

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
		Calendar Key: (AR) Activities Room (FL) Front Lobby (SR) Sunshine Room (CH) Chapel (P) Pub (100 H.) 100 Hall	<h1>August</h1> <h2>2020</h2>	<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 Pastries and Chat (AR) 10:00 Pastries and Chat (AR) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:30 Musical Entertainment by Dan Martin (100 Hall Patio)
2 9:00 Chair Exercise (AR) 9:40 Chair Exercise (AR) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:00 Church Service (AR, CH) 2:00 Nature Walk (FL) 3:00 Ice Cream Social (P, 100 Hall)	3 9:00 Nature Walk (FL) 9:45 Chair Exercise (AR) 10:15 Chair Exercises (AR) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:00 IN2L Brain Games (AR) 3:00 Manicures and Wine (AR)	4 9:00 Chair Exercise (AR) 9:00 Nature Walking Path (FL) 10:00 Grief Share (CH) 11:00 Bingo (AR) 1:00 Bingo (AR) 1:00 Country Ride (FL) 3:00 Happy Hour (P, 100 Hall P)	5 9:00 Nature Walking Path FL) 9:40 Nature Walking Path FL) 10:15 Chair Exercise (AR) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:00 Individual Table Craft (AR) 3:00 Ice Cream Social (P, 100 Hall)	6 9:00 Nature Walking Path FL) 9:45 Nature Walking Path FL) 9:45 Bible Study (100 Hall Lounge) 10:15 Chair Exercise (AR) 11:00 Jingo (AR) 1:00 Jingo (AR) 3:00 Happy Hour (P, 100 Hall)	7 9:15 Walking Round (FL) 9:15 Chair Exercise (AR) 10:00 Nature Walking Path FL) 10:00 Chef's Food Demo (AR) 11:00 Pokeno (AR) 1:00 Pokeno (AR) 3:00 Ice Cream Social (P, 100Hall)	8 9:00 Pastries and Chat (AR) 10:00 Pastries and Chat (AR) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:30 Musical Entertainment by Thomas Shultz (100 Hall Patio) 3:00 Table Games (SR)
9 9:00 Chair Exercise (AR) 9:40 Chair Exercise (AR) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:00 Church Service (AR, CH) 2:00 Nature Walking (FL) 3:00 Ice Cream Social (P, 100 Hall)	10 9:00 Nature Walk (FL) 9:00 Chair Exercises (AR) 9:50 Nature Walking Path (FL) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:10 Kings in the Corner (AR) 3:00 Manicures and Wine (AR)	11 9:00 Nature Walking Path (FL) 9:30 Individual Table Craft (AR) 10:00 Grief Share (CH) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:10 Penny Ante (AR) 3:00 Happy Hour (P, 100 Hall)	12 9:00 Chair Exercise (AR) 9:45 Chair Exercises (AR) 11:00 Jingo (AR) 1:00 Jingo (AR) 1:00 Country Ride (FL) 2:15 I've got it 3:00 Ice Cream Social (P, 100 Hall)	13 9:00 Nature Walking Path (FL) 9:45 Nature Walking Path (FL) 9:45 Bible Study (100 Hall Lounge) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:10 Kings in the Corner (AR) 3:00 Happy Hour (P, 100 Hall)	14 9:00 Chair Exercise (AR) 9:00 Nature Walking Path (FL) 9:45 Chair Exercise (AR) 11:00 Pokeno (AR) 1:00 Pokeno (AR) 2:10 I've Got It (AR) 3:00 Happy Hour (P, 100 Hall)	15 9:00 Pastries and Chat (AR) 10:00 Pastries and Chat (AR) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:30 Musical Entertainment by Memory Music (100 Hall Patio) 3:00 Table Games (SR)
16 9:00 Chair Exercise (AR) 9:40 Chair Exercise (AR) 11:00 Jingo (AR) 1:00 Jingo (AR) 2:00 Church Service (AR, CH) 2:30 Musical Entertainment with - Leo Reaver (100 Hall Patio)	17 9:00 Nature Walking Path (FL) 9:45 Nature Walking Path (FL) 10:20 Nature Walking Path (FL) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:00 Individual Table Craft (AR) 3:00 Wine and Manicures (AR)	18 9:00 Chair Exercise (AR) 9:00 Nature Walking Round (FL) 10:00 Grief Share (CH) 11:00 Bingo (AR) 1:00 Bingo (AR) 1:30 Country Ride (FL) 3:00 3:00 Happy Hour (P, 100 Hall)	19 9:00 Nature Walking Path (FL) 9:40 Nature Walking Path (FL) 10:20 Nature Walking Path (FL) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:00 Kings in the Corner (AR) 3:00 Milkshake Social (P, 100 H)	20 9:00 Nature Walking Round (FL) 9:30 Chair Exercise (AR) 9:45 Bible Study (100 Hall Lounge) 11:00 Bingo (AR) 1:00 Bingo (AR) 3:00 Super Happy Hour: Camp Fire (P) 4:00 Movie and Pizza (CH)	21 9:00 Chair Exercise (AR) 10:00 Nature Walking Path (FL) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:00 Dining Committee (AR) 2:00 Country Ride (FL) 3:00 Ice Cream Social (P, 100 Hall)	22 9:00 Pastries and Chat (AR) 10:00 Pastries and Chat (AR) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:30 Musical Entertainment by Rhonda Lee (100 Hall Patio) 3:00 Table Games (SR)
23 9:00 Chair Exercise (AR) 9:40 Chair Exercise (AR) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:00 Church Service (AR, CH) 2:00 Nature Walking Path (FL) 3:00 Ice Cream Social (P, 100 Hall)	24 9:00 Nature Walking Path (FL) 9:40 Nature Walking Path (FL) 10:30 Nature Walking Path (FL) 11:15 Kings in the Corner (AR) 1:00 Bingo (AR) 1:50 Bingo (AR) 3:00 Manicures and Wine (AR)	25 9:00 Nature Walking Path (FL) 9:30 Individual Table Craft (AR) 10:00 Grief Share (CH) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:00 Trivia (AR) 3:00 Happy Hour (P, 100 Hall)	26 9:00 Chair Exercise (AR) 10:00 Chair Exercise (AR) 10:00 Nature Walking Path (FL) 11:00 Bingo (AR) 1:00 Bingo (AR) 1:30 Country Ride (FL) 3:00 Ice Cream Social (P, 100 Hall)	27 9:00 Chair Exercise (AR) 9:45 Chair Exercise (AR) 9:45 Bible Study (100 Hall Lounge) 10:00 Arm Chair Travel: Greek (P) 11:00 Bingo (AR) 1:00 Bingo (AR) 1:30 Country Ride (FL) 3:00 Happy Hour (P, 100 Hall Patio)	28 9:15 Walking Round (FL) 9:15 Chair Exercise (AR) 10:00 Nature Walking Path FL) 10:00 Chef's Food Pairing AR) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:00 Country Ride (FL) 3:00 Ice Cream Social (P. 100 Hall)	29 9:00 Pastries and Chat (AR) 10:00 Pastries and Chat (AR) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:30 Root Beer Float Social (100 H.) 3:00 Table Games (SR)
30 9:00 Chair Exercise (AR) 9:40 Chair Exercise (AR) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:00 Church Service (AR, CH) 2:30 Musical Entertainment by Mick Cockren (100 Hall Patio)	31 9:00 Nature Walking Path (FL) 9:40 Nature Walking Path (FL) 10:20 Nature Walking Path (FL) 11:00 Bingo (AR) 1:00 Bingo (AR) 2:00 Trivia (AR) 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>				