

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.



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

Reopening Phases:

COVID-19 Reopening Phases <small>rev. 7/16/20</small>		
	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 <small>(PA Step 1)</small>	<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 <small>(PA Step 2)</small>	<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.

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

Hello everyone,

Thank you for all of your patience and diligence over the past few months as we navigate this new normal. We have been grateful to see our dining room and activities reopen and we have had so much fun finding creative ways to interact with everyone.

Our team members will continue to work hard to keep everyone as safe and healthy as possible. That being said, we will be continuing COVID surveillance testing for both residents and staff.

If you would like to set up virtual or window visits during red or yellow phases, please let us know. When we are in green, we can also schedule outdoor visits with family and friends.

Kindest regards,

Anna Zuratt
Executive Director

Resident Birthdays

August

4 – C. Jane Culley
4 – Molly Daubert
11 – Helen Miller

September

2 – Joan Fede
8 – Emma Wolfe
15 – Dorothy Snell
16 – Nancy Wagner
18 – Jessie Wesner
27 – Warren Klein

Welcome New Residents

Doris Brown
Richard Bilinski
June Marchiano

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
THE <i>Club</i>		Calendar Key: (1F) First Floor Activity Room (2F) Second Floor Activity Room (RM) Room (OOB) Out Of Building	<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 9:30 Morning Meeting (1F) 10:00 Exercise: Balloon Toss (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle, Monthly Gazette (1F) 2:00-4:00 Afternoon Matinee (1F) 5:00 Board Games (2F)
		2 9:30 Morning Meeting (1F) 10:00 Gentle Stretches (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Manicures (1F) 3:00 Art Class (Coloring Book Day) (1F) 5:00 Uno (2F)	3 9:30 Morning Meeting (1F) 10:00 Exercise (Drums Alive) (1F) 10:30 Social Gathering (Watermelon) (1F) 11:00 Daily Chronicle (1F) 2:00 Lets Get Crafting: Suncatchers (1F) 3:00 Patio Talk (OOB) 5:00 Dominos (2F)	4 9:30 Morning Meeting (1F) 10:00 Physical Fitness (Parachute) (2F) 10:30 Coffee Crew (1F) 11:00 Daily Chronicle (1F) 2:00 Bingo (1F) 4:00 Social Gathering (1F) 5:00 Phase 10 (2F)	5 9:30 Morning Meeting (1F) 10:00 Exercise (Ball Toss) (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Activity Cart (RM) 4:00 Social Gathering (OOB) 5:00 Jigsaw Puzzles (2F)	6 9:30 Morning Meeting (1F) 10:00 Chair Exercises (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Kitchen Crew (2F) 4:00 Memory Magic (1F) 5:00 Board Games (2F)	7 9:30 Morning Meeting (1F) 10:00 Art Class (Lighthouse Day) (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Bingo (1F) 4:00 Social Gathering (1F) 5:00 Checkers (2F)
9 9:30 Morning Meeting (1F) 10:00 Outdoor Exercise (OOB) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Manicures (1F) 3:00 iN2L: Church Service (1F) 5:00 Headbands Game (2F)	10 9:30 Morning Meeting (1F) 10:00 Exercise (Drums Alive) (1F) 10:30 Social Gathering (Smore's Day) (1F) 11:00 Daily Chronicle (1F) 2:00 Lets Get Crafting: Painting (1F) 3:00 Patio Talk (1F) 5:00 Uno (2F)	11 9:30 Morning Meeting (1F) 10:00 Physical Fitness (2F) 10:30 Coffee Crew (1F) 11:00 Daily Chronicle (1F) 2:00 Bingo (1F) 4:00 Social Gathering (1F) 5:00 Board Games (2F)	12 9:30 Morning Meeting (1F) 10:00 Exercise Class (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Activity Cart (RM) 4:00 Social Gathering (OOB) 5:00 Jigsaw Puzzles (2F)	13 9:30 Morning Meeting (1F) 10:00 Fitness Fun (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Country Ride (OOB) 4:00 iN2L Sing-a-Long (1F) 5:00 Dominos (2F)	14 9:30 Morning Meeting (1F) 10:00 Move to Music (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Bingo (1F) 4:00 Social Gathering (Creamsicles) (1F) 5:00 Board Games (2F)	15 9:30 Morning Meeting (1F) 10:00 Morning Moves (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00-4:00 Afternoon Matinee (1F) 5:00 Checkers (2F)	
16 9:30 Morning Meeting (1F) 10:00 Gentle Stretches (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Manicures (1F) 3:00 iN2L: Church Service (1F) 5:00 Dominos (2F)	17 9:30 Morning Meeting (1F) 10:00 Exercise (Drums Alive) (1F) 10:30 Social Gathering (1F) 11:00 Daily Chronicle (1F) 2:00 Lets Get Crafting: Black Cat Day (1F) 3:00 Patio Talk (OOB) 5:00 Yahtzee (2F)	18 9:30 Morning Meeting (1F) 10:00 Chair Exercises (2F) 10:30 Coffee Crew (1F) 11:00 Daily Chronicle (1F) 2:00 Bingo (1F) 4:00 Social Gathering (1F) 5:00 Trivial Pursuit (2F)	19 9:30 Morning Meeting (1F) 10:00 Exercise (Parachute) (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Activity Cart (RM) 4:00 Social Gathering (OOB) 5:00 Uno (2F)	20 9:30 Morning Meeting (1F) 10:00 Physical Fitness (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Kitchen Crew (2F) 4:00 Social Gathering (1F) 5:00 Phase 10 (2F)	21 9:30 Morning Meeting (1F) 10:00 Chair Exercises (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Bingo (1F) 4:00 Social Gathering (1F) 5:00 Jigsaw Puzzles (2F) Senior Citizens Day	22 9:30 Morning Meeting (1F) 10:00 Outdoor Walk (OOB) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00-4:00 Afternoon Matinee (1F) 5:00 Trivial Pursuit (2F)	
23 9:30 Morning Meeting (1F) 10:00 Outdoor Exercise (OOB) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Manicures (1F) 3:00 iN2L: Church Service (1F) 5:00 Jigsaw Puzzles (2F)	24 9:30 Morning Meeting (1F) 10:00 Exercise (Drums Alive) (1F) 10:30 Social Gathering (Peach Pies) (1F) 11:00 Daily Chronicle (1F) 2:00 Lets Get Crafting: Rainbows (1F) 3:00 Patio Talk (OOB) 5:00 Phase 10 (2F)	25 9:30 Morning Meeting (1F) 10:00 Physical Fitness (Parachute) (2F) 10:30 Coffee Crew (1F) 11:00 Daily Chronicle (1F) 2:00 Bingo (1F) 4:00 Social Gathering (Banana Split Day) (1F) 5:00 Word Games (2F)	26 9:30 Morning Meeting (1F) 10:00 Exercise (Ball Toss) (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Activity Cart (RM) 4:00 Social Gathering (OOB) 5:00 Crossword Puzzles (2F)	27 9:30 Morning Meeting (1F) 10:00 Morning Moves (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Country Ride (OOB) 4:00 iN2L: Sing-a-Long (1F) 5:00 Word Searches (2F)	28 9:30 Morning Meeting (1F) 10:00 Art Class (Bowtie Day) (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Bingo: Bingo Store Shopping (1F) 4:00 Social Gathering (1F) 5:00 Checkers (2F)	29 9:30 Morning Meeting (1F) 10:00 Exercise (Parachute) (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00-4:00 Afternoon Matinee (1F) 5:00 SongBurst Game (2F)	
30 9:30 Morning Meeting (1F) 10:00 Move to Music (1F) 10:30 Refreshments with Friends (1F) 11:00 Daily Chronicle (1F) 2:00 Manicures (1F) 3:00 iN2L: Church Service (1F) 5:00 Headbands Game (2F)	31 9:30 Morning Meeting (1F) 10:00 Exercise (Drums Alive) (1F) 10:30 Social Gathering (1F) 11:00 Daily Chronicle (1F) 2:00 Lets Get Crafting (1F) 3:00 Patio Talk (OOB) 5:00 Checkers (2F)	<p>... <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></p> <p><i>President of the United States of America, Ronald Reagan, August 19, 1988</i></p>					