

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/>

- **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.
- **Keep social distance.** Ensure a healthy distance between persons, avoid large gatherings & prevent contact with anyone with symptoms or exposure.
- **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

Q2: April 2020



Dimensions of Wellness

Welcome New Residents

Residents

Sandra Hollidge
Joseph Skoczynski
Dale Brillhart
Delores Brillhart
Donald Bankert
Esther Ritchey

Resident Birthdays

April

Samuel Titel
Phyllis Dietz
Gladys Bankert
Faye Decker
Nora Hyde
Joyce Zepp
Alyce Gilbert
Janice Kohler
Alberta Walter
Joseph Skoczynski
Thelma Shearer
Shirley Floyd

May

Donna Fairchild
Joann Bollinger
Austin Fringer
Arthur Floyd
Marian Cline
Sara Miller
Alene Meckley
Mary Aughenbaugh
Doris Lehr
Mary Lou Taylor
Delores Brillhart
John Harman
Kenneth Ogle

Truman Geesey
Kevin Dowd
Shirley Lucabaugh
June May
Betty Ruppert

June

Pauline Henry
Delores Hilt
Patsy Tawney
Doris Runk
Bernice Altland
Bernadine Tomlinson
Ross Moquin
Warren Miller

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

Howard Holben, Executive Director

Upcoming Events

April

- 3 – Chef's Food Demo @ 10:15am
- 8 – Garden Club with Sue @ 1:30pm
- 10 – Good Friday Worship Service
2:00 pm
- 17 – Chef's Food Pairing @ 10:15am
- 24 – The Spring Grove Alumni Chorus
5:45pm @Spring Grove Area Middle School
- 30 – Fireside Chat with Howard
11:00am




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: 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	1 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Bible Study (AR) 10:15 Fresh Flower Arranging (AR) 1:30 Crafting: Lifesize Peeps (AR) 3:00 Hymn Sing with Ruthi (CH) 3:00 Stuffing Easter Eggs (AR) 6:15 Bingo (AR)	2 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 1:30 Stuffing Easter Eggs (AR) 2:30 Poker (AR) 2:30 Happy Hour (AR) 4:00 Balance Fitness Class (FR) 6:00 Bible Study with Bible Baptist Church (CH)	3 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:15 Chef's Food Demo (AR) 10:15 Shopping Run: Aldi*** (OOB) 1:00 Dealing with Loss (CH) 1:30 Jingo (AR) 3:00 Social Hour: Milkshakes & Games (P) 6:00 Friends Helping Friends: Rummy (AR)	4 9:30 Chair Exercise (AR) 10:00 Desserts & Discussion (AR) 10:45 iN2L Brain Games (AR) 2:00 Dover Community Event: Easter Egg Hunt (OOB—Campus) 5:45 Bingo (AR)
		5 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 1:15 Pullo Center Presents: The US Navy Concert Band** (OOB) 2:00 Worship Service (CH) 3:00 Musical Entertainment by Mick Cochran (P) 5:30 Card Club: 500 (SR) <i>Palm Sunday</i>	6 8:00 Aquatic Fitness Class: York YMCA*** (OOB) 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:15 Educational Presentation by Stephen Shaw: <i>Financing the 3rd Reich During WWII</i> (AR) 1:30 Manicures (AR) 3:15 Nickel Bingo (AR) 6:15 Venture Crew (AR)	7 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Easter Egg Decorating with Grane Hospice Care (AR) 10:00 Discussion: Religion (P) 1:30 Wellness Talk on Fall Prevention by Bayada Home Health Care (AR) 2:30 Happy Hour with Leo (P) 4:00 Balance Fitness Class (FR) 5:45 Bingo (AR)	8 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Bible Study (CH) 10:15 Fresh Flower Arranging (AR) 11:30 Diners Caravan: Olive Garden*** (OOB) 1:30 Garden Club with Sue (AR) 3:00 Bingo (AR) 4:00 Community Life Committee (AR) 6:00 Knit Pickers (100 Lounge)	9 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:15 Pokeno (AR) 1:30 Yoga Class by Alison (FR) 2:30 Happy Hour (P) 3:00 Poker (AR) 4:00 Balance Fitness Class (FR) 6:00 Bible Study with Bible Baptist Church (CH)
12 <i>Sunrise Worship Service</i> 9:00 Chair Exercise (AR) 9:30 iN2L Brain Games (100 Lounge) 2:00 Worship Service (CH) 3:00 Bingo (AR) 5:30 Card Club: 500 (SR) 6:00 Veteran's Men Club (AR) <i>Easter</i>	13 8:00 Aquatic Fitness Class: York YMCA*** (OOB) 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:15 iN2L Brain Games (AR) 1:30 Manicures (AR) 1:30 Uno (AR) 3:15 Bingo (AR) 6:15 Venture Crew (AR)	14 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (P) 10:15 Bingo (AR) 1:30 Creatures Great & Small (AR) 2:00 Balance Fitness Class (FR) 2:30 Happy Hour (P) 4:00 Men's Club Caravan: Quaker Steak & Lube*** (OOB)	15 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Welcome Ambassador Committee (P) 10:00 Fresh Flower Arranging (AR) 10:00 Bible Study (AR) 1:30 Bingo (AR) 3:00 Poker (AR) 3:00 Hymn Sing with Ruthi (CH) 6:00 Knit Pickers (100 Lounge)	16 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:15 Jingo (AR) 1:30 Games (AR) 1:30 Circle of Friends (CH) 2:30 Musical Happy Hour with Don Wiemayr (P) 4:00 Balance Fitness Class (FR) 6:00 Bible Study with Bible Baptist Church (CH)	17 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:15 Chef's Food Pairing (AR) 1:00 Dealing with Loss (CH) 1:30 Day Excursion: PA Herb & Garden Festival*** (OOB) 2:00 Musical Entertainment by Thomas Schulz (P) 3:00 Bingo (AR) 6:00 Friends Helping Friends: Rummy (AR)	18 9:30 Chair Exercise (AR) 10:00 Desserts & Discussion (AR) 10:45 iN2L Brain Games (AR) 1:30 Games (AR) 2:00 Musical Entertainment by Memory Music (P) 3:00 Poker (AR) 5:45 Bingo (AR)
19 9:30 Chair Exercise (AR) 10:15 Pokeno (AR) 1:30 Games (AR) 2:00 Worship Service (CH) 3:00 Musical Entertainment by Bryan Herber (P) 3:00 Crafting: Owl Socks (AR) 5:30 Card Club (SR)	20 8:00 Aquatic Fitness Class: York YMCA*** (OOB) 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:15 iN2L Brain Games (AR) 1:30 Manicures (AR) 1:30 Uno (AR) 3:15 Bingo (AR) 6:15 Venture Crew (AR)	21 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (P) 10:00 Bingo (AR) 2:30 Musical Happy Hour with Bruce McPherson (P) 4:00 Balance Fitness Class (FR) 4:30 Regal Theatre presents: <i>Peter Rabbit 2 The Runaway</i> *** (OOB) 6:00 Worship Service (CH)	22 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Bible Study (CH) 10:00 Culinary Creations: Energy Balls (AR) 10:00 Day Excursion: Color Me Mine*** (OOB) 3:00 Fresh Flower Arranging (AR) 6:15 Bingo with Women of Dover (AR) <i>Earth Day</i>	23 9:00 Devotions (AR) 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 1:30 Circle of Friends (CH) 1:30 Yoga Class by Alison (FR) 2:30 Happy Hour (P) 2:30 Poker (AR) 6:00 Bible Study with Bible Baptist Church (CH)	24 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:15 Jingo (AR) 1:00 Dealing with Loss (CH) 2:00 Dining Services Committee (AR) 3:00 Social Hour: Milkshakes & Games (P) 5:45 Spring Grove Area Middle School presents: The Spring Grove Alumni Chorus*** (OOB) 6:00 Widow to Widowers (CH) <i>Arbor Day</i>	25 9:30 Chair Exercise (AR) 10:00 Desserts & Discussion (AR) 10:45 iN2L Brain Games (AR) 1:30 Games (AR) 2:00 Musical Entertainment by Leo Reaver (P) 3:15 Bingo (AR)
26 9:30 Chair Exercise (AR) 10:15 Bingo (AR) 1:30 Games (AR) 2:00 Worship Service (AR) 3:00 Musical Entertainment with Mike Smith (P) 3:00 Crafting: Flower Bouquets (AR) 5:30 Card Club: 500 (SR) 6:00 Veteran's Men Club (P)	27 8:00 Aquatic Fitness Class: York YMCA*** (OOB) 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 iN2L Brain Games (AR) 10:00 Day Excursion: Hollywood Casino*** (OOB) 1:30 Uno (AR) 1:30 Manicures (AR) 3:15 Bingo (AR) 6:15 Venture Crew (AR)	28 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Discussion: Religion (P) 10:15 Arm Chair Travel: Germany (AR) 1:30 Games (AR) 2:30 Super Happy Hour: Casino (P) 4:00 Balance Fitness Class (FR) 5:45 Bingo (AR)	29 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Bible Study (CH) 10:00 Fresh Flower Arranging (AR) 1:30 Worship Service (CH) 1:30 Garden Club with Sue (AR) 3:00 Hymn Sing with Ruthi (CH) 3:00 Poker (AR) 6:00 Knit Pickers (100 Lounge)	30 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Fireside Chat with Executive Dir. Howard Holden (AR) 1:30 Circle of Friends (CH) 2:30 Happy Hour (P) 4:00 Balance Fitness Class (FR) 6:00 Bible Study with Bible Baptist Church (CH)	<h1>April 2020</h1>	