

# 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.

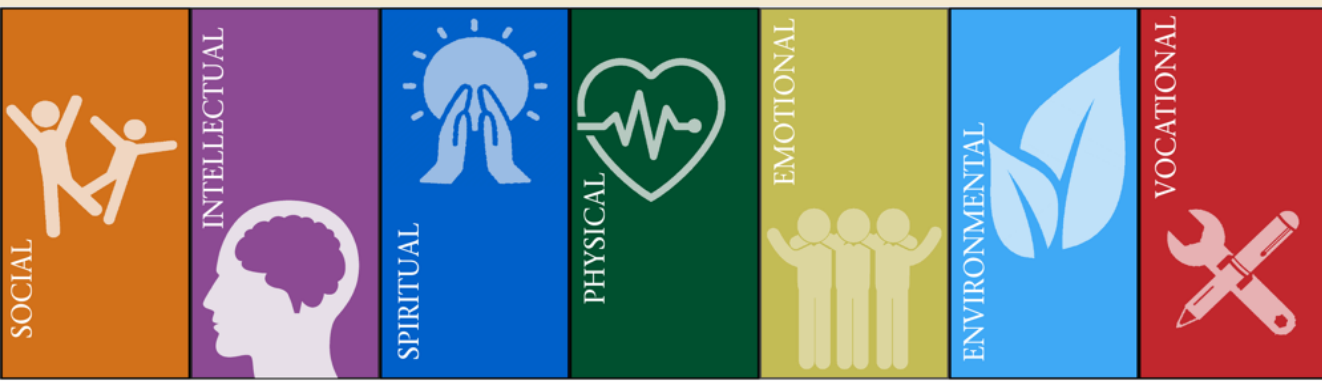
In addition to these measures, we can take steps to boost our own immune systems by practicing the healthy steps listed to the right.

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

### November

- Catherine Shields
- Sally Povlich
- Norma Jean Cook
- Nancy Crowder
- Phillis Shindle
- Doris Miller
- Carole Leiboldt
- Sue Frame
- Frances Wadel

### December

- |                  |                 |                |
|------------------|-----------------|----------------|
| Othelia Barnhart | Mossie Sites    | Jane Zeiters   |
| Joan Deffenbaugh | Lousie Rotz     | Ruth Yocum     |
| Ray Maurello     | Norman Kennedy  | Betty Doyle    |
| Frank Newman     | Genevieve Kiser | Dolores Howard |
| Lilian Ott-Foust | Rhona Wolf      |                |
|                  | Ray Kaufman     |                |
|                  | Don Begalke     |                |
|                  | Lee Wadel       |                |
|                  | Dorothy Wallace |                |
|                  | Sophia Norko    |                |

## A Note from the Executive Director

November is the month that starts the change between fall and winter. As the leaves are falling and the cool weather is approaching, we are all looking for some comforting food, cozy blankets, and a good movie.

I also want to thank all of our coworkers, residents, and families who have continued to help us in this COVID fight. We are hopeful that our Community will remain healthy throughout the winter season. We have done an excellent job wearing our PPE, sanitizing, and maintaining social distancing. I am so proud of you all.

I am looking forward to celebrating Thanksgiving together. I know it will be hard this holiday since you are unable to spend it with your families, but our coworkers are working hard to make Thanksgiving special for each and every one of you. Although these last few months have been very difficult, there are still many things to be thankful for.

As you are passing me in the halls, I would love for you to share with me what you are thankful for. Enjoy this November and have a very healthy and Happy Thanksgiving!

*Holly Townsend, Executive Director*

## Highlighted Events

- 11 – **Veteran's Day Breakfast**  
@ 8:30am
- 11 – **Veteran's Day Celebration**  
**State Rep Rob Kauffman @ 2pm**
- 20 – **Community Excursion:**  
**Franklin County Society Tour**  
@ 1:30 pm
- 23 – **Ed-Wellness Talk**  
**Fall prevention with Laurel Lakes Wellness @ 3:00 pm**
- 27 – **Native American Heritage Day**  
**Social @ 2:00 pm**

## Welcome New Residents

- Lois "Hazie" Garman
- Wayne Byers
- Norman Kennedy
- Bennet "Ben" Bittering




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	
1 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:00 Wine and Dine (DR) 2:00 Musical Entertainment featuring Bryan Herber (2A) 3:00 Scrabble ( C ) 6:30 Evening Worship Service (2A)  Daylight Saving Ends	2 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance & Action Exercise (3E) 2:00 Prize Bingo (2A) 3:00 National Vinegar Day Taste Test (P) 6:30 Cards with Ruth (2A)	3 9:00 Light & Lively Exercise (3E) 9:30 Shopping Run: Walmart**\$\$ (OOB) 1:30 Balance & Action Exercise (3E) 1:30 Bible Study (PDR) 1:30 Art Class with Doretta ( C ) 3:00 Election Day Super Social ( C ) 6:30 Dealing with Loss Support Group (CR)	4 9:00 Balloon Ball Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 1:30 Balance & Action Exercise (3E) 1:30 Art Exploration: Pottery (3A) 2:00 Nickel Bingo \$\$ (2A) 2:00 Community Country Ride** (OOB) 6:30 Evening Worship Service (2A)	5 9:00 Stretch & Hold Exercise (3E) 10:00 Cooking Creation: Lazy Cookies (C) 1:30 Balance & Action Exercise (3E) 1:30 Art Exploration (C) 3:00 Wii Bowling (3A) 6:30 Horseshoes (3E)	6 9:00 Light & Lively Exercise (3E) 9:30 Shopping Run: Dollar Tree** (OOB) 10:00 Billiards (3E) 1:30 Balance and Action Exercise (3E) 2:00 M & M Taste Test (P) 3:00 Social Hour (P) 6:30 Movie Night: <i>Paris Holiday</i> (3A)	7 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Stair Stepper Exercise (3E) 2:00 Bingo with Jenn (2A) 3:00 Card Club (2A) 6:30 Ladder Ball (3E)	
8 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:00 Wine and Dine (DR) 2:00 Sequence (2A) 3:00 Dog-opoly Game (2A) 6:30 Evening Worship Service (2A)	9 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance & Action Exercise (3E) 2:00 Musical Entertainment featuring Jessica Snyder (2A) 3:00 Tech Support: Taking & Sending Pictures (2A) 6:30 Cornhole (3E)	10 9:00 Light & Lively Exercise (3E) 9:30 Shopping Run: Walmart**\$\$ (OOB) 1:30 Balance & Action Exercise (3E) 1:30 Bible Study (PDR) 1:30 Art Class with Doretta ( C ) 3:00 Coffee Talk (P) 6:30 Dealing with Loss Support Group (CR)	11 8:30 Veterans Breakfast** (C) 10:00 Walk & Roll Walking Club (FL) 10:00 Dining Committee Meeting (DR) 1:30 Balance & Action Exercise (3E) 2:00 Veterans Day Celebration (2A) 3:00 Circle of Friends (PDR) 6:30 Evening Worship Service (2A)  Veteran's Day	12 9:00 Stretch & Hold Exercise (3E) 10:00 Men's Club (2A) 1:30 Balance & Action Exercise (3E) 1:30 Art Exploration (C) 2:00 Musical Entertainment featuring Tom Shultz (2A) 3:00 Hugs and Kisses Booth (FL) 6:30 Cards with Ruth (2A)	13 9:00 Light & Lively (3E) 10:00 Ed-U Wellness Presentation: <i>Diabetes</i> by Jamie from Bayada Home Health Care (2A) 1:30 Balance and Action Exercise (3E) 2:00 Nickel Bingo (2A) 3:00 Social Hour (P) 6:30 Movie Night: <i>The Music Man</i> (3A)	14 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Stair Stepper Exercise (3E) 2:00 Coupon Cutting for Veterans (C) 3:00 Scrabble (C) 6:30 Horseshoes (3E)	
15 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:00 Wine and Dine (DR) 2:00 Hangman (C) 3:00 Mexican Train Dominoes ( C ) 6:30 Evening Worship Service (2A)	16 8:45 Bookmobile Exchange (LD) 9:00 Light & Lively (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance and Action Exercise (3E) 1:30 Bookmobile Exchange (LD) 2:00 Nickel Bingo \$\$ (2A) 3:00 National Button Day Craft ( C ) 6:30 Horseshoes (3E)	17 9:00 Light & Lively Exercise (3E) 9:30 Shopping Run: Walmart**\$\$ (OOB) 1:30 Balance & Action Exercise (3E) 1:30 Bible Study (PDR) 1:30 Art Class with Doretta ( C ) 3:00 Tea Talk ( P ) 6:30 Dealing with Loss Support Group (CR)	18 9:00 Balloon Ball Exercise (3E) 10:00 Walk & Roll Walking Club (FL) 10:00 Painting Canvas - Nailed It! Thanksgiving Theme** (C) 1:30 Balance & Action Exercise (3E) 2:00 Fireside Chat Community Mtg (2A) 3:00 Circle of Friends (PDR) 6:30 Evening Worship Service (2A)	19 9:00 Stretch & Hold Exercise (3E) 9:30 Retail Shopping: Kohls**\$\$ (OOB) 10:00 Prize Bingo (2A) 11:30 Chefs Table with Preston ** (PDR) 1:30 Balance & Action Exercise (3E) 1:30 Art Exploration (C) 3:00 New Resident Committee Mtg (2A) 3:00 Wine Pairing (P) 6:30 Sequence (2A)	20 9:00 Light & Lively Exercise (3E) 10:00 Community Life Planning Committee (C) 1:30 Wii Bowling (3A) 1:30 Community Excursions: Franklin County Society Tour**\$\$ (OOB) 3:00 Hymnal Fellowship Singing Group (2A) 6:30 Movie Night: <i>My Fair Lady</i> (3A)	21 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Community Country Ride** (OOB) 3:00 Uno (C) 6:30 Cards with Ruth (2A)	
22 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:00 Wine and Dine (DR) 2:00 Card Club (2A) 3:00 Sequence (2A) 6:30 Evening Worship Service (2A)	23 9:00 Light & Lively (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance and Action Exercise (3E) 2:00 Horseshoes (3E) 3:00 Ed-U Wellness Presentation: <i>Fall Prevention</i> by Lori from Laurel Lakes Rehab & Wellness Center (2A) 6:30 Ladder Ball (3E)	24 9:00 Light & Lively Exercise (3E) 9:30 Shopping Run: Walmart**\$\$ (OOB) 1:30 Balance & Action Exercise (3E) 1:30 Bible Study (PDR) 1:30 Art Class with Doretta ( C ) 3:00 Blood Pressure Clinic (2A) 6:30 Dealing with Loss Support Group (CR)	25 9:00 Light & Lively (3E) 9:30 Cooking Creation: Thanksgiving Season Pies ( C ) 1:30 Balance and Action Exercise (3E) 2:00 Cooking Creation: Thanksgiving Day Pies ( C ) 3:00 Walk & Roll Walking Club (FL) 6:30 Evening Worship Service (2A)	26 9:00 Stretch & Hold Exercise (3E) 9:00 Macy's Day Parade (Channel 46) 1:30 Balance & Action Exercise (3E) 2:00 Card Club (2A) 3:00 Sequence (2A) 6:30 Movie Night: <i>Mr. Beans Holiday</i> (3A)  Thanksgiving Day	27 9:00 Light & Lively (3E) 10:00 Cooking Creation: Oklahoma Fry Bread (P) 1:30 Wii Bowling (3A) 2:00 Native American Heritage Day Social (P) 3:00 Horseshoes (3E) 6:30 Movie Night: <i>Princess Bride</i> (3A)	28 9:00 Light & Lively Exercise (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Stair Stepper Exercise (3E) 2:00 Coupon Cutting for Veterans (C ) 3:00 Mexican Train Dominoes (C) 6:30 Billiards (3E)	
29 9:00 Light & Lively Exercise (3E) 10:00 Nail Polish Station (2A) 11:00 Wine and Dine (DR) 2:00 Yahtzee! ( C ) 3:00 Scrabble ( C ) 6:30 Evening Worship Service (2A)	30 9:00 Light & Lively (3E) 10:00 Walk and Roll Walking Club (FL) 1:30 Balance and Action Exercise (3E) 2:00 Nickel Bingo \$\$ (2A) 3:00 Specialty Wines Social (P) 6:30 Horseshoes (3E)				<b>Calendar Key:</b> Pub (P), Café (C), Loading Dock (LD), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Meditation Room (MR), Library (L) Conference Room (CR), Private Dining Room (PDR), Out of Building (OOB) **Registration Required, \$\$ Cost Involved	<h1>November</h1> <h2>2020</h2>	