

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

A Note from the Executive Director

We have been fortunate with such a mild winter! Spring is just around the corner. Please make sure and take advantage of our walking trail around the building.

Just a reminder, we offer a dementia support group that meets every third Tuesday each month.

Once again, I would like to give a reminder of the services provided at our campus by our Medical Director, Dr. John Hopkins, from Convenient Care Solutions. If you are interested in his services please see the front desk or nursing supervisor for paperwork. CCS is in house 2-3 days weekly to see residents. CCS is also available 24 hours for tele-med services.

Please keep an eye out for all the exciting events and outings going on here at Providence Place of Dover. Sign-up sheets for outings are located at the front desk.

Thanks for choosing Providence Place of Dover!

Howard Holben
Executive Director

Upcoming Events

March

- 8 – Dutch Apple Theatre Visit
Grumpy Old Men @ 4:00 pm
- 23 – Capitol Building Tour
Harrisburg, PA @ 12:00pm
- 26 – Super Happy Hour @ 2:30 pm
50's Rock N Roll

Welcome New Residents

- Jean Ogle
- Kenneth Ogle
- Nancy Gmeiner
- Elda Wagner
- Millie Becker
- Colleen Hoffman

Resident Birthdays

March

- Mary Haver
- Sarah Senft
- Rita Shultz
- Thomas Shultz
- Elmer Duttera
- Patricia White
- Helen Glatfelter
- Patrecia Hoshall
- James Strongin
- Faye Breeden
- Eloise Hearn
- Beryl Yost
- Mary Schroeder
- Paul Hoffman



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 9:30 Exercise (AR) 10:00 I got it card game (EL) 1:00 Helping Hands (AR) 2:00 Church Service (CH) 3:00 Dice and card game (EL)	2 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Read Round (EL) 1:00 Helping Hands (AR) 1:15 Fitness with friends (CN) 1:30 Manicures and game (AR) 3:00 Sing Along with the Sunshine Ladies (CN)	3 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Praise and Pals (CN) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 2:30 Happy Hour (AR) 3:30 Brain Booster (P)	4 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Junk Drawer Detective 1:00 Helping Hands (AR) 3:00 Singalong with Ruth (CH)	5 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Bowling for bars (EL) 1:00 Helping Hands (AR) 1:30 Fun & Music with Friends (CN) 2:30 Happy Hour (P)	6 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Create a Story (EL) 1:00 Helping Hands (AR) 1:30 Trivia Time (P) 3:00 Social (P)	7 9:30 Exercise (AR) 10:00 Desserts and discussion (AR) 10:45 IN2L : Brain Game (AR) 1:00 Helping Hands (AR) 1:30 Country Ride with Friends (OOB) 2:00 Entertainment (P) 3:00 Bingo (AR) 3:30 Daily Reading		
8 9:30 Exercise (AR) 10:00 Magazine Hunt (EL) 1:00 Helping Hands (AR) 2:00 Church Service (CH) 3:00 Entertainment (P)	9 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Guess the tune (EL) 1:00 Helping Hands (AR) 1:15 Fitness with friends (CN) 1:30 Manicures and game (AR) 3:00 Sing Along with the Sunshine Ladies (CN)	10 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Praise and Pals (CN) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 2:30 Happy Hour (P) 3:30 Brain Booster (P)	11 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Memory Magic (EL) 1:00 Helping Hands (AR) 1:30 Gardening with Sue (AR) 3:00 Game time (P)	12 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 St . Patrick's Day craft (EL) 1:00 Helping Hands (AR) 1:30 Fun & Music with Friends (CN) 2:30 Happy Hour (P)	13 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Chef Demo (AR) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 3:00 Social (P)	14 9:30 Exercise (AR) 10:00 Desserts and discussion (AR) 10:45 IN2L : Brain Game (AR) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 2:00 LCR game (P) 3:00 Memory Madness (P)		
15 9:30 Exercise (AR) 10:00 Remember when (EL) 1:00 Helping Hands (AR) 2:00 Church Service (CH) 3:00 Entertainment (P)	16 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Help your neighbor card game (EL) 1:00 Helping Hands (AR) 1:15 Fitness with friends (CN) 1:30 Manicures and game (AR) 3:00 Sing Along with the Sunshine Ladies (CN)	17 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Praise and Pals (CN) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 2:30 Shamrock Social with Grane (P) 3:30 Brain Booster (P)	18 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Luncheon Prep (EL) 1:00 Helping Hands (AR) 3:00 Singalong with Ruth (CH)	19 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 11:30 Club Luncheon (P) 1:00 Helping Hands (AR) 1:30 Fun & Music with Friends (CN) 2:30 Happy Hour (P)	20 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Chef Pairing (AR) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 2:00 Entertainment (P) 3:00 Social (P)	21 9:30 Exercise (AR) 10:00 Desserts and discussion (AR) 10:45 IN2L : Brain Game (AR) 1:00 Helping Hands (AR) 1:30 Country Ride with Friends (OOB) 2:00 Entertainment (P) 3:00 Daily Reading (P) 3:30 Daily Reading		
22 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Time Slips (EL) 1:00 Helping Hands (AR) 2:00 Church Service (CH) 3:00 What is missing (P)	23 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Spring time Birds (EL) 1:00 Helping Hands (AR) 1:30 LCR game (AR) 3:00 Bingo (AR)	24 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Praise and Pals (CN) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 2:30 Happy Hour (AR) 3:30 Brain Booster (P)	25 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Memories in the making (EL) 1:00 Helping Hands (AR) 1:30 Gardening with Sue (AR) 3:00 Zumba (FR)	26 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Flower Fun (EL) 1:00 Helping Hands (AR) 1:30 Fun & Music with Friends (CN) 2:30 Happy Hour (P)	27 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 What is the cost (EL) 1:00 Helping Hands (AR) 1:30 Trivia Time (P) 3:00 Social (P)	28 9:30 Exercise (AR) 10:00 Desserts and discussion (AR) 10:45 IN2L : Brain Game (AR) 1:00 Helping Hands (AR) 2:00 Daily Reading (P) 3:00 Junk Drawer Detective (P)		
29 9:30 Exercise (AR) 10:00 March IQ (EL) 1:00 Helping Hands (AR) 2:00 Church Service (CH) 3:00 Daily Reading (P)	30 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 1950s fill in (EL) 1:00 Helping Hands (AR) 1:15 Fitness with friends (CN) 1:30 Manicures and game (AR) 3:00 Sing Along with the Sunshine Ladies (CN)	31 9:00 Devotions (CH) 9:30 Exercise (AR) 10:00 Praise and Pals (CN) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 2:30 Happy Hour (AR) 3:30 Brain Booster (P)	MARCH 2020		Calendar Key: Pub (P) East Lounge (EL) Activity Room (AR) Fitness Room (FR) Connections Neighborhood (CN) Chapel (CH) Out of Building (OOB)		THE Club	