

# 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

## 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*

*Tanya Hoy, Executive Director*

## Upcoming Events

### April

- 2 - Art Class with Shannon
- 4 - Kid's Easter Egg Hunt & Girl Scout Cookie Sale
- 8 - Entertainment by Brian Herber
- 10 - Catholic Mass
- 14 - Schuylkill Historical Presentation
- 16 - Entertainment by Vic Boris
- 22 - Heisler's Cloverleaf Dairy Lunch  
11:00 am
- 24 - Entertainment by Margie & Tanya
- 29 - Rita's Italian Ice & Baseball trip  
2:00 pm

### May

- 1 - Entertainment by Cindy McGraft
- 13 - Alzheimer's Support Group
- 14 - Entertainment by the Golden Girls
- 19 - Entertainment by the Shoreliners

### June

- 9 - Entertainment by Vic Boris
- 17 - Outdoor Concert by M&J Band
- 24 - Senior Prom
- 30 - Entertainment by Sensations



## Dimensions of Wellness

## Welcome

## New Residents

Sandra Coyle  
Edward Hummel  
Betty Brennan  
Moria Brennan  
Eleanor Isgate

## Resident Birthdays

### April

Catherine Bender  
Ruth Koch  
Celia Zukoski  
Rita Laspina  
Margaret Brennan  
Barb Woll  
Marguerite Yourshaw  
Joseph Dowd  
James Bauser  
Gloria Hummel  
Fern Staller

### May

Marie Kilmer  
Moirra Brennan  
Edith Hoffman  
Rose Kohutka  
Mary Christenson  
Charles Gill  
Shirley Malunis  
Victoria Pasqua  
Patricia Caddle  
Stella Lavenburg  
Christine Hale  
Kathleen Berger  
Francis Cerullo  
Elizabeth Andrusisian

### June

Lynn Korn  
Leona Hochgertel  
John Sinisi  
Mary D'Allessandro  
Mary Flanagan  
Joan Laudeman  
Eileen Kosta  
Cyndy Kleckner  
Warren Bradley



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>THE <i>Club</i></p>		<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	1 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 1:00 Garden Club: Watering Seeds (C) 2:00 Karen's Kitchen: Homemade Ham Salad (A) 3:30 Wine Down Social (A)	2 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Daily Chronicle & Discussion (ND) 10:00 Words in Words (SL) 10:45 Hydration & Small Bites (SL) 11:00 Finish My Line (SL) 1:00 Nature Exploration: Bird Watching (P) 2:00 Designing Easter Eggs (A) 3:00 Fitness: iN2L (CN)	3 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Daily Chronicle and Discussion (ND) 10:00 Friends Helping Friends: iN2L (CN) 10:45 Hydration & Small Bites (A) 11:00 Hand Massages (A) 1:15 Fitness: Zumba by Michelle (A) 2:00 Rosary & Communion (C) 3:00 Bunny Hop Cocktail Hour (A)	4 9:00 Morning Meeting & Psalms (ND) 9:30 Daily Chronicle & Discussion (A) 10:00 Community Easter Egg Hunt (ML) 10:45 Hydration & Small Bites (ML) 11:00-1:00 Girl Scout Cookie Sale (ML) 1:00 Helping Hands: Clean Tables (ND) 2:00 Nickel Bingo\$\$ (ND) 3:00 Helping Hands: Setting the Tables (ND) 3:30 Fitness: iN2L (CN)		
		5 9:00 Morning Meeting & Spiritual Inspirations (A) 9:15 Reading the Republican (A) 9:30 Chair Dancing to Polkas (A) 10:00 Hymn Sing-A-Long (A) 10:30 Hydration & Small Bites (ML) 11:00-1:00 Wine & Dine (ND/SD) 2:00 Movie: <i>The Irishman</i> 3:00 iN2L: Trivia (CN) 4:00 Fitness: Walk with Friends (CN) <i>Palm Sunday</i>	6 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Daily Chronicle & Discussion (ND) 10:00 Friends Helping Friends (CN) 10:45 Hydration & Small Bites (CN) 1:15 Fitness: Yoga by Michelle (A) 2:00 Rosary & Communion By Deacon Henninger (C) 3:00 iN2L: Sing-Along with Susie (CN) 4:00 Manicures & Mockmosas (CN)	7 9:00 Morning Meeting & Chronicle (ND) 9:30 Bible Study with Al & Terry (A) 10:00 Friends Helping Friends (CN) 10:45 Hydration & Small Bites (CN) 11:00 Confident Cruisers (ML) 2:00 Educational Presentation: Civil War Embalming by Scitzer Allen Pugh (C) 3:00 iN2L: Fitness (CN) 3:30 iN2L: Sensory (CN)	8 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:15 The Making of...Knickerbocker (A) 12:00 Arm Chair Travel Lunch (A) 2:00 Musical Entertainment by Brian Herber (C) 3:00 Environmental Love: Feeding Birds (P) 3:30 Fitness: Walk on Path (P)	9 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Daily Chronicle & Discussions (ND) 10:00 White Board Game: Professions (SL) 10:30 Hydration & Small Bites (SL) 10:30 Diners Caravan: Leesport Diner***\$\$ (OOB) 2:00 Craft: Wash Cloth Bunny (SL) 3:00 iN2L: Word Search (CN) 7:00 Gospel Singers (C)	10 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Daily Chronicle & Discussions (ND) 10:00 Egg Hunt with Friends (CN) 10:45 Hydration & Small Bites (CN) 11:00 Hand Massages (A) 1:15 Fitness: Zumba by Michelle (A) 2:00 Catholic Mass by Saint Michael's (C) 3:00 Cocktail Hour (A) <i>Good Friday</i>	11 9:00 Morning Meeting & Psalms (ND) 9:30 Daily Chronicle & Discussion (ND) 10:00 Baking Club (A) 10:45 Hydration & Small Bites (A) 11:00 Mind Power: Tell a Joke (A) 1:00 Helping Hands: Clean Tables (ND) 2:00 Bingo \$\$ (ND) 3:00 Helping Hands: Setting the Tables (ND) 3:30 Fitness: iN2L (CN)
		12 9:00 Morning Meeting & Spiritual Inspirations (A) 9:15 Reading the Republican (A) 9:30 Stretches to the Polkas (A) 10:00 Hymn Sing-Along & Hydration (A) 11:00-1:00 Wine & Dine (ND/SD) 2:00 Movie: <i>Same Kind of Difference as Me</i> (A) 3:00 iN2L: Trivia (CN) <i>Easter</i>	13 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Daily Chronicle & Discussion (ND) 10:00 Friends Helping Friends (CN) 10:45 Hydration & Small Bites (CN) 1:15 Fitness: Yoga by Michelle (A) 2:00 Rosary & Communion By Deacon Henninger (C) 3:00 iN2L: Word Grid (CN) 4:00 Manicures & Mockmosas (CN)	14 9:00 Morning Meeting & Chronicle (ND) 9:30 Bible Study with Al & Terry (A) 10:00 Diners Caravan: Nino's Restaurant with Connections Friends** (OOB) 11:00 Confident Cruisers (ML) 1:00 Garden Club: Watering Seeds (A) 2:00 Educational Presentation: Historical Society on Molly Maguires (C) 3:00 iN2L: Sing-Along Hymns (CN)	15 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Walk for Heart Health (ML) 2:00 Arm Chair Travel: iN2L Google Earth (CN) 3:30 Wine Down Social (A) 4:00 Poem Readings & Discussion (A)	16 9:00 Morning Meeting & Spiritual Inspirations (N) 9:30 Daily Chronicle & Discussions (ND) 10:00 White Board: Words in Words (C) 10:45 Hydration & Small Bites (C) 11:00 Walk with Friends (ML) 2:00 Birthday Celebration & Musical Entertainment by Vic Boris (CN) 3:30 Short Stories (C)	17 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Daily Chronicle & Discussions (ND) 10:00 Friends Helping Friends: iN2L (CN) 10:45 Hydration & Small Bites (CN) 11:00 Hand Massages (A) 1:15 Fitness: Zumba by Michelle (A) 2:00 Rosary & Communion (C) 3:00 Cocktail Hour (A)	18 9:00 Morning Meeting & Psalms (ND) 9:30 Daily Chronicle & Discussion (ND) 10:00 Baking Club (A) 10:45 Hydration & Small Bites (A) 11:00 Mind Power: Trivia (A) 1:00 Helping Hands: Clean Tables (ND) 2:00 Bingo \$\$ (ND) 3:00 Helping Hands: Setting the Tables (ND) 3:30 Fitness: iN2L (CN)
		19 9:00 Morning Meeting & Spiritual Inspirations (A) 9:15 Reading the Republican (A) 9:30 Stretch Bands to the Polkas (A) 10:00 Hymn Sing-A-Long & Hydration (A) 11:00-1:00 Wine & Dine (ND/SD) 2:00 Movie: <i>My Girl</i> (A) 3:00 iN2L: Trivia (CN) 4:00 Fitness: Walk with Friends (CN)	20 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Daily Chronicle & Discussion (ND) 10:00 Friends Helping Friends (CN) 10:45 Hydration & Small Bites (CN) 1:15 Fitness: Yoga by Michelle (A) 2:00 Rosary & Communion By Deacon Henninger (C) 3:00 iN2L: Word Search (CN) 4:00 Manicures & Mockmosas (CN)	21 9:00 Morning Meeting & Chronicle (ND) 9:30 Bible Study with Al & Terry (A) 10:00 Friends Helping Friends (CN) 10:45 Hydration & Small Bites (CN) 11:00 Confident Cruisers (ML) 1:00 Garden Club: Watering Seeds (A) 2:00 iN2L: Trivia (CN) 3:00 Parachute Game (C) 4:00 Short Stories (C)	22 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Diners Caravan: Heisler's Cloverleaf Dairy & Countryside Ride Lewistown Valley***\$\$ (OOB) 2:00 iN2L: Price Is Right Game (CN) 3:30 Wine Down Social (A) <i>Earth Day</i>	23 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Daily Chronicle & Discussion (ND) 10:00 White Board: Spelling Words (SL) 10:45 Hydration & Small Bites (C) 11:00 Walk with Friends (ML) 2:30 Art Class by Kim (CR) 3:30 Appreciation Craft: Dept Managers (CR)	24 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Daily Chronicle & Discussions (ND) 10:00 Friends Helping Friends: iN2L (CN) 10:45 Hydration & Small Bites (CN) 11:00 Distribution of Appreciation Gift (ML) 1:15 Fitness: Zumba by Michelle (A) 2:00 Rosary & Communion (C) 3:00 Cocktail Hour (A) <i>Arbor Day</i>	25 9:00 Morning Meeting & Psalms (ND) 9:30 Daily Chronicle & Discussion (ND) 10:00 Baking Club (A) 10:45 Hydration & Small Bites (A) 11:00 Mind Power: Trivia (A) 1:00 Helping Hands: Clean Tables (ND) 2:00 Bingo \$\$ (ND) 3:00 Helping Hands: Setting the Tables (ND) 3:30 Fitness: iN2L (CN)
		26 9:00 Morning Meeting & Spiritual Inspirations (A) 9:15 Reading the Republican (A) 9:30 Kickball to the Polkas (A) 10:00 Hymn Sing-A-Long & Hydration (A) 11:00-1:00 Wine & Dine (ND/SD) 2:00 Movie: <i>A Little Princess</i> (A) 3:00 iN2L: Trivia (CN) 4:00 Fitness: Walk with Friends (CN)	27 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Daily Chronicle & Discussion (ND) 10:00 Friends Helping Friends (CN) 10:45 Hydration & Small Bites (CN) 1:15 Fitness: Yoga by Michelle (A) 2:00 Rosary & Communion By Deacon Henninger (C) 3:00 iN2L: Game of Choice (CN) 4:00 Manicures & Mockmosas (CN)	28 9:00 Morning Meeting & Chronicle (ND) 9:30 Bible Study with Al & Terry (A) 10:00 Men's Outing: Lunch at Red Robin & Gander at Cabela's***\$\$ (OOB) 11:00 Confident Cruisers (ML) 2:30 Environmental Love: Bird Feed (P) 3:00 Discuss & Recall: Wildlife in Schuylkill County (P) 3:30 Hydration & Small Bites (P) 4:00 Fitness: Walk on Path (P)	29 9:00 Morning Meeting & Chronicle (ND) 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Putt-Putt Golf (A) 2:00 Rita's Italian Ice***\$\$ (OOB) 3:00 Fitness: Walk to Baseball Field & Watch PAHS Practice Baseball (OOB)	30 9:00 Morning Meeting & Spiritual Inspirations (ND) 9:30 Daily Chronicle & Discussion (ND) 10:00 White Board Game: Pictionary (C) 10:30 Hydration & Small Bites (C) 11:00 Fitness: Walk with Friends (ML) 2:00 Craft: Spring Flower Arrangement (SL) 3:00 Poem Readings & Discussion (SL)	<h1>April 2020</h1>	