

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.

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.

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

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.

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.

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.

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

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.

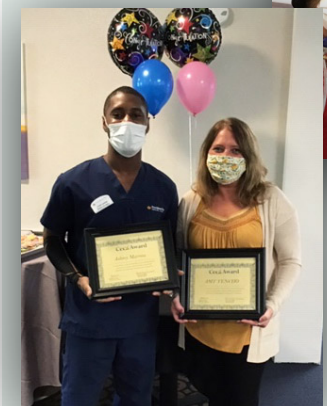
I’m proud of what we all endured over the past few months to keep everyone healthy and happy. We are not in the clear, since we still see some cases showing up in our county. We can continue to keep our cases low if we follow our guidelines.

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 Activities



Welcome New Residents

Dolores Cassarella
Alice Kender

July

Helen Elias
Susan Podzamsky
Sylvia Cheponis
Elizabeth Christino
Rose Bressi
Marietta Gdovin
John Kotch
Suzanne Johnson
Thelma Mancuso
Rina Rebarchak
Dorothy Dutz
Melvyn Grovich
Shirley Heckrote
Angeline Herring
Irene Morgan

Resident Birthdays

August

Raymond Mckelvey
Kenneth Hunter Jr.
Jean Stecker

September

Anita Molitoris
Erin Purcell
Mary Ator
Ramona Mcardle
David Narrow
Danae Renn
Norman Schuettrumpf
Helen Zukowski
Robert Defant
Dorothy Stoffa
Alice Kender
Patricia Gasser



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: All Floors (A), First Floor (1st), Second Floor (2nd), Third Floor (3rd), Café (C), Sunroom (SR), Front Porch (FP), Dining Room (DR), Out of Building (OOB) Meet in Lobby (ML), Chapel (Ch) **Registration Required \$\$Cost Involved			1 7:30 Eggs To Order Breakfast (1st) 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Rosary (Ch) 2:45 Bingo (3rd) 4:00 Art Exploration (3rd) 6:00 Popcorn Cart (A)	2 9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 1:30 Patriotic Wood Pin Craft (3rd) 2:30 Country Ride** (OOB) 4:00 Finish the Phrase (1st) 5:30 Circles of Friends (SR) 6:30 Pinochle Players Club (3rd)	3 7:30 Eggs To Order Breakfast (3rd) 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary (Ch) 1:30 Stretch Exercise (2nd) 2:00 Outdoor Entertainment By Glenn Faul (FP) 4:00 Confident Cruisers (ML) 6:00 Veterans Club (1st)	4 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 11:15 July 4th Celebration BBQ (1st) 1:45 Patriotic Singalong (3rd) 2:30 Ice Cream Cart: "Firecracker" Popsicles (A) 4:00 Men's Club: Poker Game (3rd) Independence Day
5 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)	6 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Hymn Sing with Deacon Bev (3rd) 2:30 Tiki Torch Ring Toss (FP) 3:30 Art Exploration (3rd) 5:30 Literacy for All Ages (3rd) 6:30 Pinochle Players Club (3rd)	7 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:45 Cooking Club: Fruit Kabobs (C) 2:45 Caribbean Cart: Pina Coladas & Daiquiris (A) 4:00 Tech World & You (3rd) 5:30 Confident Cruisers (ML) 7:00 Widow to Widowers Club (SR)	8 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Rosary (Ch) 2:45 Bingo (3rd) 4:00 July Birthday Celebration Dinner (DR) 6:00 Popcorn Cart (A) 7:00 Cornhole (FP)	9 9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 11:00 1st Floor Summer Party Cookout (3rd Patio) 1:30 Mosaic Tropical Parrot Craft (3rd) 2:30 Country Ride** (OOB) 5:30 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	10 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Coffee & Tea 101 (1st) 2:30 Movie Matinee: "Beach Blanket Bingo" (2nd) 4:00 Finish the Phrase (1st) 5:30 Confident Cruisers (ML) 7:00 Community Puzzle Club (1st)	11 9:00 Daily Chronicle & Headlines (1st) 9:30 Manicures 10:30 Stretch Exercise (2nd) 1:45 Rosary (Ch) 2:30 Ice Cream Cart: CMP's (A) 4:00 Trivia Challenge (1st) 6:00 Art Club (3rd)
12 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)	13 7:30 Eggs To Order Breakfast (1st) 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Singalong (3rd) 3:00 Crossword Challenge (3rd) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	14 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:45 Cooking Club: Personal Pizzas (C) 3:00 Hymn Sing with Deacon Bev (Ch) 4:00 Confident Cruisers (ML) 5:30 Cornhole (FP) 7:00 Evening Book Club (2nd)	15 7:30 Eggs To Order Breakfast (2nd) 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Rosary (Ch) 2:45 Bingo (3rd) 4:00 Art Exploration (3rd) 6:00 Popcorn Cart (A)	16 9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 11:00 2nd Floor Summer Party Cookout (3rd Patio) 1:30 Bird Suncatcher Craft (3rd) 2:30 Country Ride** (OOB) 4:00 Expressions of Prayer (Ch) 6:30 Pinochle Players Club (3rd)	17 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 X-Box Bowling (2nd) 4:00 Finish the Phrase (1st) 7:00 Evening Sports Club (3rd)	18 9:00 Daily Chronicle & Headlines (1st) 10:00 Stretch Exercise (2nd) 1:45 Facetime with Family (3rd) 2:30 Ice Cream Cart: Waffle Ice Cream Sandwich (A) 4:00 Confident Cruisers (ML) 6:30 Word Search Challenge (1st)
19 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)	20 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Country Singalong (3rd) 2:30 Red or Black Game (2nd) 4:00 Confident Cruisers (ML) 5:30 Cornhole (FP) 6:30 Pinochle Players Club (3rd)	21 9:00 Daily Chronicle & Headlines (1st) 10:00 Cooking Club: Cornbread (C) 1:45 Strength Exercise (2nd) 2:45 Cowboy Cart: Root Beer Floats (A) 5:30 Destination Education: Texas: The Lone Star State (3rd) 7:00 Community Puzzle Club (1st)	22 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary (Ch) 1:45 Sit & Be Fit Exercise (2nd) 2:45 Bingo (3rd) 3:00 Circles of Friends (SR) 4:00 Art Exploration (3rd) 6:00 Popcorn Cart (A)	23 9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise (2nd) 11:00 3rd Floor Summer Party Cookout (3rd Patio) 3:00 Flower Arranging (3rd) 4:00 Confident Cruisers (ML) 5:30 Art Club (3rd) 6:30 Pinochle Players Club (3rd)	24 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Trivia & Brain Busters (1st) 2:30 Resident Memorial Mass (DR) 4:00 Confident Cruisers (ML) 6:00 Movie Matinee: John Wayne in <i>Rio Bravo</i> (2nd)	25 9:00 Daily Chronicle & Headlines (1st) 10:00 Stretch Exercise (2nd) 1:45 Rosary (Ch) 2:30 Ice Cream Cart: Nutty Buddy Ice Cream Cones (A) 4:00 Confident Cruisers (ML) 5:30 Facetime with Family (3rd)
26 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)	27 7:30 Eggs To Order Breakfast (3rd) 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Confident Cruisers (ML) 2:00 Outdoor Entertainment By George Rittenhouse (FP) 4:00 Cocktail Hour (1st) 6:30 Pinochle Players Club (3rd)	28 9:00 Daily Chronicle & Headlines (1st) 10:00 Strength Exercise (2nd) 1:45 Cooking Club: Orange Creamsicle Cupcakes (C) 3:00 Dealing with Loss Support Group (SR) 4:00 Confident Cruisers 5:30 Cornhole (FP) 7:00 Evening Book Club (2nd)	29 7:30 Eggs To Order Breakfast (2nd) 9:00 Daily Chronicle & Headlines (1st) 10:00 Rosary (Ch) 2:00 Craft with Kim (3rd) 3:30 Art Exploration (3rd) 5:30 Welcome Ambassadors Committee (3rd) 6:00 Popcorn Cart (A)	30 9:00 Daily Chronicle & Headlines (1st) 10:00 Balance in Action Exercise 1:45 Color Me Calm (C) 2:45 Country Ride** (OOB) 4:00 Confident Cruisers (ML) 5:30 Expressions of Prayer (Ch) 6:30 Pinochle Players Club (3rd)	31 7:30 Eggs To Order Breakfast (1st) 9:00 Daily Chronicle & Headlines (1st) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Rosary (Ch) 2:45 Bingo (3rd) 4:00 Finish the Phrase (1st) 6:00 Community Puzzle Club (1st)	<h1>July</h1> <h1>2020</h1>