

# Focus on Wellness

Every September we celebrate National Assisted Living week. This year, from September 13th – 19th, we look forward to something positive to celebrate in all Providence Place communities as this has been a challenging year!

This is an opportunity to take the time to say a special thank you to our team of essential workers for all of the time and energy they give to making this community feel like a family. We know many of our staff call the residents their “second family”.

Please check out all of the events that are planned in the coming weeks to celebrate Assisted Living Week. And please join us in expressing your appreciation to a co-worker.

Thank you today and always -- we can't wait to have some fun!

For more information on National Assisted Living Week or this year's theme, **“Caring is Essential”**,

please visit:  
[www.ACHANCAL.org](http://www.ACHANCAL.org)



Dimensions  
of Wellness



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)



# Providence Place SENIOR LIVING News

Q3: September 2020

## A Note from the Executive Director

What a month it has been - our coworkers and residents have shown tremendous resilience in the face of adversity. After practicing emergency preparedness, the recent flood presented the first opportunity for many of us to put those plans into practice. I am very proud of the staff who kept their cool despite hot temperatures and executed a complete evacuation of all residents to three separate locations with the help of the local EMS and Firefighters.

We are all very grateful to be home and things are slowly getting back to normal. Much work has been done already to restore systems that were impacted. The last few items, elevators and commercial laundry, should be restored the first week of September. Providence Place has also been working with the engineers to ensure we have done everything we can to prevent this kind of issue in the future.

We continue to conduct surveillance testing for coworkers and residents in our ongoing efforts to keep us all safe from COVID. Upon return from our re-location, we did conduct 100% testing of all residents and coworkers. We are moving through the re-opening phases again and we are looking forward to the much-anticipated re-opening of the Salon and Dining Room very soon. Then we will work toward the re-implementation of out-door visits. Thank you for working with us to do the very best we can to follow all guidelines and minimize risk to everyone.

I am hopeful that we will continue to return to as close to normal as we can get while still realizing COVID-19 will be a part of our reality for some time. Please be assured that we are doing our best to keep everyone's spirits up and get everyone out and about & moving around the community as much as possible.

Stay Well!

*Francie Hoch, Executive Director*

## Resident Birthdays

September

22 – John Pomarzynski

## Welcome New Residents


Stanley Plicinski

Patricia Smith

Luther Don Heiss

Eleanor Heiss

Josephine Lawrie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		1 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (OL) 1:00 Health & Wellness Clinic (WO) 2:00 Pinochle Club (AR) 3:00 All About September Social (OL) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	2 9:30 BODYpump (CR) 10:30 Baker's Corner: Apple Pie Monkey Bread (AR) 1:00 Ladder Ball Game (CR) 2:00 Crafty Crew: Button Apples on Canvas (AR) 3:00 Card Club: Rummy (AR) 4:00 Back Deck Social (D) 6:00 Resident Led Bingo (AR)	3 9:30 Confident Cruisers (L) 10:30 Country Ride Session One (L) 11:00 Virtual Bible Study (T) 1:00 Country Ride Session Two (L) 2:00 Kings in the Corner (AR) 3:00 In-Room Visits 4:00 Rosary (CR) 6:00 Singing Sessions (CR)	4 9:30 Balance Fitness (AR) 10:00 edU-Wellness with Genesis: Fall Prevention (CR) 11:00 Culinary Club (AR) 2:00 Widow to Widowers Club (CR) 3:00 The Price is Right (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: <i>The Lost Husband</i> (T)	5 9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Card Club (AR) 4:00 Kentucky Derby Social (CR)		
		6 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (OL) 11:00 Tai Chi (CR) 1:30 Team Trivia (OL) 2:30 Cheesy Social (AR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	7 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 11:30 Celebrate Healthy Aging Month: Stay Fit! (CR) 1:00 Bingo Session One (AR) 2:30 Labor Day Games and Trivia (D) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P)  Labor Day	8 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (OL) 1:00 Pinochle Club (AR) 2:30 Bunco (AR) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	9 9:30 BODYpump (CR) 10:30 Baker's Corner: Carmel Apple Bombs (AR) 12:00 September Birthday Celebration Lunch (DR) 1:00 Cornhole (CR) 3:00 Card Club: Poker (AR) 4:00 Back Deck Social (D) 6:00 Resident Led Bingo (AR)	10 9:30 Confident Cruisers (L) 10:30 Country Ride Session One (L) 11:00 Virtual Bible Study (T) 1:00 Fireside Chat with Francie (OL) 1:30 Country Ride Session Two (L) 3:00 In-Room Visits 4:00 Rosary (CR) 6:00 Singing Sessions (CR)	11 9:30 Balance Fitness (AR) 10:30 Culinary Club (AR) 1:00 One Hit Wonders (CR) 2:00 Flower Arranging (AR) 3:00 Foods for Thought: Apples (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: <i>Jurassic Park</i> (T)  Patriot Day	12 9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Card Club (AR) 4:00 Jumbo Crossword Puzzle (OL)
		13 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (OL) 11:00 Tai Chi (CR) 1:30 Team Trivia (OL) 2:30 All About Grandparent's Day (OL) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)  Grandparents Day	14 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 11:30 Celebrate Healthy Aging Month: Stay Adventurous! (CR) 1:00 Bingo Session One (AR) 2:30 Tie Dye T-Shirts 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	15 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (OL) 1:00 Pinochle Club (AR) 2:30 Italian Ice Social by Grane Hospice (AR) 3:30 Welcoming Ambassadors Committee Meeting (AR) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	16 9:30 BODYpump (CR) 10:30 Baker's Corner: Apple Cinnamon Muffins (AR) 12:30 Lunch Entertainment by Jim Marenger of Season's Hospice (DR) 1:00 Connect Four (CR) 2:00 Crafty Crew: Ceramic Apples (AR) 3:00 Card Club: Blackjack (AR) 4:00 Back Deck Social (D) 6:00 Resident Led Bingo (AR)	17 9:30 Confident Cruisers (L) 10:30 Country Ride Session One (L) 11:00 Virtual Bible Study (T) 1:00 Country Ride Session Two (L) 2:00 Kona Ice Truck Social by Caring Hospice (AR) 3:00 In-Room Visits 4:00 Rosary (CR) 6:00 Singing Sessions (CR)	18 9:30 Balance Fitness (AR) 10:30 Culinary Club (AR) 1:00 Educational Discussion: Rosh Hashanah (CR) 2:00 Men's Club (CR) 3:00 Technology & You (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: <i>The Story of Us</i> (T)  Rash Hashanah	19 9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Card Club (AR) 4:00 The History of: Pirates (OL)
		20 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (OL) 11:00 Tai Chi (CR) 1:30 Team Trivia (OL) 2:30 Learn About Confucius (OL) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)	21 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 11:30 Celebrate Healthy Aging Month: Stay Healthy! (CR) 1:00 Bingo Session One (AR) 2:30 Celebrate World Gratitude Day (AR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	22 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (OL) 1:00 Pinochle Club (AR) 2:30 Volunteer Committee Meeting (AR) 3:00 Welcome Autumn Social (OL) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	23 9:30 BODYpump (CR) 10:30 Baker's Corner: Apple Crisp (AR) 1:00 Ring Toss (CR) 2:00 Cover the Number (AR) 3:00 Card Club: Five Crowns (AR) 4:00 Back Deck Social (D) 6:00 Resident Led Bingo (AR)	24 9:30 Confident Cruisers (L) 10:30 Country Ride Session One (L) 11:00 Virtual Bible Study (T) 1:00 Country Ride Session Two (L) 2:00 Name that Muppet Trivia (CR) 3:00 In-Room Visits 4:00 Rosary (CR) 6:00 Singing Sessions (CR)	25 9:30 Balance Fitness (AR) 10:30 Culinary Club (AR) 1:00 Comic Book Trivia & Games (AR) 2:00 Flower Arranging (AR) 3:00 Famous September Birthdays Social (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: <i>Zoo Keeper</i> (T)	26 9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Card Club (AR) 4:00 Jumbo Crossword Puzzle (OL)
		27 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (OL) 11:00 Tai Chi (CR) 1:30 Team Trivia (OL) 2:30 Learn About Yom Kippur (AR) 3:30 Scrabble (AR) 6:00 Resident Led Rosary (CR)  Yom Kippur	28 9:30 Strengthen & Balance (CR) 10:30 Wii Bowling Club (CR) 11:30 Celebrate Healthy Aging Month: Stay Connected! (CR) 1:00 Bingo Session One (AR) 2:00 Chef's Demonstration with Chef Chad (AR) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	29 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (OL) 1:00 Pinochle Club (AR) 2:30 Community Life Meeting 4:00 Rosary (CR) 6:00 Trivia Night (OL)	30 9:30 BODYpump 10:30 Baker's Corner: Apple Cinnamon Bread (AR) 1:00 Table Tennis (CR) 2:00 Crafty Crew: Falling Leaves Jar (AR) 3:00 Card Club: Rummy (AR) 4:00 Back Deck Social (D) 6:00 Resident Led Bingo (AR)	<b>Calendar Key:</b> (CR) Community Room, (AR) Activity Room, (D) Deck, (OL) Old Lobby, (P) Pub, (L) Lobby, (WO) Wellness Office, (T) Theater, (OOB) Out of Building, (GR) Game Room, (DR) Dining Room  **Registration Required, \$\$Cost Involved		