

Focus on Wellness: Your New Journey

A “new normal” – we have heard this phrase repeatedly over the last few months to describe the unusual and unprecedented time. Living through this has brought the ability to create new anxieties. And for some, just simply hearing the phrase “a new normal” may even trigger heavy emotion.

What we know to be certain is that changes occur. Changes that are happening in our world now are at a pace that may bring discomfort and struggle. Look at what is different in our lives since the beginning of March – all of our lives have changed how we function day-to-day, how we connect with others, and even how we worship.

Would you be surprised to know that change is part of life’s DNA? All living things must change.

To walk with this change in a healthy way, I encourage you to quiet the distractions around you. Take time to find ways you can have quiet, invite peace and focus on your inner voice that surrounds your purpose.

What does it mean to be made new through change? Regardless of what life’s changes bring, you have the power to enrich your life. Finding a new routine, or someone who can influence you positively, can bring a new breath of vibrancy and refreshment. Maybe it is a new exercise routine, a new focus on better nutrition or it may even be a friendly competition between you and a companion.

It is easy to sit around and talk about the good ole days, especially when the present days seem bleak with little hope of returning to the former.

If you are to have any hope of resetting your path to a glorious future, self-examination is required with careful and earnest consideration of being open to change. Some aspects of your life may require a radical transformation. Let us stop, reflect, and adjust. Your willingness to embrace change can and will affect what you think, how you feel, and what you do. Change comes with renewal of a living hope. Foundational principles of this new living hope comes simply: change is needed, change will take place, and thankfully change can bring a renewed living hope.

-- Chaplain Wilmer



Providence Place SENIOR LIVING News

Q3: July 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

Resident Activities



Welcome New Residents

Virginia Federhoof

July

Paul Burns
Jane Hause
Laura Martin
George Fant
John Doyle
Jean Stambaugh
Chester Garman
Merle Cordell
Barb Danner
Sarah Pryor
Martha Lininger
Eleonore Woodward
Chuck Galbraith
C.Q. Smith
Domingo Garcia
Agnes Maurello

Resident Birthdays

Buck Lininger
Susan Downin
Lois Funk

August

Paul Barnes
Helen Dagenhart
Joyce Bright
Anne Handzlik
Audrey Stake
Kay Stake
Susan McCarl
Eleanor Whelan
Helen Small
Amy Keifman
Marge Bowen

September

Earl McClain
Betty Furst
Frank Sturtz
Sally Ann McCleary
Virginia Federhoof
John Hampton
Louise Miner
Ruth Sheruda
Lorraine Shaffer
Vivian Calimer
Bonnie Mearkle



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

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) Loading Dock (LD), Library (L), Private Dining Room (PDR), **Registration Required, \$\$ Cost Involved			1 9:00 Balloon Ball Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Kitchen Creation: Patriotic Snacks 1:30 Balance & Action (3E) 2:00 3rd Floor Prize BINGO (2A) 3:00 Circle of Friends with Chaplain Wilmer (PDR) 6:30 Evening Worship 1st Floor Residents	2 9:00 Light and Lively Exercise (3E) 10:00 Art with Community Life Red, White, and Blue Project (C) 1:30 Balance & Action (3E) 2:00 1st Floor Prize BINGO (2A) 3:00 Stop and Go Snack Station (FL) 6:30 Game Show Channel 73	3 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 Stop and Go Station Featuring Patriotic Snacks (P) 6:30 Game Show Channel 73	4 9:00 Light and Lively Exercise (3E) 10:00 Walk Around the Walking Path (FL) 1:30 Stair Climbers (3E) 2:00 Coupon Cutting for Veterans (C) 3:00 Ice Cream Sundae Social (LD) 8:00 Independence Day TV program <i>A Capital Fourth Channel 803 or 10</i> Independence Day
5 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Gardening Club (FL) 3:00 Activities Cart Station (2A) 6:30 Worship Services: Channel 49	6 9:00 Light and Lively Exercise (3E) 10:00 Delivery of the Daily Chronical for the week 1:30 Balance & Action (3E) 2:00 2nd Floor Prize BINGO (2A) 3:30 Social Hour Stop and Go Station (P)	7 9:00 Light and Lively Exercise (3E) 10:00 Horseshoes (3E) 1:30 Bible Study (PDR) 1:30 Balance & Action (3E) 6:30 Dealing with Loss Support Group (CR)	8 9:00 Balloon Ball Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Kitchen Creation: Fruit Kabobs (C) 1:30 Balance & Action (3E) 2:00 3rd Floor Prize BINGO (2A) 3:00 Circle of Friends With Chaplain Wilmer (PDR) 6:30 Evening Worship 1st Floor Residents (2A)	9 9:00 Light and Lively Exercise (3E) 10:00 Art with Community Life Working with Floral (C) 1:30 Balance & Action (3E) 2:00 1st Floor Prize BINGO (2A) 3:00 Stop and Go Snack Station (FL) 6:30 Game Show Channel 73	10 9:00 Light and Lively Exercise (3E) 10:00 Gardening Club (FL) 1:30 Balance & Action (3E) 2:00 Spiritual Life Office Hours (MR) 3:30 Social Hour Stop and Go Station (P) 6:30 Evening Worship 2nd Floor Residents (2A)	11 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 Puzzle Club (L) 6:30 Evening Worship 3rd Floor Residents (2A)
12 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Gardening Club (FL) 3:00 Activities Cart Station (2A) 6:30 Worship Services: Channel 49	13 9:00 Light and Lively Exercise (3E) 10:00 Delivery of the Daily Chronical for the week 1:30 Balance & Action (3E) 2:00 2nd Floor Prize BINGO (2A) 3:30 Social Hour Stop and Go Station (P)	14 9:00 Light and Lively Exercise (3E) 10:00 Wii Bowling (3E) 1:30 Bible Study (PDR) 1:30 Balance & Action (3E) 6:30 Dealing with Loss Support Group (CR)	15 9:00 Balloon Ball Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Kitchen Creation: Lemon Poke Cake (C) 1:30 Balance & Action (3E) 2:00 3rd Floor Prize BINGO (2A) 3:00 Circle of Friends (PDR) 6:30 Evening Worship 1st Floor Residents (2A)	16 9:00 Light and Lively Exercise (3E) 10:00 Art with Community Life Chalk Art (C) 1:30 Balance & Action (3E) 2:00 1st Floor Prize BINGO (2A) 3:00 Stop and Go Snack Station (FL) 6:30 Game Show Channel 73	17 9:00 Light and Lively Exercise (3E) 10:00 Gardening Club (FL) 1:30 Balance & Action (3E) 2:00 Spiritual Life Office Hours (MR) 3:30 Social Hour Stop and Go Station (P) 6:30 Evening Worship 2nd Floor Residents (2A)	18 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 Puzzle Club (L) 6:30 Evening Worship 3rd Floor Residents (2A)
19 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Gardening Club (FL) 3:00 Activities Cart Station (FL) 6:30 Horseshoes (3E)	20 9:00 Light and Lively Exercise (3E) 10:00 Delivery of the Daily Chronical for the week 1:30 Balance & Action (3E) 2:00 2nd Floor Prize BINGO (2A) 3:30 Social Hour Stop and Go Station (P) 6:30 Sequence (2A)	21 9:00 Light and Lively Exercise (3E) 10:00 Horseshoes (3E) 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)	22 9:00 Balloon Ball Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Kitchen Creation: Pigs in a Blanket (C) 1:30 Balance & Action (3E) 2:00 Prize BINGO (2A) 3:00 Circle of Friends (PDR) 6:30 Evening Worship 1st Floor Residents (2A)	23 9:00 Light and Lively Exercise (3E) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Art Exploration(C) 3:00 Stop and Go Snack Station (FL) 6:30 Blitz with Ruth (2A)	24 9:00 Light and Lively Exercise (3E) 10:00 Gardening Club (FL) 1:30 Balance & Action (3E) 2:00 Spiritual Life Office Hours (MR) 3:30 Social Hour Stop and Go Station (P) 6:30 Evening Worship 2nd Floor Residents (2A)	25 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 Evening Worship 3rd Floor Residents (2A)
26 9:00 Light and Lively Exercise (3E) 10:00 Polish Nail Station (2A) 2:00 Movie Matinee: Breakfast at Tiffany's (2A) 2:00 Gardening Club (FL) 3:00 Activities Cart Station (2A) 6:30 Billiards (3E)	27 9:00 Light and Lively Exercise (3E) 10:00 Delivery of the Daily Chronical for the week 1:30 Balance & Action (3E) 2:00 2nd Floor Prize BINGO (2A) 3:30 Social Hour Stop and Go (P) 6:30 Cornhole (3E)	28 9:00 Light and Lively Exercise (3E) 10:00 Wii Bowling (3E) 1:30 Bible Study (PDR) 1:30 Balance & Action (3E) 1:30 Art Class with Doretta (C) 6:30 Card Club (2A)	29 9:00 Balloon Ball Exercise (3E) 9:30 Walk and Roll Walking Group (FL) 10:00 Kitchen Creation: (Hawaiian Pie) 1:30 Balance & Action (3E) 2:00 Prize BINGO (2A) 3:00 Circle of Friends With Chaplain Wilmer (PDR) 6:30 Evening Worship 1st Floor Residents (2A)	30 9:00 Light and Lively Exercise (3E) 10:00 Horseshoes (3E) 1:30 Balance & Action (3E) 1:30 Art Exploration (C) 2:00 Prize BINGO (2A) 3:00 Stop and Go Snack Station (FL) 6:30 Blitz with Ruth (2A)	31 9:00 Light and Lively Exercise (3E) 10:00 Gardening Club (FL) 1:30 Balance & Action (3E) 2:00 Spiritual Life Office Hours (MR) 3:30 Social Hour Stop and Go (P) 6:30 Evening Worship 2nd Floor Residents (2A)	<h1>July</h1> <h1>2020</h1>