

# 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

As always, I would like to thank everyone for their continued patience and understanding during these trying times. We will keep everyone posted as we transition through phases in the community. All staff are continuing to wear masks throughout their shifts. All new residents are on an isolation period. PPE is required for symptomatic and positive cases.

We will resume our window visits as soon as possible. We ask that all parties for the window visits utilize proper precautions. We ask for everyone to wear a face mask. If you or your loved one has an interior apartment please call the front desk to schedule a window visit in the common areas. Our staff would be more than happy to continue to assist with virtual visits such as FaceTime, Zoom, and Skype.

We look forward to the coming of fall and are staying #ProvidencePlaceStrong.

Thank you for your cooperation, hang in there we will get through this together!

*Howard Holben, Executive Director*

## Resident Birthdays

### September

- 1 – Hilda Melhorn & Eleanor Loftus
- 2 – Mildred Becker
- 6 – Joyce Schaeffer & Bertha Alwine
- 8 – Sally Messenger
- 9 – Fairy Carver
- 13 – Helen Kathleen Waters
- 16 – Joann Lehman & Lottie Berkheimer
- 19 – Deloris Crone
- 20 – Morgan Stobie
- 23 – Claire Papenberg
- 26 – Carol Murphy
- 27 – Louella Deardorff
- 28 – Joan Gromling

## Welcome New Residents

Sally Kursar  
Larry Kursar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p style="text-align: center;"><b>THE</b> <i>Club</i></p>		<p style="text-align: right;">1</p> 9:00 Morning Exercise (CR) 9:30 Daily Reading (CR) 10:00 Brain Boosters (CR) 10:30 Daily Bread Reading (CR) 1:30 Bingo (CR) 3:00 Happy Hour (FS)	<p style="text-align: right;">2</p> 9:00 Walk About Wednesday (LB) 9:30 Daily Reading (CR) 10:00 A Day in History (CR) 10:30 Daily Bread Reading (CR) 1:30 Sing Along (CR) 3:00 Social Hour (FS)	<p style="text-align: right;">3</p> 9:00 Imagery Fitness (CR) 9:30 Daily Reading (CR) 10:00 Finish The Phrase (CR) 10:30 Daily Bread (CR) 1:30 LCR Game (CR) 3:00 Happy Hour (FS)	<p style="text-align: right;">4</p> 9:00 Chair Zumba (CR) 9:30 Daily Reading (CR) 10:00 Celebrity Spotlight (CR) 10:30 Daily Bread (CR) 1:30 Jingo (CR) 3:00 Social Hour (FS) <p style="text-align: center;">Dover Fair Day</p>	<p style="text-align: right;">5</p> 9:00 Outdoor Exercise (100 Hall) 9:30 Daily Reading (CR) 10:00 Brain Boosters (CR) 10:30 Songs of Praise (CR) 1:30 Circle of Friends (CR) 2:30 Entertainment (CR)		
		<p style="text-align: right;">6</p> 9:00 Outdoor Exercise (100 Hall) 9:30 Cookies for Cops (CR) 10:00 Daily Reading (CR) 10:30 Word Find (CR) 2:00 Church Service (CR) 3:00 Picture Puzzles (CR)	<p style="text-align: right;">7</p> 9:00 Meditation Monday (CR) 9:30 Daily Reading (CR) 10:00 Trivia (CR) 10:30 Daily Bread (CR) 1:30 Meaning of Holiday (CR) 3:00 Manicures and Wine (CR) <p style="text-align: center;">Labor Day</p>	<p style="text-align: right;">8</p> 9:00 Morning Exercise (CR) 9:30 Daily Reading (CR) 10:00 Brain Boosters (CR) 10:30 Daily Bread Reading (CR) 1:30 Bingo (CR) 3:00 Happy Hour (FS)	<p style="text-align: right;">9</p> 9:00 Walk About Wednesday (LB) 9:30 Daily Reading (CR) 10:00 A Day in History (CR) 10:30 Daily Bread Reading (CR) 1:30 Bird Feeder Craft (CR) 3:00 Social Hour (FS)	<p style="text-align: right;">10</p> 9:00 Imagery Fitness (CR) 9:30 Daily Reading (CR) 10:00 The Good Old Days (CR) 10:30 Daily Bread (CR) 1:30 Words in a Word (FS) 3:00 Happy Hour (FS)	<p style="text-align: right;">11</p> 9:00 Chair Zumba (CR) 9:30 Daily Reading (CR) 10:00 Prayer for Patriot Families (CR) 10:30 Daily Bread (CR) 1:30 Jingo (CR) 3:00 Social Hour (FS) <p style="text-align: center;">Patriot Day</p>	<p style="text-align: right;">12</p> 9:00 Outdoor Exercise (100 Hall) 9:30 Daily Reading (CR) 10:00 Brain Boosters (CR) 10:30 Songs of Praise (CR) 1:30 Widow to Widower (CR) 2:30 Entertainment (CR)
		<p style="text-align: right;">13</p> 9:00 Outdoor Exercise (100 Hall) 9:30 Friends Helping Friends (CR) 10:00 Daily Reading (CR) 10:30 Fondest Memories: Grandparents 2:00 Church Service (CR) 3:00 Memory Madness (CR) <p style="text-align: center;">Grandparents Day</p>	<p style="text-align: right;">14</p> 9:00 Meditation Monday (CR) 9:30 Daily Reading (CR) 10:00 Time For Thanks (CR) 10:30 Daily Bread (CR) 1:30 Roll a Story (CR) 3:00 Manicures and Wine (CR)	<p style="text-align: right;">15</p> 9:00 Morning Exercise (CR) 9:30 Daily Reading (CR) 10:00 Brain Boosters (CR) 10:30 Daily Bread Reading (CR) 1:30 Bingo (CR) 3:00 Happy Hour (FS)	<p style="text-align: right;">16</p> 9:00 Walk About Wednesday (LB) 9:30 Daily Reading (CR) 10:00 A Day in History (CR) 10:30 Daily Bread Reading (CR) 1:30 Edible Crafting (CR) 3:00 Social Hour (FS)	<p style="text-align: right;">17</p> 9:00 Imagery Fitness (CR) 9:30 Daily Reading (CR) 10:00 Cookies for Coworkers (CR) 10:30 Daily Bread (CR) 1:30 Ball of Questions (CR) 3:00 Happy Hour (FS)	<p style="text-align: right;">18</p> 9:00 Chair Zumba (CR) 9:30 Daily Reading (CR) 10:00 Smiles for Staff (CR) 10:30 Daily Bread (CR) 1:30 Jewish New Year Celebration (CR) 3:00 Social Hour (FS) <p style="text-align: center;">Rosh Hashanah</p>	<p style="text-align: right;">19</p> 9:00 Outdoor Exercise (100 Hall) 9:30 Daily Reading (CR) 10:00 Brain Boosters (CR) 10:30 Songs of Praise (CR) 1:30 Giggles and Gardening (CR) 2:30 Entertainment (CR)
		<p style="text-align: right;">20</p> 9:00 Outdoor Exercise (100 Hall) 9:30 Pulling Tabs (CR) 10:00 Daily Reading (CR) 10:30 Word Find (CR) 2:00 Church Service (CR) 3:00 Matching Game (CR)	<p style="text-align: right;">21</p> 9:00 Meditation Monday (CR) 9:30 Daily Reading (CR) 10:00 Trivia (CR) 10:30 Daily Bread (CR) 1:30 I Got It (CR) 3:00 Manicures and Wine (CR)	<p style="text-align: right;">22</p> 9:00 Morning Exercise (CR) 9:30 Daily Reading (CR) 10:00 Brain Boosters (CR) 10:30 Daily Bread Reading (CR) 1:30 Bingo (CR) 3:00 Happy Hour (FS)	<p style="text-align: right;">23</p> 9:00 Walk About Wednesday (LB) 9:30 Daily Reading (CR) 10:00 A Day in History (CR) 10:30 Daily Bread Reading (CR) 1:30 What Am I Game (CR) 3:00 Social Hour (FS)	<p style="text-align: right;">24</p> 9:00 Imagery Fitness (CR) 9:30 Daily Reading (CR) 10:00 Name That Tune (CR) 10:30 Daily Bread (CR) 1:30 Junk Drawer Detective (CR) 3:00 Happy Hour (FS)	<p style="text-align: right;">25</p> 9:00 Chair Zumba (CR) 9:30 Daily Reading (CR) 10:00 Celebrity Spotlight (CR) 10:30 Daily Bread (CR) 1:30 Jingo (CR) 3:00 Social Hour (FS)	<p style="text-align: right;">26</p> 9:00 Outdoor Exercise (100 Hall) 9:30 Daily Reading (CR) 10:00 Brain Boosters (CR) 10:30 Songs of Praise (CR) 1:30 Positive People (CR) 2:30 Entertainment (CR)
		<p style="text-align: right;">27</p> 9:00 Outdoor Exercise (100 Hall) 9:30 Clean Wheels (CR) 10:00 Daily Reading (CR) 10:30 Word Find (CR) 2:00 Church Service (CR) 3:00 September Trivia (CR) <p style="text-align: center;">Yom Kippur</p>	<p style="text-align: right;">28</p> 9:00 Meditation Monday (CR) 9:30 Daily Reading (CR) 10:00 Trivia (CR) 10:30 Daily Bread (CR) 1:30 Chase the Ace Card Game (CR) 3:00 Manicures and Wine (CR)	<p style="text-align: right;">29</p> 9:00 Morning Exercise (CR) 9:30 Daily Reading (CR) 10:00 Brain Boosters (CR) 10:30 Daily Bread Reading (CR) 1:30 Bingo (CR) 3:00 Happy Hour (FS)	<p style="text-align: right;">30</p> 9:00 Walk About Wednesday (LB) 9:30 Daily Reading (CR) 10:00 A Day in History (CR) 10:30 Daily Bread Reading (CR) 1:30 Left Right Center Game (CR) 3:00 Social Hour (FS)	<b>Calendar Key:</b> (CR) Community Room / Chapel (LB) Lobby (100 Hall) 100 Hall Activity Room (FS) Fire Side		<h1>September</h1> <h2>2020</h2>