

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 Chair Exercise (AR) 10:15 Jingo (AR) 1:30 Games (AR) 2:00 Worship Service (CH) 3:00 Crafting: 4 Clover PIN (AR) 5:30 Card Club: 500 (SR)	2 8:00 Aquatic Fitness Class: York YMC **\$\$ (OOB) 9:30 Chair Exercise (AR) 10:00 IN2L—Brain Games (AR) 11:00 Trivia (AR) 1:30 Uno (AR) 1:30 Manicures (AR) 3:00 Bingo (AR) 6:15 Venture Crew (AR)	3 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (CH) 10:15 Bingo (AR) 1:30 Kings in the Corner (AR) 2:30 Happy Hour (P) 3:45 Balance Fitness Class (FR) 4:30 Manchester Movie Regal Theatre Presents: The Call of the Wild **&&(OOB)	4 9:30 Chair Exercise (AR) 9:30 Tour and Tasting: Utz Potato Factory in Hanover **(OOB) 10:15 Fresh Flower Arrangements (AR) 1:30 Uno (AR) 3:00 Song with Ruthi (CH) 3:45 Balance Fitness Class (FR) 6:00 Bingo with Friends (AR)	5 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 12:30 Worship Tour: Mennonite Tabernacle in Lancaster **\$(OOB) 2:30 Musical Happy Hour with Dan Martin (P) 4:00 Balance Fitness Class (FR) 6:00 Bible Study the Bible Baptist Church (CH)	6 9:30 Chair Exercise (AR) 10:15 Poker (AR) 10:15 Market Run: Dollar General **\$(OOB) 1:30 Bingo (AR) 3:00 Social Hour: Milkshakes (P) 6:00 Widow to Widowers (P) 6:00 Friends helping Friends: 500 Rummy (AR)	7 9:30 Chair Exercise (AR) 10:00 Deserts and Discussion (AR) 10:45 IN2L—Trivia (AR) 1:30 Games (AR) 2:00 Musical Entertainment by Mick Cochran (P) 3:15 Bingo (AR)	
8 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 1:30 Games (AR) 2:00 Worship Service (CH) 3:00 Musical Entertainment by Chuck Mummert (P) 4:00 Dutch Apple Theatre presents: Grumpy old Men **\$(OOB) 6:00 Veteran's Club (P)	9 8:00 Aquatic Fitness Class: York YMC **\$(OOB) 9:30 Chair Exercise (AR) 10:15 Nickel - Bingo (AR) 1:30 Uno (AR) 1:30 Manicures (AR) 3:00 Drum Circle by Jeffrey Kuhn (AR) 6:15 Venture Crew (AR)	10 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (CH) 10:15 Jingo (AR) 1:30 Technology Class by Dante Swinton (CH) 2:30 Musical Happy Hour Leo R. (P) 4:30 Men's Dinner - Educational Speaker David Manuel - The Navajo Code Talkers (AR)	11 9:30 Chair Exercise (AR) 10:00 Bible Study (AR) 10:15 Fresh Flower Arrangements (AR) 1:30 Garden Class with Sue (AR) 3:00 Zumba with Britany (FR) 3:15 Nickel Bingo (AR) 6:00 Knit Pickers (100 Hall)	12 9:30 Chair Exercise (AR) 10:15 Pokeno (AR) 10:30 Catholic Communion (CH) 1:30 Poker (AR) 2:30 Happy Hour (P) 4:00 Balance Fitness Class (FR) 6:00 Bible Study with the Bible Baptist Church (CH)	13 9:30 Chair Exercise (AR) 10:15 Chef's Food Demo (AR) 10:15 Market Run:Giant**\$(OOB) 1:30 Jingo (AR) 3:00 Social Hour: Hot Cocoa (P) 6:00 Friends helping Friends: Pinochle (AR) 6:30 Singalong: St. David's Church (CH) 6:30 Widow to Widower (P)	14 9:30 Chair Exercise (AR) 10:00 Deserts and Discussion (AR) 10:45 IN2L—Trivia (AR) 1:30 Games (AR) 2:00 Musical Entertainment by Rhonda Lee (P) 3:15 Bingo (AR)	
15 9:30 Chair Exercise (AR) 10:15 Jingo (AR) 1:30 Games (AR) 2:00 Worship Service (CH) 3:00 Musical Entertainment by Bryan Herber (P) 5:30 Card Club: 500 (SR) 6:00 Veteran's Club (P)	16 8:00 Aquatic Fitness Class: York YMC **\$(OOB) 9:30 Chair Exercise (AR) 10:00 Culinary Creations: Pretzels (AR) 1:00 Central Hearing (100 Hall) 1:30 Uno (AR) 1:30 Manicures (AR) 3:00 Bingo (AR) 6:15 Venture Crew (AR)	17 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (CH) 10:15 Pokeno (AR) 1:30 St. Patrick's Trivia (AR) 2:30 Shamrock Social with Hospice Grane Care (P) 4:00 Balance Fitness Class (AR) 4:30 Diner Caravan: Cracker Barrel **\$(OOB)	18 9:30 Chair Exercise (AR) 10:00 Bible Study (AR) 10:15 Fresh Flower Arrangements (AR) 10:00 Welcome Ambassador Committee (P) 1:30 Bingo (AR) 3:00 Songs with Ruthi (AR)\ 6:00 Knit Pickers (100 Hall)	19 9:30 Chair Exercise (AR) 10:00 Jingo (AR) 1:30 Poker (AR) 2:30 Musical Happy Hour with Bruce McPherson (P) 6:00 Bible Study with Bible Baptist Church (CH)	20 9:30 Chair Exercise (AR) 10:15 Chef's Food Pairing (AR) 10:15 Market Run: Aldi**\$(OOB) 2:00 Dining Committee (AR) 2:00 Musical Entertainment with Thomas Schulz (P) 3:15 Nickel Bingo (AR) 6:00 Friends helping Friends 500 Rummy (AR)	21 9:30 Chair Exercise (AR) 10:00 Deserts and Discussion (AR) 10:45 IN2L—Trivia (AR) 1:30 Games (AR) 2:00 Musical Entertainment by Memory Music (P) 3:00 Table Games (AR) 5:45 Bingo (AR)	
22 9:30 Chair Exercise (AR) 10:15 Jingo (AR) 1:30 Games (AR) 2:00 Worship Service (AR) 3:00 Crafting: Spring Tea Cup (AR) 5:30 Card Club: 500 (SR)	23 8:00 Aquatic Fitness Class: York YMC **\$(OOB) 9:30 Chair Exercise (AR) 10:00 Arm Chair Travel: Greece (AR) 12:00 Day Excursing: Harrisburg Capitol Building Tour **\$(OOB) 1:30 L-C-R (AR) 3:00 Bingo (AR) 6:15 Venture Crew (AR)	24 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (CH) 10:00 Uno (AR) 10:00 Manicures (AR) 1:00 Styles by Shirley (100 Lounge) 2:30 Musical Happy Hour with Don Wiemayr (P) 5:45 Nickel - Bingo (AR) 6:00 Worship Service (CH)	25 9:30 Chair Exercise (AR) 10:00 Bible Study (CH) 10:00 Fresh Flower Arrangements (AR) 1:30 Garden Therapy with Sue (AR) 3:00 Poker (AR) 6:15 Bingo with the Women of Dover (AR)	26 9:30 Chair Exercise (AR) 10:00 Market Run: Weis **\$(OOB) 10:00 Bingo (AR) 11:00 Fire Side Chat (AR) 1:30 Yoga by Ally (FR) 2:30 Super Happy Hour 50th Rock n Roll (P) 6:00 Bible Study with the Bible Baptist Church (CH)	27 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 1:30 Uno (AR) 3:00 Poker (AR) 3:00 Social Hour: Pink Lemonade (P) 6:00 Friends helping Friends: Pinochle (AR) 6:30 Widow to Widowers (P)	28 9:30 Chair Exercise (AR) 10:00 Deserts and Discussion (AR) 10:45 IN2L—Trivia (AR) 1:30 Games (AR) 2:00 Musical Entertainment by Leo Reaver (P) 3:15 Bingo (AR)	
29 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 1:30 Games (AR) 2:00 Worship Service (CH) 3:00 Musical Entertainment by Mike Smith (P) 3:00 Crafting: Easter Baskets (AR) 5:30 Card Club: 500 (SR) 6:00 Veteran's Club (P)	30 Aquatic Fitness Class York YMC **\$(OOB) 9:30 Chair Exercise (AR) 10:15 Culinary Creations: Brownies (AR) 1:30 Uno (AR) 1:30 Manicures (AR) 3:00 Bingo (AR) 6:15 Venture Crew (AR)	31 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (CH) 10:15 Pokeno (AR) 1:30 Dominos (AR) 2:30 Musical Happy Hour with Michael Carl (P) 3:45 Balance Fitness Class (AR) 4:30 Dinner Caravan: Brewino **\$(OOB)	<h1>March 2020</h1>			Calendar Key: Chapel (CH), Dining Room (DR), Connections Neighborhood (CN) Activity Room (AR), Out of Building (OOB), Pub (P), Sun Room (SR), 100 Hallway Lounge (100 Lounge) **Registration Required \$\$Cost Involved	

