

# 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-notice/>

- **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

### 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

## Resident Birthdays




For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](https://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		
		<b>Calendar Key:</b> (ML) Main Lobby (A) Activity Room (CR) Club Room (ND) North Dining Room (SL) South Lounge (C) Chapel (T) Terrace (OOB) Out of Building **Registration Required \$\$Cost Involved	1 9:30 Coffee, Donuts & Discussion (A) 10:00 Karen's Kitchen: Making Homemade Ham Salad (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 12:00 Karen's Kitchen Luncheon** (A) 3:30 Wine Down Wednesday Social (A) 4:00 Tech World: Using Cell Phone s to Take Pictures (A) 6:15 Nickel PO-KE-NO\$\$ (A)	2 9:00 Banks & Post Office** (OOB) 10:00 Friends Helping Friends: Filling Easter Eggs (A) 10:30 Pinochle Club (SL) 2:00 Art Class with Shannon (A) 2:30 Scrabble (SL) 3:30 Lite & Lively Exercise (A) 6:15 Nickel Polish Bingo (A) 6:30 Lincoln Heritage Representative: Final Expense Insurance Agent (C)	3 10:00 Adult Easter Egg Hunt (ML) 11:00 Community Life Committee (A) 1:15 Zumba Fitness with Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 3:00 Bunny Hop Cocktail Hour (A) 3:30 Reminisce: Providence Place of Pottsville Community Life (A) 6:15 Kings in the Corner (A)	4 10:00 Children's Easter Egg Hunt (ML) 10:00-1:00 Girl Scout Cookie Sale\$\$ (ML) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo\$\$ (ND) 3:00 Helping Hands: Setting the Tables (DR) 6:00 Bunco with Friends (A)		
		5 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 & Dine (SD/ND) 2:00 Sunday Movie: <i>The Irishman</i> (A) 2:00 Palm Sunday Service with Deacon Henninger (C) 6:15 Schuylkill Monopoly (A)	6 10:00 Xbox Bowling (A) 10:30 Welcome Ambassadors Committee Meeting (A) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Drama Club (A) 3:30 Band Stretches (A) 6:15 Bunco with Friends (A)	7 9:30 Bible Study with Al & Terry (A) 10:00 Yahtzee (SL) 11:00 Confident Cruisers (ML) 2:00 Educational Presentation on Civil War Embalming by Schlitzer Allen Pugh (C) 3:00 UNO (SL) 3:30 Balance in Motion (A) 6:15 Nickel Bingo\$\$ (A)	8 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 Musical Entertainment by Brian Herber (C) 2:30 Crocheting Circle (S) 3:00 Fire Side Chat with Tanya (A) 3:30 Wine Down Wednesday Social (A) 6:15 Nickel PO-KE-NO\$\$ (A)	9 9:00 Banks & Post Office ** (OOB) 10:00 Pinochle Club (SL) 10:30 Diners Caravan: Leesport Diner***\$\$ (OOB) 2:30 edU-Wellness Presentation <i>Parkinson's Disease</i> by Ashley Vigoda (C) 3:30 Lite & Lively Exercise (C) 7:00 Musical Entertainment by Gospel Singers (C)	10 10:00 Are You Smarter Than A Fifth Grader (A) 10:30 Widow to Widowers Club (L) 1:15 Zumba Fitness with Michelle (A) 2:00 Catholic Mass by Saint Michael's Parish (C) 2:30 Scrabble (SL) 3:00 Cocktail Hour (A) 6:15 Kings in the Corner (A)	11 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Card Games (SL) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo\$\$ (ND) 3:00 Helping Hands: Setting the Tables (DR) 3:30 Walk for Health (ML) 6:00 Bunco with Friends (A)
		12 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 & Dine (SD/ND) 2:00 Sunday Movie: <i>Same Kind of Difference as Me</i> (A) 2:00 Rosary & Communion with Deacon Henninger (C) 6:15 Yahtzee (A)	13 10:00 Finish My Lines (A) 10:30 Flower Arrangements (SL) 11:00 Widows to Widowers Club (L) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 3:30 Band Stretches (A) 6:15 Bunco with Friends (A)	14 9:30 Bible Study with Al & Terry (A) 10:00 Yahtzee (SL) 11:00 Confident Cruisers (ML) 2:00 Educational Presentation on the Molly Maguires by Schuylkill County Historical Society (C) 2:30 Checkers with Friends (SL) 3:30 Balance in Motion (A) 6:15 Nickel Bingo\$\$ (A)	15 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 iN2L - Google Earth (T) 2:30 Crocheting Circle (SL) 3:30 Wine Down Wednesday Social (A) 4:00 Food for Thought (A) 6:15 Nickel PO-KE-NO\$\$ (A)	16 9:00 Crafts: Painting Bird Houses at Avenues Adult Program** (OOB) 1:00 Helping Hands: Clean up (ND) 2:00 Musical Entertainment by Vic Boris (ND) 3:00 Helping Hands: Set Tables (ND) 3:30 Lite & Lively Exercise (A) 3:30 Dining Service Committee (CR) 6:15 Nickel Polish Bingo\$\$ (A)	17 10:00 Brain Tease Trivia (A) 10:30 Community Puzzle Club (SL) 1:15 Zumba Fitness with Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Chefs' Table by Chef Kyle (CR) 3:00 Cocktail Hour (A) 3:30 Dessert & Discussion (A) 6:15 Kings in the Corner (A)	18 9:00 Shopping Run: Walmart***\$\$ (OOB) 10:00 Card Games (SL) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo\$\$ (ND) 3:00 Helping Hands: Setting the Tables (DR) 3:30 Walk for Health (ML) 6:00 Bunco with Friends (A)
		19 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 & Dine (SD/ND) 2:00 Sunday Movie: <i>My Girl</i> (A) 2:00 Rosary & Communion with Deacon Henninger (C) 6:15 Schuylkill County Monopoly (A)	20 10:00 Xbox Bowling (A) 10:30 UNO (SL) 11:00 Low Vision Club (L) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:30 Connect Four Board Game (SL) 3:30 Band Stretches (A) 6:15 Bunco with Friends (A)	21 9:30 Bible Study with Al & Terry (A) 10:00 Yahtzee (SL) 11:00 Confident Cruisers (ML) 2:00 iN2L-Bubble Pop (C) 2:30 Art: Color Me Calm (SL) 3:30 Balance in Motion (A) 4:00 Dessert & Discussion (A) 6:30 Musical Entertainment by Margie & Tanya (C)	22 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 iN2L- Price is Right Game (T) 2:00 Wellness Checks: Wt. & BP (NS) 2:30 Crocheting Circle (SL) 3:30 Wine Down Wednesday Social (A) 6:15 Nickel PO-KE-NO\$\$ (A)	23 9:00 Banks & Post Office** (OOB) 10:00 Hollywood Casino***\$\$ (OOB) 11:00 Confident Cruisers (ML) 2:00 edU-Upper Body Strengthening by Genesis Therapist Cindy (C) 2:30 Soap Box Derby Car Race (A) 3:00 Community Puzzle Club (SL) 330 Lite & Lively Exercise 6:15 Nickel PO-KE-NO\$\$ (A)	24 10:00 Kazooing to the Oldies (A) 10:00 Scrabble (A) 1:15 Zumba Fitness with Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 3:00 Cocktail Hour (A) 3:30 Low Vision Club (L) 6:15 Kings in the Corner (A)	25 9:30 Retail Shopping: Fairlane Village Mall***\$\$ (OOB) 10:00 Card Games (SL) 1:00 Helping Hands: Clean Up (DR) 2:00 Nickel Bingo\$\$ (ND) 3:00 Helping Hands: Setting the Tables (DR) 3:30 Walk for Health (ML) 6:00 Bunco with Friends (A)
		26 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 & Dine (SD/ND) 2:00 Sunday Movie: <i>A Little Princess</i> (A) 2:00 Shopping Run: Walmart***\$\$ (OOB) 6:15 Schuylkill County Monopoly (A)	27 10:00 Cranium Crunches (A) 10:30 UNO (SL) 1:15 Yoga by Michelle (A) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Drama Club (A) 3:30 Band Stretches (A) 6:15 Bunco with Friends (A)	28 9:30 Bible Study with Al & Terry (A) 10:00 Yahtzee (SL) 10:00 Men's Outing: Red Robin & Cabela's***\$\$ (OOB) 11:00 Confident Cruisers (ML) 2:00 Name Five Game (A) 3:30 Balance in Motion (A) 6:15 Nickel Bingo\$\$ (A)	29 9:30 Coffee, Donuts & Discussion (A) 10:30 Worship with Pastor Randy (C) 11:00 Confident Cruisers (ML) 2:00 iN2L-1950's Commercial (T) 2:30 Crocheting Circle (SL) 3:00 Art: Color Me Calm (SL) 3:30 Wine Down Wednesday Social (A) 6:15 Nickel PO-KE-NO\$\$ (A)	30 9:00 Bank & Post Office (OOB) 10:00 Tour: Hershey Park Trolley Ride***\$\$ (OOB) 10:00 UNO (SL) 11:00 Confident Cruisers (ML) 2:00 Musical Entertainment: by Chuck Mummert (C) 5:00 April Birthday Celebration Dinner (CR)	<h1>April 2020</h1>	