

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
<p>THE <i>Club</i></p>		<p>Calendar Key: Pub (P) Chapel (CH) East Lounge (EL) Activity Room (AR) Connections Neighborhood (CN) Sun Room (SR)</p>	<p>1 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Spring Time Trivia (EL) 1:00 Helping Hands (AR) 1:30 Crafting : Life Size Peeps (AR) 3:00 Hymn Sing with Ruthi (CH) 3:00 Stuffing Easter Eggs (AR) 6:15 Bingo (AR)</p>	<p>2 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Bowling For Bars (EL) 1:00 Helping Hands (AR) 1:30 Fun and Music with Friends (CN) 2:30 Happy Hour (P) 3:30 What Decade was this (P)</p>	<p>3 9:00 Devotions (CH) 9:30 Exercise (AR) 10:15 Chef's Demo (AR) 10:45 Daily Reading (AR) 1:00 Helping Hands (AR) 1:30 Jingo (AR) 3:00 Social Hour (P) 4:00 Who am I (P)</p>	<p>4 9:30 Exercise (AR) 10:00 Desserts and Discussion (AR) 10:45 iN2L Brain Games (AR) 1:00 Helping Hands (AR) 1:30 Daily Reading (AR) 2:00 Community Egg Hunt (OOB-Campus) 5:45 Bingo</p>
		<p>5 9:30 Exercise (AR) 10:15 Bingo (AR) 1:00 Helping Hands (AR) 1:30 Uno game (AR) 2:00 Worship Service (CH) 3:00 Musical Entertainment by Mik Cochran (P) 4:00 Daily Reading (P) <i>Palm Sunday</i></p>	<p>6 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Memory Magic (EL) 1:00 Helping Hands (AR) 1:15 Fitness with Friends (CN) 1:30 Manicures (AR) 3:00 Musical Entertainment By the Sunshine Ladies</p>	<p>7 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Praise with Pastor and Pals (CN) 1:00 Helping Hands (AR) 1:30 Daily Reading and Discussion (P) 2:30 Happy Hour with Leo (P) 3:30 Brain Booster (P) 4:00 Balance Fitness Class (FR) 5:45 Bingo (AR)</p>	<p>8 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Dice Game (EL) 1:00 Helping Hands (AR) 1:30 Garden Club with Sue (AR) 3:00 Bingo (AR) 6:00 Knit Pickers (EL)</p>	<p>9 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Spring Time Craft (EL) 1:00 Helping Hands (AR) 1:30 Fun and Music with Friends (CN) 2:30 Happy Hour (P) 3:30 What Decade was this (P) 6:00 Bible Study with Bible Baptist (CH)</p>
<p>12 9:00 Chair Exercise (AR) 9:30 iN2L Brain Games (EL) 2:00 Worship Service (CH) 3:00 Bingo (AR) 4:00 Daily Reading (AR) 5:30 Card Club: 500 (SR) 6:00 Veteran's Men Club (AR) <i>Easter</i></p>	<p>13 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Time Slips (EL) 1:00 Helping Hands (AR) 1:15 Fitness with Friends (CN) 1:30 Manicures (AR) 3:00 Musical Entertainment By the Sunshine Ladies</p>	<p>14 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Praise with Pastor and Pals (CN) 1:00 Helping Hands (AR) 1:30 Creatures Great and Small (AR) 2:30 Happy Hour with Leo (P) 3:30 Brain Booster (P) 4:00 Daily Reading (P)</p>	<p>15 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Reminisce (EL) 1:00 Helping Hands (AR) 1:30 Bingo (AR) 3:00 Hymn Sing with Ruthi (AR) 6:00 Knit Pickers (EL)</p>	<p>16 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Outside Walk Around (EL) 1:00 Helping Hands (AR) 1:30 Fun and Music with Friends (CN) 2:30 Happy Hour with Don (P) 3:30 What Decade was this (P) 6:00 Bible Study with Bible Baptist (CH)</p>	<p>17 9:00 Devotions (CH) 9:30 Exercise (AR) 10:15 Chef's Food Pairing (AR) 10:45 Daily Reading (AR) 1:00 Helping Hands (AR) 2:00 Musical Entertainment By Thomas Schultz (P) 3:00 Social Hour (P) 4:00 Who am I (P)</p>	<p>18 9:30 Exercise (AR) 10:00 Desserts and Discussion (AR) 10:45 iN2L Brain Games (AR) 1:00 Helping Hands (AR) 1:15 Country Ride (EL) 2:00 Musical Entertainment By Memory Music (P) 3:00 Daily Reading (P) 5:45 Bingo (AR)</p>
<p>19 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Junk Drawer Detective (EL) 1:00 Helping Hands (AR) 1:30 Uno game (AR) 2:00 Worship Service (CH) 3:00 Musical Entertainment By Bryan Herber 5:30 Card Club (SR)</p>	<p>20 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Reading Round (EL) 1:00 Helping Hands (AR) 1:15 Fitness with Friends (CN) 1:30 Manicures (AR) 3:00 Musical Entertainment By the Sunshine Ladies</p>	<p>21 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Praise with Pastor and Pals (CN) 1:00 Helping Hands (AR) 1:30 Daily Reading and Discussion (P) 2:30 Happy Hour with Bruce (P) 3:30 Brain Booster (P) 4:00 Balance Fitness Class (FR) 5:45 Bingo (AR)</p>	<p>22 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Baking and Brain Teaser (EL) 1:00 Helping Hands (AR) 1:30 Table Top Game (AR) 3:00 Fresh Flowers arranging (AR) 6:15 Women of Dover Bingo (AR) <i>Earth Day</i></p>	<p>23 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Chase the Ace (EL) 1:00 Helping Hands (AR) 1:30 Fun and Music with Friends (CN) 2:30 Happy Hour (P) 3:30 What Decade was this (P) 6:00 Bible Study with Bible Baptist (CH)</p>	<p>24 9:00 Devotions (CH) 9:30 Exercise (AR) 10:15 Jingo (AR) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 3:00 Social Hour (P) 4:00 Who am I (P) <i>Arbor Day</i></p>	<p>25 9:30 Exercise (AR) 10:00 Desserts and Discussion (AR) 10:45 iN2L Brain Games (AR) 1:00 Helping Hands (AR) 1:30 Daily Reading (P) 2:00 Musical Entertainment By Leo 3:15 Bingo (AR)</p>
<p>26 9:30 Exercise (AR) 10:00 Daily Reading (EL) 10:30 Making Bird Feeders (EL) 1:00 Helping Hands (AR) 1:30 Uno game (AR) 2:00 Worship Service (CH) 3:00 Musical Entertainment By Mike Smith 5:30 Card Club: 500 (SR)</p>	<p>27 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Memories in the Making (EL) 1:00 Helping Hands (AR) 1:15 Fitness with Friends (CN) 1:30 Manicures (AR) 3:00 Musical Entertainment By the Sunshine Ladies</p>	<p>28 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Praise with Pastor and Pals (CN) 1:00 Helping Hands (AR) 1:30 Daily Reading and Discussion (P) 2:30 Super Happy Hour: Casino (P) 3:30 Brain Booster (P) 4:00 Balance Fitness Class (FR) 5:45 Bingo (AR)</p>	<p>29 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Dice Game (EL) 1:00 Helping Hands (AR) 1:30 Garden Club with Sue (AR) 3:00 Hymn Sing with Ruthi (CH) 6:00 Knit Pickers (EL)</p>	<p>30 9:00 Devotions (CH) 9:30 Chair Exercise (AR) 10:00 Daily Reading (EL) 10:30 Coupon Clipping (EL) 1:00 Helping Hands (AR) 1:30 Fun and Music with Friends (CN) 2:30 Happy Hour (P) 3:30 What Decade was This (P) 6:00 Bible Study with Bible Baptist (CH)</p>	<h1>April 2020</h1>	