

Focus on Wellness: Your New Journey

Q3: July 2020

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: (AR) Activities Room (FL) Front Lobby (CH) Chapel (P) Pub (100 Hall P.) 100 Hall Patio			1 9:00 Chair Exercise (AR) 9:15 Nature Walking Path (FL) 9:50 Chair Exercise (AR) 10:00 Nature Walking Path (FL) 10:30 iN2L Brain Games (AR) 1:00 Bingo (AR) 1:50 Pokeno (AR) 3:00 Ice Cream Social (P,100 Hall)	2 9:00 Nature Walking Path (FL) 9:45 Bible Study (CH) 9:50 Nature Walking Path (FL) 10:45 Bible Study (CH) 1:00 Country Ride (CH) 1:30 Bingo (AR, CH) 3:00 Happy Hour (P,100 Hall P.) 4:30 Movie and Pizza (CH)	3 9:00 Nature Walking Path (FL) 9:50 Nature Walking Path (FL) 10:30 Nature Walking Path (FL) 11:15 Balance Class (FR) 1:00 I've Got It — Card Game (AR) 1:50 I've Got It — Card Game (AR) 3:00 Ice Cream Social (P,100 Hall P.)	4 9:00 Chair Exercise (AR) 9:45 Chair Exercise (AR) 10:30 Chair Exercise (AR) 1:00 Bingo (AR, CH) 2:30 Musical Entertainment by Dan Martin (100 Hall P.) Independence Day
			5 9:00 Bingo (AR) 10:00 Jingo (AR) 1:00 Nature Walking Path (FL) 1:40 Nature Walking Path (FL) 2:00 Church Service (CH, AR) 2:30 Musical Entertainment by Dan Martin (100 Hall P.) 3:00 Church Service (CH,AR)	6 9:00 Chair Exercise (AR) 9:45 Chair Exercise (AR) 10:30 Chair Exercise (AR) 1:00 Jingo (AR, CH) 2:00 Country Ride (FL) 3:00 Manicures and Wine (AR)	7 8:30 Nature Walking Path (FL) 9:15 Nature Walking Path (FL) 10:30 Nature Walking Path (FL) 10:00 Grief Share (CH) 1:00 Bingo (AR) 1:50 Jingo (AR) 3:00 Happy Hour (P, 100 Hall P.) 3:00 Country Ride (FL)	8 9:00 Nature Walking Path (FL) 9:50 Nature Walking Path (FL) 10:30 Nature Walking Path (FL) 1:00 Bingo (AR) 1:50 Pokeno (AR) 3:00 Ice Cream Social (P,100 Hall P.)
12 9:00 Jingo (AR) 10:00 Pokeno (AR) 1:00 Nature Walking Path (FL) 1:40 Nature Walking Path (FL) 2:00 Church Service (CH, AR) 3:00 Church Service (CH, AR) 3:00 Ice Cream Social (P,100 Hall P.)	13 9:00 Nature Walking Path (FL) 9:00 Chair Exercise (AR) 9:45 Nature Walking Path (FL) 10:00 iN2L Brain Games (AR) 10:45 iN2L Brain Games (AR) 1:00 Bingo (AR) 1:50 Jingo (AR) 3:00 Manicures and Wine (AR)	14 9:15 Nature Walking Path (FL) 10:00 Nature Walking Path (FL) 10:00 Craft corner (AR) 10:00 Grief Share (CH) 1:00 Bingo (AR) 1:50 Jingo (AR) 3:00 Happy Hour (P, A,100 Hall) 3:00 Country Ride (FL)	15 9:00 Chair Exercise (AR) 9:15 Nature Walking Path (FL) 9:50 Chair Exercise (AR) 10:00 iN2L Brain Games (AR) 10:30 Nature Walking Path (FL) 1:00 Bingo (AR) 1:50 Pokeno (AR) 3:00 Ice Cream Social (P,100 Hall P.)	16 9:00 Nature Walking Path (FL) 9:00 Wii - Bowling (AR) 9:50 Nature Walking Path (FL) 9:45 Bible Study (CH) 10:45 Bible Study (CH) 1:00 Bingo (AR) 2:00 Country Ride (FL) 2:00 Com. Life Committee (AR) 3:00 Happy Hour (P,100 Hall)	17 9:00 Chair Exercise (AR) 9:50 Chair Exercise (AR) 10:00 Chef's Pairing (P) 10:30 Chair Exercise (AR) 11:15 Balance Class (FR) 1:00 I've Got It — Card Game (AR) 1:50 Bingo AR, CH) 3:00 Ice Cream Social (P,100 Hall P.)	18 9:00 Chair Exercise (AR) 9:45 Chair Exercise (AR) 10:30 Chair Exercise (AR) 1:00 Bingo (AR, CH) 2:30 Musical Entertainment by Memory Music (100 Hall P.)
19 9:00 Bingo (AR) 10:00 Jingo (AR) 1:00 Nature Walking Path (FL) 1:50 Nature Walking Path (FL) 2:00 Church Service (AR, CH) 2:30 Musical Entertainment by Leo Reaver (100 Hall P.) 3:00 Church Service (AR, CH)	20 9:00 Nature Walking Path (FL) 9:45 Nature Walking Path (FL) 10:30 Nature Walking Path (FL) 1:00 Bingo (AR) 1:50 Jingo (AR) 3:00 Manicures and Wine (AR)	21 9:00 Nature Walking Path (FL) 9:50 Nature Walking Path (FL) 10:00 Grief Share (CH) 10:30 Nature Walking Path (FL) 1:00 Bingo (AR) 2:00 Craft Corner (AR) 3:00 Happy Hour (P, 100 Hall P.)	22 9:00 Chair Exercise (AR) 9:50 Chair Exercise (AR) 10:30 Chair Exercise (AR) 1:00 iN2L Brain Games (AR) 1:50 Bingo (AR) 3:00 Ice Cream Social (P,100 Hall)	23 9:00 Walking Round (FL) 9:50 Walking Round (FL) 9:45 Bible Study (CH) 10:45 Bible Study (CH) 1:00 Bingo (AR) 1:50 Jingo (AR) 3:00 Happy Hour (P,100 Hall) 4:30 Movie and Pizza (CH)	24 9:00 Nature Walking Path (FL) 9:50 Nature Walking Path (FL) 10:30 Nature Walking Path (FL) 1:00 Jingo (AR) 1:50 Bingo (AR) 2:00 Dining Committee (CH) 3:00 Ice Cream Social (P,100 Hall P.)	25 9:00 Donuts and Chat (AR) 10:00 Donuts and Chat (AR) 11:00 Nature Walking Path (FL) 1:00 Pokeno (AR, CH) 2:30 Musical Entertainment by Rhonda Lee (100 Hall P.)
26 9:00 Pokeno (AR) 10:00 Bingo (AR) 1:00 Nature Walking Path (FL) 1:50 Nature Walking Path (FL) 2:00 Church Service (AR, CH) 2:30 Musical Entertainment by Mick Cockran (100 Hall P.) 3:00 Church Service (AR, CH)	27 9:00 Chair Exercise (AR) 9:45 Chair Exercise (AR) 10:30 Chair Exercise (AR) 1:00 Bingo (CH, AR) 2:00 Canvas Painting: Sunflowers (AR) 3:00 Manicures and Wine (AR)	28 9:00 Chair Exercise (AR) 9:15 Nature Walking Path (FL) 10:00 Nature Walking Path (FL) 10:00 Craft corner (AR) 10:00 Grief Share (CH) 1:00 Bingo (AR) 1:30 Country Ride (FL) 3:00 Happy Hour (P, A,100 Hall P.)	29 9:00 Chair Exercise (AR) 9:00 Nature Walking Path (FL) 9:50 Chair Exercise (AR) 9:50 Nature Walking Path (FL) 10:30 Chair Exercise (AR) 1:00 Bingo (AR) 1:50 I've Got It — Card Game (AR) 3:00 Ice Cream Social (P,100 Hall)	30 9:00 Nature Walking Path (FL) 9:00 Wii Bowling (AR) 9:50 Nature Walking Path (FL) 9:45 Bible Study (CH) 10:45 Bible Study (CH) 1:00 Bingo (AR) 2:00 Country Ride (FL) 3:00 Super Happy Hour: 50th Rock n Roll (P,100 Hall P.)	31 9:00 Chair Exercise (AR) 9:50 Nature Walking Path (FL) 10:30 Nature Walking Path (FL) 10:00 Chef's Demo (AR) 11:15 Balance Class (FR) 1:00 Hangman Game (AR) 2:00 Bingo (AR) 3:00 Ice Cream Social (P,100 Hall P.)	<div style="text-align: center;"> <h1>July</h1> <h1>2020</h1> </div>