

# Focus on Wellness

In the midst of the country's current health crisis, there is no time like the present to prepare for the approaching flu season. It is important that we each continue to practice current measures in an effort to prevent the spread of all viruses, such as avoiding large crowds, maintaining social distance, wearing face coverings and staying home when sick. The single most important effort that we can all make is to properly and frequently wash our hands.

In addition to these measures, we can take steps to boost our own immune systems by practicing the healthy steps listed to the right.

Finally, we should each take the flu vaccine when it is available. Each of our campuses are setting up flu clinics for residents & co-workers. For more details, please talk to your Director of Wellness or Executive Director.

Have a safe & healthy season,

*Cynthia Avant, Director of Clinical Services*

Eat Healthy Foods

Get Plenty of Rest

Exercise Regularly

Avoid/Reduce Stress



*Dimensions  
of Wellness*

## October

## Resident Birthdays

- 2 – Arthur Tomlinson
- 3 – Betty Collier
- 4 – Jean Neiman & Dorothy Eberly
- 10 – Jean Jacobs
- 16 – Theodore Crimmins & Doris Krug & Betty Ruth
- 19 – Virginia Angel
- 20 – Mary Anna Ferree
- 25 – Clyde Livingston
- 30 – Helen Bosserman

## November

- 1 – Budd Lookingbill
- 2 – Eugene Hilt & Frances Callahan
- 3 – Robert Kohler
- 10 – Patricia Kraft
- 12 – Joan Miller
- 15 – Esther Ritchey
- 24 – Nancy Brunk & Sandra Hollidge
- 28 – Oscar Bupp

## December

- 1 – Ethel Smay
- 3 – Grayson Starner
- 4 – Bill Dean
- 7 – Betty Gingerich
- 8 – Dorothy Hartman
- 12 – Lois Zimmerman
- 18 – Christine Koehnlein & Elda Wagner
- 26 – Lois Smith
- 31 – Mary Lou Rowlands



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

Q4: October 2020

## A Note from the Executive Director

Happy Fall!!

I cannot believe how quickly time is flying! With continuing gratitude, I would like to thank everyone for their patience and understanding during these trying times. Due to no new positive cases at Dover, we have moved forward to our precautionary phases (green). With this phase, we continue group activities, communal dining, and salon services. We are only allowing essential healthcare providers into the building. All staff are continuing to wear masks throughout their shift. All new residents are on an isolation period for precautionary purposes.

We have resumed our outside porch visits. We ask that all parties for the porch visits utilize proper precautions by wearing a face mask and using tables set up to ensure social distancing. If you or your loved one has an interior apartment, please call the front desk to schedule a window visit in the 100-patio area. Our staff would be more than happy to continue to assist with virtual visits such as FaceTime, Zoom, and Skype if desired. Breakfast will continue to be served in your apartment for now – but please don't place your empty containers in the hallway, staff will be by to pick up after your meal.

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

*Howard Holben, Executive Director*

## Highlighted Events

- 3 – **Fall Foliage Country Ride**  
@ 3pm
- 13 – **The Oscar Songbook**  
@ 2:30pm – presented by  
Gretna Theatre Productions
- 16 – **Fall Festival @ 1:30pm**  
100 Hall Patio
- 24 – **Walk to End Alzheimer's**  
9am @ Campus Walking Path  
Gretna Theatre Productions
- 30 – **Hallow's Eve Party**  
1pm

## Welcome New Residents

William Hoke

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>October 2020</p>	<p>Calendar Key: Community Room / Chapel (CR) Lobby (LB) Activity Room (AR) 100 Hall ( 100 Hall Patio ) Connections (Connections Neighborhood)</p>	<p>THE <i>Club</i></p>		<p>1 9:45 Daily Reading and Drinks (CR) 10:00 Imagery Fitness (CR) 10:15 Celebrity Spotlight (CR) 10:45 Scripture of the Day (CR) 1:15 Game Time-LCR (CR) 2:15 Happy Hour with Friends (Connections) 3:00 Church Service (CR) 3:30 Clean Wheels (Connections)</p>	<p>2 9:45 Daily Reading and Drinks (CR) 10:00 Chair Zumba (CR) 10:15 How to draw Charlie Brown (CR) 10:45 Scripture of the Day (CR) 1:15 Baking and Brains (CR) 2:30 Apples for Dessert (CR) 3:00 Jingo (CR)</p>	<p>3 9:45 Daily Reading and Drinks (CR) 10:00 Fun Fitness (CR) 10:15 Songs of Praise (CR) 10:45 Scripture of the Day (CR) 1:15 Circle of Friends (CR) 2:00 Music with Mick (100 Hall ) 3:00 Words in a Word (CR)</p>
<p>4 9:45 Daily Reading and Drinks (CR) 10:00 Card Crunch (CR) 10:15 Fall Door Décor Making (CR) 10:45 Scripture of the Day (CR) 2:00 Church Service (CR) 3:00 Autumn with out the Ale (CR) 3:45 Who am I ? (CR)</p>	<p>5 9:45 Daily Reading and Drinks (CR) 10:00 Meditation Monday (CR) 10:15 It's a Hoot (CR) 10:45 Scripture of the Day (CR) 1:15 History of McDonalds (CR) 2:30 Big Mac Sauce and Burgers (CR) 3:30 Trivia Time (CR)</p> <p style="text-align: center;">Active Aging Week</p>	<p>6 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 Can Crafting (CR) 10:45 Scripture of the Day (CR) 1:15 Memory Magic (CR) 2:15 Praise and Pastries with Pals (Connections)</p>	<p>7 9:45 Daily Reading and Drinks (CR) 10:00 Fun Fitness (CR) 10:45 Scripture of the Day (CR) 1:30 Garden Club with Sue (100 Hall) 2:30 Bingo (CR) 3:00 Cookies for Cops ( 100 Hall)</p>	<p>8 9:45 Daily Reading and Drinks (CR) 10:00 Imagery Fitness (CR) 10:15 Squirrel Feeder Making (CR) 10:45 Scripture of the Day (CR) 1:15 Game Time-UNO (CR) 2:15 Happy Hour with Fiends (Connections) 3:00 Church Service (CR) 3:30 Pulling Tabs (Connections)</p>	<p>9 9:45 Daily Reading and Drinks (CR) 10:00 Chair Zumba (CR) 10:15 Eggs and Eggmazing (CR) 10:45 Scripture of the Day (CR) 1:15 Baking and Brains (CR) 2:30 Jingo (CR) 3:00 Ice cream Social (CR)</p>	<p>10 9:45 Daily Reading and Drinks (CR) 10:00 Fun Fitness (CR) 10:15 Songs of Praise (CR) 10:45 Scripture of the Day (CR) 1:15 Positive People (CR) 2:00 Music with Rhonda Lee (100 Hall) 3:15 Let's take a Walk (100 Hall)</p>
<p>11 9:45 Daily Reading and Drinks (CR) 10:00 Card Crunch (CR) 10:15 Autumn Word Search (CR) 10:45 Scripture of the Day (CR) 2:00 Church Service (CR) 3:00 Hot Cocoa Social (CR) 3:45 What doesn't belong (CR)</p>	<p>12 9:45 Daily Reading and Drinks (CR) 10:00 Meditation Monday (CR) 10:15 Today's Trivia (CR) 10:45 Scripture of the Day (CR) 1:15 Leaf Shading (CR) 2:30 Clean Wheels (CR) 3:30 Trivia Time (CR)</p>	<p>13 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 Picture Puzzles (CR) 10:45 Scripture of the Day (CR) 1:15 Painting for a purpose (CR) 2:15 Praise and Pastries with Pals (Connections)</p>	<p>14 9:45 Daily Reading and Drinks (CR) 10:00 Fun Fitness (CR) 10:45 Scripture of the Day (CR) 2:30 Bingo (CR) 3:45 How it's made (CR)</p>	<p>15 9:45 Daily Reading and Drinks (CR) 10:00 Imagery Fitness (CR) 10:15 What do you taste (CR) 10:45 Scripture of the Day (CR) 1:15 Game Time-Penny Ante (CR) 2:15 Happy Hour with Friends (Connections) 3:00 Church Service (CR) 3:30 Food Jingo (Connections)</p>	<p>16 9:45 Daily Reading and Drinks (CR) 10:00 Chair Zumba (CR) 10:15 Halloween Decorations Making (CR) 10:45 Scripture of the Day (CR) 1:00 Therapy Games with Bethany (AR) 1:30 FALL FESTIVAL - (100 Hall) *Food , Fun and Music</p>	<p>17 9:45 Daily Reading and Drinks (CR) 10:00 Fun Fitness (CR) 10:15 Songs of Praise (CR) 10:45 Scripture of the Day (CR) 1:15 Music and Memories (CR) 2:00 Entertainment (CR) 3:15 Let's take a Walk (100 Hall)</p>
<p>18 9:45 Daily Reading and Drinks (CR) 10:00 Card Crunch (CR) 10:15 Jingo (CR) 10:45 Scripture of the Day (CR) 2:00 Church Service (CR) 3:00 Crockpot Apple Cider (CR) 3:45 Where am I ? (CR)</p>	<p>19 9:45 Daily Reading and Drinks (CR) 10:00 Meditation Monday (CR) 10:15 History of Costumes (CR) 10:45 Scripture of the Day (CR) 1:15 Current Events (CR) 2:30 Animal Jingo (CR) 3:30 Trip to the Zoo Telephone Style (CR)</p>	<p>20 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 Where are the Birds (CR) 10:45 Scripture of the Day (CR) 1:15 Finish the phrase (CR) 2:15 Praise and Pastries with Pals (Connections)</p>	<p>21 9:45 Daily Reading and Drinks (CR) 10:00 Fun Fitness (CR) 10:45 Scripture of the Day (CR) 1:30 Lei Making (CR) 2:30 Bingo (CR) 3:45 Learning Hawaiian (CR)</p>	<p>22 9:45 Daily Reading and Drinks (CR) 10:00 Imagery Fitness (CR) 10:15 Fall Crafting (CR) 10:45 Scripture of the Day (CR) 1:15 What's up with Hawaii 2:30 Super Happy Hour LUAU (P) 3:00 Church Service (CR)</p>	<p>23 9:45 Daily Reading and Drinks (CR) 10:00 Chair Zumba (CR) 10:15 Halloween Decorations Making (CR) 10:45 Scripture of the Day (CR) 1:15 Baking and Brains (CR) 3:00 Food for Thought CR) 3:45 Take a trip down Memory Lane (CR)</p>	<p>24 9:45 Daily Reading and Drinks (CR) 10:00 Fun Fitness (CR) 10:15 Songs of Praise (CR) 10:45 Scripture of the Day (CR) 1:15 Who was your favorite ? (CR) 2:00 Entertainment (CR) 3:15 Let's take a Walk (100 Hall)</p>
<p>25 9:45 Daily Reading and Drinks (CR) 10:00 Card Crunch (CR) 10:15 Personal Pumpkin Pies (CR) 10:45 Scripture of the Day (CR) 2:00 Church Service (CR) 3:00 Coffee and PIE (CR) 3:45 Who am I ? (CR)</p>	<p>26 9:45 Daily Reading and Drinks (CR) 10:00 Meditation Monday (CR) 10:15 Minute to win it 10:45 Scripture of the Day (CR) 1:15 Welcome Card Making (CR) 2:30 Magazine Hunt (CR) 3:30 There's a pun for that (CR)</p>	<p>27 9:45 Daily Reading and Drinks (CR) 10:00 Morning Exercise (CR) 10:15 Halloween Mask Making (CR) 10:45 Scripture of the Day (CR) 1:15 Time Slips and Discussion (CR) 2:15 Praise and Pastries with Pals (Connections)</p>	<p>28 9:45 Daily Reading and Drinks (CR) 10:00 Fun Fitness (CR) 10:45 Scripture of the Day (CR) 1:30 Read Round (CR) 2:30 Clay Crafting (CR) 3:30 Statue Sharing (CR)</p>	<p>29 9:45 Daily Reading and Drinks (CR) 10:00 Imagery Fitness (CR) 10:15 Baking for the Party (CR) 10:45 Scripture of the Day (CR) 1:15 Club Cruise Around Town Ride (LB) 3:00 Church Service (CR) 3:30</p>	<p>30 9:45 Daily Reading and Drinks (CR) 10:00 Chair Zumba (CR) 10:15 Halloween Decorations Making (CR) 10:45 Scripture of the Day (CR) 1:00 Let's Party on Hallows Eve (Connections) *GAMES *FOOD *FUN 3:00 Halloween Joke around (CR)</p>	<p>31 9:45 Daily Reading and Drinks (CR) 10:00 Fun Fitness (CR) 10:15 Songs of Praise (CR) 10:45 Scripture of the Day (CR) 1:15 History of Halloween (CR) 2:00 Ice cream Sandwiches (CR) 3:15 Let's take a Walk (100 Hall)</p> <p style="text-align: center;">Halloween</p>