays

### January

Theresa Hardnock  
 Margaret Pavlovitz  
 Marian Zimmerman  
 Oscar Zeiler  
 Agatha Mooney  
 Nancy Harner  
 Dorothy Major

### February

Louise Overkott  
 Jeanette Ward  
 Mae Tobin  
 George Flanagan  
 Sandra Lurwick  
 Charlotte Capello  
 Olga Peshock  
 Sylvia Kulp  
 Faye Davis  
 Shirley Bauser

### March

Anne Stefanski  
 Joan Koehler  
 Sue Wartella  
 Lee Lengel  
 Barbara Arnold  
 Anita Fisher  
 Elisabeth Garreis  
 Eugene Suda  
 Richard Harvey  
 Dorothy Faust  
 Nellie Terefinko  
 Janet Ruch  
 Violet Pogera  
 Russell Schade  
 Alberta Spina

## A Note from the Executive Director

As we usher in the New Year here at Providence Place of Pottsville, our residents and families will be seeing some positive changes to our newsletter. Some changes might include format or even dialog along with content. Our goal is to make the newsletter more enjoyable and easier to convey important information. Providence Place will be focusing on what makes us stand out from the rest. That would be our residents, families and co-workers!

As we make memories with our Providence Place family, we want to share the experiences with everyone as a community. We will continue to express our respect, kindness and compassion will be efforts to continue to be a leader in the personal care / assisted living field.

Some important focuses for 2020 at our Pottsville campus, we will be replacing our art work throughout the building from gold frames to brown. Also, we will be updating the carpeting and hallway paint throughout the building. Please feel free to take a leisurely walk to enjoy all the new surroundings when finished.

Thank you for allowing me to be part of the Providence Place family and sharing this wonderful rewarding experience.

Humbly,

*Tanya Hoy*  
Executive Director

## Upcoming Events

### January

- 2 – Horse & Carriage Ride with Santa  
6:00 – 8:00 pm
- 2 – Art Class with Shannon Hailey  
2:00 pm
- 9 – “Interacting with Dementia”  
with Bayada Health Service @ 2:00 pm
- 17 – Cooking Demo with Chef Kyle  
2:00 pm
- 29 – Explore Local History  
Presented by Schuylkill Historical Society  
2:00 pm

### February

- 6 – Painting Canvas with Shannon Hailey  
2:00 pm
- 14 – Providence Place Couples Meal  
11:30 am
- 21 – Cooking demo with Chef Kyle  
2:00 pm

### March

- 5 – Art Class with Shannon Hailey  
2:00 pm
- 17 – St. Patrick’s Day Party  
Entertainment by The Shoreliners  
2:00 pm
- 27 – Cooking demo with Chef Kyle  
2:00 pm
- 31 – Drumming with Joe Ciarvilla  
2:00 pm




For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://www.Facebook.com/ProvPlace).



To sign up to receive this quarterly newsletter and monthly events calendar via email. Please contact us to subscribe at [ProvidenceRetirement@gmail.com](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1>January 2020</h1>			<b>1</b> New Years Day 9:30 New Year's Word Puzzles (SL) 10:00 Music of the Year's Past (A) 11:00 —1:00 Wine & Dine (ND/SD) 2:00 Yahtzee (A) 3:00 Connect Four (SL) 6:15 Card Games (A)	<b>2</b> 9:00 Shopping Run: Walmart***\$\$ (OOB) 10:30 Finish My Lines (A) 2:00 Art Class with Shannon (A) 3:00 Dining Services Committee (CR) 3:30 Lite & Lively Exercise (A) 6 - 8 Santa Horse & Buggy Rides (ML) 6 - 8 Helping Hands: Serve Hot Chocolate (ML)	<b>3</b> 10:00 Are You Smarter than a 5th Grader? (A) 11:00 Community Life Committee (A) 1:15 Zumba Fitness by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 UNO (SL) 3:00 Cocktail Hour (A) 6:15 Kings in the Corner (A)	<b>4</b> 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Card Games (SL) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo\$\$ (LD) 3:00 Helping Hands: Setting the Tables (DR) 3:30 Walk for Health (ML) 6:15 Bunco with Friends (A)
			<b>5</b> 8:30 Prayer Group (C) 8:45 Trinity Lutheran Church** (OOB) 9:10 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** (OOB) 11:00 —1:00 Wine & Dine (ND/SD) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Movie: <i>The Notebook</i> (A) 6:15 Schuylkill Monopoly (A)	<b>6</b> 11:00 Welcoming Committee (A) 1:15p Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Yahtzee (SL) 4:00 Food for Thought 101 (A) 6:15 Bunco with Friends (A)	<b>7</b> 9:30 Bible Study with Al & Terry (A) 10:00 Reminisce in Song (SL) 11:00 Confident Cruisers (ML) 2:00 Musical Entertainment by Cathy Donnelly (C) 3:30 Bands & Boxing Exercise (A) 4:00 Words within a Word (A) 6:15 Nickel Bingo\$\$ (A)	<b>8</b> 9:30 Donuts, Coffee & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 Wine Social (A) 2:00 Shopping Run: Walmart***\$\$ (OOB) 3:00 Fireside Chat (A) 3:30 Crocheting Circle (SL) 6:15 Nickel PO-KE-NO\$\$ (A)
<b>12</b> 8:30 Prayer Group (C) 8:45 Trinity Lutheran Church** (OOB) 9:10 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** (OOB) 11:00 —1:00 Wine & Dine (ND/SD) 2:00 Movie: <i>Good Sam</i> (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Shopping Run: Walmart***\$\$ (OOB) 6:15 Schuylkill County Monopoly (A)	<b>13</b> 10:00 Trivia (A) 11:00 Welcoming Committee (A) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Yahtzee (SL) 4:00 Food for Thought 101 (A) 6:15 Bunco with Friends (A)	<b>14</b> 9:30 Bible Study with Al & Terry (A) 10:00 Color Me Calm (A) 11:00 Confident Cruisers (ML) 2:00 Musical Entertainment by Entertainment John Bauer (ND) 3:30 Balance in Motion (A) 4:00 Cranium Crunches (A) 6:15 Nickel Bingo\$\$ (A)	<b>15</b> 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 Wine Social (A) 2:00 Shopping Run: Walmart***\$\$ (OOB) 3:00 Finish My Lines (A) 3:30 Crocheting Circle (SL) 6:15 Nickel PO-KE-NO\$\$ (A)	<b>16</b> 9:00 Bank & Post Office Run** (OOB) 10:00 Diners Caravan: Cracker Barrel Old Country Store***\$\$ (OOB) 11:00 Confident Cruisers (ML) 2:00 Educational Presentation on <i>Sensitivity to Dementia</i> by Heartland Home Health Care (C) 3:00 Dining Services Committee (CR) 3:30 Lite & Lively Exercise (A) 6:15 Nickel Polish Bingo\$\$ (A)	<b>17</b> 10:00 Wall Scrabble (A) 11:00 Community Life Committee (A) 1:15 Zumba Fitness by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Chef's Table by Chef Kyle (CR) 3:00 Cocktail Hour (A) 6:15 Kings in the Corner (A)	<b>18</b> 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Card Games (SL) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo\$\$ (LD) 3:00 Helping Hands: Setting the Tables (DR) 3:30 Walk for Health (ML) 6:15 Bunco with Friends (A)
<b>19</b> 8:30 Prayer Group (C) 8:45 Trinity Lutheran Church** (OOB) 9:10 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** (OOB) 11:00 —1:00 Wine & Dine (ND/SD) 2:00 Movie: <i>And Still I Rise</i> (A) 2:00 Rosary & Communion with Deacon Henninger (C) 6:15 Schuylkill County Monopoly (A)	<b>20</b> Martin Luther King Jr Day 10:00 Bowling With Xbox (A) 11:00 Welcoming Committee (A) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Yahtzee (SL) 4:00 Food for Thought 101 (A) 6:00 Bunco with Friends (A)	<b>21</b> 9:30 Bible Study with Al and Terry (A) 10:00 Don't Say It (A) 11:00 Confident Cruisers (ML) 2:00 Musical Entertainment by Cindy Robertson (ND) 3:30 Bands & Boxing Exercise (A) 4:00 Words within a Word (A) 6:15 Nickel Bingo\$\$ (A)	<b>22</b> 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 edU-Wellness Presentation <i>Flu Prevention</i> by Ann Burke (C) 2:00 Shopping Run: Walmart***\$\$ (OOB) 3:00 Wine Social (A) 3:30 Crocheting Circle (SL) 6:15 Nickel PO-KE-NO\$\$ (A)	<b>23</b> 9:00 Bank & Post Office Run** (OOB) 10:00 Day Excursion: Tamaqua Railroad Station** (OOB) 2:00 Kazooing to the Oldies (A) 3:00 Card Games with Friends (SL) 3:30 Lite and Lively Exercise (A) 6:15 Nickel Polish Bingo\$\$ (A)	<b>24</b> 10:00 Hangman (A) 11:00 Community Life Committee (A) 1:15 Zumba Fitness by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 UNO (SL) 3:00 Cocktail Hour (A) 6:15 Kings in the Corner (A)	<b>25</b> 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Card Games (SL) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo\$\$ (LD) 3:00 Helping Hands: Setting the Tables (DR) 3:30 Walk for Health (ML) 6:15 Bunco with Friends (A)
<b>26</b> 8:30 Prayer Group (C) 8:45 Trinity Lutheran Church** (OOB) 9:10 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** (OOB) 11:00 —1:00 Wine & Dine (ND/SD) 2:00 Movie: <i>The Stranger</i> (A) 2:00 Rosary & Communion with Deacon Henninger (C) 6:15 Schuylkill County Monopoly (A)	<b>27</b> 10:00 Bowling With Xbox (A) 11:00 Welcoming Committee (A) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Yahtzee (SL) 4:00 Food for Thought 101 (A) 6:15 Bunco with Friends (A)	<b>28</b> 9:30 Bible Study with Al & Terry (A) 10:00 Men's Club Outing** (OOB) 11:00 Confident Cruisers (ML) 2:00 Drum Class by Joe (A) 3:30 Balance in Motion (A) 4:00 Cranium Crunches (A) 6:15 Nickel Bingo\$\$ (A)	<b>29</b> 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 Educational Presentation by Schuylkill County Historical Society (C) 2:00 Shopping Run: Walmart***\$\$ (OOB) 3:00 Color Me Calm (SL) 3:30 Crocheting Circle (SL) 6:15 Nickel PO-KE-NO\$\$ (A)	<b>30</b> 9:00 Bank & Post Office Run** (OOB) 10:30 Finish My Lines (A) 2:00 Table Tennis (A) 3:00 Poetry Reading (SL) 3:30 Lite & Lively Exercise (A) 5:00 January Birthday Celebration Dinner (CR) 6:15 Nickel Polish Bingo\$\$ (A)	<b>31</b> 10:00 TV Trivia (A) 11:00 Community Life Committee (A) 1:15 Zumba Fitness by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 UNO (SL) 3:00 Cocktail Hour (A) 6:15 Kings in the Corner (A)	<b>Calendar Key:</b> (ML) Main Lobby, (A) Activity Room (CR) Club Room, (ND) North Dining Room, (SL) South Lounge, (C) Chapel (OOB) Out of Building ** Registration Required \$\$ Cost Involved