

# 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*



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)

## Reopening Phases:

COVID-19 Reopening Phases <small>rev. 7/16/20</small>		
	Internal Community Settings	External Visitation/ Social Settings
<b>RED PHASE</b>	<ul style="list-style-type: none"> <li>• No group activities (individual only)</li> <li>• No communal dining (served in apartments)</li> <li>• Essential healthcare providers only</li> <li>• All residents &amp; staff screened twice daily</li> <li>• All staff to wear masks throughout shift</li> <li>• 14-day isolation for new/re-admissions</li> <li>• PPE required for symptomatic or positive cases</li> <li>• No outside services (salon and therapy)</li> </ul>	<ul style="list-style-type: none"> <li>• No outside visitors</li> <li>• No social outings (Emergency health visits only)</li> <li>• Hospice services &amp; end-of-life visitations permitted</li> </ul>
<b>YELLOW PHASE</b> <small>(PA Step 1)</small>	<ul style="list-style-type: none"> <li>• Small group activities resume with social distancing and precautions</li> <li>• Dining rooms will reopen with social distance through multiple seatings</li> <li>• Essential healthcare providers only</li> <li>• All residents &amp; staff screened daily</li> <li>• All residents to wear masks outside of apartments or dining room</li> <li>• All staff to wear masks throughout shift</li> <li>• 14-day isolation for new/re-admissions</li> <li>• PPE required for symptomatic or positive cases</li> <li>• Therapy services can resume (in apartments)</li> </ul>	<ul style="list-style-type: none"> <li>• No visitors inside community</li> <li>• Window visits permitted for family/friends with proper precautions</li> <li>• Limited healthcare or social outings (transportation provided by community and isolation period enforced)</li> </ul>
<b>GREEN PHASE</b> <small>(PA Step 2)</small>	<ul style="list-style-type: none"> <li>• Small group activities continue</li> <li>• Dining rooms are open with social distance</li> <li>• All residents &amp; staff screened daily</li> <li>• All staff to wear masks</li> <li>• All residents to wear masks outside of apartments or dining room</li> <li>• Isolation decreased to 7-days for new/re-admissions</li> <li>• Therapy services will resume in therapy suite</li> <li>• Salon services will resume</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor social visits with proper precautions can be scheduled</li> <li>• Window visits continue for family/friends</li> <li>• New medical appointment procedures available</li> </ul>

\*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.*

*The health & safety of all of our residents & team members are our top priority.*



# Providence Place SENIOR LIVING News

Q3: August 2020

## A Note from the Executive Director

Summertime is officially here and I was certainly made for summer sun shining days! We are now able to all feel a little normal getting outside to enjoy this beautiful weather.

Thank you to all of my residents and coworkers who have been so flexible and understanding as we opened our dining room, allowed small group activities, and outside activities. I understand there are many precautions we all need to follow and it can be frustrating - we are doing our very best to protect everyone.

I'm proud of what we all endured over the past few months to keep everyone healthy and happy. We are not in the clear, since we still see some cases showing up in our county. We can continue to keep our cases low if we follow our guidelines.

It is finally nice to see our residents out socializing and smiling (under the masks). I welcome any suggestions or comments. We want your feedback and ideas on how we could improve overall.

Let's all have some fun in the sun. Please drink lots of fluids, wear your hats, and don't forget the sunscreen!!

*Kim Perchak, Executive Director*

## Resident Birthdays

### August


8 – Raymond Mckelvey  
17 – Kenneth Hunter Jr.  
25 – Jean Stecker

### September

6 – Anita Molitoris & Erin Purcell  
7 – Mary Ator  
9 – Ramona Mcardle  
11 – David Narrow  
17 – Danae Renn  
19 – Norman Schuetrumpf  
20 – Helen Zukowski  
24 – Robert Defant & Dorothy Stoffa  
26 – Patricia Gasser

## Welcome New Residents

Beverly Donahue  
Ruth Sauers

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Calendar Key: Chapel (Ch), Dining Room (DR), Main Lobby (ML), Sunroom (SR), Café (C), Front Porch (FP), (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (A) All Floors	<h1>August 2020</h1>		<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>		<b>1</b> 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:45 Singalong (3rd) 2:30 Ice Cream Cart: Brownie Sundaes (A) 4:00 Confident Cruisers (ML) 6:30 Men's Club: Card Games (3rd)
		<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:00 Worship Service (3rd) 10:30 Stretch Exercise (2nd) 11:15 Wine & Dine (DR) 1:30 Prayer Service With Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Crossword Challenge (1st) 2:30 Community Life Committee (3rd) 3:30 Confident Cruisers (ML) 4:00 Literacy for All Ages (3rd) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:30 Visits with Deacon Beverly (Ch) 1:45 Cooking Club: Fruit Salsa (C) 3:00 Tech World & You (3rd) 4:00 Art Exploration (3rd) 6:00 Cornhole (FP)	9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Rosary (Ch) 2:45 Bingo (3rd) 3:30 Finish the Phrase (1st) 6:00 Popcorn/Hydration Cart (A) 7:00 Widow to Widowers Club (SR)	9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 1:30 "Simply Cool" Fan Craft (2nd) 2:00 Hymn Sing with Deacon Beverly (3rd) 2:30 Country Ride** (OOB) 4:00 Cocktail Hour (1st) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Coffee & Tea 101 (1st) 2:30 Movie Matinee: Grease (2nd) 3:30 Community Puzzle Club (3rd) 4:00 Confident Cruisers (ML) 7:00 Evening Sports Club (3rd)	9:00 Daily Chronicle & Headlines (1st) 9:30 Manicures (3rd) 10:30 Strength Exercise (2nd) 1:45 Rosary (Ch) 2:30 Ice Cream Cart: Fresh Fruit & Yogurt Pops (A) 4:00 Trivia Challenge (1st) 6:30 Art Club (3rd)	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	
9:00 Worship Service (3rd) 10:30 Stretch Exercise (2nd) 11:15 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club-3rd)	7:30 Eggs To Order Breakfast (2nd) 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Singalong (3rd) 3:30 Confident Cruisers (ML) 5:30 Veterans Club (1st) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:45 Cooking Club: Strawberry Balsamic Bruschetta (C) 2:00 Hymn Sing with Deacon Beverly (Ch) 2:45 Bingo (3rd) 4:00 Art Exploration (3rd) 7:00 Evening Book Club (SR)	7:30 Eggs To Order Breakfast (1st) 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary (Ch) 1:30 Sit & Be Fit Exercise (2nd) 2:00 Outdoor Entertainment By Jay Daniels (FP) 4:00 August Birthday Celebration Dinner (DR) 6:00 Popcorn Cart (A)	9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 1:30 Visits with Deacon Beverly (Ch) 1:30 Clothespin Sunflower Wreath Craft (3rd) 2:30 Country Ride** (OOB) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	7:30 Eggs To Order Breakfast (3rd) 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Rosary (Ch) 2:30 Dessert & Discussion (DR) 4:00 Cocktail Hour (1st) 6:30 Cornhole (FP)	9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:30 Facetime with Family (3rd) 2:30 Ice Cream Cart: Caramel Sundaes (A) 4:00 Expressions of Prayer (Ch) 6:30 Word Search Challenge (1st)	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
9:00 Worship Service (3rd) 10:30 Stretch Exercise (2nd) 11:15 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Welcome Ambassadors Committee (3rd) 2:30 X-Box Bowling (2nd) 3:30 Brain Games (1st) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:30 Visits with Deacon Beverly (Ch) 1:45 Cooking Club: Veggie Dip Cups (C) 2:30 Destination Education: Napa Valley California (3rd) 4:00 Art Exploration (3rd) 6:00 Hydration Cart (A)	9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Rosary (Ch) 2:30 Circles of Friends (SR) 2:45 Bingo (3rd) 4:00 Confident Cruisers (ML) 6:00 Popcorn Cart (A)	9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 1:30 Candy "Apple" Jar Craft (3rd) 2:30 Country Ride** (OOB) 3:00 Finish the Lyrics (1st) 4:00 Cocktail Hour: Napa Valley Wines (1st) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Time Capsule Project (3rd) 2:30 Blood Pressure Checks (3rd) 4:00 Travel Memories (1st) 6:00 Confident Cruisers (ML) Senior Citizens Day	9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:45 Rosary (Ch) 2:30 Ice Cream Cart: Orange Creamsicles (A) 3:30 Cornhole (FP) 4:00 Singalong (1st) 6:00 Art Club (3rd)	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
9:00 Worship Service (3rd) 10:30 Stretch Exercise (2nd) 11:15 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	7:30 Eggs To Order Breakfast (1st) 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Trivia Challenge (3rd) 2:30 Chef's Pairings (DR) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:30 Visits with Deacon Beverly (Ch) 1:45 Cooking Club: Caesar Salad Kabobs (C) 2:00 Craft with Kim (3rd) 4:00 Art Exploration (3rd) 7:00 Evening Sports Club (3rd)	7:30 Eggs To Order Breakfast (3rd) 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary (Ch) 1:30 Sit & Be Fit Exercise (2nd) 2:00 Craft with Kim (3rd) 2:30 Outdoor Entertainment By George Rittenhouse (FP) 6:00 Popcorn Cart (A)	9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 1:45 Country Ride** (OOB) 2:30 Dealing with Loss Support Group (SR) 2:45 Bingo (3rd) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	7:30 Eggs To Order Breakfast (2nd) 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Rosary (Ch) 2:30 Dining Service Committee (3rd) 4:00 Cocktail Hour (1st) 7:00 Evening Book Club (SR)	9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:45 Movie Matinee: Field of Dreams (2nd) 2:30 Ice Cream Cart: Cookie Ice Cream Sandwiches (A) 3:30 Who Did It? Game (3rd) 4:00 Confident Cruisers (ML) 6:00 Cornhole (FP)	
<b>30</b>	<b>31</b>	<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>					