

# 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

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 Activities



## Welcome New Residents

Thomas Olsen  
Antonio DiGenova  
Helena Winn  
Nick Battista

## Resident Birthdays

### July

Emily Strinkoski  
Mary Baird  
Lawrence Rosenberger

### August

Thomas Trimble III  
Marilyn Rivers

### September

John Pomarzynski



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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> (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			1 9:30 BODYpump (AR) 10:30 Bingo Session One (AR) 11:30 Daily Chronicle (OL) 1:00 Bingo Session Two (AR) 2:30 Crafty Crew: Summer Scenes (AR) 3:30 Today in History (D) 4:00 Back Porch Social (D)	2 9:30 Confident Cruisers (OL) 10:30 Country Ride Session One (OOB) 1:30 Country Ride Session Two (OOB) 2:00 Picture Trivia (CR) 3:00 Virtual Tour: Carlsbad Canyon National Park (T) 4:00 Rosary (AR)	3 9:30 Balance Fitness (AR) 10:30 Culinary Club: Guacamole (AR) 1:00 Movie Session One: <i>The Money Pit</i> (T) 2:00 Widow to Widowers Club (CR) 3:00 Chronology Game (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Session Two: <i>The Money Pit</i> (T)	4 9:30 Confident Cruisers (OL) 10:30 4th of July Scavenger Hunt (OL) 12:00 Independence Day Picnic (DR) 1:00 Wii Bowling Club (CR) 2:00 Bingo (AR) 3:00 Red, White, & Blue Trivia and Snacks (D) 3:30 Back Deck Social (D)  Independence Day
5 8:00 Televised Catholic Mass (Ch. 291) 9:30 Stretch it Out (CR) 10:30 Current Events Discussion (D) 11:00 Communion Distribution (OL) 1:30 Celebrate Cracker Jack Day (OL) 2:30 Team Trivia Challenge (OL) 3:30 Connect Four (D)	6 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 1:00 Bingo Session One (AR) 2:30 Community Life Meeting (OL) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	7 9:30 Confident Cruisers (OL) 10:30 Gardening Club (OL) 1:00 Health & Wellness Clinic (WO) 2:00 World Chocolate Day Celebration (AR) 3:00 Jumbo Crossword Puzzle (D) 4:00 Comedy Hour: Kevin James (T) 6:00 Trivia Night (OL)	8 9:30 BODYpump (AR) 10:30 Baker's Corner: (AR) 11:30 Daily Chronicle (D) 1:00 In-Room Visits 2:30 Crafty Crew: Ceramic Painting (AR) 3:30 Chef's Pairings (P) 4:00 Back Porch Social (D)	9 9:30 Confident Cruisers (OL) 10:30 Country Ride Session One (OOB) 1:00 Fireside Chat (OL) 2:00 Country Ride Session Two (OOB) 3:00 Armchair Travels: Greece (T) 4:00 Rosary (AR) 6:00 Singing Sessions (CR)	10 9:30 Balance Fitness (AR) 10:30 Culinary Club: Bacon Cheddar Dip (AR) 1:00 Movie Session One: <i>Air Force One</i> (T) 2:00 Flower Arranging (AR) 3:00 Scategories (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Session Two: <i>Air Force One</i> (T)	11 9:30 Confident Cruisers (OL) 10:30 Backyard Games: Ladder Ball (D) 11:30 Name 10 (OL) 1:00 Wii Bowling Club (CR) 2:00 Bingo (AR) 3:00 Fresh Fruit Smoothies (AR) 3:30 Back Deck Social (D)
12 8:00 Televised Catholic Mass (Ch. 291) 9:30 Stretch it Out (CR) 10:30 Current Events Discussion (D) 11:00 Communion Distribution (OL) 2:00 Fresh Watermelon Social (D) 2:30 Team Trivia Challenge (OL) 3:30 Washers (D)	13 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 1:00 Bingo Session One (AR) 2:30 Welcome Ambassadors Committee Meeting (OL) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	14 9:30 Confident Cruisers (OL) 10:30 Gardening Club (OL) 1:00 Short Story Reading (CR) 2:00 Music Documentary: <i>Rock n' Roll: The Early Days</i> (T) 3:00 Jeopardy (CR) 4:00 Word Search Competition (AR) 6:00 Trivia Night (OL)	15 9:30 BODYpump (AR) 10:30 Baker's Corner (AR) 11:30 Daily Chronicle (D) 1:00 In-Room Visits 2:30 Crafty Crew (AR) 3:30 Today in History (OL) 4:00 Back Porch Social (D)	16 9:30 Confident Cruisers (OL) 10:30 Country Ride Session One (OOB) 1:30 Country Ride Session Two (OOB) 2:00 Picture Trivia (CR) 3:00 Virtual Tour: Monterey Bay Aquarium (T) 4:00 Rosary (AR) 6:00 Singing Sessions (CR)	17 9:30 Balance Fitness (AR) 10:30 Culinary Club: Meatball Sliders (AR) 1:00 Movie Session One: <i>Yes Man</i> (T) 2:00 Men's Club (CR) 3:00 Food for Thought: Beans (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Session Two: <i>Yes Man</i> (T)	18 9:30 Confident Cruisers (OL) 10:30 Backyard Games: Ring Toss (D) 11:00 Kitchen Creations: Fresh Fruit Pops (AR) 1:00 Wii Bowling Club (CR) 2:00 Bingo (AR) 3:00 Enjoy Fresh Fruit Pops (D) 3:30 Back Deck Social (D)
19 8:00 Televised Catholic Mass (Ch. 291) 9:30 Stretch It Out (CR) 10:30 Current Events Discussion (D) 11:00 Communion Distribution (OL) 1:30 Higher or Lower (CR) 2:30 Team Trivia Challenge (OL) 3:30 Horseshoes (D)	20 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 1:00 Bingo Session One (AR) 2:30 Volunteer Committee (AR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	21 9:30 Confident Cruisers (OL) 10:30 Gardening Club (OL) 1:00 Dining Committee (CR) 2:00 Name that Tune (CR) 3:00 Jumbo Crossword Puzzle (D) 4:00 Comedy Hour: Jerry Seinfeld (T) 6:00 Trivia Night (OL)	22 9:30 BODYpump (AR) 10:30 Baker's Corner: (AR) 11:30 Daily Chronicle (D) 1:00 In-Room Visits 2:30 Crafty Crew (AR) 3:30 Today in History (OL) 4:00 Back Porch Social (D)	23 9:30 Confident Cruisers (OL) 10:30 Country Ride Session One (OOB) 1:30 Country Ride Session Two (OOB) 2:00 Ice Cream Sundaes (AR) 3:00 Armchair Travels: Italy (T) 4:00 Rosary (AR) 6:00 Uncorked (P)	24 9:30 Balance Fitness (AR) 10:30 Culinary Club: Monkey Bread (AR) 1:00 Movie Session One: <i>Godzilla</i> (T) 2:00 Flower Arranging (AR) 3:00 Scattergories (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Session Two: <i>Godzilla</i> (T)	25 9:30 Confident Cruisers (OL) 10:30 Backyard Games: Cornhole (D) 11:30 Finishing Lines (OL) 1:00 Wii Bowling Club (CR) 2:00 Bingo (AR) 3:00 Make & Taste: Snow Cones (AR) 3:30 Back Deck Social (D)
26 8:00 Televised Catholic Mass (Ch. 291) 9:30 Stretch It Out (CR) 10:30 Current Events Discussion (D) 11:00 Communion Distribution (OL) 2:00 Summer Fruit Social (D) 2:30 Team Trivia Challenge (OL) 3:30 Ladder Ball (D)	27 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 1:00 Bingo Session One (AR) 2:00 Chef's Demonstration (AR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	28 9:30 Confident Cruisers (OL) 10:30 Gardening Club (OL) 1:00 Poetry Reading (CR) 2:00 Art Appreciation: Vincent van Gogh (T) 3:00 Jeopardy (AR) 4:00 Word Search Competition (AR) 6:00 Trivia Night (OL)	29 9:30 BODYpump (AR) 10:30 Baker's Corner (AR) 11:30 Daily Chronicle (D) 1:00 In-Room Visits 2:30 Crafty Crew (AR) 3:30 Today in History (OL) 4:00 Back Porch Social (D)	30 9:30 Confident Cruisers (OL) 10:30 Country Ride Session One (OOB) 1:30 Country Ride Session Two (OOB) 2:00 Picture Trivia (CR) 3:00 Virtual Tour: Cincinnati Zoo & Botanical Garden (T) 4:00 Rosary (AR) 6:00 Singing Sessions (CR)	31 9:30 Balance Fitness (AR) 10:30 Culinary Club: Salsa (AR) 1:00 Movie Session One: <i>United 93</i> (T) 2:00 Famous July Birthdays (OL) 3:00 Technology & You (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Session Two: <i>United 93</i> (T)	<h1>July</h1>  <h1>2020</h1>