

# 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*

## Resident Birthdays

### October

- 3 – John Moscon
- 4 – Frank Konschnik Sr.
- 8 – Michael Moran
- 13 – Shirley Brenner
- 15 – Jane Stecker
- 23 – Joyce Dorling
- 27 – Ruth Duda

### November

- 6 – Caroline Drozda
- 13 – Rachel Taylor
- 14 – Jane Bendowski
- 16 – Albert Zambotti
- 17 – Arlene Eckert & Angeline Mucera
- 18 – Rosemary McCann & Anna Mae Koons
- 22 – Dorothy Mondock
- 26 – RoseMary Darcangelo
- 28 – Barbara Ostrom
- 30 – Anthony Christino

### December

- 3 – Rosella Gombeda & Michael Micene
- 6 – David Adams
- 8 – Mary Timko
- 10 – Jean Slayzak
- 13 – Shirley Berger
- 25 – Barbara Barnhart
- 26 – John Long & Russell Koons
- 27 – James Bressi
- 31 – Carolyn Fellin



# Providence Place SENIOR LIVING News

Q4: October 2020

## A Note from the Executive Director

October is a delightful month. The fall colors and scent of pumpkin starts to fill the air. This month, let's celebrate our health and wellness by getting outside to enjoy some fresh crisp mountain air and observe the color changes of the leaves.

Many of you had expressed over the past few weeks how much you want the pandemic to be over. Unfortunately, COVID will still be here as we approach the flu season - so let's fight to keep it out of our home!

This month let's focus on enjoying our lovely Autumn season. It would be my pleasure to take a stroll with you along our outdoor walking path, carve a pumpkin, or bake some homemade pumpkin pies (using one of your homemade recipes of course).

As always, please let me know what my coworkers and myself could do to make your home more comfortable.

Sincerely,

*Kim Perchak, Executive Director*

## Highlighted Events

- 2 – **Fall Foliage Country Ride**  
@ 2:30pm
- 15 – **Wellness Checkup**  
@ 3pm (3<sup>rd</sup> Floor)
- 17 – **Walk to End Alzheimer's**  
9am @ Walking Path
- 31 – **Halloween Party**  
@ 2:30 pm with entertainment

## Welcome New Residents

Mary Rossi




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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>October 2020</h1>	<b>Calendar Key:</b> (DR) Dining Room, (OOB) Out of Building, (T) Terrace, (ML) Meet in Lobby, (Ch) Chapel, (C) Café, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, ** Registration Required \$\$ Cost Involved			<b>1</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Mass by Father Mike (DR) 1:30 Visits with Deacon Beverly (1st) 2:00 Balance in Action (2nd) 2:45 Bingo (3rd) 4:00 Word Search Challenge (1st) 6:30 Pinochle Players Club (3rd)	<b>2</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Stretch Exercise (2nd) 1:30 Welcome Ambassadors Committee Meeting (3rd) 2:00 Hymn Sing with Deacon Beverly (3rd) 2:30 Fall Foliage Country Ride** (OOB) 4:00 Men's Club (3rd) 7:00 iN2L: Trivia (T)	<b>3</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Strength Exercise (2nd) 1:45 X-Box Bowling (2nd) 2:30 Musical Entertainment By Noreen Gregory (DR) 4:00 Confident Cruisers (ML) 6:00 Movie Matinee (2nd)
<b>4</b> 9:00 Worship Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:15 Wine & Dine (DR) 1:30 Prayer Service with Deacon Bev (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	<b>5</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Yoga Fitness by Bill (Ch) 1:45 Healthy Habits & Hydration Station (3rd) 2:30 Craft Club: Air Plant Terrariums (3rd) 4:00 Confident Cruisers: Walk the Coast (ML) 6:30 Pinochle Players Club (3rd)  Active Aging Week	<b>6</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Music Class with Cynthia (2nd) 2:45 Educational Presentation: EXO Reptile Demonstration (T) 4:00 Confident Cruisers: Walk the Coast (ML) 6:30 Book Club (2nd)	<b>7</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Rosary (Ch) 1:45 EdU-Fitness Workshop by Genesis: Fall Prevention Exercises (2nd) 2:30 Community Life Committee Meeting(3rd) 4:00 Cocktail Hour (1st) 6:00 Confident Cruisers: Walk the Coast (ML)	<b>8</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 TED Talk & Discussion: <i>The Gift &amp; Power            of Emotional Courage</i> (3rd) 1:30 Spiritual Connections with Deacon Beverly (1st) 2:45 Bingo (3rd) 4:00 Confident Cruisers: Walk the Coast (ML) 6:30 Pinochle Players Club (3rd)	<b>9</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Strength Exercise (2nd) 1:30 Men's Club with Mark (3rd) 2:00 Bible Study with Deacon Beverly (3rd) 2:30 Dessert & Discussion (DR) 4:00 Confident Cruisers: Walk the Coast (ML) 7:00 iN2L: Singalong (T)	<b>10</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Crossword Cranium Challenge (3rd) 2:00 Confident Cruisers: Walk the Coast Finale (ML) 3:30 Tech World & You (3rd) 7:00 Men's Club: MLB Playoffs Game (3rd)
<b>11</b> 9:00 Worship Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:15 Wine & Dine (DR) 1:30 Prayer Service with Deacon Bev (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	<b>12</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Yoga Fitness by Bill (Ch) 1:30 Art Exploration (3rd) 2:00 Providence Place Senior Living Employee Recognition Awards (1st) 3:00 Finish the Lyrics (1st) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	<b>13</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Make Purple Tie-Dye Shirts For Alzheimer's Walk (DR) 2:30 Circle of Friends (3rd) 4:00 Happy Hour (1st) 6:30 Veterans Club (3rd)	<b>14</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Rosary (Ch) 1:45 Stretch Exercise (2nd) 2:45 Bingo (3rd) 4:00 October Birthday Celebration Dinner (DR) 7:00 iN2L: Trivia (T)	<b>15</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Fitness Class by Genesis (2nd) 1:30 Spiritual Connections with Deacon Beverly (1st) 2:00 Wellness Check: Blood Pressure & Weights (3rd) 2:30 Dining Services Committee Meeting (3rd) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	<b>16</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Fall Foliage Country Ride** (OOB) 1:45 Visits with Deacon Beverly (1st) 2:30 Gretna Theater Production featuring Broadway Star Rebecca Robbins <i>The Oscar Songbook</i> (3rd) 4:00 Confident Cruisers (ML) 6:00 Sports Club (3rd)	<b>17</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Community Awareness: Walk to End Alzheimer's (ML) 1:45 Men's Club (3rd) 2:30 Pumpkin Pie Social (3rd) 3:30 Sing-a-Long (1st) 6:00 Friends Helping Friends: Scrabble (T)  Walk to END ALZ
<b>18</b> 9:00 Worship Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:15 Wine & Dine (DR) 1:30 Prayer Service with Deacon Bev (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	<b>19</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Yoga Fitness by Bill (Ch) 1:30 Hearts to Hearts Committee (3rd) 2:00 Oktoberfest Beer Tasting Demo (3rd) 3:00 Finish the Phrase (3rd) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	<b>20</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Music Class with Cynthia (2nd) 2:30 Circle of Friends (3rd) 2:45 Bingo (3rd) 4:00 Happy Hour (1st) 7:00 Community Puzzle Club (3rd)	<b>21</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Rosary (Ch) 1:30 Stretch Exercise (2nd) 2:00 Dealing with Loss Support Group (3rd) 2:30 Oktoberfest Super Social with John Stevens Polka Band (DR) 4:00 Destination Education: Germany (3rd) 7:00 Confident Cruisers (ML)	<b>22</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Balance in Action Exercise (2nd) 1:30 Spiritual Connections with Deacon Beverly (1st) 2:30 Craft with E.D. Kim (3rd) 3:30 Men's Club (3rd) 4:00 Literacy for All Ages (2nd) 6:30 Pinochle Players Club (3rd)	<b>23</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Strength Exercise (2nd) 1:45 Art Exploration (3rd) 2:30 Musical Entertainment featuring Windfall (DR) 4:00 Trivia Challenge (1st) 6:30 iN2L: Google Earth (T)	<b>24</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Sit & Be Fit Exercise (2nd) 12:00 Take-Out From 5-Star Chinese Restaurant** (DR) 1:45 iN2L: Brain Aerobics (T) 2:30 Chef's Pairings (DR) 4:00 Confident Cruisers (ML) 6:30 Movie Matinee (2nd)
<b>25</b> 9:00 Worship Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:15 Wine & Dine (DR) 1:30 Prayer Service with Deacon Bev (Ch) 2:45 Bingo (3rd) 5:30 Brain Teasers (1st) 7:00 Knit & Crochet Club (3rd)	<b>26</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Yoga Fitness by Bill (Ch) 1:45 Red or Black Game (2nd) 2:30 Dining Demo with Chef Ashley (DR) 3:30 Men's Club (3rd) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	<b>27</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Make Halloween Treat Bags For Trick or Treaters (3rd) 3:00 Fireside Chat (1st) 4:00 Happy Hour (1st) 6:30 Book Club (2nd)	<b>28</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Rosary (Ch) 10:30 Cooking Club: Hot Mulled Apple Cider (C) 1:30 Craft Club: Resident Halloween Masks (3rd) 2:30 Hymn Sing with Deacon Beverly (SR) 3:00 Penny Candy Cart (3rd) 5:30 Confident Cruisers (ML)	<b>29</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Balance in Action Exercise (2nd) 1:30 Spiritual Connections with Deacon Beverly (1st) 2:00 iN2L: Music Down Memory Lane (CN) 2:45 Bingo (3rd) 4:00 Technology Committee Meeting (3rd) 6:30 Pinochle Players Club (3rd)	<b>30</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Sit & Be Fit Exercise (2nd) 1:45 Health & Wellness Presentation: Fall & Winter Skin Care Tips (3rd) 2:30 Fall Foliage Country Ride** (OOB) 3:30 Halloween Crossword Challenge (1st) 6:00 Who Wants To Be A Millionaire (T)	<b>31</b> 9:00 Daily Chronicle & Headlines (DR) 10:00 Strength Exercise (2nd) 1:30 Children's Halloween Parade (FP) 2:30 Halloween Party & Entertainment with George Rittenhouse (DR) 4:00 Monster Mash Game (1st) 6:00 Confident Cruisers (ML)  Halloween