

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.

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.

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

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.

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.

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

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.

A Note from the Executive Director

I can hardly believe we are moving into July -- Happy July 4th everyone!

Once again, I would like to thank everyone for their continued patience and understanding during these trying times. We have been able to make some modifications within our activity and dining programs. We have initiated small group activities and social distancing dining procedures.

We are still offering window visits with family and residents. Please remember to practice social distance and all parties must wear a mask.

Our staff would be more than happy to continue to assist with virtual visits such as FaceTime, Zoom, and Skype.

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

Howard Holben, Executive Director

Resident Activities



Welcome New Residents

George Carlson
Doris Rice
Betty LoBianco

July

Roland Garvin
Gene Warner
Dorothy Limbert
Marguerite Senft
Lillian Anspach
Nelson Zimmerman
Charles Peters
Fay Potteiger
June Shutt
George Carlson
Candace Lankford
Dolores McCarty
Budd Klunk
Colleen Hoffman

Resident Birthdays

August

Mariam Warner
Helen Byers
Margaret Thoman
Ann Sheffer
Abraham Hitow
Eva Wolf
Nancy Gmeiner
Jacqueline Landis
Yvonne Lyter
Charlotte Rohrbaugh
Susan Spertzel
Louella Schaffer
Grace Warner
Norma Crone

September

Hilda Melhorn
Eleanor Loftus
Mildred Becker
Joyce Schaeffer
Bertha Alwine
Sally Messenger
Fairy Carver
Helen Kathleen Waters
Joann Lehman
Lottie Berkheimer
Deloris Crone
Morgan Stobie
Claire Papenberg
Carol Murphy
Louella Deardorff
Joan Gromling



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: (FR) Fitness Room (FS) Fire Side (CH) Chapel (100 Hall) 100 Hall Activity Room	THE <i>Club</i>		1 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Mad Libs Fill In (FS) 3:00 Social (FS)	2 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Odd One Out (FS) 3:00 Social (FS)	3 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Read Round (FS) 3:00 Social (FS)	4 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Making Cake (100 Hall) 1:00 4th of July Celebration (FS) 3:00 Social (FS) Independence Day
			5 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Walk Outside (100 Hall) 2:00 Church Service (CH) 3:00 Social (FS)	6 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Memory Magic (FS) 3:00 Social (FS)	7 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Bingo (FS) 3:00 Social (FS)	8 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Crafting (FS) 3:00 Social (FS)
12 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Walk Outside (100 Hall) 2:00 Church Service (CH) 3:00 Social (FS)	13 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Finish The Sentence (FS) 3:00 Social (FS)	14 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Bingo (FS) 3:00 Social (FS)	15 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Junk Drawer Detective (FS) 3:00 Social (FS)	16 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Dice Games (FS) 3:00 Social (FS)	17 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Chicken Soup Reading (FS) 3:00 Social (FS)	18 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 What Am I? (FS) 3:00 Social (FS)
19 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Walk Outside (100 Hall) 2:00 Church Service (CH) 3:00 Social (FS)	20 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Time Slips (FS) 3:00 Social (FS)	21 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Bingo (FS) 3:00 Social (FS)	22 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Drawings And Drinks (FS) 3:00 Social (FS)	23 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 I Got It Card Game (FS) 3:00 Social (FS)	24 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Celebrity Spotlight (FS) 3:00 Social (FS)	25 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Magazine Hunt (FS) 3:00 Social (FS)
26 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Walk Outside (100 Hall) 2:00 Church Service (FS) 3:00 Social (FS)	27 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Memories In The Making (FS) 3:00 Social (FS)	28 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Bingo (FS) 3:00 Social (FS)	29 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Rocket Blowing (FS) 3:00 Social (FS)	30 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Chase The Ace (FS) 3:00 Social (FS)	31 9:15 Exercise (FR) 9:45 Daily Reading (FR) 10:30 Brain Booster (FR) 1:00 Lemonade and Listening (FS) 3:00 Social (FS)	July 2020