

# 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

- 1 – JoRetha Scouten & Doris Bohler
- 7 – Raymond Knapp
- 12 – Ellen Clauser
- 14 – Anna Neumeister
- 18 – Betty Firestine

### November

- 1 – Bernice Wetzel
- 6 – Charlie Hess
- 26 – Marian Snyder
- 29 – Shirley Swope
- 30 – Gene Haag

### December

- 1 – Grace Wedde
- 9 – Eleanor Miller
- 12 – Warren Hassinger
- 15 – Vera Chisick
- 22 – Florence Basehore
- 26 – Shirley Fesig
- 27 – Eileen Petko & Marlin Hoff
- 28 – Robert Wagner



# Providence Place SENIOR LIVING News

Q4: October 2020

## A Note from the Executive Director

Hello,

I would like to start our quarterly newsletter thanking our residents, staff, and family for their continuous understanding of the precautions we have in place to keep everyone healthy. The diligence of our families and residents have allowed us to remain in the green phase!

We will soon be able to offer indoor visitation options this fall and details will be provided in early October.

We definitely look forward to the excitement for the upcoming holidays. Although it may look a little different, we will be making sure it is a cheerful time of year for all of our residents.

We have an Oktoberfest on the 16<sup>th</sup> with entertainment as well as a safe trick-or-treat to take place outdoors. Community Life will be sending out specifics regarding the Halloween events in October's calendar.

Kindest regards,

*Anna Zuratt, Executive Director*

## Highlighted Events

- 6 – **Fireside Chat with Anna**  
@ 10am
- 8 – **Gentlemen's Gathering**  
@ 12pm  
Classic car & Collectible Museum
- 14 – **Cooking Demo w/ Chef Ryan** @ 2pm – 2<sup>nd</sup> Floor
- 16 – **Oktoberfest Social**  
@ 2pm
- 21 – **Tour of Stone Mountain Wine Cellars (Tasting & Lunch)** @ 11am
- 22 – **Drive-in Trick or Treat**  
@ 6:30pm
- 23 – **Art Exploration @ 2pm**  
Fall crafts with Shannon

## Welcome New Residents

Katherine Chelak  
Ellen Clauser



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	
October 2020	Calendar Key: (1F) First Floor Activity Room (2F) Second Floor Activity Room (OOB) Out of Building	THE <i>Club</i>			1	2	3
	4				5	6	7
9:15 Morning Meeting & Prayer (1F) 10:00 Daily Exercise (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Animals (1F) 2:00 Church Service (1F) 3:00 Manicures (1F) 5:00 iN2L: Trivia (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Drums Alive (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Manners (1F) 2:00 Crafting Corner (1F) 3:00 Patio Talk (1F) 5:00 iN2L: Learning Games (1F)  Active Aging Week	9:15 Morning Meeting & Prayer (1F) 10:00 Morning Moves (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Pasta (1F) 2:00 Bingo (1F) 4:00 Social Gathering (1F) 5:00 iN2L: Trivia (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Move to Music (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Pasta (1F) 2:00 Sugar & Spice Club: Pumpkin Spice Cake (2F) 4:00 Social Gathering (1F) 5:00 iN2L: Learning Games (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Parachute (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Black Cats (1F) 2:00-3:45 Country Rides (OOB) 4:00 iN2L: Sing-A-Long (1F) 5:00 Patio Talk (OOB)	9:15 Morning Meeting & Prayer (1F) 10:00 Daily Exercise (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Leif Erikson (1F) 2:00 Bingo (1F) 4:00 Social Hour (1F) 5:00 Card Games (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Ball Toss(1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Haunted Houses (1F) 2:00 Afternoon Matinee (1F) 3:30 Social Hour (1F) 5:00 iN2L: Comedy Show (1F)	
11	12	13	14	15	16	17	
9:15 Morning Meeting & Prayer (1F) 10:00 Gentle Stretches (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Halloween Costumes(1F) 2:00 Church Service (1F) 2:00 Musical Entertainment by Amy Jo (DR) 3:00 Manicures(1F) 5:00 iN2L: Comedy Show (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Drums Alive (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Columbus Day (1F) 2:00 Lets Get Crafting (1F) 4:00 iN2L: Sing-A-Long (1F) 5:00 Word Searches (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Drums Alive (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: M&M's (1F) 2:30 Virtual Broadway Production: The Oscars Songbook (1F) 5:00 iN2L: Comedy Show (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Parachute (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Fossils (1F) 2:00 Cooking Demonstration by Chef Ryan (2F) 4:00 Social Gathering (1F) 5:00 iN2L: Trivia (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Chair Exercises (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Lucille Ball 2:00 iN2L: I Love Lucy (1F) 4:00 iN2L: Sing-A-Long 5:00 iN2L: Word Games	9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Ball Toss (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Cats (1F) 2:00 Oktoberfest with Entertainment by Joe Daniels (1F) 4:00 Social Hour (1F) 5:00 iN2L: Trivia (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Exercise Class (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Sunflowers (1F) 2:00-4:00 Afternoon Matinee: Dennis the Menace (1F) 5:00 Dominos (1F)	
18	19	20	21	22	23	24	
9:15 Morning Meeting & Prayer (1F) 10:00 Morning Moves (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Cupcakes (1F) 2:00 Church Service (1F) 3:00 Manicures (1F) 5:00 iN2L: Learning Games (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Drums Alive (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Friends (1F) 2:00 Lets Get Crafting(1F) 4:00 Patio Talk (1F) 5:00 iN2L: Trivia (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Drums Alive (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Manners (1F) 2:00 Bingo (1F) 3:00 Social Gathering (1F) 5:00 Card Games (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Morning Moves (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Reptiles (1F) 2:00 Afternoon Matinee: Shrek (1F) 4:00 Social Hour (1F) 5:00 iN2L: Trivia (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Exercise: Balloon Toss (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Pretzels 2:00-3:45 Country Rides (OOB) 4:00 iN2L: Sing-A-Long 5:00 iN2L: Learning Games	9:15 Morning Meeting & Prayer (1F) 10:00 Gentle Stretches (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Crocodiles (1F) 2:00 Bingo (1F) 4:00 Social Hour (1F) 5:00 Word Searches (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Morning Moves (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: United Nations (1F) 2:00-4:00 Afternoon Matinee: Cats & Dogs (1F) 5:00 Patio Talk (OOB)	
25	26	27	28	29	30	31	
9:15 Morning Meeting & Prayer (1F) 10:00 Daily Exercise (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Trick or Treating (1F) 2:00 Church Service (1F) 3:00 Manicures (1F) 5:00 Headbands Game (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Drums Alive (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Pumpkins (1F) 2:00 Crafting Corner (1F) 4:00 Social Gathering (1F) 5:00 iN2L: Learning Games (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Drums Alive (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: The Navy (1F) 2:00 Bingo(1F) 4:00 Social Gathering (1F) 5:00 Uno (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Gentle Stretches (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Immigrants (1F) 2:00 Sugar & Spice Club: Cinnamon Roll Apple Pies (1F) 4:00 Social Gathering (1F) 5:00 iN2L: Trivia (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Daily Exercise (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Halloween (1F) 2:00 Halloween Party (1F) 4:00 iN2L: Sing-A-Long (1F) 5:00 iN2L: Trivia (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Lets Get Moving (1F) 10:30 Refreshments with Friends (1F) 11:00 Discuss & Recall: Halloween Candy (1F) 2:00 Bingo/Bingo Shopping (1F) 4:00 Social Hour (1F) 5:00 Magazine Hunt (1F)	9:15 Morning Meeting & Prayer (1F) 10:00 Physical Fitness (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Ghost Stories (1F) 2:00-4:00 Afternoon Matinee: The Great Muppet Caper (1F) 5:00 Jigsaw Puzzles (1F)  Halloween	