

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

Welcome New Residents

Russell & Anna Mae Koons

Resident Birthdays

March

Irene Heidrich
Claudia Baert
John Gorski
Joseph Fogarty
Jerry Moff
Jane Krieger

A Note from the Executive Director

Hello and Happy 2020!

I hope you had a relaxing and peaceful holiday that was surrounded by your family, friends, or loved ones. A New Year is about beginnings, and this is the opportunity for us to be filled with hope and joy as we prepare for our new year here at Providence Place.

Thank you everyone for all the cookies/treats, cards, kind words, and generosity of all of our residents, families, and team members. The holidays are so fun and rewarding, and to see the co-workers and residents interacting and having nice moments together is truly astounding. I hope you enjoyed our fabulous Christmas party event - the food, entertainment, and company was over the top (as usual). Our co-workers did an amazing job to make that event extra special.

I want to remind you that each month, we host a craft event and fireside chat. I hope to see a huge crowd at both. If you have any ideas of something you would like to do or discuss, please let me know. I am always open to suggestions and ideas. This is all for you and I want it to be amazing.

Thank you for a wonderful 2019. You have been an enormous part of my year. My goal for this year is to find exciting opportunities to continue to strengthening my commitment to you. I am extremely pleased with our management team and the support they offer to you. If we can do anything for you, our doors are always open.

I'd like to include a special "Thank You" to all of our family members, who come to visit and volunteer, to help our coworkers, on holidays, special events & activities. Your assistance was very much appreciated.

Winter doesn't last forever, but to me it's magical to watch the soft white snow flurries begin to fall and swirl around. Enjoy this season and please stay safe and warm.

Kim Perchak
Executive Director

Upcoming Events

March

- 4 – Pot Luck Social @ 2:30 pm
- 6 – World Day of Prayer Service
Dining room @ 2:00 pm
- 10 – Low Vision Club
Hazleton Area Blind Association
3rd Floor @ 10:00 am
- 15 – Girl Scout Cookie Table
1st Floor Lobby
- 17 – St. Patty's Day Celebration
Bagpipe Music Entertainment @ 10:00 am
Party/Celebration @ 2:30 pm
- 24 – Lunch Out @ Sally Pursell's Country Inn
10:45 am
- 27 – Painting Class with Jennie
2nd floor @ 1:30 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	
1 9:00 Worship Service (3rd) 9:15 Morning Meeting (1st) 9:30: Spiritual Sing a long (3rd) 11:15 Wine & Dine (DR) 12:30 Brain Challenge on IN2L (T) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 3:00 Memory Magic (1st) 5:30 Brain Teasers (1st)	2 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Yoga by Bill (Ch) 1:30 Confident Cruisers (ML) 2:00 Musical Entertainment By Noreen Gregory (DR) 3:30 Sensory Putty in Your Hands (1st) 4:40 Game Challenge Tic Tac Toe (1st) 6:30 Pinochle Players Club (3rd)	3 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Brain Ticklers: Finish the Phrase (1st) 10:00 Cooking Club: Pot Luck Social Entrees** (C) 1:45 Poems by George M. Leader (Ch) 2:30 Hymn Sing with Deacon Beverly (Ch) 3:30 Cooking Club: Pot Luck Desserts** (C)	4 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Mass & Rosary by Father Mike (DR) 10:15 Baking Club with Helen (Pot luck Social Cookies (1st) 1:30 Balance in Action Exercise (2nd) 2:30 Pot Luck Social (3rd) 3:00 iN2L: Singalong with Susie Q (3rd) 4:00 Cocktail Hour (1st)	5 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Music Therapy with Cynthia (T) 10:15 Craft Club: Shamrock Wreath (1st) 1:30 iN2L: Bible Trivia (3rd) 2:45 Bingo-(3rd) 3:00 Shake Loose a Memory (1st) 4:00 Technology Committee (2nd)	6 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Physical Wellness Chair exercise (1st) 10:00 Educational Presentation By Diane Madl (3rd) 1:30 Stretch Exercise (2nd) 2:00 World Day of Prayer Service (DR) 2:30 Entertainment: Greg Palmer (T) 3:30 Create a Story: Timeslips (1st)	7 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Reading Roundtable (1st) 10:00 Sit & Be Fit Exercise (2nd) 11:30 Confident Cruisers Pizza Party** (SR) 12:30 Brain Challenge on IN2L (T) 1:30 Craft Club: Shamrock Pins (3rd) 2:30 Music Appreciation: Sing A Long (1st)	
8 9:00 Worship Service (3rd) 9:15 Morning Meeting (1st) 9:30: Spiritual Sing a long (3rd) 10:00 Social Society: Poem readings (3rd) 11:15 Wine & Dine (DR) 12:30 Brain Challenge on IN2L (T) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 3:00 Baking Club: Fruit Spring Kabobs (1st)	9 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Yoga by Bill (Ch) 10:15 Game Challenge Penny Ante (1st) 2:00 Providence Place Senior Living Employee Recognition Awards (1st) 3:30 Memories in the Making (1st) 5:30 Brain Games (T) 6:30 Pinochle Players Club (3rd)	10 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Literacy for All Ages: Chicken Soup for the Soul (1st) 10:00 Low Vision Club: Presentation by Lori Lesante (3rd) 3:00 Music Class with Cynthia (T) 3:15 Power of the Mind: Finish the Drawing (1st)	11 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Rosary & Communion (Ch) 1:30 Outdoor Walk (OOB) Spring into Action with Helen 2:00 Balance in Action Exercise (2nd) 2:45 Bingo (3rd) 4:30 March Birthday Celebration Dinner (DR) (T)	12 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:15 Crafting with Mary Jo: Make a St. Patrick's Day Wreath (1st) 1:45 Rosary & Communion (Ch) 2:30 Musical Entertainment By The Sensations (DR) 3:30 iN2L: Classic TV Commercials (1st) 4:30 Sensory: Colorama (1st)	13 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Mini Spa with Helen Hand Massage (1st) 10:30 Sit & Be Fit Exercise (2nd) 1:30 Music n Motion exercise (2nd) 2:30 Bible Study with Deacon Beverly (Ch) 3:00 Stations of the Cross (Ch) 4:00 Literacy for All Ages (3rd)	14 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Word Challenge: Crossword (1st) 10:00 Stretch Exercise (2nd) 10:15 Crafts: Make a paper/lavender scented flower (1st) 12:30 Brain Challenge on IN2L (T) 1:30 Xbox Bowling (2nd) 3:15 Shake Loose a Memory Game (1st)	
15 9:00 Worship Service (3rd) 9:15 Morning Meeting (1st) 9:30: Spiritual Sing a long (3rd) 10:30 Chair Dance Fitness (2nd) 12:30 Brain Challenge on IN2L (T) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 3:00 Give Someone a flower Day, share time and a flower with a friend (1st)	16 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Yoga by Bill (Ch) 1:30 Confident Cruisers (ML) 1:45 Learn a Limerick with Helen (1st) 2:15 Make a Minty Shamrock Parfait (1st) 3:30 Circles of Friends (3rd) 5:30 Community Puzzle Club (1st) 6:30 Pinochle Players Club (3rd)	17 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Reading Roundtable (1st) 10:00 Bagpipe Performance By Bernie Jespersen (3rd) 1:30 Fitness Therapy With Lisa Bachman (2nd) 2:30 St. Patrick's Day Social (3rd) 2:30 Entertainment: Paul Romero (T)	18 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Rosary & Communion (Ch) 10:30 Stretch Exercise (2nd) 1:30 Lights Camera Action Spiritual Film/Hydration Small Bites (2nd) 2:30 Dining Service Committee (3rd) 3:30 iN2L: Brain Aerobics (3rd) 4:30 Friends Helping friends: Boggle (1st)	19 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Balance in Action Exercise (2nd) 1:45 Rosary & Communion (Ch) 2:30 Musical Entertainment By Lester Hirsh (DR) 2:45 Bingo (3rd) 3:00 Card games (1st) 6:30 Pinochle Players Club (3rd)	20 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Game Challenge: Tic Tac Toe (1st) 10:00 Sit & Be Fit Exercise (2nd) 11:30 Diners Caravan -Out to Eat at King's Pizzeria \$ 2:30 Hymn Sing with Deacon Beverly (3rd) 3:00 Stations of the Cross (Ch) 4:00 Confident Cruisers (ML)	21 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Manicures (3rd) 12:30 Brain Challenge on IN2L (T) 1:30 Strength Exercise (2nd) 12:30 Brain Challenge on IN2L (T) 2:30 Hearts to Hearts Committee (2nd) 3:00 Game Challenge: Elder Song Bingo (1st)	
22 9:00 Worship Service (3rd) 9:15 Morning Meeting (1st) 9:30: Spiritual Sing a long (3rd) 10:30 Chair Dance Fitness (2nd) 11:15 Wine & Dine (DR) 12:30 Brain Challenge on IN2L (T) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 3:00 My Life Story Tea (T)	23 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Yoga by Bill (Ch) 1:30 Music Class with Cynthia (2nd) 2:00 Memories in the Making (1st) 3:00 Red or Black Game (2nd) 5:30 Spiritual Songs (T) 6:30 Pinochle Players Club (3rd)	24 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Create a Story: Timeslips (1st) 10:00 Stretch Exercise (2nd) 10:45 Diners Caravan: Sally Pursell's Country Inn**&& (OOB) 1:30 Art Exploration (3rd) 3:00 Fireside Chat (1st) 3:15 iN2L: Short Stories (3rd)	25 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Rosary & Communion (Ch) 1:45 iN2L: Fit Xpress Exercise (2nd) 2:30 Musical Entertainment By Windfall (DR) 4:00 Confident Cruisers (ML) 4:15 Brain Challenge on IN2L (2nd)	26 9:15 Morning Meeting (1st) 10:00 Low Vision Club with Lori Lesante: Easter Craft 2:00 Alzheimer's Support Group: Speaker Lisa Bachman OTRL Stages of Dementia (3rd) 2:30 Craft with Kim (3rd) 2:30 Entertainment: Frankie Gervasi (T) 3:30 Sensory: Colorama (1st)	27 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:15 Sensory: Putty in Your Hands (1st) 10:00 Balance in Action Exercise (2nd) 1:30 Painting Class with Jennie (2nd) 1:30 Mass by Deacon Larry (Ch) 3:00 Stations of the Cross (Ch) 6:30 Friends Helping Friends: Dominoes (1st)	28 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Hydration/Small Bites (1st) 10:00 Strength Exercise 10:30 Therapy Dogs (1st) 12:30 Brain Challenge on IN2L (T) 1:30 Game Challenge: Pokeno (1st) 3:00 Polish Bingo (3rd) 5:30 Art Club (1st)	
29 9:00 Worship Service (3rd) 9:15 Morning Meeting (1st) 9:30: Spiritual Sing a long (3rd) 10:30 Chair Dance Fitness (2nd) 12:30 Brain Challenge on IN2L (T) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 3:00 Shake Loose a Memory & prizes, (1st)	30 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Yoga by Bill (Ch) 1:30 Confident Cruisers (ML) 2:30 Bible Study with Deacon Beverly (Ch) 3:30 Art Exploration (2nd) 5:30 Brain Games (T) 6:30 Pinochle Players Club (3rd)	31 9:00 Daily Chronicle & Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Brain Ticklers (1st) 10:30 iN2L: Fit Xpress Exercise (2nd) 1:45 Community Life Committee (3rd) 2:30 Dining Demo with Chef Ashley (DR) 3:00 Spring Forward Day: Card Game Challenge and Drinks (1st) 6:30 Circles of Friends (3rd)	<h1>March 2020</h1>			Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Rm (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Connections Neighborhood (CN), Library (L), Private Dining Room (PDR) Out of the Building (OOB) **Registration Required \$\$Cost Involved	

THE
Club