

# 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-notice/>

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
		<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), Library (L), Private Dining Room (PDR) Out of the Building (OOB) 3rd Floor Conference Room (CR) ** Registration Required \$\$ Cost Involved	1 9:00 Balloon Ball Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Kitchen Creation: April Fools (C) 1:00 Balance & Action (3E) 1:30 Art: Pottery (3A) 2:00 Nickel BINGO\$\$ (2A) 3:00 Super Social: April Fools (P) 6:30 Musical Entertainment by Sweet Life (2A)	2 9:00 Chair Exercise (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2A) 11:30 Bookmobile (LD) 1:00 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Craft Corner: Easter Centerpieces (P) 6:30 Musical Entertainment by Guilford Station (2A)	3 9:00 Light and Lively Exercise (3E) 10:00 Helping Hands: Filling Up Easter Baskets (C) 11:00 Table Top Jenga (P) 1:00 Balance & Action (3E) 2:00 Polish Nail Station (P) 3:00 Social Hour (P) 3:30 Table Topics and Discussion (P) 6:00 Sequence (2A)	4 9:00 Light and Lively Exercise (3E) 9:30 Stair Climbers (3E) 10:00 Horseshoes (3E) 1:00—3:00 Easter Egg Hunt & Celebration** (FL) 4:00 Coupon Clipping for Veterans (C) 6:00 Blitz with Ruth (2A)
		5 9:00 Light and Lively Exercise (3E) 10:00 Easter Brunch** (CN) 1:00 Art: Color Me Calm (L) 2:00 Musical Entertainment by Bryan Herber (2A) 3:15 Scrabble (C) 4:00 Coupon Clipping for Veterans (C) 6:30 Evening Worship (2A)  <i>Palm Sunday</i>	6 9:00 Light and Lively Exercise (3E) 10:00 Garden Club (C) 1:00 Balance & Action (3E) 2:00 Nickel BINGO\$\$ (2A) 3:00 Social Hour (P) 3:30 Discuss & Recall: Easter Celebrations Around the World (P) 6:30 Musical Entertainment by Hand Bell Choir (2A)	7 9:00 Chair Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 9:45 Shopping Run: Walmart**\$\$ (OOB) 1:00 Bible Study (PDR) 1:00 Balance & Action (3E) 1:30 Art with Doretta (C) 2:00 Sequence (2A) 3:00 Alzheimer's Support Group (PD) 3:00 Circle of Friends with Chaplain Wilmer (MD) 6:00 Dealing with Loss Support Group (CR)	8 9:00 Balloon Ball Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Dining Committee (DR) 1:00 Balance & Action (3E) 1:30 Catholic Mass (2A) 2:00 Prize BINGO (2A) 3:00 Tea Talk (P) 6:30 Musical Entertainment by Robert Twine (2A)	9 9:00 Chair Exercise(3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2A) 1:00 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Musical Entertainment by Tom Shultz (2A) 3:00 Friends Helping Friends iN2L (CN) 6:00 Art and Crafts with Local Girl Scout Troop (2A)
12 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 11:00 Ladder Ball (3E) 2:00 National Licorice Day Taste Test (C) 3:15 Mexican Train Dominoes (C) 4:00 Coupon Clipping for Veterans (C) 6:30 Evening Worship (2A)  <i>Easter</i>	13 9:00 Light and Lively Exercise (3E) 10:00 Kitchen Creations: Spring Time Treats (C) 1:00 Balance & Action (3E) 2:00 Nickel BINGO\$\$ (2A) 3:00 Social Hour (P) 3:30 Discuss & Recall: Spring Traditions Around the World (P) 6:00 Blitz with Ruth (2A)	14 9:00 Chair Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 9:45 Shopping Run: Walmart**\$\$ (OOB) 1:00 Bible Study (PDR) 1:00 Balance & Action (3E) 1:30 Art with Doretta (C) 3:00 Circle of Friends with Chaplain Wilmer (MR) 6:00 Dealing with Loss Support Group (CR) 6:30 Golden Doodle Drop In (FL)	15 9:00 Balloon Ball Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Rosary (3A) 11:30 Chef's Table with Preston** (PD) 1:00 Balance & Action (3E) 2:00 Fireside Chat (2A) 3:00 Chef Pairing (P) 6:00 Horseshoes (3E)	16 9:00 Chair Exercise (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2A) 1:00 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Prize BINGO (2A) 3:00 Friends Helping Friends iN2L (CN) 6:00 Card Club (2A)	17 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Kitchen Creation: Pet Treats for Local Animal Shelter (C) 1:00 Balance & Action (3E) 2:00 Nickel BINGO\$\$ (2A) 3:00 Social Hour (P) 6:00 Sequence (2A)	18 9:00 Light and Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Garden Club (C) 1:00 Stair Climbers (3E) 1:30 Musical Entertainment by Gospel Strings (2A) 3:15 Mexican Train Dominoes (C) 4:00 Coupon Clipping for Veterans (C) 6:00 Blitz with Ruth (2A)
19 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 11:00 Ladder Ball (3E) 2:00 Prize BINGO (2A) 3:00 Step in Time (C) 4:00 Coupon Clipping for Veterans (C) 6:30 Evening Worship (2A)	20 9:00 Light and Lively Exercise (3E) 10:00 Art: Canvas Painting <i>Spring Has Sprung (C)</i> 11:15 Diners Caravan: Stoner's Family Restaurant**\$\$ (OOB) 1:00 Balance & Action (3E) 2:00 Nickel BINGO\$\$ (2A) 3:00 Social Hour (P) 3:30 Discuss & Recall: Legalizing Marijuana (P) 6:00 Blitz with Ruth (2A)	21 9:00 Chair Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 9:45 Shopping Run: Walmart**\$\$ (OOB) 1:00 Bible Study (PDR) 1:00 Balance & Action (3E) 1:30 Art with Doretta (C) 3:00 Circle of Friends with Chaplain Wilmer (MR) 6:00 Dealing with Loss Support Group (CR)	22 9:00 Balloon Ball Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Helping Hands: Donations to Local Animal Shelter** (OOB) 1:00 Balance & Action (3E) 2:00 Memorial Service (2A) 3:00 Coffee Talk featuring Earth Day (P) 6:00 Hymn Sing (CN)  <i>Earth Day</i>	23 9:00 Chair Exercise (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2A) 1:00 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Nickel BINGO\$\$ (2A) 3:00 Friends Helping Friends iN2L (CN) 6:00 Sequence (2A)	24 9:00 Light and Lively Exercise (3E) 9:45 Shopping Run: Dollar Tree**\$\$ (OOB) 1:00 Balance & Action (3E) 2:00 Garden Club (C) 3:00 Social Hour (P) 3:30 Community Life Meeting (3A) 6:00 Card Club (2A)  <i>Arbor Day</i>	25 9:00 Light and Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Nickel BINGO\$\$ (2A) 1:00 Stair Climbers (3E) 3:15 Scrabble (C) 4:00 Coupon Clipping for Veterans (C) 6:00 Blitz with Ruth (2A)
26 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 11:00 Ladder Ball (3E) 2:00 Musical Entertainment by Cedar Valley Mennonite Church 3:15 Mexican Train Dominoes (C) 4:00 Coupon Clipping for Veterans (C) 6:30 Evening Worship (2A)	27 9:00 Light and Lively Exercise (3E) 10:00 Kitchen Creation: Mystery Dish! (2A) 1:00 Balance & Action (3E) 2:00 Nickel BINGO\$\$ (2A) 3:00 Social Hour (P) 3:30 Discussion & Recall: Kentucky Derby (P) 6:00 Blitz with Ruth (2A)	28 9:00 Walk and Roll Walking Group (FL) 10:00 Ed-U Wellness with Bayada Home Health on Fall Prevention (2A) 1:00 Bible Study (PDR) 1:00 Balance & Action (3E) 1:30 Art with Doretta (C) 2:00 Blood Pressure Clinic (2A) 3:00 Circle of Friends with Chaplain Wilmer (MR) 6:30 Musical Entertainment by Roy Justice (2A)	29 9:00 Balloon Ball Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Craft Corner: Derby Hats (C) 1:00 Balance & Action (3E) 2:00 Grove Family Library Presents: <i>Understanding Alzheimer's &amp; Dementia** (OOB)</i> 2:00 Celebration of Life Memorial Service (2A) 3:00 Soft Pretzel Stand (P) 6:00 Horseshoes (3E)	30 9:00 Chair Exercise (3E) 9:45 Dance with Jess (FL) 10:45 Worship Service (2A) 1:00 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Prize BINGO (2A) 3:00 Friends Helping Friends iN2L (CN) 6:00 Card Club (2A)	<h1>April 2020</h1>	