

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

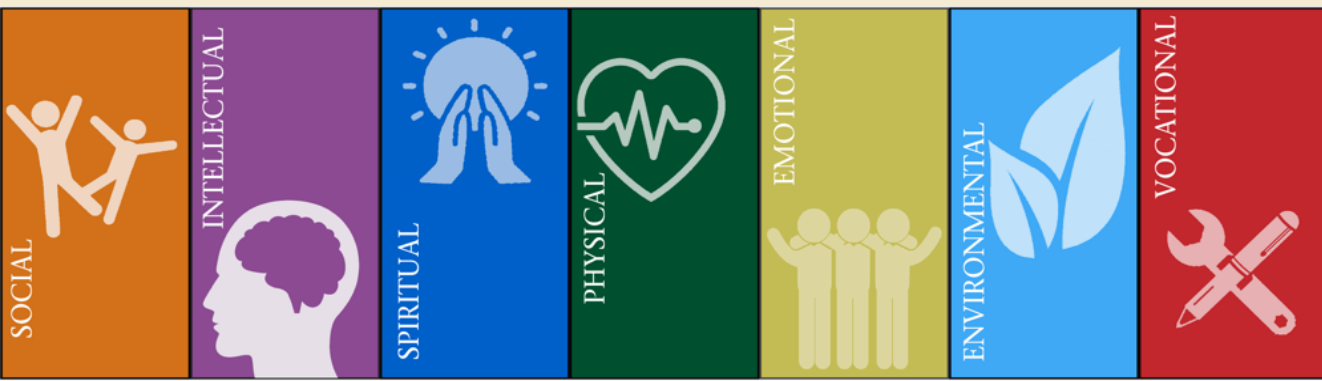
Highlighted Events

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 Norko |
| 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	
		1 9:00 Light & Lively Exercise (3E) 10:00 2nd Floor Prize BINGO Session A** (2A) 1:30 Balance & Action (3E) 1:30 Bible Study (PDR) 2:00 Prize BINGO Session B** (2A) 6:30 Dealing with Loss Support Group (CR)	2 9:00 Balloon Ball Exercise (3E) 10:00 Cooking Creation: Holiday Candy (C) 1:30 Balance & Action (3E) 2:00 Helping Hands: Holiday Decorating Day (FL) 3:00 Holiday Service in Action Kick Off: SCCAP Drive Begins (FL) 6:30 Blitz with Ruth (2A)	3 9:00 Stretch & Hold to Start Your Day (3E) 10:00 3rd Floor Prize BINGO Session A**(2A) 1:30 Balance & Action (3E) 1:30 3rd Floor Prize BINGO Session B**(2A) 2:00 Wii Bowling Club (3A) 3:00 Holiday Trail Mix Social (P) 6:30 Evening Worship Service **(2A)	4 9:00 Light & Lively Exercise (3E) 10:00 1st Floor Prize BINGO Session A ** (2A) 1:30 Balance and Action (3E) 2:00 1st Floor Prize BINGO Session B ** (2A) 3:00 Social Hour: Finish the Line Christmas Carols (P) 6:30 Movie Night: <i>It's a Wonderful Life</i> (3A)	5 9:00 Light & Lively Exercise (3E) 10:00 Bus Ride: Session A Waynesboro **(OOB) 2:00 Helping Hands: Cutting Coupons for Veterans (C) 3:00 Bus Ride: Session B Waynesboro **(OOB) 6:30 Horseshoes (3E)	
	6 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy & Nails (2A) 1:00 Stair Stepper Exercise (3E) 2:00 Activity Cart Station (2A) 2:00 Holiday Gift Wrapping Club (2A) 3:00 Game Club: Uno (C) 6:30 Evening Worship Service **(2A)	7 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 10:00 Gifts for Giving: Making Lip Balm (C) 1:30 Balance & Action (3E) 2:00 Gifts for Giving: Sugar Scrub (2A) 3:00 iN2L:101 for Beginners (2A) 6:30 Horseshoes (3E)	8 9:00 Light & Lively Exercise (3E) 10:00 2nd Floor Prize BINGO Session A** (2A) 1:30 Bible Study (PDR) 2:00 2nd Floor Prize BINGO Session B** (2A) 3:00 Coffee Talk: Taste Testing Coffee Creamers (P) 6:30 Hymn Sing (FL) 7:00 Lighting Ceremony (FL)	9 9:00 Balloon Ball Exercise (3E) 10:00 Cooking Creation: Grandma's Cookie Recipes (C) 10:00 Dining Committee (DR) 1:30 Balance & Action (3E) 2:00 Celebration of Life Memorial Service (2A) 3:00 Will Bowling Club (3A) 6:30 Billiards (3E)	10 9:00 Stretch & Hold to Start Your Day (3E) 10:00 Men's Club (2A) 10:00 3rd Floor Prize BINGO Session A**(2A) 1:30 Balance & Action (3E) 2:00 3rd Floor Prize BINGO Session B**(2A) 3:00 Taste Test: Pickles on Everything! (P) 6:30 Evening Worship Service**(2A)	11 9:00 Light & Lively Exercise (3E) 10:00 1st Floor Prize BINGO Session A ** (2A) 1:30 Balance and Action (3E) 2:00 1st Floor Prize BINGO Session B** (2A) 3:00 Social Hour: Cranberry Spirits and Peppermint Dreams (P) 6:30 Movie Night: <i>Elf</i> (3A)	12 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Stair Stepper Exercise (3E) 2:00 Game Club: Mexican Train Dominoes (C) 3:00 Horseshoes (3E) 6:30 Blitz with Ruth (2A)
	13 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy & Nails (2A) 11:00– 12:30 Wine and Dine (DR) 2:00 Game Club: Scrabble (C) 2:00 Holiday Gift Wrapping Club (C) 3:00 National Ice Cream Day: Ice Cream Varieties (P) 6:30 Evening Worship Service** (2A)	14 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 10:00 Cooking Creation: Making Monkey Bread (C) 1:30 Balance & Action (3E) 2:00 Gifts for Giving: Glitter Mason Jars (C) 3:00 Social Hour: National Monkey Day With Monkey Bread (P) 6:30 Game Club: Sequence (2A)	15 9:00 Light & Lively Exercise (3E) 10:00 2nd Floor Prize BINGO Session A** (2A) 1:30 Balance & Action (3E) 2:00 2nd Floor Prize BINGO Session B** (2A) 3:00 Tea Talk: Exploring Green Teas And Benefits of Drinking them (P) 6:30 Dealing with Loss Support Group (CR)	16 9:00 Balloon Ball Exercise (3E) 10:00 3rd Floor Prize BINGO Session A**(2A) 10:00 Painting Canvas-Nailed it!: Snowman Theme**(C) 1:30 Balance & Action (3E) 2:00 3rd Floor Prize BINGO Session B**(2A) 6:30 Blitz with Ruth (2A)	17 9:00 Stretch & Hold to Start Your Day (3E) 10:00 1st Floor Prize BINGO Session A ** (2A) 1:30 Balance and Action (3E) 2:00 Craft Corner: Gingerbread Houses (P) 3:00 New Resident & Welcome Ambassador Committee (P) 6:30 Evening Worship Service (2A)	18 9:00 Light & Lively Exercise (3E) 10:00 1st Floor Prize BINGO Session B ** (2A) 1:30 Balance and Action (3E) 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 9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: Dollar Tree Session A **\$(OOB) 10:00 Walk and Roll Walking Club (FL) 1:30 Stair Stepper Exercise (3E) 2:00 Helping Hands: Cutting Coupons for Veterans (C) 3:00 Game Club: Yahtzee! (2A) 6:30 Horseshoes (3E)
	20 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy & Nails (2A) 11:00-12:30 Wine and Dine (DR) 2:00 Game Club: Sequence (2A) 2:00 Holiday Gift Wrapping Club (2A) 3:00 Gifts for Giving: Holiday Bracelets or Pin Making (C) 6:30 Evening Worship Service (2A)	21 9:00 Light & Lively Exercise (3E) 10:00 BINGO with Jamie from Bayada (2A) 1:30 Balance & Action (3E) 1:30 Bookmobile Exchange (LD) 2:00 Ed-U Travel: Celebrating the Holidays Around the World with the iN2L(2A) 3:00 Ed-U: Resident Rights presented by Ombudsman Payton Mummert (3A) 6:30 Blitz with Ruth (2A)	22 8:30 Breakfast Club: Cracker Barrel**\$(OOB) 9:00 Light & Lively (3E) 1:30 Balance & Action (3E) 1:30 Bible Study (PDR) 1:30 Art Class with Doretta (C) 3:00 Specialty Wine Tasting: Champagne (P) 6:30 Dealing with Loss Support Group (CR)	23 9:00 Balloon Ball Exercise (3E) 10:00 SCCAP Drive Donation Delivery ** (OOB) 1:30 Balance & Action (3E) 2:00 Musical Entertainment by: Adelynn Wood (2A) 3:00 Helping Hands: Decorating for the Holiday Social (3A) 6:30 Puzzle Club: Holidays (L)	24 9:00 Stretch & Hold to Start Your Day (3E) 10:00 Community Life Planning Committee Meeting (2A) 1:30 Balance and Action (3E) 1:30 Art Exploration (C) 2:00 White Elephant BINGO (2A) 3:00 Holiday Social (P) 6:30 Movie Night: <i>Miracle on 34th Street</i> (3A)	25 9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 1:30 Balance and Action (3E) 2:00 Mexican Train Dominoes (C) 3:00 Horseshoes (2A) 6:30 Movie Night: <i>George Balanchine's The Nutcracker</i> (3A) Christmas Day	26 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Stair Stepper Exercise (3E) 2:00 Ed-U: Kwanza Education (P) 3:00 National Candy Cane Day: How are they made? With Samples (P) 6:30 Horseshoes (3E)
	27 9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy & Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Game Club: Scrabble (C) 3:00 Helping Hands: Cutting Coupons for Veterans (C) 6:30 Evening Worship Service (2A)	28 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 iN2L: Zoo Animals Around the World (2A) 3:00 Valley Forge Baptist Academy Christmas Program –VFBA Choir & Orchestra perform Virtually (2A) 6:30 Wii Bowling Club (3A)	29 9:00 Light & Lively Exercise (3E) 9:30 Shopping Run: Dollar Tree Session B **\$(OOB) 1:30 Balance & Action (3E) 1:30 Bible Study (PDR) 1:30 Art Class with Doretta (C) 3:00 Nickel BINGO \$(2A) 6:30 Dealing with Loss Support Group (CR)	30 9:00 Balloon Ball Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance & Action (3E) 2:00 Speed Bingo (2A) 3:00 Celebrating the New Year Around World Video & Discussion (P) 6:30 Blitz with Ruth (2A)	31 9:00 Stretch & Hold to Start Your Day (3E) 10:00 Activity Cart Station (FL) 1:30 Balance and Action (3E) 1:30 Art Exploration (C) 3:00 NYE New Year Time Capsule Super Social (P) 6:30 Horseshoes (3E) New Year's Eve	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) Conference Room (CR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB) **Registration Required, \$\$ Cost Involved	

December 2020