

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

Summer is upon us -- with the move for Montgomery County to the Green Phase, we will be able to begin enjoying the nice weather a bit more.

We have already implemented country rides and outside walks on a one-on-one basis with our residents and we have seen spirits lifted by the fresh air, sunshine and change in scenery. This will continue as we move forward and we anticipate being able to add scheduled outdoor family visits on a limited basis. We do know how important these visits will be to our residents and families and we will be reaching out to all of our families to schedule a time to visit.

Some more exciting news as we move to Green is the re-opening of the Beauty Shop & the Dining Room and the addition of small group activities. We have also been able to bring back both physical therapy and occupational therapy as many residents have experienced some deconditioning and are looking forward to getting moving again.

We do need to remember that it has been our cautious approach and aggressive testing that has kept us all safe through this pandemic and we will need to continue this approach. This means that we need your help in following our guidelines for such things as visits, doctor appointments, social distancing, mask wearing and continued surveillance testing.

We want to thank all of you for your patience and cooperation in this ever-changing process. I am confident that we can all work together and achieve our goal of keeping everyone safe and healthy. Stay Well!

Francie Hoch, Executive Director

Resident Birthdays

August


1 – Thomas Trimble III
20 – Marilyn Rivers

September

22 – John Pomarzynski

Welcome New Residents

Mary Baird
Joan Miller
Albert Schofield

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Calendar Key: (CR) Community Room, (AR) Activity Room, (D) Deck, (OL) Old Lobby, (P) Pub, (WO) Wellness Office, (T) Theater, (OOB) Out of Building, (GR) Game Room **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 9:30 Confident Cruisers (OL) 10:30 Exercise & Stretch (CR) 11:00 Today in History (D) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 What Am I? Game (AR) 4:00 Documentary Series: <i>Barbara...The Music...The Memories...The Magic</i> (T)
		2 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (D) 11:00 Tai Chi (CR) 1:30 Team Trivia (D) 3:00 Ice Cream Sandwich Social (D) 4:00 In - Room Visits	3 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 1:00 Bingo Session 1 (AR) 2:30 Community Life Meeting (AR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session 2 (AR)	4 9:30 Confident Cruisers (OL) 10:30 Gardening Club (OL) 1:00 Health & Wellness Clinic (WO) 2:00 Destination Education: Brazil (T) 3:00 Chef's Pairing (P) 4:00 Rosary (AR) 6:00 Trivia Night (D)	5 9:30 BODYpump (CR) 10:30 Baker's Corner: Monkey Bread (AR) 11:30 Daily Chronicle (D) 1:00 In - Room Visits 2:30 Crafty Crew: Ceramic Painting (AR) 3:30 Beverage Making: Ocean Water (AR) 4:00 Back Deck Social (D)	6 9:30 Confident Cruisers (OL) 10:30 Country Ride Session 1 (OOB) 11:00 Virtual Bible Study (T) 1:30 Country Ride Session 2 (OOB) 2:30 Happy Birthday Lucille Ball! (CR) 3:00 American Artist Series (CR) 4:00 Rosary (AR) 6:00 Singing Sessions (CR)
9 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (D) 11:00 Tai Chi (CR) 1:30 Team Trivia (D) 3:00 Flavored Iced Tea Social (D) 4:00 In - Room Visits	10 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 1:00 Bingo Session 1 (AR) 2:30 Welcoming Committee Meeting (AR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session 2 (AR)	11 9:30 Confident Cruisers (OL) 10:30 Gardening Club (OL) 1:00 Brain Games: Name 10 (D) 2:00 Tie Dye T-Shirts (AR) 3:00 Jumbo Crossword Puzzle (OL) 4:00 Rosary (AR) 6:00 Trivia Night (D)	12 9:30 BODYpump (CR) 10:30 Baker's Corner: S'mores Bars (AR) 11:30 Daily Chronicle (D) 1:00 In - Room Visits 2:30 Pamper Yourself: Facials (AR) 3:30 Beverage Making: Sparkling Strawberry Punch (AR) 4:00 Back Deck Social (D)	13 9:30 Confident Cruisers (OL) 10:30 Country Ride Session 1 (OOB) 11:00 Virtual Bible Study (T) 1:00 Fireside Chat (OL) 1:30 Country Ride Session 2 (OOB) 3:00 American Artist Series (CR) 4:00 Rosary (AR) 6:00 Singing Sessions (CR)	14 9:30 Balance Fitness (CR) 10:30 Culinary Club: Deviled Eggs (AR) 1:00 Movie Session 1: <i>King Creole</i> (T) 2:00 Flower Arranging (AR) 3:00 Food for Thought: Watermelon (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Session 2: <i>King Creole</i> (T)	15 9:30 Confident Cruisers (OL) 10:30 Exercise & Stretch (CR) 11:00 Today in History (D) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Charades (OL) 4:00 Documentary Series: <i>JFK—The Making of a President</i> (T)
16 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (D) 11:00 Tai Chi (CR) 1:30 Team Trivia (D) 3:00 Fruit Smoothie Social (D) 4:00 In - Room Visits	17 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 1:00 Bingo Session 1 (AR) 2:30 Volunteer Committee Meeting (AR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session 2 (AR)	18 9:30 Confident Cruisers (OL) 10:30 Gardening Club (OL) 1:00 Dining Committee (CR) 2:00 Destination Education: Ireland (T) 3:00 Jeopardy (CR) 4:00 Rosary (AR) 6:00 Trivia Night (D)	19 9:30 BODYpump (CR) 10:30 Baker's Corner: Fruit Pizza (AR) 11:30 Daily Chronicle (D) 1:00 In - Room Visits 2:30 Crafty Crew: Tile Coasters (AR) 3:30 Beverage Making: Raspberry Peach Lemonade (AR) 4:00 Back Deck Social (D)	20 9:30 Confident Cruisers (OL) 10:30 Country Ride Session 1 (OOB) 11:00 Virtual Bible Study (T) 1:30 Country Ride Session 2 (OOB) 2:00 Fruit Popsicle Social (D) 3:00 American Artist Series (CR) 4:00 Rosary (AR) 6:00 Singing Sessions (CR)	21 9:30 Balance Fitness (CR) 10:30 Culinary Club: Sweet Potato Dip (AR) 1:00 Movie Session 1: <i>Aftermath</i> (T) 2:00 Men's Club (CR) 3:00 Technology & You (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Session 2: <i>Aftermath</i> (T) Senior Citizens Day	22 9:30 Confident Cruisers (OL) 10:30 Exercise & Stretch (CR) 11:00 Today in History (D) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Name that Tune (CR) 4:00 Documentary Series: <i>Woodstock—Three Days that Defined a Generation</i> (T)
23 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (D) 11:00 Tai Chi (CR) 1:30 Team Trivia (D) 3:00 Sunday Sundae Social (AR) 4:00 In - Room Visits	24 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 1:00 Bingo Session 1 (AR) 2:30 Chef's Demonstration with Chef Chad (AR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session 2 (AR)	25 9:30 Confident Cruisers (OL) 10:30 Gardening Club (OL) 1:00 Brain Games: Word Mining (CR) 2:00 Create a Succulent Garden (AR) 3:00 Jumbo Crossword Puzzle (OL) 4:00 Rosary (AR) 6:00 Trivia Night (D)	26 9:30 BODYpump (CR) 10:30 Baker's Corner: Lemon Strawberry Crescent Roll Ups (AR) 11:30 Daily Chronicle (D) 1:00 In - Room Visits 2:30 Picture Trivia (CR) 3:30 Beverage Making: Sherbet Punch (AR) 4:00 Back Deck Social (D)	27 9:30 Confident Cruisers (OL) 10:30 Country Ride Session 1 (OOB) 11:00 Virtual Bible Study: (T) 1:30 Country Ride Session 2 (OOB) 2:00 Fresh Fruit Social (D) 3:00 American Artist Series (CR) 4:00 Rosary (AR) 6:00 Singing Sessions (CR)	28 9:30 Balance Fitness (CR) 10:30 Culinary Club: Mango Salsa (AR) 1:00 Movie Session 1: <i>Hancock</i> (T) 2:00 Flower Arranging (AR) 3:00 Famous August Birthdays (D) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Session 2: <i>Hancock</i> (T)	29 9:30 Confident Cruisers (OL) 10:30 Exercise & Stretch (CR) 11:00 Today in History (D) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Name that Word (OL) 4:00 Documentary Series: <i>Studio 54</i> (T)
30 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (D) 11:00 Tai Chi (CR) 1:30 Team Trivia (D) 3:00 Soda Float Social (D) 4:00 In - Room Visits	31 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 1:00 Bingo Session 1 (AR) 2:30 Comedy Hour: Michael McIntyre (T) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session 2 (AR)	<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></p> <p style="text-align: center;"><i>President of the United States of America, Ronald Reagan, August 19, 1988</i></p>				