

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

Bernice Wetzel
Joan Fede
Catherine Dinko

Resident Birthdays

April

Harry Kimmel
Eugene Fesig
Ella Artz
Rose Ann Sholley
Ena Long
Dolores Madenford

May

Alvarette Owens
Marie Artz
Robert Bowers
Luann Kessler
Lois Zimmerman
Russell Kensinger
Gladys Watson

June

Ruth Gaston
Howard Firestine
Catherine Dinko
Barbara Dalvet

A Note from the Executive Director

We would like to thank you for your continued understanding with our "No Visitors" policy. We are doing everything we can to keep our residents and staff as healthy as possible. I would like to continue to remind and encourage everyone to call the campus for any updates as well as requesting to utilize our iPad or skype for a face-to-face interaction.

If your family would happen to have any items they would like to drop off, please continue do so at the front door, we will be happy to bring to your room. I would also like to let everyone know we have a tote, cards, note pad, and markers at the front door if you would like to exchange hand written messages or to leave items.

Thank you everyone for your continued understanding with our current policies. If you ever have any suggestions or questions, please don't hesitate to reach out to the campus.

Kindest Regards,

Anna Zuratt
Executive Director

Upcoming Events

April

- 1 - Fireside Chat with Anna @ 10:00am
- 6 - Resident Planning Meeting
10:30 am
- 11 - Sweet Treat Social @ 3:30pm
- 12 - Easter Parade Movie @ 6:30pm
- 14 - Birthday Celebration Dinner
5:00pm
- 15 - Art Exploration Session @ 1:30pm
Spring Painting
- 24 - CommUNITY Lunch @ 12:00pm
Farm-to-Table




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: **Registration Required \$\$Cost Involved (DR) Dining Room (1F) First Floor Community Room (2F) 2nd Floor Community Room (L) Lobby (LIB) Library on 2nd Floor (OOB) Out of Building	1 9:30 Ball Fitness (2F) 10:00 Fireside Chat with Anna (2F) 10:30 Historic Landmarks in Philadelphia: Edgar Allen Poe House (2F) 11:00 iN2L Learning: <i>Brain Fitness</i> (1F) 2:00 Planning Committee (2F) 3:00 Food 4Thought: Flavored Tea (2F) 4:00 Confident Cruisers (1F) 6:30 Phase 10 (1F)	2 9:30 Guided Meditation (2F) 10:00 edU-Wellness: Dementia (2F) 10:30 Who Am I? (2F) 11:30 Selected Poetry & Discuss: <i>A Dream Within a Dream</i> (LIB) 2:00 Faith Studies by Church of God (1F) 3:00 Social Hour and Small Plates (1F) 4:00 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	3 9:30 Bodypump (2F) 10:00 Moral Decisions (2F) 10:30 Where in the World? (2F) 11:00: iN2L Learning: <i>April Trivia</i> (1F) 1:00 Confident Cruisers (1F) 2:00 Kitchen Krew: Peep Treats (2F) 4:00 iN2L Learning: <i>Movie Memory</i> (1F) 6:30 Board Games: Life (1F)	4 9:30 Muscle and Mind Fitness (2F) 10:00 World News (2F) 10:30 Confident Cruisers (1F) 11:00 Helping Hands:(1F) Hiding Eggs for the Children 2:00—4:00 Community Easter Egg Hunt & Celebration (1F) 6:30 Jeopardy (1F)
		5 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:15 Jacobs Church** (OOB) 10:30 Joel Osteen Ministries (2F) 1:30 Bible Reading Club: <i>A Beautiful Garden</i> (2F) 2:00 Church of God Worship (DR) 3:30 Confident Cruisers (1F) 6:30 Rummy (1F) <i>Palm Sunday</i>	6 9:30 edU-Wellness: Genesis Rehab Fitness Demo (2F) 10:00 Moral Decisions (2F) 10:30 Resident Planning Committee (2F) 11:30 Food4Thought: Fruit Juice (2F) 1:30 Hand Massage with Shirley (2F) 2:00 Manicures (2F) 3:30 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	7 9:30 edU-Wellness: Genesis Rehab Fitness Demo (2F) 10:00 Moral Decisions (2F) 10:30 Fascinating Facts 11:00 iN2L Learning: <i>On This Day</i> (1F) 2:00 Yoga with Leah 3:30 Food4Thought: Flavored H2O (2F) 4:00 Confident Cruisers (1F) 6:30 Connect 4 (1F)	8 9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Historic Landmarks in Philadelphia: Liberty Bell (2F) 1:00 Trip to Walmart**\$\$ (OOB) 2:30 Jigsaw Puzzles (2F) 4:00 Confident Cruisers (1F) 6:30 Phase 10 (1F)	9 9:30 Guided Meditation (2F) 10:00 edU-Wellness Dementia (2F) 10:30 Who Am I? (2F) 11:30 Selected Poetry & Discuss: <i>The Bells</i> (LIB) 2:00 Faith Studies by Church of God (1F) 3:00 Social Hour and Small Plates (1F) 4:00 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)
12 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:15 Jacobs Church** (OOB) 10:30 Joel Osteen Ministries (2F) 1:30 Bible Reading Club: <i>A Brave Man</i> (2F) 2:00 Country Ride (OOB) 3:30 Confident Cruisers (1F) 6:30 Movie: Easter Parade (1F) <i>Easter</i>	13 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Crossword Puzzles (2F) 11:30 Food4Thought: Fruit Juice (2F) 2:00 St. Paul's Worship Service (1F) 3:00 Hymn Music by Rose Mary (1F) 3:30 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	14 9:30 Move2Music (2F) 10:00 Moral Decisions (2F) 10:30 Fascinating Facts (2F) 2:00 Easter Sing A-long with Gene (1F) 4:00 Confident Cruisers (1F) 5:00 Birthday Celebration Dinner (1F) 6:30 Connect 4 (1F)	15 9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Historic Landmarks in Philadelphia: City Hall (2F) 11:00 iN2L Learning: <i>Brain Fitness</i> (1F) 1:30 Art Exploration Session: Spring Painting (2F) 4:00 Confident Cruisers (1F) 6:30 Phase 10 (1F)	16 9:30 Guided Meditation (2F) 10:00 edU-Wellness Dementia (2F) 10:30 Who Am I? (2F) 11:30 Selected Poetry & Discuss: <i>The Lake</i> (LIB) 2:00 Faith Studies by Church of God (1F) 3:00 Social Hour and Small Plates (1F) 4:00 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	17 9:30 Bodypump (2F) 10:00 Moral Decisions (2F) 10:30 Where in the World? (2F) 11:00: iN2L Learning: <i>Fitness</i> (1F) 1:00 Confident Cruisers (1F) 2:00 Kitchen Krew: 4:00 iN2L Learning: <i>Movie Memory</i> (1F) 6:30 Board Games: Life (1F)	18 9:30 Muscle and Mind Fitness (2F) 10:00 World News (2F) 10:30 Finish the Lines: Lyrics (2F) 11:00 Book Club (LIB) 1:15 Confident Cruisers (1F) 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:30 Lawrence Welk Show (1F)
19 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:15 Jacobs Church** (OOB) 10:30 Joel Osteen Ministries (2F) 1:30 Bible Reading Club: <i>The Copper Serpent</i> (2F) 2:00 Church of God Worship (DR) 3:30 Confident Cruisers (1F)	20 9:30 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Crossword Puzzles (2F) 11:30 Food4Thought: Fruit Salad (2F) 1:30 Hand Massage with Shirley (2F) 2:00 Manicures (2F) 3:30 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	21 9:30 Move2Music (2F) 10:00 Moral Decisions (2F) 10:30 Fascinating Facts (2F) 11:00 iN2L Learning: <i>On This Day</i> (1F) 2:00 Yoga with Leah (2F) 3:30 Food4Thought: Juice Bar (2F) 4:00 Confident Cruisers (1F) 6:30 Connect 4 (1F)	22 9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Historic Landmarks in Philadelphia: Fort Mifflin (2F) 11:00 iN2L Learning <i>Brain Fitness</i> (1F) 2:00 Service in Action: Prepping Farm to Table (2F) 4:00 Confident Cruisers (1F) 6:30 Phase 10 (1F) <i>Earth Day</i>	23 9:30 Guided Meditation (2F) 10:00 edU-Wellness Dementia (2F) 10:30 Who Am I? (2F) 11:30 Selected Poetry & Discuss: <i>The City in the Sea</i> (2F) 2:00 ed-U Seminar: Ayurvedic Whole Body Healing (2F) 4:00 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	24 9:30 Bodypump (2F) 10:00 Moral Decisions (2F) 10:30 Where in the World? (2F) 11:00 iN2L Learning: <i>Movie Memory</i> (1F) 12:00 CommUNITY Lunch: Farm to Table (DR) 1:00 Confident Cruisers (1F) 2:00 Kitchen Krew: No Bake Granola (2F) 6:30 Board Games: Life (1F) <i>Arbor Day</i>	25 9:30 Muscle and Mind Fitness (2F) 10:00 World News (2F) 10:30 Finish the Lines: Lyrics (2F) 11:00 Book Club (LIB) 1:15 Confident Cruisers (1F) 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Jeopardy (1F) 7:30 Lawrence Welk Show (1F)
26 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:15 Jacobs Church** (OOB) 10:30 Joel Osteen Ministries (2F) 1:30 Bible Reading Club: <i>Aaron's Rod Grows Flowers</i> (2F) 2:00 Country Ride (OOB) 3:30 Confident Cruisers (1F) 6:30 Rummy (1F)	27 930 Chair Aerobics (2F) 10:00 Moral Decisions (2F) 10:30 Crossword Puzzles (2F) 11:30 Food4Thought: Fruit Juice (2F) 2:00 St. Paul's Worship Service (1F) 3:00 Hymn Music by Rose Mary (1F) 3:30 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	28 9:30 Move2Music (2F) 10:00 Moral Decisions (2F) 10:30 Fascinating Facts (2F) 11:00 iN2L Learning: <i>On This Day</i> (1F) 2:00 Drum Class with Joe (2F) 4:00 Confident Cruisers (1F) 6:30 Connect 4 (1F)	29 9:30 Ball Fitness (2F) 10:00 News of the Day (2F) 10:30 Historic Landmarks in Philadelphia: Fort Mifflin (2F) 11:00 Diners Caravan: Red Lobster & Shopping in Lebanon Valley 4:00 Confident Cruisers (1F) 6:30 Phase 10 (1F)	30 9:30 Guided Meditation (2F) 10:00 edU-Wellness Dementia (2F) 10:30 Who Am I? (2F) 11:30 Selected Poetry & Discuss: <i>The Raven</i> (2F) 2:00 Faith Studies by Church of God (1F) 3:00 Social Hour and Small Plates (1F) 4:00 Confident Cruisers (1F) 6:30 Board Games: Scrabble (1F)	<h1>April 2020</h1>	