

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

Don Glenn
Eleanor Stehman
Nevin Schrock
Betty Jaworski
Caryl Horrocks
Tom Trimble

Resident Birthdays

April

Geri Senczy-Serianni
Cornelius Hensel
Shirley Blomstrom
Betty Jaworski

May

Richard Tashner

June

Eleanor Stehman
Nancy Price
Donald Glenn
Charles Walchonski
Caryl Harrocks

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

Natasha Miller, Asst. Director of Operations

Upcoming Events

April

- 12 – Easter Dinner @ 12:00 pm
- 13 – Neil Diamond in Concert @ 3:00pm
- 14 – Educational Presentation @ 1:00 pm
Predictable Pleasures: Food & the Pursuit of Balance in Rural Yucatan
- 21 – Educational Presentation @ 6:00 pm
Trees & Urban Forests

May

- 4 – Entertainment @ 3:00 pm
Michael Kropp
- 5 – Cinco de Mayo Celebration
- 10 – Mother's Day Luncheon
12:00 pm
- 25 – Memorial Day Picnic
12:00 pm

June

- 15 – Entertainment by Lorrie & James
- 21 – Father's Day Luncheon
12:00 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		
		Calendar Key: **Registration Required \$\$Cost Involved (AR) Activity Room, (CR) Community Room, (P) Pub, (OL) Old Lobby, (DR) Dining Room, (T) Theater, (GR) Game Room, (WO) Wellness Office, (C) Connections Neighborhood, (OOB) Out of Building	1 9:00 Gliding Discs (CR) 9:45 Rosary (T) 11:00 April Fool's Trivia & Games (AR) 1:00 Chair Yoga (CR) 2:00 Bridge Club (AR) 3:30 Chef's Pairing (P) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo with Guest Caller (AR)	2 9:00 Confident Cruisers (OL) 9:30 BODYpump (CR) 10:30 Bread Making (AR) 1:00 Name That Tune (CR) 2:00 Billiards (GR) 3:00 Pinochle Club (AR) 4:00 Rosary (CR) 6:00 Game Night (CR)	3 9:30 Balance Fitness (CR) 10:15 edU-Wellness: Occupational Therapy (CR) 10:45 Culinary Club: Pesto Pinwheels (AR) 1:00 Fresh Flower Arranging (AR) 2:00 Widows to Widowers Club (CR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>Jerry Maguire</i> (T)	4 9:00 Confident Cruisers (OL) 9:30 Exercise and Stretch (CR) 10:00 Wood Painting: Bunny Baskets (AR) 11:00 Bingo (AR) 1:00 Wii Bowling Club (CR) 2:00 Card Club (AR) 3:00 Make & Taste: Easter Chocolates (AR) 6:00 Puzzle Club (CR)		
		5 9:30 Stretch it Out (CR) 10:00 Current Events Discussion (OL) 10:30 Rummy (AR) 1:00 Catholic Mass (T) 1:30 Helping Hands (DR) 2:30 Team Trivia (OL) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	6 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 11:30 De-Stress: Stress Test & Body Relaxation (CR) 1:00 Crafty Crew: Sock Bunny (AR) 2:00 Community Life Meeting (AR) 3:00 Comedy Hour: Jim Gaffigan (T) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (AR)	7 9:30 Gardening Club (AR) 10:30 Trivia (OL) 11:00 Daily Chronicle (OL) 1:00 Dominoes: Mexican Train (CR) 2:00 Locomotion Aerobics w/Nadine (AR) 3:00 Health & Wellness Clinic (WO) 4:00 iN2L: Game Shows C) 6:00 Card Club (AR)	8 9:00 Gliding Discs (CR) 9:45 Rosary (T) 11:00 Rummikub (AR) 1:00 Guess the Flavor: Jelly Beans (AR) 2:00 Bridge Club (AR) 3:00 Jumbo Crossword Puzzle (OL) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo with Guest Caller (AR)	9 9:00 Confident Cruisers (OL) 9:30 BODYpump (CR) 10:30 Jeopardy (CR) 1:00 Dye Easter Eggs (AR) 2:00 Fireside Chat (OL) 3:00 Pinochle Club (AR) 4:00 Rosary (CR) 6:00 Game Night (CR)	10 9:30 Balance Fitness (CR) 10:30 Culinary Club: Carrot Shaped Cheese Ball (AR) 11:00 World Video Bible School (CR) 1:00 Food for Thought: Mushrooms (AR) 2:00 Technology & You (AR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>Police Academy</i> (T)	11 9:00 Confident Cruisers (OL) 9:30 Exercise and Stretch (CR) 10:00 Wood Painting: Easter Eggs (AR) 11:00 Bingo (AR) 1:00 Wii Bowling Club (CR) 2:00 Card Club (AR) 3:00 Destination Education: Germany (CR) 6:00 Puzzle Club (CR)
		12 9:30 Stretch it Out (CR) 10:00 Current Events Discussion (OL) 10:30 Rummy (AR) 12:00 Easter Dinner (DR) 1:00 Catholic Mass (T) 1:30 Helping Hands (DR) 2:30 Team Trivia (OL) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	13 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 11:30 De-Stress: Guided Meditation (CR) 1:00 Baker's Corner: Raspberry Bars (AR) 2:00 Welcome Ambassadors Committee (AR) 3:00 Neil Diamond in Concert (T) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (AR)	14 9:30 Gardening Club (AR) 10:30 Trivia (OL) 11:00 Daily Chronicle (OL) 1:00 Educational Presentation: <i>Pleasures in Rural Yucatan</i> (CR) 2:00 Locomotion Aerobics w/Nadine (AR) 4:00 iN2L: What Did It Cost? (C) 5:00 Diner's Caravan: Chickie's and Pete's**\$\$ (OBO) 6:00 Card Club (AR)	15 9:00 Gliding Discs (CR) 9:45 Rosary (T) 11:00 Scattogories (CR) 1:00 Chair Yoga (CR) 2:00 Bridge Club (AR) 3:00 Musical Documentary: <i>Rock n' Roll The Early Days</i> (T) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo with Guest Caller (AR)	16 9:00 Confident Cruisers (OL) 9:30 BODYpump (CR) 10:30 Bread Making 1:00 Chronology (AR) 2:00 Billiards (GR) 3:00 Pinochle Club (AR) 4:00 Rosary (CR) 6:00 Game Night (CR)	17 9:30 Balance Fitness (CR) 10:30 Culinary Club: Flatbread Pizza (AR) 11:30 Chronology (CR) 1:00 Fresh Flower Arranging (AR) 2:00 Men's Club (CR) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>How to Make an American Quilt</i> (T)	18 9:00 Confident Cruisers (OL) 9:30 Exercise and Stretch (CR) 10:00 10 Cup (AR) 11:00 Bingo (AR) 1:00 Wii Bowling Club (CR) 2:00 Card Club (AR) 3:00 Make & Taste: Homemade Ice Cream (AR) 6:00 Puzzle Club (CR)
		19 9:30 Stretch it Out (CR) 10:00 Current Events Discussion (OL) 10:30 Rummy (AR) 1:00 Catholic Mass (T) 1:30 Helping Hands (DR) 2:30 Team Trivia (OL) 3:30 Scrabble (AR) Resident Led Rosary (CR)	20 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 11:30 De-Stress: Hand & Shoulder Massages (CR) 1:00 Crafty Crew: Ceramic Teapot Flower Planters (AR) 2:00 Volunteer Committee (AR) 3:00 Comedy Hour: Dana Carvey (T) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (AR)	21 9:30 Gardening Club (AR) 10:30 Trivia (OL) 11:00 Daily Chronicle (OL) 1:00 Dining Committee (CR) 2:00 Locomotion Aerobics w/Nadine (AR) 3:00 Phase 10 Card Game (AR) 4:00 iN2L: Trivia (C) 6:00 Educational Presentation: <i>Trees and the Urban Forest</i> (CR)	22 9:00 Gliding Discs (CR) 9:45 Rosary (T) 11:00 Yahtzee (AR) 1:00 Bridge Club (AR) 2:00 Sequence (CR) 3:00 Jumbo Crossword Puzzle (OL) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo with Guest Caller (AR)	23 9:00 Confident Cruisers (OL) 9:30 BODYpump (CR) 10:30 Wheel of Fortune (CR) 1:00 Five Crowns (AR) 2:00 Billiards (GR) 3:00 Pinochle Club (AR) 4:00 Rosary (CR) 7:00 Game Night (CR)	24 9:30 Balance Fitness (CR) 10:30 Culinary Club: Stuffed Mushrooms (AR) 11:00 World Video Bible School (CR) 1:00 Famous April Birthdays (OL) 2:00 Art Appreciation: Vincent Van Gogh (T) 3:00 Friends Helping Friends (C) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie: <i>Dirty Harry</i> (T)	25 9:00 Confident Cruisers (OL) 9:30 Exercise and Stretch (CR) 10:00 Oversized Gaming (CR) 11:00 Bingo (AR) 1:00 Wii Bowling Club (CR) 2:00 Card Club (AR) 3:00 Coffee and Tea 101 (AR) 6:00 Puzzle Club (CR)
		26 9:30 Stretch it Out (CR) 10:00 Current Events Discussion (OL) 10:30 Rummy (AR) 1:00 Catholic Mass (T) 1:30 Helping Hands (DR) 2:30 Team Trivia (OL) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	27 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 11:30 De-Stress: Relaxing Music & Creative Coloring (CR) 1:00 Baker's Club: Almond Joy Bars (AR) 2:00 Zumba Class (CR) 3:00 What Do You Meme? Game (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (AR)	28 9:30 Gardening Club (AR) 10:30 Trivia (OL) 11:00 Daily Chronicle (OL) 1:00 Dominoes: Mexican Train (CR) 2:00 Locomotion Aerobics w/Nadine (AR) 3:00 Sequence (AR) 4:00 iN2L: Travel Destination (C) 6:00 Card Club (AR)	29 9:00 Gliding Discs (CR) 9:45 Rosary (T) 11:00 Skip-Bo (AR) 1:00 Bridge Club (AR) 2:00 Chef Demonstration w/Chad (AR) 3:00 Name That Tune (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo with Guest Caller (AR)	30 9:00 Confident Cruisers (OL) 9:30 BODYpump (CR) 10:30 Bread Making (AR) 11:30 Boggle (CR) 2:00 Billiards (GR) 3:00 Pinochle Club (AR) 4:00 Rosary (CR) 6:00 Game Night (CR)	<h1>April 2020</h1>	