

# 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](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	
1 8:45 Trinity Lutheran Church** (OOB) 9:10 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** (OOB) 11:00-1:00 Wine and Dine (ND/SD) 2:00 Movie: <i>Marriage Story</i> (A) 2:00 Rosary & Communion With Deacon Henninger (C) 4:00 Food for Thought 101 (A) 6:15 Schuylkill County Monopoly (A)	2 10:00 Xbox Bowling (A) 11:00 Welcoming Committee (A) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Drama Club (A) 3:00 Connect Four Game (SL) 3:30 Lite & Lively Exercise (A) 6:15 Schuylkill County Monopoly (A)	3 9:30 Bible Study with Al & Terry (A) 10:00 Brain Tease with Simon (SL) 11:00 Confidence Cruisers (ML) 1:00 Helping Hands: Clean Up (LD) 2:00 Musical Entertainment by Cindy Robertson (ND) 3:30 Band Stretches (A) 4:00 Today in the News Discussion (A) 6:15 Nickel Bingo\$\$ (A)	4 9:30 Coffee, Donuts & Discussions (A) 10:00 Connect Four Game (SL) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 Shopping Run: Walmart***\$\$ (OOB) 2:00 iN2L: "What Did It Cost?" Trivia (T) 3:00 Crocheting Circle (SL) 3:30 Lite & Lively Exercise (A) 4:00 Wine Down Wednesday (A) 6:15 Nickel PO-KE-NO\$\$ (A)	5 9:00 Banks & Post Office Run** (OOB) 10:00 Tour & Tasting: Yuengling Brewery***\$\$ (OOB) 10:00 UNO (SL) 11:00 Confident Cruisers (ML) 2:00 Art Class with Shannon (A) 2:30 Starting a Pinochle Club (SL) 3:30 Upper Body Stretches (A) 6:15 Nickel Polish Bingo (A)	6 10:00 Sing-A-Long to the Oldies (A) 10:30 Scrabble (SL) 11:00 Community Life Committee (A) 1:15 Zumba Fitness by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Card Game: Quiddler (SL) 3:30 Cocktail Hour (A) 6:15 Kings in the Corner (A)	7 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 Word Puzzles with Friends (SL) 3:00 Helping Hands: Set Tables (ND) 3:30 Walk for Health (ML) 6:15 Scrabble (A)	
8 Daylight Saving Daylight Saving Time Begins 8:45 Trinity Lutheran Church** (OOB) 9:10 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** (OOB) 11:00-1:00 Wine and Dine (ND/SD) 2:00 Movie: <i>As Good As It Gets</i> (A) 2:00 Rosary & Communion With Deacon Henninger (C) 6:15 Kings in the Corner (A)	9 10:00 Brain Tease Trivia (A) 11:00 Scrabble (SL) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Drama Club (A) 3:30 Balance in Motion (A) 6:15 Bunco with Friends (A)	10 9:30 Bible Study with Al & Terry (A) 10:00 Checkers with Friends (SL) 11:00 Confident Cruisers (ML) 2:00 Musical Entertainment by Cathy O'Donnely (C) 2:00 UNO (SL) 3:30 Drum Stick Exercise (A) 4:00 Today in the News Discussion (A) 6:15 Nickel Bingo\$\$ (A)	11 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 Finish My Line Game (C) 3:00 Fireside Chat with Tanya (C) 3:00 Crocheting Circle (SL) 3:30 Sit & Be Fit Exercise (C) 6:15 Nickel PO-KE-NO\$\$ (A)	12 10:00 Finish My Lines (A) 10:30 Community Puzzle Club (SL) 11:00 Confident Cruisers (ML) 2:00 edU-Wellness Presentation on <i>Mental Health</i> by Bayada Home Health Care (C) 2:30 Scrabble Board Game (SL) 3:30 Lite and Lively Exercise (A) 6:15 Nickel Polish Bingo\$\$ (A) 7:00 Musical Entertainment by Gospel Singers (C)	13 10:00 Kazooing to the Oldies (A) 10:30 Community Puzzle Club (SL) 1:15 Zumba Fitness by Michelle (A) 2:00 Catholic Mass by Saint Michael's Parish (C) 2:30 Card Game: Left Center Right (SL) 3:30 Cocktail Hour (A) 6:15 Kings in the Corner (A)	14 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 Connect Four (SL) 3:00 Helping Hands: Set Tables (ND) 3:30 Walk for Health (ML) 6:15 Scrabble (A)	
15 8:45 Trinity Lutheran Church** (OOB) 9:10 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** (OOB) 10:00 Brain Game: Simon (SL) 11:00-1:00 Wine and Dine (ND/SD) 2:00 Movie: <i>Our Souls at Night</i> (A) 2:00 Rosary & Communion with Deacon Henninger (C) 6:15 Card Games (A)	16 10:00 Xbox Bowling (A) 11:00 Yahtzee (SL) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 3:00 Art: Color Me Calm (SL) 3:30 Lite & Lively Exercise (A) 6:15 Schuylkill County Monopoly (A)	17 St. Patrick's Day 9:30 Bible Study with Al & Terry (A) 10:00 Brain Game: Simon (SL) 1:00 Helping Hands: Clean Up (ND) 2:00 Saint Patrick's Day Party with Musical Entertainment by Shoreliners (ND) 3:00 Helping Hands: Setting the Tables (ND) 3:30 Band Stretches (A) 6:15 Nickel Bingo\$\$ (A)	18 9:30 Coffee & Donuts & Discussions (A) 10:00 Connect Four Game (SL) 10:30 Worship with Pastor Randy (C) 2:00 Shopping Run: Walmart***\$\$ (OOB) 2:00 iN2L: Movie Memories (T) 3:00 Crocheting Circle (SL) 3:30 Lite & Lively Exercise (A) 4:00 Wine Down Wednesday (A) 6:15 Nickel PO-KE-NO\$\$ (A)	19 First Day of Spring 9:00 Banks & Post Office Run** (OOB) 10:00 Diners Caravan: Roma Delight Italian Restaurant***\$\$ (OOB) 10:00 Card Games (A) 11:00 Confident Cruisers (ML) 2:00 edU-Presentation on Schuylkill County Railroad by Robert Kimmel (C) 3:00 Dining Service Committee Meeting (CR) 6:15 Nickel Polish Bingo\$\$ (A)	20 10:00 Jeopardy Game (A) 10:30 Checkers (SL) 1:15 Zumba Fitness by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Poem Reading (A) 3:30 Saint Patrick's Cocktail Hour (A) 6:15 Kings in the Corner (A)	21 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 UNO 3:00 Helping Hands: Clean Up (ND) 3:30 Lite & Lively Exercise (A) 6:15 Scrabble (A)	
22 8:45 Trinity Lutheran Church** (OOB) 9:10 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** (OOB) 10:00 UNO (SL) 11:00-1:00 Wine and Dine (ND/SD) 2:00 Movie: <i>The Princess Switch</i> (A) 2:00 Rosary & Communion with Deacon Henninger (C) 6:15 Schuylkill County Monopoly (A)	23 10:00 Brain Tease Trivia (A) 11:00 Scrabble (SL) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Drama Club (A) 3:30 Balance in Motion (A) 6:15 Bunco with Friends (A)	24 9:30 Bible Study with Al & Terry (A) 10:00 Checkers with Friends (SL) 11:00 Confident Cruisers (ML) 1:00 Helping Hands: Clean Up (ND) 2:00 Musical Entertainment by John Bauer (ND) 3:30 Drum Stick Exercise (A) 6:15 Nickel Bingo\$\$ (A)	25 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 iN2L: Google Earth (T) 3:00 Crocheting Circle (SL) 3:30 Sit & Be Fit Exercise (A) 4:00 Wine Down Wednesday (A) 6:15 Nickel PO-KE-NO\$\$ (A)	26 9:00 Banks & Post Office Run** (OOB) 11:00 Tour: Mahanoy Area Historical Society** (OOB) 11:00 Confident Cruisers (ML) 2:00 edU-Fall Prevention by Genesis Therapist Cindy (C) 3:30 Lite and Lively Exercise (A) 5:00 March Birthday Celebration Dinner (CR) 6:15 Nickel Polish Bingo\$\$ (A)	27 10:00 Wall Scrabble (A) 10:30 Art: Color Me Calm (SL) 1:15 Zumba Fitness by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Dining Demo with Chef Kyle (CR) 3:00 Cocktail Hour (A) 3:30 Reminisce: Providence Place of Pottsville Community Life (A) 6:15 Kings in the Corner (A)	28 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) 6:15 Scrabble (A)	
29 8:45 Trinity Lutheran Church** (OOB) 9:10 Saint Patrick's Church** (OOB) 10:00 First United Methodist Church** 10:00 Brain Games: Simon (SL) 11:00-1:00 Wine and Dine (ND/SD) 2:00 Movie: <i>One Day</i> (A) 2:00 Rosary & Communion with Deacon Henninger (C) 6:15 Card Games (A)	30 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 Art: Color Me Calm (SL) 3:30 Lite & Lively Exercise (A) 6:15 Schuylkill County Monopoly (A)	31 9:30 Bible Study with Al & Terry (A) 10:00 Men's Outing: Reading Pagoda***\$\$ (OOB) 2:00 Drumming with Joe (A) 2:30 Yahtzee (SL) 3:30 Balance in Motion (A) 6:15 Nickel Bingo\$\$ (A)	<h1>March 2020</h1>			<b>Calendar Key:</b> (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	

