

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.

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*



Providence Place SENIOR LIVING News

Q3: July 2020

A Note from the Executive Director

Hello everyone,

As we all know, our county has now gone into the green phase, however our community is going to remain in the red phase at this time. We hope to move forward in the near future to allow the opening of our dining, outside entertainment, and allow for in person visits with your family as well.

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 a facetime, skype, or phone call with your family, please let us know, we are happy to help.

Kindest regards,

Anna Zuratt
Executive Director

Resident Activities



Welcome New Residents

Judy Miller
Emma Wolfe
Charlie Hess

Resident Birthdays

July

Jean Boltz
Joseph Manbeck
Delphine Reed
Harold Felty
Russell Fidler

August

C. Jane Culley
Molly Daubert
Helen Miller

September

Joan Fede
Emma Wolfe
Dorothy Snell
Nancy Wagner
Jessie Wesner
Warren Klein



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: (1F) First Floor Community Room (2F) 2nd Floor Community Room (OOB) Out of Building (FP) Front Patio (RP) Rear Patio			1 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Ball Fitness (2F) 11:30 Lunch Service 1:30 Dollar Store Pick-up (OOB) 3:30 Cold Drinks on Patio (RP) 6:30 Word Search Puzzles (1F)	2 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Move2Music (2F) 11:30 Lunch Service 1:30 Country Ride (OOB) 3:30 Outdoor Walks 6:30 Puzzle Packs (1F)	3 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Who, What or Where? (2F) 11:30 Lunch Service 1:30 Kitchen Krew (2F) 3:30 Confident Cruisers (OOB) 6:30 Paint By Numbers (2F)	4 8:00 Breakfast Service 9:30 Morning Stretch (2F) 10:00 Opinion Column & Discuss (2F) 11:30 Lunch Service 2:00 Outdoor Music by Amy Jo (FP) 3:30 Snow cones (FP) 6:30 Movie: <i>Yankee Doodle Dandy</i> (1F) Independence Day
5 8:00 Breakfast Service 9:30 Whole Body Stretches (2F) 10:00 iN2L: Spiritual: Words of Hope (1F) 11:00 iN2L: Spiritual: Catholic Mass (1F) 11:30 Lunch Service 1:00 Face Time Calls (R) 2:30 iN2L Spirituality: Methodist Service (1F) 6:30 Classic Movie: <i>The Sundowners</i> (1F)	6 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Moral Decisions (2F) 11:30 Lunch Service 1:30 Hand Massage and Manicures (2F) 3:30 Confident Cruisers (OOB) 6:30 Solve a Mystery! (1F)	7 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Trivia (2F) 11:30 Lunch Service 2:00 Hospitality Cart 3:30 iN2L Health & Wellness : Sensory (1F) 6:30 Mindful Colors (1F)	8 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Ball Fitness (2F) 11:30 Lunch Service 1:30 Dollar Store Pick-up (OOB) 3:30 Cold Drinks on Patio (RP) 6:30 Word Search Puzzles (1F)	9 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Move2Music (2F) 11:30 Lunch Service 1:30 Country Ride (OOB) 3:30 Outdoor Walks 6:30 Puzzle Packs (1F)	10 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Who, What or Where? (2F) 11:30 Lunch Service 1:30 Craft Cart (2F) 3:30 Confident Cruisers (OOB) 6:30 Paint By Numbers (1F)	11 8:00 Breakfast Service 9:30 Morning Stretch (2F) 10:00 Opinion Column & Discuss (2F) 11:30 Lunch Service 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Movie: <i>Road to Bali</i> (1F)
12 8:00 Breakfast Service 9:30 Whole Body Stretches (2F) 10:00 iN2L: Spiritual: Words of Hope (1F) 11:00 iN2L: Spiritual: Catholic Mass (1F) 11:30 Lunch Service 1:00 Face Time Calls (R) 2:30 iN2L Spirituality: Methodist Service (1F) 6:30 Classic Movie: <i>Young Bill Hickok</i> (1F)	13 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Moral Decisions (2F) 11:30 Lunch Service 1:30 Hand Massage and Manicures (2F) 3:30 Confident Cruisers (OOB) 6:30 Solve a Mystery! (1F)	14 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Trivia (2) 11:30 Lunch Service 2:00 Hospitality Cart 3:30 iN2L Health & Wellness: Happy Neuron (1F) 6:30 Mindful Colors (1F)	15 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Ball Fitness (2F) 11:30 Lunch Service 1:30 Dollar Store Pick-up (OOB) 3:30 Cold Drinks on Patio (RP) 6:30 Word Search Puzzles (1F)	16 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Move2Music (2F) 11:30 Lunch Service 1:30 Country Ride (OOB) 3:30 Outdoor Walks 6:30 Puzzle Packs (1F)	17 8:00 Breakfast Service 9:30 Morning Meeting & Inspirations (2F) 10:00 Who, What or Where? (2F) 11:30 Lunch Service 1:30 Kitchen Krew (2F) 3:30 Confident Cruisers (OOB) 6:30 Paint By Numbers (1F)	18 8:00 Breakfast Service 9:30 Morning Stretch (2F) 10:00 Opinion Column & Discuss (2F) 11:30 Lunch Service 2:00 Bingo (2F) 3:30 Sweet Treat Social (2F) 6:30 Movie: <i>Made for Each Other</i> (1F)
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