

# 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-notices/>

- **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

### Resident Birthdays

Russell & Anna Mae Koons  
Elizabeth Gatti  
Kenneth Hunter

#### April

Catherine Hildebrand  
Joseph Marchese  
Betty Porpiglia  
Doris Yurchak  
Thomas Brogan  
Jane Heisey  
Sue Brazzo  
Mildred Kavlick  
Norma Tapper  
George Gombeda  
Sylvia Byorek  
Marie Yori  
Edith DeAngelo

#### May

Marlie Morgan  
Grace Marchese  
Eleanor Barth  
Virginia Backora  
Jeanette Micene

#### June

Helen George  
Joanne Bard  
Wilma Scaran  
Allen Welkie  
Alfred Carl  
Elizabeth Duffy  
James Fisher  
Lillian Curry  
Harriet Mannel

### 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*

*Kim Perchak, Executive Director*

### Upcoming Events

#### April

- 3 – Cooking Club @ 1:45 pm  
Baking “Hummingbird Cupcakes”
- 6 – Art Exploration @ 2:30 pm  
Goldfinch Canvas Painting
- 18 – Learn Origami @ 3:00 pm
- 24 – iN2L @ 2:00 pm (*Connections*)  
Exploring Yellowstone National Park
- 28 – Dining Demo with Chef Ashely  
Crystals @ 2:00 pm

#### May

- 6 – Cinco de Mayo Celebration @ 2:30 pm  
3:00 pm
- 23 – American Legion Presentation  
Honoring Veterans for Memorial Day

#### June

- 6 – D-Day Presentation @ 2:00 pm
- 20 – Father's Day Fishing Trip



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:ProvidenceRetirement@gmail.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;"><b>THE</b> <i>Club</i></p>		<p><b>Calendar Key:</b> **Registration Required \$\$Cost Involved (DR) Dining Room (1F) 1st Floor (2F) 2nd Floor (3rd) 3rd Floor (L) Lobby (LIB) Library on 2nd Floor (OOB) Out of Building</p>	<p>1 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (C) 10:00 Mass &amp; Rosary by Father Mike (DR) 10:15 Memories in the Making (C) 1:30 Sit &amp; Be Fit Exercise (2nd) 2:30 Musical Entertainment by Betty Carpenter (T) 2:45 Bingo (3rd) 3:15 Elder Song Bingo (1st)</p>	<p>2 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (2nd) 9:30 Comedy Clips: Bunny Funnies (2nd) 1:30 Balance in Action Exercise (2nd) 2:00 Game Challenge: Penny Ante (C) 3:00 Craft Club: Paint a Bunny (T) 3:30 iN2L: Spiritual Songs (T) 4:00 Social: Tic-Tac-Toe Challenge (1st)</p>	<p>3 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (C) 9:30 Brain Tickler: Game of Things (1st) 10:00 Stretch Exercise (2nd) 1:45 Cooking Club: Easter Treats (C) 2:45 Spiritual Devotions (1st) 3:45 Crossword: Happy Easter (1st)</p>	<p>4 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Reading Roundtable (1st) 10:00 Strength Exercise (2nd) 10:15 iN2L Brain Games (T) 2:15 Trivia: Who Am I? (3rd) 2:30 "Polish Bingo" Card Game (3rd) 3:30 Music Appreciation (1st)</p>
		<p>5 9:00 Worship Service (3rd) 9:30 Hymns Sing Along (3rd) 10:00 Morning Meeting (3rd) 10:15 Physical Wellness (T) 12:30 Puzzling Puzzles (T) 1:30 Mass by Deacon Beverly (Ch) 2:00 Word Challenge (1st) 2:30 Children's Easter Egg Hunt (ML)</p> <p style="text-align: center;"><i>Palm Sunday</i></p>	<p>6 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (C) 10:00 Yoga with Bill (Ch) 10:15 Memories in the Making (1st) 1:30 Card Games (1st) 3:00 Music Class with Cynthia (T) 3:30 Confident Cruisers (ML) 4:30 Musical Meditations and Word Finds (1st)</p>	<p>7 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (C) 9:30 World Health Day: Proper Handwashing (1st) 1:15 Cooking Club: Fruit Hats (T) 1:45 iN2L: Fit Xpress Exercise 2:30 Hymn Sing with Deacon Beverly (Ch) 6:30 iN2L: Google Earth (T)</p>	<p>8 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (C) 10:00 Rosary &amp; Communion (Ch) 12:30 Healthy Choices (T) 1:30 Chair Dancing Exercises (T) 2:30 Musical Entertainment by The John Stevens Polka Band (DR) 4:30 April Birthday Celebration Dinner (DR)</p>	<p>9 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Physical Wellness (1st) 11:00 Diner's Caravan: Pizza Pie-O-Near*** (OOB) 1:15 Hymns Sing-Along (CH) 1:45 Rosary &amp; Communion (Ch) 2:30 Crafting Easter Baskets (T)</p>
<p>12 9:00 Easter Worship Service (3rd) 9:30 Hymns Sing Along (3rd) 10:00 Morning Meeting (3rd) 10:00 Spring Flower Bingo (3rd) 11:15 Easter Celebration Lunch (DR) 1:30 Sit &amp; Be Fit Exercise (2nd) 2:30 Musical Entertainment by Michael Smith (T) 4:30 Picture This Reminisce (1st)</p> <p style="text-align: center;"><i>Easter</i></p>	<p>13 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (1st) 10:15 Creative Arts (1st) 9:30 I Hear Memories (1st) 1:30 Confident Cruisers (ML) 4:00 Boggle (1st) 5:00 Music Appreciation (1st)</p>	<p>14 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (3rd) 9:30 Sensory: Putty For Your Hands (3rd) 1:30 iN2L: Fit Xpress Exercise (T) 2:15 Hymn singalong (T) 2:45 Bingo (3rd) 6:30 Expressions of Prayer (T)</p>	<p>15 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (C) 10:00 Rosary &amp; Communion (Ch) 10:15 Movies &amp; Stars Reminisce (1st) 12:30 You Choose Trivia (T) 1:30 Environmental: Outdoor Clean-Up (T) 3:00 iN2L: Sing-Along (1st) 4:00 Dominoes (1st)</p>	<p>16 9:00 Daily Chronicle &amp; Headlines 9:15 Morning Meeting (C) 9:30 Shake Loose a Memory (1st) 10:00 Sit &amp; Be Fit Exercise (2nd) 12:30 Brain Games on IN1L (T) 1:15 Hymns Sing Along (Ch) 2:30 Dean Martin Comedy Show (2nd) 4:00 Cranium Crunches (1st)</p>	<p>17 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (C) 9:30 Puzzle Challenge (1st) 10:00 Stretch Exercise (2nd) 1:45 Create and Design: Flower Art (T) 2:00 Brain Ticklers (3rd) 2:30 Spring Social (T) 3:30 Confident Cruisers (ML)</p>	<p>18 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (C) 9:30 Word Challenge Puzzle (1st) 12:30 Lights, Camera, Action: And Frosties (T) 1:30 Strength Exercise (2nd) 2:30 Spiritual Poem Readings Written by George M. Leader (2nd) 4:30 Table Top Games (1st)</p>
<p>19 9:00 Worship Service (3rd) 9:30 Hymns Sing Along (3rd) 10:00 Morning Meeting (3rd) 10:15 Confident Cruisers (T) 1:30 Mass by Deacon Beverly (Ch) 2:45 Bingo (3rd) 3:00 Memory Magic (1st) 7:00 Wheel of Fortune on TV (T)</p>	<p>20 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Sensory: Name That Jingle (1st) 10:00 Craft Club: Butterfly Garden Jars (3rd) 1:30 Music Class with Cynthia (2nd) 2:00 Physical Wellness (2nd) 2:30 Dealing with Loss Support Group (Ch) 4:00 Create a Design: Doodle Art (1st)</p>	<p>21 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Dominoes (1st) 10:00 Fitness Demo with Lisa (2nd) 12:30 Social Games (T) 1:15 Cooking Club: Peanut Butter Cookies (T) 2:30 Educational Presentation by "The Butterfly Lady" (3rd) 4:30 Short Stories &amp; Discussion (1st)</p>	<p>22 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Environmental Brainstorming (C) 10:00 Rosary &amp; Communion (Ch) 12:30 Brain Games IN2L (T) 1:30 Crafting Corner: Plant Seeds (T) 1:30 Sit &amp; Be Fit Exercise (2nd) 2:30 Musical Entertainment by Noreen Gregory (T) 3:30 Community Recycling Program (ML)</p> <p style="text-align: center;"><i>Earth Day</i></p>	<p>23 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Hydration/Small Bites (1st) 10:30 Balance in Action Exercise (2nd) 1:15 Hymns Sing-along (Ch) 1:45 Rosary &amp; Communion (Ch) 2:00 Alzheimer's Support Group (SR) 2:45 Detective Games (1st)</p>	<p>24 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (1st) 9:30 Garden Club: Planting Marigolds (1st) 10:00 Arbor Day: Planting a Tree (ML) 10:30 Stretch Exercise (2nd) 1:30 Mass by Deacon Larry (Ch) 2:00 iN2L: Yellowstone National Park (T) 4:00 What's Wrong with the Picture? (1st)</p> <p style="text-align: center;"><i>Arbor Day</i></p>	<p>25 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (3rd) 9:30 Recycling Group (3rd) 10:00 Spring Flowers 101 (3rd) 10:30 Strength Exercise (2nd) 1:30 Excursion Out: Francis E. Walter Dam &amp; Woods Ice Cream Shop*** (OOB) 4:00 Spiritual Prayers (1st)</p>
<p>26 9:00 Worship Service (3rd) 9:30 Hymns Sing Along (3rd) 10:00 Morning Meeting (3rd) 10:15 Confident Cruisers (T) 12:30 iN2L Brain Games (T) 1:00 Spiritual Inspiration: Hymns (Ch) 2:45 Bingo (3rd) 3:00 Memory Magic (1st) 4:00 Dice games (1st)</p>	<p>27 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (C) 10:15 Sensory Exploration: Handwashing Techniques (1st) 1:45 Confident Cruisers (ML) 2:30 Red or Black Game (2nd) 3:30 Music Appreciation and Coupon Clipping (1st) 4:00 Create and Design: Poems (1st)</p>	<p>28 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (C) 10:15 Chicken Soup for the Soul (C) 12:30 Card Games with Friends (T) 1:15 Music Appreciation (T) 1:30 iN2L: Fit Xpress Exercise (T) 2:30 Environmental: Outdoor Cleanup (T) 4:00 Table Top Games (1st)</p>	<p>29 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (C) 10:00 Rosary &amp; Communion (Ch) 10:15 The Decades You Were Born (2nd) 12:30 iN2L Brain Games (2nd) 1:30 Physical Wellness: Finish the Lines and Stretches (T) 1:30 Stretch Exercise (2nd) 3:30 Confident Cruisers: outdoor walk (1st)</p>	<p>30 9:00 Daily Chronicle &amp; Headlines (1st) 9:15 Morning Meeting (1st) 10:00 Balance in Action Exercise (2nd) 12:30 Poetry Readings (T) 1:15 Hymns in the Chapel (T) 1:45 Rosary &amp; Communion (Ch) 2:30 Paint &amp; Sip with Sam and MD (T) 3:30 Mini Spa: Hand Care (T)</p>	<h1>April 2020</h1>	