

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



Providence Place SENIOR LIVING News

Q4: December 2020

A Note from the Executive Director

To say this year has been a whirlwind would certainly be an understatement. We would like to express our extreme gratitude to our co-workers, residents and families for your support and understanding during this difficult season -- we are doing our very best to stay diligent in following Department of Health recommendations, while offering as home-like an environment as possible for all of our residents.

We realize it is extremely hard to be away from your loved ones, especially during the holidays, but this surge in COVID cases is our most serious outbreak that PA has experienced. Providence Place will work hard to ensure that residents and families have the resources needed to stay in contact and find new ways to celebrate. We know things look different this year, and we will be happy to coordinate virtual visits where needed and have internal celebrations planned.

Our teams have really stepped up and taken on roles wherever needed as we pivot between phases – while staying focused on the safety of our residents. They have tried to serve residents physical health and also their emotional well-being, as best they can. In this environment, healthcare workers are crucial to keeping residents safe. They are feeling the stress and strain of a difficult year. We are very proud of our teams; they are the heroes of 2020.

This is a frustrating time, but better times are coming. We feel certain that the new vaccines will reach our residents and staff very early in the new year—maybe as soon as late January or early February! We are among the top priority recipients of a vaccine and we are confident that our pharmacy will deliver it as soon as it is released for us.

Please remember that we are in this with you and we are not going anywhere! We wish everyone a safe, healthy and happy holiday season. And a new year filled with good news, fresh starts and joyful times with our families.

Please contact us with any ideas, questions or concerns!

Rick Barley, Chief Operating Officer

Holly Townsend, Executive Director

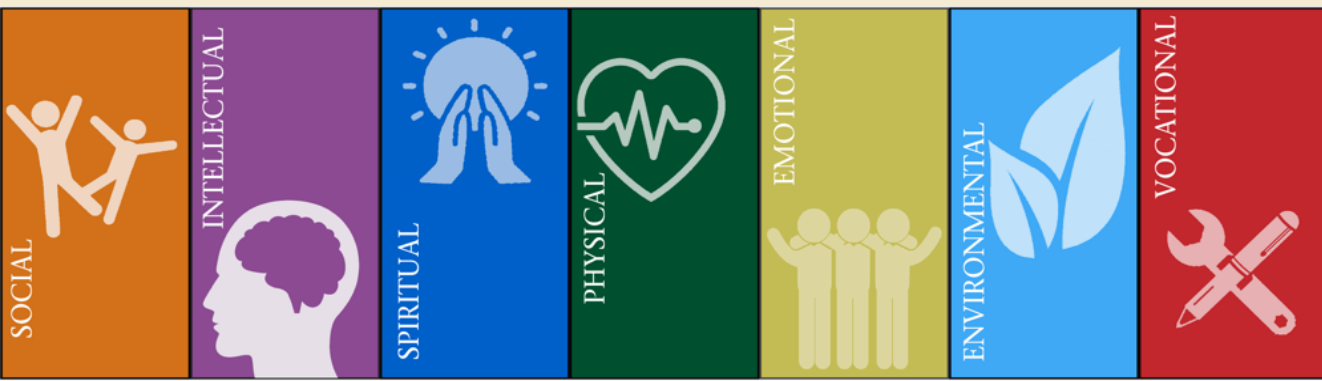
Highlighted Events

Homemade Gifts for Giving Sessions throughout December!

2nd Annual Holiday Gift Wrapping Club
(Sundays in December)

18 – **Cookies & Cocoa with Santa**
@ 2pm

21 – **Resident Rights Presentation**
Payton Mummert, local Ombudsman



Dimensions
of Wellness

Resident Birthdays

December

- | | |
|-----------------|-----------------|
| Mossie Sites | Lee Wadel |
| Lousie Rotz | Dorothy Wallace |
| Norman Kennedy | Sophia Noroko |
| Genevieve Kiser | Jane Zeiters |
| Rhona Wolf | Ruth Yocum |
| Ray Kaufman | Betty Doyle |
| Don Begalke | Dolores Howard |



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

Welcome New Residents

Bob Kinney
Charmaine West

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p style="text-align: center;">THE <i>Club</i></p>		1 9:30 Morning Meeting (P) 10:00 Welcome December: Monthly Gazette (P) 1:30 Light & Lively Exercise (3A) 1:30 Bible Study (PDR) 2:00 Craft Corner: Christmas Craft (3A) 3:30 Walk & Roll Walking Group (FL)	2 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Horseshoes (3A) 2:00 Prize Bingo! (3A) 3:00 Refresh & Relax: Peppermint Oreos (P)	3 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Corn hole (3A) 2:00 Filling Out Christmas Cards (3A) 2:30 Crosswords & Word Finds (3A) 3:00 Aromatherapy Nail Care (3A)	4 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3A) 2:00 Memory Magic (3A) 3:00 Social Hour: Finish the Line Christmas Carols (P) 6:30 Movie Night: <i>It's a Wonderful Life</i> (3A)	5 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:00 Coupon Clipping For Veterans (3A) 3:00 Game Show Network With Friends (3A) 3:30 Puzzle Club (3A)		
		6 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Aromatherapy Nail Care (3A)	7 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balloon Ball Exercise (3A) 2:30 Christmas Decorating (3A) 3:30 Finish The Lyrics (3A) 6:30 Monday Movie Night: Home Alone (3A)	8 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Light & Lively Exercise (3A) 1:30 Bible Study (PDR) 2:00 Prize Bingo! (3A) 6:30 Hymn Sing (FL) 7:00 Lighting Ceremony (FL)	9 9:30 Morning Meeting (P) 10:00 Dining Committee Meeting (DR) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:00 Celebration of Life: Memorial Service (2A) 3:00 Refresh & Relax: Christmas Punch (P)	10 9:30 Morning Meeting (P) 10:00 Men's Club (2A) 10:30 Walk & Roll Walking Group (FL) 1:30 Chair Stretches (3A) 2:00 Memory Magic (3A) 3:00 Aromatherapy Nail Care (3A)	11 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3A) 2:00 Game Club: Scrabble (3A) 3:00 Social Hour: Cranberry Spirits and Peppermint Dreams (P) 6:30 Movie Night: <i>Elf</i> (3A)	12 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:00 Coupon Clipping For Veterans (3A) 3:00 Celebrating Frank Sinatra With Famous Songs (3A) 3:30 Puzzle Club (3A)
		13 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Aromatherapy Nail Care (3A) 6:30 Evening Worship Service (2A)	14 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balloon Ball Exercise (3A) 3:00 Social Hour: National Monkey Day With Monkey Bread (P) 3:30 Finish The Christmas Story (3A) 6:30 Monday Movie Night: A Christmas Carol(3A)	15 9:30 Morning Meeting (P) 1:30 Light & Lively Exercise (3A) 1:30 Bible Study (PDR) 2:00 Christmas Present Wrapping Assistance (3A) 3:30 Walk & Roll Walking Group (FL)	16 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Horseshoes (3A) 2:00 Prize Bingo (3A) 3:00 Refresh & Relax: Crock Pot Hot Cocoa (P) 3:30 Hallmark Christmas Movies With Hot Cocoa (3A)	17 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Corn hole (3A) 2:00 Making Gingerbread Houses (3A) 3:00 Making Christmas Cookies (C) 6:30 Evening Worship Service (2A)	18 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3A) 2:00 Cookies and Cocoa with Santa (FL) 3:00 Hymnal Fellowship Singing Group (2A) 6:30 Movie Night: <i>Christmas with the Kranks</i> (3A)	19 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:00 Coupon Clipping For Veterans (3A) 3:00 Christmas Themed: Crosswords & Word Finds (3A) 3:30 Puzzle Club (3A)
		20 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Aromatherapy Nail Care (3A) 6:30 Evening Worship Service (2A)	21 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balloon Ball Exercise (3A) 2:00 "Would You Rather" Card Game (3A) 3:00 Ed-U: Resident Rights presented by Ombudsman Payton Mummert (3A) 3:30 Finish The Lyrics (3A) 6:30 Monday Movie Night: <i>The Grinch</i> (3A)	22 9:30 Morning Meeting (P) 10:00 Christmas Traditions: History & Trivia (P) 1:30 Light & Lively Exercise (3A) 1:30 Bible Study (PDR) 2:00 Prize Bingo! (3A) 3:30 Walk & Roll Walking Group (FL)	23 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Horseshoes(3A) 2:00 Musical Entertainment by: Adelynn Wood (2A) 3:00 Helping Hands: Decorating for the Holiday Social (3A)	24 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Corn hole (3A) 2:00 Aromatherapy Nail Care (3A) 3:00 Holiday Social (P) 6:30 Movie Night: <i>Miracle on 34th Street</i> (3A) Christmas Eve	25 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balance & Action (3A) 2:00 Christmas Color Me Calm (3A) 3:00 Christmas Cookies & Milk (P) 6:30 Movie Night: <i>George Balanchine's The Nutcracker</i> (3A) Christmas Day	26 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 2:00 Coupon Clipping For Veterans (3A) 3:00 Memory Magic (3A) 3:30 Puzzle Club (3A)
		27 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Sit & Stretch (3A) 1:45 Sitcom Sunday (3A) 3:00 Aromatherapy Nail Care (3A) 6:30 Evening Worship Service (2A)	28 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Balloon Ball Exercise (3A) 2:00 Wii Bowling Club (3A) 3:30 Finish The Lines(3A) 6:30 Monday Movie Night: White Christmas (3A)	29 9:30 Morning Meeting (P) 10:00 New Years Goals Discussion (P) 1:30 Light & Lively Exercise (3A) 1:30 Bible Study (PDR) 2:00 Prize Bingo! (3A) 3:30 Walk & Roll Walking Group (FL)	30 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Horseshoes (3A) 2:00 New Years Craft (3A) 3:00 Refresh & Relax: New Years Eve Snack (P) 3:00 Celebrating the New Year Around World Video & Discussion (P)	31 9:30 Morning Meeting (P) 10:30 Walk & Roll Walking Group (FL) 1:30 Chair Stretches (3A) 2:00 Aromatherapy Nail Care (3A) 3:00 NYE New Year Time Capsule Super Social (P) New Year's Eve	<p>Calendar Key: Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Meditation Room (MR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Terrace Great Room (GR) **Registration Required, \$\$ Cost Involved</p> <p style="text-align: center; font-size: 2em;">December 2020</p>	