

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

Resident Birthdays

August

- 2 – Mariam Warner
- 3 – Helen Byers
- 7 – Margaret Thoman
- 8 – Ann Sheffer
- 10 – Abraham Hitow
- 12 – Eva Wolf & Ralph Miller
- 13 – Nancy Gmeiner
- 15 – Jacqueline Landis
- 17 – Yvonne Lyter & Charlotte Rohrbaugh

- 19 – Susan Spertzel
- 21 – Esther Hearn
- 22 – Louella Schaffer
- 25 – Grace Warner
- 28 – Norma Crone

September

- 1 – Hilda Melhorn & Eleanor Loftus
- 2 – Mildred Becker
- 6 – Joyce Schaeffer & Bertha Alwine

- 8 – Sally Messenger
- 9 – Fairy Carver
- 13 – Helen Kathleen Waters
- 16 – Joann Lehman & Lottie Berkheimer
- 19 – Deloris Crone
- 20 – Morgan Stobie
- 23 – Claire Papenberg
- 26 – Carol Murphy
- 27 – Louella Deardorff
- 28 – Joan Gromling

A Note from the Executive Director

Once again, I would like to thank everyone for their continued patience and understanding during these trying times. Due to our recent positive cases at Dover we have moved back to our precautionary phases (red). With this phase, we have to temporarily suspend group activities, communal dining, and salon services. We are only allowing essential healthcare providers into the building. All staff are continuing to wear mask throughout their shift. All new residents are on a 14-day isolation period. PPE is required for symptomatic and positive cases. Per our COVID protocol, we quickly tested all residents and coworkers after our initial finding of positive cases.

We have paused our outside and window visits until we are able to move into the next phase (yellow). Our staff would be more than happy to continue to assist with virtual visits such as FaceTime, Zoom, and Skype. All meals will be served in your apartment. Please don't place your empty containers in the hallway, staff will be by to pick up after each meal.

Thank you for your cooperation, hang in there we will get through this together!

Howard Holben, Executive Director

Welcome New Residents

- Regina Morgan
- Ralph Miller
- Faith Smith
- Jean Jacobs
- Dorothy Eberly
- Catherine Miller

Reopening Phases:

COVID-19 Reopening Phases

rev. 7/16/20

	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 (PA Step 1)	<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 (PA Step 2)	<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.



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
THE <i>Club</i>		Calendar Key: (FR) Fitness Room (FS) Fire Side (CH) Chapel (100 Hall) 100 Hall Activity Room (OOB) Out Of Building (AR) Activity Room	August 2020	<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 Outdoor Exercise (100 Hall) 9:30 Daily Reading (100 Hall) 10:00 Brain Booster (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Circle Of Friends (100 Hall) 2:30 Entertainment (100 Hall)
2 9:00 Outdoor Exercise (100 Hall) 9:30 Cookies For Cops (100 Hall) 10:00 Daily Reading (100 Hall) 1:30 Word Find (FS) 2:00 Church Service (CH) 2:30 Entertainment (100 Hall)	3 9:00 Meditation Monday (FR) 9:30 Daily Reading (100 Hall) 10:00 Trivia (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Dice Game (FS) 3:00 Manicures And Wine (AR)	4 9:00 Morning Exercise (FR) 9:30 Daily Reading (100 Hall) 10:00 Brain Booster (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Bingo (FS) 3:00 Happy Hour (FS)	5 9:00 Walk About Wednesday (100 Hall) 9:30 Daily Reading (100 Hall) 10:00 Day in History (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Sing Along (FS) 3:00 Social Hour (FS)	6 9:00 Imagery Fitness (FR) 9:30 Daily Reading (100 Hall) 10:00 Finish The Phrase (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 LCR Game (FS) 3:00 Happy Hour (FS)	7 9:00 Chair Zumba (FR) 9:30 Daily Reading (100 Hall) 10:00 Celebrity Spotlight (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Jingo (FS) 3:00 Social Hour (FS)	8 9:00 Outdoor Exercise (100 Hall) 9:30 Daily Reading (100 Hall) 10:00 Brain Booster (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Widow To Widowers Club (100 Hall) 2:30 Entertainment (100 Hall)
9 9:00 Outdoor Exercise (100 Hall) 9:30 Friends Helping Friends (100 Hall) 10:00 Daily Reading (100 Hall) 1:30 Cranium Crunches (FS) 2:00 Church Service (CH) 2:30 Entertainment (100 Hall)	10 9:00 Meditation Monday (FR) 9:30 Daily Reading (100 Hall) 10:00 Odd One Out (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Roll A Story (FS) 3:00 Manicures And Wine (AR)	11 9:00 Morning Exercise (FR) 9:30 Daily Reading (100 Hall) 10:00 Brain Booster (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Bingo (FS) 3:00 Happy Hour (FS)	12 9:00 Walk About Wednesday (100 Hall) 9:30 Daily Reading (100 Hall) 10:00 Day in History (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Bird Feeder Making (FS) 3:00 Social Hour (FS)	13 9:00 Imagery Fitness (FR) 9:30 Daily Reading (100 Hall) 10:00 Memory Magic (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Words In A Word (FS) 3:00 Happy Hour (FS) 6:45 Movie Night (CH)	14 9:00 Card Crunch (FR) 9:30 Daily Reading (100 Hall) 10:00 Celebrity Spotlight (100 Hall) 10:30 Prayer For The People (100 Hall) 1:30 Jingo (FS) 3:00 Social Hour (FS)	15 9:00 Outdoor Exercise (100 Hall) 9:30 Daily Reading (100 Hall) 10:00 Brain Booster (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Gardening (100 Hall) 2:30 Entertainment (100 Hall)
16 9:00 Outdoor Exercise (100 Hall) 9:30 Pulling Tabs (100 Hall) 10:00 Daily Reading (100 Hall) 1:30 Match Game (FS) 2:00 Church Service (CH) 2:30 Entertainment (100 Hall)	17 9:00 Meditation Monday (FR) 9:30 Daily Reading (100 Hall) 10:00 Name 5 (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 I Got It (FS) 3:00 Manicures And Wine (AR)	18 9:00 Morning Exercise (FR) 9:30 Daily Reading (100 Hall) 10:00 Brain Booster (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Bingo (FS) 3:00 Happy Hour (FS)	19 9:00 Walk About Wednesday (100 Hall) 9:30 Daily Reading (100 Hall) 10:00 Day in History (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Edible Craft (FS) 3:00 Social Hour (FS)	20 9:00 Imagery Fitness (FR) 9:30 Daily Reading (100 Hall) 10:00 Dessert Discussion (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 What If Ball (FS) 3:00 Happy Hour (FS)	21 9:00 Chair Zumba (FR) 9:30 Daily Reading (100 Hall) 10:00 Celebrity Spotlight (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Jingo (FS) 3:00 Social Hour (FS) Senior Citizens Day	22 9:00 Outdoor Exercise (100 Hall) 9:30 Daily Reading (100 Hall) 10:00 Brain Booster (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Helping Hands (100 Hall) 2:30 Entertainment (100 Hall)
23 9:15 Country Ride (OOB) 1:30 Fitness With Friends (FR) 2:00 Church Service (CH) 2:30 Entertainment (100 Hall)	24 9:00 Meditation Monday (FR) 9:30 Daily Reading (100 Hall) 10:00 Theme Trivia (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Chase The Ace (FS) 3:00 Manicures And Wine (AR)	25 9:00 Morning Exercise (FR) 9:30 Daily Reading (100 Hall) 10:00 Brain Booster (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Bingo (FS) 3:00 Happy Hour (FS)	26 9:00 Walk About Wednesday (100 Hall) 9:30 Daily Reading (100 Hall) 10:00 Day in History (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 What Am I Game? (FS) 3:00 Social Hour (FS)	27 9:00 Imagery Fitness (FR) 9:30 Daily Reading (100 Hall) 10:00 Name That Tune (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Junk Drawer Detective (FS) 3:00 Happy Hour (FS)	28 9:00 Card Crunch (FR) 9:30 Daily Reading (100 Hall) 10:00 Celebrity Spotlight (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Jingo (FS) 3:00 Social Hour (FS)	29 9:00 Outdoor Exercise (100 Hall) 9:30 Daily Reading (100 Hall) 10:00 Brain Booster (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Positive People (100 Hall) 2:30 Entertainment (100 Hall)
30 9:00 Outdoor Exercise (100 Hall) 9:30 Clean Wheels (100 Hall) 10:00 Daily Reading (100 Hall) 1:30 August Trivia (FS) 2:00 Church Service (CH) 2:30 Entertainment (100 Hall)	31 9:00 Meditation Monday (FR) 9:30 Daily Reading (100 Hall) 10:00 What Decade Is This (100 Hall) 10:30 Daily Bread (100 Hall) 1:30 Charades (FS) 3:00 Manicures And Wine (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> <i>President of the United States of America, Ronald Reagan, August 19, 1988</i> </p>				