

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

Sandra Coyle
Edward Hummel
Betty Brennan
Moria Brennan
Eleanor Isgate

Resident Birthdays

March

Anne Stefanski
Joan Koehler
Sue Wartella
Lee Lengel
Barbara Arnold
Anita Fisher
Elisabeth Garreis
Eugene Suda
Richard Harvey
Dorothy Faust
Nellie Terefinko
Janet Ruch
Violet Pogera
Russell Schade
Alberta Spina

A Note from the Executive Director

Greeting Residents,

We can't wait to welcome in Spring and we are so grateful that you chose to be part of our Providence Place family. Speaking of family, we are looking to enhance our family atmosphere here at Providence Place by focusing on hospitality. We want to foster an environment in the way Louis Chevalier de Jaucourt describes hospitality, "the virtue of the great soul that cares for the universe through how we treat one another". Our first hospitality theme is "To get a smile, you have to give a smile."

To take our commitment to hospitality even further, we have partnered with the Ceca Foundation. The Ceca Foundation is an organization that celebrates caregivers that go above and beyond consistently. Residents, Family members, and Co-workers are able to nominate individuals that they see doing an exceptional job at enriching the lives of our Providence Place family. Please feel free to nominate as many co-workers that you see doing an excellent job at representing our Providence Place values, of kindness, compassion, and care. You can find nomination forms by the first floor mail boxes. Please include as much detail of what the co-worker did to deserve his/her nomination, and your name.

Sincerely,

Tanya Hoy
Executive Director

Upcoming Events

March

- 5 – Art Class with Shannon Hailey
2:00 pm
- 5 – Tour of Yuengling Brewery
10:00 am
- 17 – St. Patrick's Day Party
Entertainment by The Shoreliners
2:00 pm
- 19 – edU: Presentation on the Schuylkill County Railroads by Robert Kimmel
2:00 pm
- 24 – Musical Entertainment
John Bauer @ 2:00 pm
- 26 – Mahonoy Area Historical Society Tour
11:00 am
- 27 – Cooking demo with Chef Kyle
2:00 pm
- 31 – Drumming with Joe Ciarvilla
2:00 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 8:45 Trinity Lutheran Church** (OOB) 9:00 Morning Meeting (ND) 9:15 Reading the Republican (A) 9:30 Chair Dancing to Polkas (A) 10:00 Hymn Sing-Along & Hydration (A) 11:00-1:00 Wine and Dine (ND/SD) 2:00 Movie: Marriage Story (A) 3:30 Brain Games (SL)	2 9:00 Morning Meeting (ND) 10:00 Helping Hands in Connections (CN) 10:00 Xbox Bowling (A) 11:00 Confident Cruisers (ML) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Manicure Monday (SL) 3:30 Nab-It (SL) 6:15 Schuylkill County Monopoly (A)	3 9:00 Morning Meeting (ND) 9:30 Bible Study with Al and Terry (A) 10:00 Helping Hands in Connections (CN) 11:00 Confidence Cruisers (ML) 1:00 Helping Hands: Clean Up (LD) 2:00 Musical Entertainment by Cindy Robertson (ND) 2:30 Nurse Appreciation Craft (SL) 3:30 Trivia Tuesday (SL) 6:15 Nickel Bingo\$\$ (A)	4 9:00 Morning Meeting (ND) 9:30 Coffee, Donuts & Discussions (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 Shopping Run: Walmart***\$\$ (OOB) 2:00 Conductorize (C) 3:00 Brain Boosters (C) 3:30 Left Brain & Right Brain Drawing (C) 4:00 Wine Down Wednesday (A) 6:15 Nickel PO-KE-NO\$\$ (A)	5 Banks & Post Office Run** (OOB) 9:00 Morning Meeting (ND) 10:00 Tour: Yuengling Brewery Tour & Tasting** (OOB) 10:00 Chair Dancing to the Oldies (C) 11:00 Confident Cruisers (ML) 2:00 Art Class with Shannon (A) 3:00 Finish the Lyric (C) 3:30 Giant UNO (C) 6:15 Nickel Polish Bingo (A)	6 9:00 Morning Meeting (ND) 10:00 Helping Hands in Connections (CN) 11:00 Community Life Committee (A) 1:15 Zumba Fitness by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Wall Scrabble (NL) 3:30 Cocktail Hour (A) 6:15 Kings in the Corner (A)	7 9:00 Morning Meeting (ND) 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Baking Club (A) 1:00 Helping Hands: Clean Up (ND) 2:00 Nickel Bingo\$\$ (ND) 2:30 Name that Tune (SL) 3:00 Helping Hands: Set Tables (ND) 3:30 Walk for Health (ML) 6:15 Scrabble (A)	
8 Daylight Saving Time Begins 8:45 Trinity Lutheran Church** (OOB) 9:00 Morning Meeting (ND) 9:15 Reading the Republican (A) 9:30 Dart Toss to the Polkas (A) 10:00 Hymn Sing -Along & Hydration (A) 11:00-1:00 Wine and Dine (ND/SD) 2:00 Movie: As Good As It Gets (A) 3:30 Card Game of Choice (SL)	9 9:00 Morning Meeting (ND) 10:00 Helping Hands in Connections (CN) 11:00 Scrabble (SL) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Manicure Monday (SL) 3:30 Time Slips (SL) 6:15 Bunco with Friends (A)	10 9:00 Morning Meeting (ND) 9:30 Bible Study with Al & Terry (A) 10:00 Helping Hands in Connections (CN) 11:00 Confident Cruisers (ML) 2:00 Musical Entertainment by Cathy O'Donnely (C) 2:30 Stirring Up Memories (SL) 3:30 Trivia Tuesday (C) 6:15 Nickel Bingo\$\$ (A)	11 9:00 Morning Meeting (ND) 9:30 Coffee, Donuts & Discussions (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 Shopping Run: Walmart***\$\$ (OOB) 2:00 Band Stretches (C) 3:00 Fireside Chat with Tanya (C) 3:30 The Life Story (SL) 6:15 Nickel PO-KE-NO\$\$ (A)	12 9:00 Morning Meeting (ND) 10:00 Kickball to Oldies 11:00 Confident Cruisers (ML) 2:00 edU-Wellness Presentation Mental Health by Bayada Home Health Care (C) 2:00 Birthday Party Celebration & Musical Entertainment by Cindy (CN) 3:30 World Map Puzzle (C)	13 9:00 Morning Meeting (ND) 10:00 Helping Hands in Connections (CN) 1:15 Zumba Fitness by Michelle (A) 2:00 Catholic Mass by Saint Michael's Parish (C) 2:30 Pictionary (SL) 3:30 Cocktail Hour (A) 6:15 Kings in the Corner (A)	14 9:00 Morning Meeting (ND) 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Baking Club (A) 1:00 Helping Hands: Clean Up (ND) 2:00 Nickel Bingo\$\$ (ND) 2:30 Connect Four (SL) 3:00 Helping Hands: Set Tables (ND) 3:30 Walk for Health (ML) 6:15 Scrabble (A)	
16 8:45 Trinity Lutheran Church** (OOB) 9:00 Morning Meeting (ND) 9:15 Reading the Republican (A) 9:30 Balloon Volleyball to Polkas (A) 10:00 Hymn Sing- Along & Hydration (A) 11:00-1:00 Wine and Dine (ND/SD) 2:00 Movie: Our Souls at Night (A) 2:00 Rosary & Communion (C) 3:30 Brain Games (C)	17 9:00 Morning Meeting (ND) 10:00 Helping Hands in Connections (CN) 10:00 Xbox Bowling (A) 11:00 Yahtzee (SL) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Manicure Monday (SL) 3:30 Finish My Lines (SL) 6:15 Schuylkill County Monopoly (A)	18 9:00 Morning Meeting (ND) 9:30 Bible Study with Al & Terry (A) 10:00 Helping Hands in Connections (CN) 1:00 Helping Hands: Clean Up (ND) 2:00 Saint Patrick's Day Party with Musical Entertainment by Shoreliners (ND) 2:30 Walk for Heath (ML) 3:00 Helping Hands: Setting the Tables (ND)	19 9:00 Morning Meeting (ND) 9:30 Coffee, Donuts & Discussions (A) 10:30 Worship with Pastor Randy (C) 2:00 Shopping Run: Walmart***\$\$ (OOB) 2:00 Drumstick Exercise (SL) 3:00 Memory Magic (SL) 3:30 Name the Capitals (SL) 4:00 Wine Down Wednesday (A) 6:15 Nickel PO-KE-NO\$\$ (A)	20 9:00 Morning Meeting (ND) 9:00 Banks & Post Office Run** (OOB) 10:00 Diners Caravan: Roma Delight Italian Restaurant***\$\$ (OOB) 10:00 Hand Massages (SL) 11:00 Confident Cruisers (ML) 2:00 Educational Presentation on Schuylkill County Railroad by Robert Kimmel (C) 2:00 Art Class with Kim (CR)	21 9:00 Morning Meeting (ND) 10:00 Helping Hands in Connections (CN) 1:15 Zumba Fitness by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Environmental Awareness/ Planting Seeds (C) 3:30 Saint Patrick's Cocktail Hour (A) 6:15 Kings in the Corner (A)	22 9:00 Morning Meeting (ND) 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Baking Club (A) 1:00 Helping Hands: Clean Up (ND) 2:00 Nickel Bingo\$\$ (ND) 2:30 UNO 3:00 Helping Hands: Clean Up (ND) 3:30 Lite & Lively Exercise (A) 6:15 Scrabble (A)	
23 8:45 Trinity Lutheran Church** (OOB) 9:00 Morning Meeting (ND) 9:15 Reading the Republican (A) 9:30 Beach Ball Toss to Polkas (A) 10:00 Hymn Sing-Along & Hydration (A) 11:00-1:00 Wine and Dine (ND/SD) 2:00 Movie: The Princess Switch (A) 2:00 Rosary & Communion (C) 3:30 Brain Games (C)	24 9:00 Morning Meeting (ND) 10:00 Helping Hands in Connections (CN) 11:00 Scrabble (SL) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Manicure Monday (SL) 3:30 Jeopardy (SL) 6:15 Bunco with Friends (A)	25 9:00 Morning Meeting (ND) 9:30 Bible Study with Al & Terry (A) 10:00 Helping Hands in Connections (CN) 11:00 Confident Cruisers (ML) 1:00 Helping Hands: Clean Up (ND) 2:00 Musical Entertainment by John Bauer (ND) 2:30 Spelling Challenge (NL) 3:30 Trivia Tuesday (NL)	26 9:00 Morning Meeting (ND) 9:30 Coffee & Donuts & Discussions (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 Shopping Run: Walmart***\$\$ (OOB) 2:00 Lite and Lively (SL) 3:00 Reading G.M. Leader Poems (SL) 3:30 Name That Profession (SL) 4:00 Wine Down Wednesday (A)	27 9:00 Daily Chronicle and Discussion (C) 9:00 Banks & Post Office Run** (OOB) 10:00 Tour: Mahanoy Area Historical Society** (OOB) 10:00 What's in the Bag (SL) 11:00 Confident Cruisers (ML) 2:00 Dining Demo with Chef Kyle (CR) 2:30 Silhouette Craft (SL) 3:30 Mind Joggers (SL)	28 9:00 Daily Chronicle and Discussion (C) 10:00 Helping Hands in Connections (CN) 1:15 Zumba Fitness by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Matching Game (SL) 3:00 Cocktail Hour (A) 3:30 Reminisce: Providence Place of Pottsville Community Life (A)	29 9:00 Morning Meeting (ND) 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Card Games (SL) 1:00 Helping Hands: Clean Up (ND) 2:00 Nickel Bingo\$\$ (ND) 2:30 Yahtzee (SL) 3:00 Helping Hands: Set Tables (ND) 3:30 Walk for Health (ML)	
29 8:45 Trinity Lutheran Church** (OOB) 9:00 Morning Meeting (ND) 9:15 Reading the Republican (A) 9:30 Pass the Pickle to Polkas (A) 10:00 Hymn Sing-Along & Hydration (A) 11:00-1:00 Wine and Dine (ND/SD) 2:00 Movie: One Day (A) 2:00 Rosary & Communion with Deacon Henninger (C) 3:30 Finish the Phrase (C)	30 9:00 Morning Meeting (ND) 10:00 Helping Hands in Connections (C) 10:00 Xbox Bowling (A) 11:00 Yahtzee (SL) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Manicure Monday (SL) 3:30 Roll the Dice (SL) 6:15 Schuylkill County Monopoly (A)	31 9:00 Morning Meeting (ND) 9:30 Bible Study with Al & Terry (A) 10:00 Helping Hands in Connections (CN) 10:00 Men's Outing Reading Pagoda***\$\$ (OOB) 2:00 Drumming with Joe (A) 2:30 Walk for Health (ML) 3:30 Trivia Tuesday (NL) 6:15 Nickel Bingo\$\$ (A)	MARCH 2020		Calendar Key: (ML) Main Lobby (A) Activity Room (CR) Club Room (ND) North Dining Room (SL) South Lounge (C) Chapel (OOB) Out of Building **Registration Required \$\$\$Cost Involved		THE <i>Club</i>