

# Focus on Wellness

## COVID-19 and Procedures at Providence Place

Our top priority at every campus is to ensure the safety & health of our residents & team members. The outbreak of COVID-19 has tightened our procedures and increased communications to prevent the spread of the virus within our communities.

**Here's some steps to staying healthy during this uncertain time and ways our communities are taking necessary precautions.**

For up-to-date information on our procedures & precautions, please ask your receptionist or visit: <https://www.providence-place.com/news/covid-19-notices/>

1. **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.
2. **Keep social distance.** Ensure a healthy distance between persons, avoid large gatherings & prevent contact with anyone with symptoms or exposure.
3. **Drink plenty of water.** Staying hydrated helps keep your body strong and ready to fight off infections.
4. **Get plenty of rest.** Getting adequate sleep (7-9 hours) keeps your immune system strong to fight off germs.
5. **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



# Providence Place SENIOR LIVING News

Q2: April 2020



## Dimensions of Wellness

## Welcome New

### Residents

Martha "Mickey" Vink  
Bill Koser  
Harold "Mac" McMullen

### April

Kitty Gearhart  
Polly Johnston  
Margaret Cox  
Harold "Mac" McMullen  
Gloria Granda  
Beverly Peters  
Blanche Mock  
Chuck Ricchi  
Gladys Hoover  
Elizabeth Statler  
Joseph Statler  
Dee Yakencheck  
Marion Reid

## Resident Birthdays

### May

Joan Knepp  
Dorothy Miley  
Dolores Gaughenbaugh  
Richard Boyer  
Frances Cordell  
Davey Miller  
Linda Adcock  
Zane Smith  
Kenneth Stilts  
Harold Smith  
Ellen Polk  
Barbara Rueckert  
Beverly Brackbill  
Joel Brown  
Alice Foor

### June

Shirley Eberly  
Dee Gilbert  
Dorothy Simms  
Robert Hull  
Dale Cook  
Leroy Jones  
Elaine Stilts

## A Note from the Executive Director

We would like to thank all of our co-workers, residents and families that have been extremely understanding during this time -- we are doing our very best in the uncertainty around COVID-19. We realize this is hard for many to be away from your loved ones.

Providence Place is prepared to ensure residents and families have the resources needed to stay in contact. We have iPads, cell phones, computers & equipment that will allow your loved one to stay connected via FaceTime and Skype. Please call our community if you are interested in coordinating this.

Our community life programs have been working harder to offer many extra internal activities to be sure your loved one gets the social stimulation they need to not feel isolated. We are still committed to be sure everyone is having fun while remaining healthy & safe. We have asked our teams to provide some additional support to residents by checking on them frequently throughout the day, as well as reminding and encouraging them to attend many of our internal activities.

Now let's all focus on Spring. The blue skies, trees budding, and shining sun makes us all feel good. As the weather gets warmer, we will be spending time outside walking, relaxing on our decks & patios. Enjoy this season and remember we have one another.

We are all in this together. We wish everyone a safe, healthy and happy Spring season. Please contact us with any questions or concerns!

*Rick Barley, Chief Operating Officer*

*Holly Townsend, Executive Director*

## Upcoming Events

### April

- 4 - Easter Egg Hunt @ 1:00 - 3:00 pm  
Front Lobby
- 5 - Easter Brunch @ 10:00 am  
Connections Terrace Neighborhood
- 23 - Musical Entertainment @ 6:30 pm  
Tresa Day  
2<sup>nd</sup> Floor Activities Room

### May

- 4 - Kentucky Derby Tea & Cocktails  
Pub @ 3:00 - 4:00 pm
- 5 - Cinco de Mayo Social @ 3:00 pm  
Pub
- 13 - Mother's Day Brunch @ 10:00 am  
Pub

### June

- 3 - Pottery Class @ 1:30 pm  
3<sup>rd</sup> Floor Activity Room
- 24 - Memorial Service @ 2:00 pm  
2<sup>nd</sup> Floor Activities Room
- 26 - Musical Entertainment @ 6:30 pm  
Hunter O'Neill



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	
<p style="text-align: center;">THE <i>Club</i></p>		<p><b>Calendar Key:</b>            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)            **Registration Required, \$\$Cost Involved</p>		<p>1            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Yoga With Lara (CN)            10:30 Morning Meeting (P)            1:00 Helping Hands (3A)            1:30 Art Class: Pottery (3A)            2:30 April Monthly Gazette (3A)            3:00 Super Social Hour: April Fools (P)            6:30 Musical Entertainment            by SweetLife (2A)</p>	<p>2            9:00 Walk &amp; 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)            3:30 Puzzle Club with Friends (3A)            6:30 Musical Entertainment            by Guilford Station (2A)</p>	<p>3            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 <i>Living Unlimited</i>            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)</p>	<p>4            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Morning Meeting (P)            10:15 Brain Games (P)            1:00—3:00 Community Easter Egg Hunt            &amp; Celebration (FL)            3:00 Coupon Clipping for Vets (3A)            3:30 Crossword Puzzles (3A)</p>
		<p>5            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Palm Sunday Brunch (CN)            1:00 Helping Hands (3A)            1:30 Puzzle Club (3A)            2:00 Musical Entertainment By:            Bryan Herber (2A)            3:00 Polish &amp; Nail Care (3A)            6:30 Evening Worship (2A)   <i>Palm Sunday</i></p>	<p>6            9:00 Walk &amp; Roll Walking Group (3A)            10:00 Morning Meeting (P)            10:15 Armchair Detective (P)            1:00 Helping Hands (3A)            3:00 Drumming Circle with Nancy (CN)            3:00 Social Hour (P)            3:30 Discussion            Easter Around The World (P)            6:30 Musical Entertainment By:            Hand Bell Choir (2A)</p>	<p>7            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Ed-U Wellness Talk: COPD (2A)            10:45 Morning Meeting (P)            1:00 Helping Hands (3A)            1:00 Bible Study (PDR)            1:30 Day Excursion: The Greenhouse (FL)            3:00 Planting Flowers (P)</p>	<p>8            8:00-9:00 Breakfast Club (P)            9:00 Walk &amp; Roll Walking Group (3A)            10:00 Morning Meeting (3A)            10:15 Club Committee Meeting (3A)            1:00 Helping Hands (3A)            1:30 Catholic Mass (2A)            1:30 Prize Bingo (3A)            3:00 Tea Talk Social (P)            6:30 Musical Entertainment            by Robert Twine (2A)</p>	<p>9            9:00 Walk &amp; 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 Finishing Flower Planting (P)</p>	<p>10            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Morning Meeting (P)            10:15 Good Friday History (P)            1:00 Kitchen Creations: Hot Cross Buns (C)            2:30 Memory Magic (3A)            3:00 Social Hour (P)            3:30 Table Topics &amp; Discussion (P)   <i>Good Friday</i></p>
<p>12            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Morning Meeting (P)            10:15 Celebration of Easter History (P)            1:00 Helping Hands (3A)            1:30 Easter Movie With Popcorn (3A)            3:00 Polish &amp; Nail Care (3A)            6:30 Evening Worship (2A)   <i>Easter</i></p>	<p>13            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; 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 (P)            3:30 Discussion:            Spring Time Around The World ((P)</p>	<p>14            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; 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: Puzzles &amp; Games (CN)            6:30 Golden Doodle Drop In (FL)</p>	<p>15            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Yoga With Lara (CN)            10:00 Rosary (3A)            11:30 Chef's Table by Chef Preston (PDR)            1:00 Helping Hands (3A)            2:00 Fireside Chat with Executive Director            Holly Townsend (2A)            3:00 Chef's Pairing (P)            3:30 <i>Deal or No Deal</i> Game (3A)</p>	<p>16            9:00 Walk &amp; 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)            3:00 Giant Uno Card Game (3A)            3:45 Puzzle Club With Friends (3A)</p>	<p>17            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Living Unlimited Music            by Kelsey (CN)            10:00 Kitchen Creation:            Animal Treats for Donation ( C )            1:00 Memory Magic (3A)            2:00 Musical Entertainment            by Dan Martin (CN)            3:00 Social Hour (P)</p>	<p>18            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; 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)</p>	
<p>19            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Morning Meeting (P)            10:15 Armchair Detective (P)            1:00 Helping Hands (3A)            2:00 Puzzle Club With Friends (3A)            3:00 Polish &amp; Nail Care (3A)            6:30 Evening Worship (2A)</p>	<p>20            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; 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)</p>	<p>21            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Kitchen Creations:            Cookie Baking ( C )            1:00 Bible study (PDR)            2:30 Literacy For All Ages            with Olivia (3A)            3:30 Outdoor Stroll Around Walking Path (FL)</p>	<p>22            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Morning Meeting (P)            11:30 Club Lunch-In (P)            1:00 Helping Hands (3A)            2:00 Scrabble (3A)            3:00 Coffee Talk Featuring:            Earth Day (P)            6:00 Hymn Sing (CN)   <i>Earth Day</i></p>	<p>23            9:00 Walk &amp; 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)            1:30 Prize Bingo (3A)            3:00 Faces &amp; Places (3A)            3:45 Outdoor Clean-Up (P)</p>	<p>24            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Morning Meeting (P)            10:15 Table Topics Game (P)            1:00 Helping Hands (3A)            1:30 Memory Magic (3A)            3:00 Social Hour (P)            3:30 Table Topics Discussion (P)   <i>Arbor Day</i></p>	<p>25            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Morning Meeting (P)            10:15 Brain Quizzing Trivia (P)            1:00 Helping Hands (3A)            1:30 Movie &amp; Popcorn:  <i>Elvis Presley Musical</i> (3A)            3:00 Coupon Clipping For Vets (3A)            3:30 Crossword Puzzles (3A)</p>	
<p>26            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Morning Meeting (P)            10:15 Humor of the Day Jokes (P)            1:00 Helping Hands (3A)            2:00 Musical Entertainment By:            Cedar Valley Mennonite Church (2A)            3:00 Polish &amp; Nail Care (3A)            6:30 Evening Worship (2A)</p>	<p>27            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 Morning Meeting (P)            10:15 Finish the Lyrics (P)            1:00 Helping Hands (3A)            2:00 Babe Ruth Day Celebration (3A)            3:00 Social Hour (P)            3:30 Discussion: Kentucky Derby (P)</p>	<p>28            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; 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)</p>	<p>29            9:00 Walk &amp; Roll Walking Group (3A)            9:30 Sit &amp; Stretch (3A)            10:00 EdU-Wellness: Fall Prevention            with Bayada Home Health (2A)            1:00 Helping Hands (3A)            2:00 Celebration of Life            Memorial Service (2A)            3:00 Soft Pretzel Stand (P)            3:30 Flower Check-In (P)</p>	<p>30            9:00 Walk &amp; 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)            1:30 Prize Bingo (3A)            3:00 Spring Time Craft (3A)            3:45 Scrabble (3A)</p>	<h1>April 2020</h1>		