

# Focus on Wellness

**As a reminder, our precautions & policies for protecting residents and team members are included in the list to the right.**

For up-to-date information on our procedures & precautions, please ask your receptionist or visit: <https://www.providence-place.com/news/covid-19-notice/>

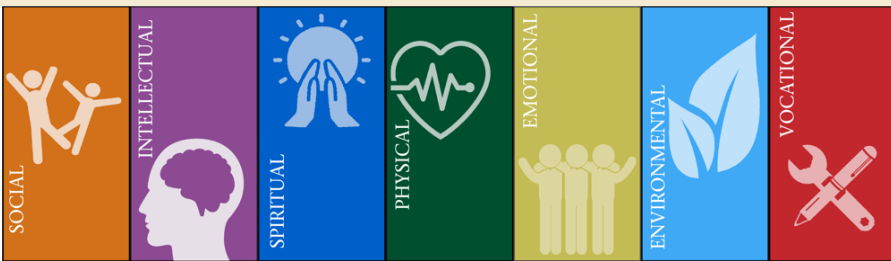
To sign up to receive email updates and monthly newsletters/calendars, please email information to [ProvidenceRetirement@gmail.com](mailto:ProvidenceRetirement@gmail.com).

- Window Visits with precautions can be scheduled with reception (*only permitted with masks & social distancing*)
- No group activities (*Individual activities offering throughout day*)
- All meals being served in Apartments (*Connections exceptions*)
- Residents checked for symptoms and temperature twice daily
- Residents to stay in apartments when active case in building
- Staff checked at start & end of each shift (*temp or symptoms*)
- All Staff are wearing masks throughout shifts
- Social Distancing where possible between all staff/residents
- All new/re-admissions undergo a 14-day isolation period
- Minimize outside healthcare professionals
- Following CDC Guidelines for Personal Protective Equipment
- Full PPE is used for care of all symptomatic residents
- Designated caregivers are helping symptomatic residents only



# Providence Place SENIOR LIVING News

Q2: June 2020



## Dimensions of Wellness

### Welcome New Residents

Roland Garvin  
 Bob Riese  
 Robert Kohler  
 Holly Arentz  
 Jeane Harkins

### Resident Birthdays

#### June

Pauline Henry  
 Delores Hilt  
 Doris Runk  
 Bernice Altland  
 Bernadine Tomlinson  
 Ross Moquin  
 Warren Miller

### *A Note from the Executive Director*

As we move into a new month, I would like to thank each of you for your continued patience and understanding during these trying times.

We continue to have precautions in place to protect the welfare of each resident and coworker here at Providence Place of Dover. We appreciate your efforts in complying with the new changes.

Group activities will continue to be on hold. The staff will continue to assist with hallway bingo, trivia, exercise and other programming during the day. Staff will also be happy to accompany any resident on a one-on-one outside walk.

Don't hesitate to take advantage of our process to communicate with your families. We have iPads available for FaceTime, Zoom, and Skype. Our staff will be more than happy to assist you through the virtual visit. Window visits remain acceptable, just remember social distancing and both parties please wear a mask.

Thank you for your cooperation. **We will get through this together!**

*Howard Holben, Executive Director*

### *Resident Activities*



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		
<h1>June</h1> <h1>2020</h1>	1 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Scrambled Words (R)	2 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Beach Ball Bonanza (R)	3 9:00 Daily Reading/exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Dominoes (R)	4 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Junk Drawer Detective (R)	5 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bing 2:45 Big Book Reading (R)	6 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Who am I ? (R)		
	7 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Club Choice (R)	8 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Name 5 (R)	9 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Card Crunch (R)	10 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Uno Cards (R)	11 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Crafting (R)	12 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Name the Tune (R)	13 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 What am I ? (R)	
	14 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Club Choice (R)  Flag Day	15 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Memory Magic (R)	16 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Chair Zumba (R)	17 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 I Declare War (R)	18 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Magazine Hunt (R)	19 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Sing with Me (R)	20 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Where am I ? (R)  First Day of Summer	
	21 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Club Choice (R)  Father's Day	22 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Word in a Word (R)	23 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 All About Arms (R)	24 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Puzzle Time (R)	25 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Scavenger Hunt (R)	26 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 A Day in History (R)	27 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 What's Missing ? (R)	
	28 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Club Choice (R)	29 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Banana Grams (R)	30 9:00 Daily Reading/Exercise (R) 10:00 Hallway Trivia 1:30 Hallway Bingo 2:45 Legs for Days (R)	<b>Key:</b> Room Activity (R)  <b>CALENDAR KEY:</b> Events are subject to Hallway locations. Please see weekly updates for specific details for each program. ** Registration Required				<b>THE</b> 