

Focus on Wellness: A Positive Approach to Care

Dementia is not treatable, it's not fixable, it's not normal aging. Dementia can be scary. Because it is a progressive disease, we want to be fully prepared and ready for what comes our way. Here at Providence Place, I am honored and proud that we offer diverse Memory Care services. Connections Club and Connections Neighborhood are uniquely paired programs that support individuals experiencing memory loss. Our residents at Providence Place possess great value and deserve dignified and professional quality care, love and safety. To be successful at that, awareness is the first key step! Positive Approach® to Care, a certified and highly reputable dementia program, is getting introduced to our organization coming late 2020. Positive Approach® to Care offers these core basic beliefs:

- **It's all about the relationship that is most critical, it's not the outcome of one encounter**
- **We (family, friends, caregivers, neighbors) are the keys to make life worth living**
- **People living with dementia are doing the best they can and know how as their brain changes**
- **We must be the ones willing to change and evolve as their brain changes. It is not the responsibility of the person going through the uncontrollable brain changes to make our lives easier or better**

Positive Approach® to Care is an integral learning opportunity that will empower us to become aware and envision how we can respond to those in need. At each community, designated team members will receive quality and diverse training that consists of multiple hours of learning dementia-related curriculum through multiple intelligences. I am excited and honored to be a part of this movement for our organization in strengthening our mission as we serve each other and our residents & families.

To learn more about this training, please visit:
<https://teepasnow.com> – or contact me anytime to discuss.

Holly Armstrong, Director of Programs



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

Reopening Phases:

COVID-19 Reopening Phases <small>rev. 7/16/20</small>		
	Internal Community Settings	External Visitation/ Social Settings
RED PHASE	<ul style="list-style-type: none"> • No group activities (individual only) • No communal dining (served in apartments) • Essential healthcare providers only • All residents & staff screened twice daily • All staff to wear masks throughout shift • 14-day isolation for new/re-admissions • PPE required for symptomatic or positive cases • No outside services (salon and therapy) 	<ul style="list-style-type: none"> • No outside visitors • No social outings (Emergency health visits only) • Hospice services & end-of-life visitations permitted
YELLOW PHASE <small>(PA Step 1)</small>	<ul style="list-style-type: none"> • Small group activities resume with social distancing and precautions • Dining rooms will reopen with social distance through multiple seatings • Essential healthcare providers only • All residents & staff screened daily • All residents to wear masks outside of apartments or dining room • All staff to wear masks throughout shift • 14-day isolation for new/re-admissions • PPE required for symptomatic or positive cases • Therapy services can resume (in apartments) 	<ul style="list-style-type: none"> • No visitors inside community • Window visits permitted for family/friends with proper precautions • Limited healthcare or social outings (transportation provided by community and isolation period enforced)
GREEN PHASE <small>(PA Step 2)</small>	<ul style="list-style-type: none"> • Small group activities continue • Dining rooms are open with social distance • All residents & staff screened daily • All staff to wear masks • All residents to wear masks outside of apartments or dining room • Isolation decreased to 7-days for new/re-admissions • Therapy services will resume in therapy suite • Salon services will resume 	<ul style="list-style-type: none"> • Outdoor social visits with proper precautions can be scheduled • Window visits continue for family/friends • New medical appointment procedures available

*Above guidelines are subject to Pennsylvania state mandates & procedures. Above guidelines are subject to change.

Please refer to your communications or our lobby announcement boards for daily updates on your community's phase status.

The health & safety of all of our residents & team members are our top priority.



Providence Place SENIOR LIVING News

Q3: August 2020

A Note from the Executive Director

Dear Residents and Families,

According to the Mayo clinic, "everyone benefits from regular exercise, regardless of age, sex, or physical ability." There are also studies that show making time for exercise provides some serious mental health benefits. Some benefits include:

- 1) Reducing stress
- 2) Boost happy chemicals
- 3) Improve self-confidence
- 4) Enjoy the great outdoors
- 5) Prevent cognitive decline
- 6) Alleviate anxiety
- 7) Boost Brainpower
- 8) Sharpen memory
- 9) Help control addiction
- 10) Increase relaxation
- 11) Get more done
- 12) Tap into creativity
- 13) Inspire others

During these challenging times, it is remarkable to see the number of residents who are remaining physically active. Many residents are walking in the hallways during inclement weather or high pollen counts. Many others are making it a point to get fresh air and enjoy our beautiful walking trail. Keep up the great job and remain active!

Holly Townsend, Executive Director

Chambersburg | 2085 Wayne Road | Chambersburg, PA 17202 | 717-709-0668

Welcome New Residents

Vivian Calimer
Chuck & Alice Galbraith
John Hampton
James Frank
Dolly Meyers


Resident Birthdays

August

8 – Paul Barnes
15 – Helen Dagenhart
16 – Joyce Bright
22 – Anne Handzlik
23 – Audrey Stake
24 – Kay Stake
25 – Susan McCarl
27 – Eleanor Whelan
28 – Helen Small & Amy Keifman
31 – Marge Bowen

September

5 – Earl McClain
8 – Betty Furst
9 – Frank Sturtz & Sally Ann McCleary
12 – Virginia Federhoof & John Hampton
13 – Evelyn Gingrich
22 – Louise Miner
25 – Ruth Sheruda
26 – Lorraine Shaffer & Vivian Calimer
28 – Bonnie Mearkle
30 – Bob Foust

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Meditation Room (MR) Conference Room (CR), Loading Dock (LD), Library (L), Private Dining Room (PDR), **Registration Required, \$\$ Cost Involved	<h1>August 2020</h1>	<i>"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute." ...</i>		1 9:00 Light and Lively Exercise (3E) 9:30 Walk Around the Walking Path (FL) 1:30 Stair Climbers (3E) 2:00 Coupon Cutting for Veterans (C) 3:00 Sequence (C) 6:30 Blitz with Ruth (2A)
		2 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Musical Entertainment with Bryan Herber (2A) 3:00 Gardening Club (2A) 6:30 Worship Services: Channel 49	3 9:00 Light and Lively Exercise (3E) 10:00 Prize BINGO (2A) 1:30 Balance & Action (3E) 2:00 Activity Cart Station (2A) 3:00 Social Hour (P) 6:30 Blitz with Ruth (2A)	4 9:00 Light and Lively Exercise (3E) 10:00 Walk and Roll Walking Group (FL) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 3:00 Farmers Market Cart (P) 6:30 Horseshoes (3E)	5 9:00 Balloon Ball Exercise (3E) 10:00 Kitchen Creation: Cheesecakes (C) 1:30 Balance & Action (3E) 3:00 Sequence (2A) 6:30 Card Club (2A)	6 9:00 Light and Lively Exercise (3E) 10:00 Prize BINGO (2A) 11:30 Bookmobile (LD) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 3:00 Tea Talk (P) 6:30 Horseshoes (3E)
9 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station Featuring Shark Week Colors (2A) 2:00 Gardening Club (FL) 3:00 Mexican Train Dominoes (C) 6:30 Worship Services: Channel 49	10 9:00 Light and Lively Exercise (3E) 10:00 Prize BINGO with Jamie from Bayada (2A) 2:00 Horseshoes (3E) 3:00 Social Hour (P) 6:30 Blitz with Ruth (2A)	11 9:00 Light and Lively Exercise (3E) 10:00 Walk and Roll Walking Group (FL) 1:30 Bible Study (PDR) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 6:30 Horseshoes (3E)	12 9:00 Balloon Ball Exercise (3E) 10:00 Dining Committee (DR) 10:00 Kitchen Creation: Shark Week Snack Attack (C) 1:30 Balance & Action (3E) 3:00 Wii Bowling (3E) 6:30 Ladder Ball (3E)	13 9:00 Light and Lively Exercise (3E) 10:00 Prize BINGO (2A) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Musical Entertainment by Tom Shultz (2A) 6:30 Billiards (3E)	14 9:00 Light and Lively Exercise (3E) 10:00 Gardening Club (FL) 1:30 Balance & Action (3E) 2:00 Independent Walk Around the Path 3:30 Social Hour featuring Shark Week Clips (P) 6:30 Sequence (2A)	15 9:00 Light and Lively Exercise (3E) 10:00 Chocolate Bar Bingo with Jenn (2A) 1:30 Walk Around the Walking Path (FL) 3:00 Horseshoes (3E) 6:30 Blitz with Ruth (2A)
16 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Gardening Club (FL) 3:00 Sequence (C) 6:45 Evening Worship Service (2A)	17 9:00 Light and Lively Exercise (3E) 10:00 Prize BINGO (2A) 1:30 Balance & Action (3E) 2:00 Men's Club (2A) 3:00 Social Hour (P) 6:30 Blitz with Ruth (2A)	18 9:00 Light and Lively Exercise (3E) 10:00 Walk and Roll Walking Group (FL) 1:30 Bible Study (PDR) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 6:30 Dealing with Loss Support Group (CR)	19 9:00 Balloon Ball Exercise (3E) 10:00 Kitchen Creation: Meatballs (C) 11:30 Chef's Table with Preston ** (PDR) 1:30 Balance & Action (3E) 2:00 Prize BINGO (2A) 3:00 Circle of Friends (PDR) 6:45 Evening Worship Service (2A)	20 9:00 Light and Lively Exercise (3E) 10:00 Prize BINGO (2A) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 3:00 Coffee Talk (P) 6:30 Horseshoes (3E)	21 9:00 Light and Lively Exercise (3E) 10:00 Gardening Club (FL) 1:30 Balance & Action (3E) 2:00 Card Club (2A) 3:30 Social Hour (P) 6:30 Wii Bowling (3E) Senior Citizens Day	22 9:00 Light and Lively Exercise (3E) 9:30 Walk Around the Walking Path (FL) 1:30 Stair Climbers (3E) 2:00 Coupon Cutting for Veterans (C) 3:00 Scrabble (C) 6:30 Musical Entertainment by Rick Olsen (2A)
23 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Gardening Club (FL) 3:00 Mexican Train Dominoes (C) 6:45 Evening Worship Service (2A)	24 9:00 Light and Lively Exercise (3E) 10:00 Prize BINGO (2A) 1:30 Balance & Action (3E) 3:00 Oreo Cookie Taste Test (P) 3:30 Social Hour (P) 6:30 Blitz with Ruth (2A)	25 9:00 Light and Lively Exercise (3E) 10:00 Walk and Roll Walking Group (FL) 1:30 Bible Study (PDR) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 6:30 Dealing with Loss Support Group (CR)	26 9:00 Balloon Ball Exercise (3E) 10:00 Kitchen Creation: Soft Pretzels (C) 1:30 Balance & Action (3E) 2:00 Memorial Service 3:00 Circle of Friends (PDR) 6:45 Evening Worship Service (2A)	27 9:00 Light and Lively Exercise (3E) 10:00 Prize BINGO (2A) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 3:00 Featured Wine Tasting (P) 6:30 Billiards (3E)	28 9:00 Light and Lively Exercise (3E) 10:00 Gardening Club (FL) 1:30 Balance & Action (3E) 2:00 Horseshoes (3E) 3:30 Social Hour (P) 6:30 Puzzle Club (L)	29 9:00 Light and Lively Exercise (3E) 9:30 Walk Around the Walking Path (FL) 1:30 Stair Climbers (3E) 2:00 Coupon Cutting for Veterans (C) 3:00 Sequence (C) 6:30 Blitz with Ruth (2A)
30 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Gardening Club (FL) 3:00 Scrabble (2A) 6:45 Evening Worship Services (2A)	31 9:00 Light and Lively Exercise (3E) 10:00 Prize BINGO (2A) 1:30 Balance & Action (3E) 2:00 National Day: Toasted Marshmallow (LD) 3:00 Social Hour (P) 6:30 Blitz with Ruth (2A)	<p style="text-align: center;"> <i>... "We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older—places in which older people can participate to the fullest and can find the encouragements, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."</i> President of the United States of America, Ronald Reagan, August 19, 1988 </p>				