

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: March 2020



Dimensions of Wellness

Welcome New Residents

Dr. Domingo Garcia
Donald Begalke
Ruth Sheruda
Joel Brown
Jane Hause

Resident Birthdays

March

Almeta McClain
Edward Zarger
Jay Lightfoot
Charlotte Lowman
June Doolittle
Esther Wagner
Vivian Reilly
Glenn Schultz
Sis Fox
Dean Thomas

A Note from the Executive Director

It is hard to believe that another year has passed and we are beginning a new decade. When I was a small child, I recall my grandmother (who I affectionately called MawMaw) telling me “wait until you get older and you will see how quickly time flies!”

My grandmother was right about this and so many other things. And so, as the business of the holidays are behind us and we are beginning to set goals or resolutions for a new year, I challenge each of you to reflect on your individual time and how it is spent. Are you doing things that you enjoy? Are you willing to try something new? Is there something on your “bucket list” that you have always wanted to do?

There are many opportunities available during the upcoming weeks and months provided by Providence Place and our Community Life programs. Try something new – you might like it! You never know until you try...

Blessings,

Holly Townsend
Executive Director

Upcoming Events

March

- 9 – Preventing a Terrorist Attack Seminar @ 10:00 am
- 17 – Lucky St. Patty’s Day Bingo & Social Extravaganza 2:00 pm
- 22 – Chambersburg Capital Theatre Visit Nana’s Naughty Knickers @ 1:15 pm



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at 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.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 March Monthly Gazette (P) 1:00 Helping Hands (3A) 2:00 Musical Entertainment by Bryan Herber (3A) 3:00 Polish & Nail Care (3A) 6:30 Evening Worship (2A)	2 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Armchair Detective (P) 1:00 Helping Hands (3A) 1:30 I Love Lucy Short Clips (3A) 3:00 Drumming Circle with Nancy (CN) 3:00 Social Hour (P) 3:30 Table Topics And Discussion (P)	3 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 EdU: Wellness Talk COPD 10:45 Morning Meeting (P) 1:00 Bible Study (PDR) 2:30 Literacy for All Ages with Olivia (CN) 3:30 Friends Helping Friends: Crafts (CN)	4 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Yoga With Lara (CN) 10:30 Morning Meeting (P) 1:00 Helping Hands (3A) 1:30 Art Class: Pottery (3A) 3:00 Popcorn Stand (FL) 3:30 Kitchen Creations: Apple Pie Crescent Rolls	5 9:00 Walk & Roll Walking Group (3A) 9:45 Dance Class With Jess (FL) 10:15 Morning Meeting (P) 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 1:30 Prize Bingo! (3A) 3:00 Prepping for Employee Appreciation Day (3A) 3:45 Puzzle Club With Friends (3A)	6 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Living Unlimited Music by Kelsey (CN) 10:30 Morning Meeting (P) 1:00 Helping Hands (3A) 1:30 Memory Magic (3A) 2:30 Musical Entertainment By: Dave Powers (CN) 3:00 Social Hour (P) 3:30 Table Topics Discussion (P)	7 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Brain Games (P) 1:00 Helping Hands (3A) 2:00 Gospel Sing Along (CN) 3:00 Coupon Clipping for Vets (3A) 3:30 Crossword Puzzles (3A)
8 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Finish The Lines (P) 1:00 Helping Hands (3A) 1:30 Puzzle Club (3A) 2:00 Polish & Nail Care (3A) 2:30 Musical Entertainment By: Leo DiSanto (CN) 3:15 International Women's Day Tea Talk (C) 6:30 Evening Worship (2A)	9 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Would You Rather Game (P) 1:00 Helping Hands (3A) 1:30 Faces & Places (3A) 2:15 Scrabble (3A) 3:00 Social Hour (P)	10 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 1:00 Helping Hands (3A) 1:00 Bible Study (PDR) 2:30 Literacy for All Ages with Olivia (CN) 3:30 iN2L: Hymn Sing-Along (CN)	11 8:00-9:00 Breakfast Club (P) 9:00 Walk & Roll Walking Group (3A) 10:00 Morning Meeting (P) 10:15 Club Committee Meeting (P) 1:00 Helping Hands (3A) 1:30 Prize Bingo! (3A) 2:30 Musical Entertainment By: Jeanie Kent (CN) 3:00 Coffee Talk Social (P) 6:30 Musical Entertainment By: Robert Twine (2A)	12 9:00 Walk & Roll Walking Group (3A) 9:45 Dance Class With Jess (FL) 10:15 Morning Meeting (P) 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 2:00 Musical Entertainment by Tom Schultz (2A) 3:00 Saint Patrick's Day Craft (3A) 3:45 Girl Scout History & Facts (3A)	13 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Finish The Lyrics (P) 1:00 Helping Hands (3A) 2:00 Memory Magic (3A) 3:00 Social Hour (P) 3:30 Table Topics & Discussion (P)	14 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Finish The Lines (P) 1:00 Helping Hands (3A) 1:30 Musical Entertainment by Jessica Snyder (2A) 3:00 Coupon Clipping For Vets (3A) 3:30 Crossword Puzzles (3A)
15 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Act of Kindness Day History (P) 1:00 Helping Hands (3A) 2:00 Musical Entertainment By: Home Comfort Band (2A) 3:00 Polish & Nail Care (3A) 6:30 Evening Worship (2A)	16 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Chicken Soup for The Soul (P) 1:00 Helping Hands (3A) 2:00 Board Games With Friends (3A) 3:00 Social Hour Serving Irish Stew (P) 3:30 Saint Patrick's Day 101 (P)	17 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 1:00 Bible Study (PDR) 1:00 Lucky St. Patty's Day BINGO & Social (P) 2:30 Literacy for All Ages with Olivia (CN) 3:30 iN2L: Puzzles & Games (CN)	18 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Yoga With Lara (CN) 10:30 Morning Meeting 11:30 Chefs' Table by Chef Preston (PDR) 1:00 Helping Hands (3A) 2:00 Fireside Chat (2A) 3:00 Chef's Pairing (P)	19 9:00 Walk & Roll Walking Group (3A) 9:45 Dance Class With Jess (FL) 10:00 Morning Meeting 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 1:30 Prize Bingo! (3A) 2:00 HIPAA Seminar With Holly (2A) 3:00 Shirley Temple Short Clips (3A)	20 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Living Unlimited Music by Kelsey (CN) 10:30 Morning Meeting (P) 1:00 Memory Magic (3A) 2:00 Musical Entertainment By: Dan Martin (CN) 3:00 Social Hour (P)	21 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Armchair Detective (P) 1:00 Helping Hands (3A) 1:30 Musical Entertainment by Gospel Strings (2A) 3:00 Coupon Clipping For Vets (3A) 3:30 Crossword Puzzles (3A)
22 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Finish The Lyrics (P) 1:00 Helping Hands (3A) 1:30 Puzzle Club (3A) 3:00 Polish & Nail Care (3A) 6:30 Evening Worship (2A)	23 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Finish the Words (P) 1:00 Helping Hands (3A) 2:00 Jeopardy Card Game (3A) 3:00 Social Hour (P) 3:30 Discussion: March History 101 (P)	24 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Kitchen Creations: Prepping Sauerkraut & Dumplings (C) 1:00 Bible study (PDR) 1:30 Taste Testing: Sauerkraut & Dumplings (P) 2:30 Literacy For All Ages with Olivia (3A) 3:30 iN2L: Puzzles & Games (CN)	25 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 11:30 Club Lunch-In (P) 1:00 Helping Hands (3A) 1:30 Prize Bingo! (3A) 3:00 Tea Talk Social (P) 3:30 Table Topics & Discussion (P)	26 9:00 Walk & Roll Walking Group (3A) 9:45 Dance Class With Jess (FL) 10:00 Morning Meeting (P) 10:45 Worship Service (2A) 1:00 Helping Hands (3A) 2:00 Friends Helping Friends: Kitchen Creation (CN) 3:00 Sip & Mingle (CN)	27 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Table Topics Game (P) 1:00 Helping Hands (3A) 1:30 Faces & Places (3A) 3:00 Social Hour (P) 3:30 Table Topics Discussion (P)	28 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Brain Quizzing Trivia (P) 1:00 Helping Hands (3A) 1:30 Movie & Popcorn: The Wizard Of Oz (3A) 3:00 Coupon Clipping For Vets (3A) 3:30 Crossword Puzzles (3A)
29 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 National Coca-Cola Day (P) 1:00 Helping Hands (3A) 1:30 Puzzle Club (3A) 3:00 Polish & Nail Care (3A) 6:30 Evening Worship (2A)	30 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 10:15 Finish the Words (P) 1:00 Helping Hands (3A) 2:00 Friends Helping Friends: Kitchen Creations 3:00 Social Hour (P) 3:30 Table Topics & Discussion (P)	31 9:00 Walk & Roll Walking Group (3A) 9:30 Sit & Stretch (3A) 10:00 Morning Meeting (P) 1:00 Helping Hands (3A) 1:00 Bible study (PDR) 2:30 Literacy For All Ages with Olivia (3A) 6:30 Musical Entertainment By: Roy Justice (2A)	MARCH 2020		Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Connections Neighborhood (CN), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of the Building Trip (OOB)	
						