

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 – Galen Clouser
- 2 – Lillie Kauffman
- 3 – Theresa Zegarski
- 7 – William Thompson
- 9 – Jean Twardzik
- 11 – Grace Schuettler
- 20 – Mildred Gabardi & Eleanor Isgate
- 27 – Lorraine Campion
- 28 – Elizabeth Lawson

November

- 2 – Joyce Torpey
- 4 – Carol Bernitsky
- 17 – Ruth Brown
- 23 – Malina Capitanio
- 28 – Tecla Garbarino

December

- 5 – Ann DiRenzo & Ann Mohrman
- 6 – Dorothy Schaeffer
- 9 – Cecilia Kamieniecki
- 11 – Shirley Lerch
- 13 – Jean Weist
- 14 – Barbara Higgins
- 16 – Marilyn Doyle
- 22 – Anneliese Hueske
- 29 – Anna Mae Callan & Marion Barton & Phyllis Bloch
- 30 – Richard Purcell
- 31 – Nancy Kryneck



Providence Place SENIOR LIVING News

Q4: October 2020

A Note from the Executive Director

Greetings Residents,

As we welcome in Autumn, we will be welcoming some changes here at Providence Place as well. Starting the last few days of September and going forward, we have eased up on transportation regulations. Residents will no longer be quarantined for 7 days if family takes them to a doctor's appointment.

We are also having a Trick-or-Treat on October 31st at 3:15pm for team member and residents' children and grandchildren. If you would like to register your little trick-or-treater, please call and register with one of our Community Life associates. All events will maintain Department of Health regulations and social distancing.

Also, the dining room renovations are scheduled to be completed by the end of October.

We have so many wonderful changes taking place both inside and outside, along with beautiful fall foliage & the crisp autumn air. We are looking forward to enjoying the season to the fullest with an array of autumn-themed activities, so keep a look out in the Activity Weekly schedule. Enjoy this spooktacular month!

Tanya Hoy, Executive Director

Highlighted Events

- 7 - **Guers Tumbling Run Dairy Tour** @ 2 pm
- 8 - **EdU Presentation: Farm Animals of the Appalachian** @ 2 pm
- 14 - **Alzheimer's Awareness Walk** Campus Walking Path @ 1:30pm
- 16 - **Red Carpet Affair Cocktail Social** @ 2:30 pm
Gretna Theatres Production
- 31 - **Trick-or-Treat** 3:15pm (*must reserve timeslot*)

Welcome New Residents

- Zdzislaw Zurawski
- Zygfryda Zurawski
- Jean Kabana
- Joseph Walsh
- Frank Scheuren
- Phyllis Bloch
- Daniel Nagle



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at 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.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>October 2020</p>	<p>Calendar Key: (C) Chapel (PL) Parking Lot (AF) All Floors (A) Activity Room (OOB) Out of Building (FR) Florida Room (P) Patio (1:1) 1 on 1 (CN) Connections (ML) Main Lobby</p>	<p>THE <i>Club</i></p>		<p>1 9:00 Morning Meeting & Inspirations (FR) 9:30 Daily Chronicle & Discussions (FR) 10:00 Wall Scrabble (A) 11:00 Walk for Heart Health (1:1) 1:00 Brain Games (A) 2:00 Art Class with Shannon (A) 3:00 Hydration & Small Bites (C) 3:30 Exercise: Trail Walk (ML)</p>	<p>2 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Church Service with Deacon Henninger (C) 10:15 iN2L Exploration (CN) 1:15 Zumba with Michele (A) 2:00 Jigsaw Puzzles (P) 3:00 Church Service with Deacon Henninger (C)</p>	<p>3 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Garden Club: Houseplants (A) 10:30 Hydration & Small Bites (A) 1:00 Walk for Heart Health (1:1) 2:00 Nickel Bingo \$\$ (DR) 2:30 Hydration Cart (DR) 3:30 Nature Exploration: Tending to the Birds (P)</p>
<p>4 9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Stretches to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:00 Rosary & Communion with Deacon Henninger (C) 2:15 Movie: <i>The Healer</i> (A) 3:00 Rosary & Communion (C) 3:30 Color Me Calm (SL)</p>	<p>5 9:00 Morning Meeting & Inspirations (A) 9:15 Yoga with Michelle (A) 10:00 Church service with Deacon Henninger (C) 10:15 Memory Magic (CN) 10:30 Hydration & Small Bites (CN) 2:00 Edu-Wellness: Genesis (C) 3:00 Church Service with Deacon Henninger (C) 3:30 Yahtzee (FR) Active Aging Week</p>	<p>6 9:00 Morning Meeting & Inspirations (CN) 9:30 Daily Chronicle & Discussions (CN) 10:15 Sing-A-Long (CN) 10:30 Hydration & Small Bites (CN) 11:00 Walk for Heart Health (1:1) 2:00 Craft: Fall Luminaries (FR) 2:30 Hydration & Small Bites (FR) 3:30 Cranium Crunches (FR)</p>	<p>7 9:00 Morning Meeting & Inspirations (A) 9:30 Coffee, Donuts & Discussions (A) 10:30 Church with Pastor Randy (C) 11:00 Walk for Heart Health (1:1) 1:00 Making of Carmel Apples (A) 2:00 Hydration & Small Bites 3:30 Video Chat with Families (1:1)</p>	<p>8 9:00 Morning Meeting & Inspirations (FR) 9:30 Daily Chronicle & Discussions (FR) 10:00 Appreciation: Department Managers (A) 11:00 Walk for Heart Health (1:1) 1:00 UNO (SL) 2:00 EdU-Presentation & Interactions Farm Animals of the Appalachian by Kathy Reifsnyder (OOB) 3:00 Trivia (C) 3:30 Station Exercises on Trail Walk (ML)</p>	<p>9 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 iN2L Exploration (CN) 10:30 Hydration & Small Bites (CN) 1:15 Zumba with Michele (A) 2:00 Discuss & Recall : Fall Colors (A) 3:30 Cocktail Hour (A)</p>	<p>10 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Baking Club (A) 11:00 Talk & Taste (A) 1:00 Walk for Heart Health (ML) 2:00 Nickel Bingo \$\$ (DR) 2:30 Hydration Cart (DR) 3:30 Reminiscing on Porch (1:1)</p>
<p>11 9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Kickball to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:00 Rosary & Communion with Deacon Henninger (C) 2:15 Movie: <i>Same Kind of Difference as Me</i> (A) 3:00 Rosary & Communion (C) 3:30 Word Finds (SL)</p>	<p>12 9:00 Morning Meeting & Inspirations (A) 9:15 Yoga with Michele (A) 10:00 Church Service with Deacon Henninger (C) 10:15 Memory Magic (CN) 10:30 Hydration & Small Bites (CN) 1:15 Hearty Chili & Corn Bread Taster (A) 2:00 Drama Club (C) 3:00 Church Service with Deacon Henninger (C) 3:30 Cranium Crunches (FR)</p>	<p>13 9:00 Morning Meeting & Inspirations (CN) 9:30 Daily Chronicle & Discussions (CN) 10:15 Sing-A-Long (CN) 10:30 Hydration & Small Bites (CN) 11:00 Walk for Heart Health (1:1) 2:00 Virtual Tour & Tasting: Yuengling Brewery (AR) 2:30 Hydration & Small Bites (FR) 3:00 iN2L Exploration (C)</p>	<p>14 9:00 Morning Meeting & Inspirations (A) 9:30 Coffee, Donuts & Discussions (A) 10:30 Church with Pastor Randy (C) 1:30 Alzheimer's Awareness Walk Community Event (ML) 2:00 EdU Awareness Brain Changes (DR) 3:30 Fire Side Chats with Tanya (C) 3:00 Video Chat with Families (1:1)</p>	<p>15 9:00 Morning Meeting & Inspirations (FR) 9:30 Daily Chronicle & Discussions (FR) 10:00 Pumpkin Painting with Stencils (FR) 11:00 Walk for Heart Health (1:1) 1:00 60 Second Slam Game (C) 2:00 Oktoberfest: Entertainment by John Stevens (ML) 3:00 Hydration & Small Bites (C) 3:30 Exercise: Trail Walk (ML)</p>	<p>16 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Church Service with Deacon Henninger (C) 10:15 iN2L Exploration (CN) 10:30 Hydration & Small Bites (CN) 1:15 Zumba with Michele (A) 2:30 Red Carpet Affair Cocktail Social Gretna Theatres presenting Broadway Star Rebecca Robbins (A) 3:00 Church Service (C)</p>	<p>17 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Farm to Table: Baked Apples (A) 11:00 Talk & Taste (A) 1:00 Walk for Heart Health (ML) 2:00 Nickel Bingo \$\$ (DR) 2:30 Hydration Cart (DR) 3:30 Nature Exploration: Squirrel Feeding on Trail Walk (ML)</p>
<p>18 9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Stretches to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:00 Rosary & Communion with Deacon Henninger (C) 2:15 iN2L Lifelong Learning: Woodworking (A) 3:00 Rosary & Communion (C) 3:30 Jigsaw Puzzles (SL)</p>	<p>19 9:00 Morning Meeting & Inspirations (P) 9:15 Yoga with Michele (A) 10:00 Church Service with Deacon Henninger (C) 10:15 Memory Magic (CN) 10:30 Hydration & Small Bites (CN) 1:15 Prayer Group (C) 2:00 Aromatherapy & Nails (FR) 3:00 Church Service with Deacon Henninger (C) 3:30 Hand Massages (FR)</p>	<p>20 9:00 Morning Meeting & Inspirations (CN) 9:30 Daily Chronicle & Discussions (CN) 10:15 Sing-A-Long (CN) 10:30 Hydration & Small Bites (CN) 11:00 Walk for Heart Health (1:1) 2:00 Musical Entertainment : by the Shoreliners (DR) 2:30 Refreshments (DR) 3:00 Comedy Hour: Kids vs. Pets (A)</p>	<p>21 9:00 Morning Meeting & Inspirations (A) 9:30 Coffee, Donuts & Discussions (A) 10:30 Church with Pastor Randy (C) 1:00 Fall Foliage Ride & Dairy Queen (OOB) 2:00 Foods for Thought by Chef Tuan (DR) 3:00 Video Chat with Families (1:1) 3:30 Card Club (A)</p>	<p>22 9:00 Morning Meeting & Inspirations (FR) 9:30 Daily Chronicle & Discussions (FR) 10:00 Yard Games (P) 11:00 Walk for Heart Health (1:1) 1:00 Table Talk (P) 2:00 Birthday Celebration: Entertainment by Sonny & Gang (CN) 2:30 Refreshments (CN) 3:00 Reminiscing with Friends (CN) 3:30 Station Exercises on Trail Walk (ML)</p>	<p>23 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Church Service with Deacon Henninger (C) 10:15 iN2L Exploration (CN) 10:30 Hydration & Small Bites (CN) 1:15 Zumba with Michele (A) 2:00 Trivia (A) 3:00 Celebration of Life with Deacon Henninger (C) 3:30 Cocktail Hour (A)</p>	<p>24 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Baking Club (A) 11:00 Talk & Taste (A) 10:30 Hydration & Small Bites (A) 1:00 Walk for Heart Health (ML) 2:00 Nickel Bingo \$\$ (DR) 2:30 Hydration Cart (DR) 3:30 Reminiscing on the Porch (1:1)</p>
<p>25 9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Stretches to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:00 Rosary & Communion with Deacon Henninger (C) 2:15 Movie: <i>Triumph of the Heart</i> (A) 3:00 Church Service (C) 3:30 Word Search (SL)</p>	<p>26 9:00 Morning Meeting & Inspirations (P) 9:15 Yoga with Michele (A) 10:00 Church Service with Deacon Henninger (C) 10:15 Memory Magic (CN) 1:15 Educational Presentation: Folklore & Coal Mining of the Northeast by Jay Smar (A) 2:00 Helping Hands: Collecting Canned Goods (ML) 3:00 Church Service (C)</p>	<p>27 9:00 Morning Meeting & Inspirations (CN) 9:30 Daily Chronicle & Discussions (CN) 10:15 Sing-A-Long (CN) 10:15 Men's Outing to Jim Thorpe with Lunch at Penn's Peak \$\$ (OOB) 10:30 Hydration & Small Bites (CN) 11:00 Walk for Heart Health (1:1) 1:00 Halloween Hangman (A) 2:30 Helping Hands: Halloween Candy Prep (A) 3:00 Finish that Lyric (SL)</p>	<p>28 9:00 Morning Meeting & Inspirations (A) 9:30 Coffee, Donuts & Discussions (A) 10:30 Church with Pastor Randy (C) 1:00 Donating to Local Food Pantry: (OOB) 2:00 Chef's Pairings by Chef Tuan (DR) 2:30 Hydration & Small Bites (OOB) 3:30 Board Games (C)</p>	<p>29 9:00 Morning Meeting & Inspirations (FR) 9:30 Daily Chronicle & Discussions (FR) 10:00 Yard Games (P) 11:00 Walk for Heart Health (1:1) 1:00 Helping Hands: Set Up (C) 2:00 Art Class with Kim (C) 3:00 Hydration & Small Bites (P) 3:30 Exercise: Trail Walk (ML)</p>	<p>30 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Church Service with Deacon Henninger (C) 10:15 Exploration iN2L (CN) 10:30 Hydration & Small Bites (CN) 1:15 Zumba with Michele (A) 2:00 All Hallows' Eve Spookfest with Cindy Robertson Entertainment (DR) 2:30 Refreshments (DR) 3:00 Church Service (C)</p>	<p>31 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Baking Club (A) 11:00 Talk & Taste (A) 1:00 Walk for Heart Health (ML) 2:00 Bingo: Halloween Edition (A) 2:30 Hydration Cart (A) 3:15 Halloween Trick-or-Treat Community Event (ML) Halloween</p>

Events & Programs are Subject to Change