

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) 10:30 Chair Dance Fitness (2nd) 11:15 Wine & Dine (DR) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	2 9:00 Daily Chronicle & Headlines (1st) 10:00 Yoga by Bill (Ch) 1:30 Confident Cruisers (ML) 2:00 Musical Entertainment By Noreen Gregory (DR) 3:30 Art Exploration (2nd) 5:30 Veterans Club (3rd) 6:30 Pinochle Players Club (3rd)	3 9:00 Daily Chronicle & Headlines (1st) 10:00 Cooking Club: Pot Luck Social Entrees** (C) 1:30 Sit & Be Fit Exercise 2:30 Hymn Sing with Deacon Beverly (Ch) 3:30 Cooking Club: Pot Luck Desserts** (C) 5:30 iN2L: Price is Right 7:00 Evening Sports Club (3rd)	4 9:00 Daily Chronicle & Headlines (1st) 10:00 Mass & Rosary by Father Mike (DR) 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) 6:00 Confident Cruisers (ML)	5 9:00 Daily Chronicle & Headlines (1st) 9:30 Shopping Run: Dollar Tree**\$\$ (OOB) 10:00 Strength Exercise (2nd) 1:30 iN2L: Bible Trivia (3rd) 2:45 Bingo-(3rd) 4:00 Technology Committee (2nd) 6:30 Pinochle Players Club (3rd)	6 9:00 Daily Chronicle & Headlines (1st) 10:00 Educational Presentation By Diane Madl (3rd) 1:30 Stretch Exercise (2nd) 2:00 World Day of Prayer Service (DR) 3:00 Stations of the Cross (Ch) 4:00 Confident Cruisers (ML) 5:30 Widow to Widowers Club (3rd) 7:00 Community Puzzle Club (1st)	7 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 11:30 Confident Cruisers Pizza Party** (SR) 1:30 Craft Club: Shamrock Pins (3rd) 3:00 Moving Arts Aficionados (3rd) 4:00 Cocktail Hour (1st) 6:30 Friends Helping Friends: Scrabble (1st)
8 9:00 Worship Service (3rd) 10:30 Chair Dance Fitness (2nd) 11:15 Wine & Dine (DR) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Who Wants To Be A Millionaire (T) 7:00 Knit & Crochet Club (3rd) Daylight Saving	9 9:00 Daily Chronicle & Headlines (1st) 10:00 Yoga by Bill (Ch) 1:30 Confident Cruisers (ML) 2:00 Providence Place Senior Living Employee Recognition Awards (1st) 3:15 Art Exploration (2nd) 5:30 Brain Games (T) 6:30 Pinochle Players Club (3rd)	10 9:00 Daily Chronicle & Headlines (1st) 10:00 Low Vision Club: Presentation by Lori Lesante (3rd) 1:30 Music Class with Cynthia (2nd) 3:00 iN2L: Fit Xpress Exercise (2nd) 4:00 Uncorked** (1st) 5:30 Expressions of Prayer (T) 7:00 Jeopardy (T)	11 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary & Communion (Ch) 1:30 Shopping Run: Aldi's**\$\$ (OOB) 2:00 Balance in Action Exercise (2nd) 2:45 Bingo (3rd) 4:30 March Birthday Celebration Dinner (DR) 6:30 iN2L: Destination Education: Ireland (T)	12 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:45 Rosary & Communion (Ch) 2:30 Musical Entertainment By The Sensations (DR) 3:30 iN2L: Classic TV Commercials (1st) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	13 9:00 Daily Chronicle & Headlines (1st) 10:00 Bank Run** (OOB) 10:30 Sit & Be Fit Exercise (2nd) 1:30 Welcome Ambassadors Committee (3rd) 2:30 Bible Study with Deacon Beverly (Ch) 3:00 Stations of the Cross (Ch) 4:00 Literacy for All Ages (3rd) 6:30 Friends Helping Friends: UNO (1st)	14 9:00 Daily Chronicle & Headlines (1st) 10:00 Stretch Exercise (2nd) 10:30 Therapy Dogs (1st) 1:30 Xbox Bowling (2nd) 3:00 Chef's Pairings (DR) 4:00 Confident Cruisers (ML) 5:30 Tech World & You (3rd) 7:00 Lights, Camera, Action (2nd)
15 9:00 Worship Service (3rd) 10:30 Chair Dance Fitness (2nd) 11:15 Wine & Dine (DR) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Reminisce in Song (T) 7:00 Knit & Crochet Club (3rd)	16 9:00 Daily Chronicle & Headlines (1st) 10:00 Yoga by Bill (Ch) 1:30 Confident Cruisers (ML) 2:30 Art Exploration (2nd) 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) 10:00 Bagpipe Performance By Bernie Jespersen (3rd) 1:30 Fitness Therapy With Lisa Bachman (2nd) 2:30 St. Patrick's Day Social (3rd) 3:30 iN2L: Sights & Sounds of Ireland (3rd) 5:30 Cocktail Hour (1st) 7:00 Words of Hope (T) St. Patrick's Day	18 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary & Communion (Ch) 10:30 Stretch Exercise (2nd) 1:30 Shopping Run: Wal-Mart**&& (OOB) 2:30 Dining Service Committee (3rd) 3:30 iN2L: Brain Aerobics (3rd) 5:30 Confident Cruisers (ML) 7:00 Friends Helping Friends: Boggle (1st)	19 9:00 Daily Chronicle & Headlines (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) 5:30 iN2L: Google Earth (T) 6:30 Pinochle Players Club (3rd) First Day of Spring	20 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Coffee & Tea 101 (1st) 2:30 Hymn Sing with Deacon Beverly (3rd) 3:00 Stations of the Cross (Ch) 4:00 Confident Cruisers (ML) 6:30 Family Feud (T)	21 9:00 Daily Chronicle & Headlines (1st) 10:00 Manicures (3rd) 1:30 Strength Exercise (2nd) 2:30 Hearts to Hearts Committee (2nd) 4:00 Cocktail Hour (1st) 5:30 Reminisce in Song (T) 7:00 Google Earth (T)
22 9:00 Worship Service (3rd) 10:30 Chair Dance Fitness (2nd) 11:15 Wine & Dine (DR) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	23 9:00 Daily Chronicle & Headlines (1st) 10:00 Yoga by Bill (Ch) 1:30 Music Class with Cynthia (2nd) 3:00 Red or Black Game (2nd) 4:00 Confident Cruisers (ML) 5:30 Spiritual Songs (T) 6:30 Pinochle Players Club (3rd)	24 9:00 Daily Chronicle & Headlines (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) 4:00 iN2L: Crossword Puzzles (3rd) 6:30 Bible Stories (T)	25 9:00 Daily Chronicle & Headlines (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) 5:30 Bingo (3rd) 7:00 Community Choir (T)	26 9:00 Daily Chronicle & Headlines (1st) 10:00 Low Vision Club with Lori Lesante: Easter Craft 10:30 Sit & Be Fit Exercise (2nd) 1:45 Rosary & Communion (Ch) 2:00 Alzheimer's Support Group (SR) 2:30 Craft with Kim (3rd) 4:00 Super Happy Hour** (1st) 6:30 Pinochle Players Club (3rd)	27 9:00 Daily Chronicle & Headlines (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) 4:00 Confident Cruisers (ML) 6:30 Friends Helping Friends: Dominoes (1st)	28 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise 10:30 Therapy Dogs (1st) 1:45 Dessert & Discussion (DR) 3:00 Polish Bingo (3rd) 5:30 Art Club (1st) 7:00 Lights, Camera, Action (2nd)
29 9:00 Worship Service (3rd) 10:30 Chair Dance Fitness (2nd) 11:15 Wine & Dine (DR) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Retired Teachers Club (3rd) 7:00 Knit & Crochet Club (3rd)	30 9:00 Daily Chronicle & Headlines (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) 10:00 Retail Shopping: Boscov's**\$\$ (OOB) 10:30 iN2L: Fit Xpress Exercise (2nd) 1:45 Community Life Committee (3rd) 2:30 Dining Demo with Chef Ashley (DR) 4:00 Cocktail Hour (1st) 6:30 Circles of Friends (3rd)	<h1>March 2020</h1>		Calendar Key: Chapel (Ch), Dining Room (DR), Terrace Connections (T) Main Lobby (ML), Sunroom (SR), Café (C), (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor **Registration Required \$\$Cost Involved	

