

# 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*

*Francie Hoch, Executive Director*

## Highlighted Events

- 1 – Tree Lighting Gala @ 3 pm
- 10 – Christmas Lights Drive @ 6:00pm
- 17 – Christmas Lights Drive @ 6:00pm
- 31 – Providence Squares NYE Ball Drop @ 2:00pm



Dimensions  
of Wellness

## Resident Birthdays

### December

Kathleen Gomez

Richard Walter

Margaret Miller



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)

## Welcome New Residents

Vera Tornetta

Kathleen Gomez

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		1 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (CR) 1:00 Health & Wellness Clinic (WO) 2:00 Pinochle Club (AR) 3:00 Tree Lighting Gala (P) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	2 9:30 BODYpump (CR) 10:30 Baker's Corner: Gingerbread Cookies (AR) 1:00 Ladderball (CR) 2:00 Crafty Crew Wooden Ornaments (CR) 3:00 Card Club: Rummy (AR) 4:00 All about December Social (CR) 6:00 Resident Led Bingo (AR)	3 9:30 Confident Cruisers (L) 10:30 Country Ride Session One** (OOB) 11:00 Virtual Bible Study (T) (V) 1:00 Country Ride Session Two** (OOB) 2:00 Scrabble (AR) 3:00 In-Room Visits 4:00 Rosary (CR) 6:00 Singing Sessions (CR)	4 9:30 Balance Fitness (CR) 10:30 Wii Bowling (CR) 11:00 This Day in History (CR) 1:00 Balance Class w/ Nadine (CR) (V) 2:00 Widow to Widowers Club (CR) 3:00 TED Talk (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: <i>How the Grinch Stole Christmas</i> (T)	5 9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Card Club (AR) 4:00 Jumbo Crossword Puzzle (OL)		
		6 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (OL) 11:00 Tai Chi (CR) 1:30 Team Trivia (OL) 2:30 Rummy (CR) 4:25 Cheer on the Eagles (T) 6:00 Resident Led Rosary (CR)	7 9:30 Strengthen & Balance (CR) 10:30 Culinary Club: Skillet Dip Snowman (AR) 1:00 Bingo Session One (AR) 2:00 Locomotion class w/ Nadine (AR) (V) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	8 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (CR) 1:00 Christmas Around the World (CR) 2:00 Pinochle Club (AR) 3:00 Mexican Train (CR) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	9 9:30 BODYpump (CR) 10:30 Baker's Corner: Grinch Fruit Kabobs (AR) 1:00 Crafty Crew: Scented Ornaments (CR) 3:00 Card Club: Rummy (AR) 4:00 In the News w/ Joe (CR) 6:00 Resident Led Bingo (AR)	10 9:30 Confident Cruisers (L) 10:00 In-Room Visits 11:00 Virtual Bible Study (T) (V) 1:00 Fireside Chat (OL) 2:00 Scrabble (AR) 4:00 Rosary (CR) 6:00 Christmas Lights Drive Session One* (OOB)	11 9:30 Balance Fitness (AR) 10:30 EU-Wellness with Genesis (CR) 11:30 This Day in History (CR) 1:00 Balance Fitness w/ Nadine (CR) (V) 2:00 Exploring Hawaii w/ Richard S. (CR) 3:00 Flower Arranging (AR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: <i>Jingle Jangle</i> (T)	12 9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Card Club (AR) 4:00 Make-A-Word (CR)
		13 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (OL) 11:00 Tai Chi (CR) 2:30 Group Puzzle Making (CR) 4:25 Cheer on the Eagles (T) 6:00 Valley Forge Baptist Church Live Holiday Concert (T)	14 9:30 Strengthen & Balance (CR) 10:30 Culinary Club: Gingerbread Cheese (AR) 1:00 Bingo Session One (AR) 2:00 Locomotion Class w/ Nadine (AR) (V) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo Session Two (AR)	15 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (CR) 1:00 Dining Committee Meeting (CR) 2:00 Pinochle Club (AR) 3:00 Rummikub (OL) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	16 9:30 BODYpump (CR) 10:30 Baker's Corner: Thumbprint Cookies (AR) 12:00 December Birthday Celebration (DR) 2:00 Crafty Crew: Salt Dough Ornaments (AR) 3:00 Card Club: Rummy (AR) 4:00 In the News w/ Joe (CR) 6:00 Resident Led Bingo (AR)	17 9:30 Confident Cruisers (L) 10:30 Painting with Shayna Parker (AC) (V) 1:00 In Room Visits 2:00 Scrabble (AR) 3:00 UNO 4:00 Rosary (CR) 6:00 Christmas Lights Drive Session Two* (OOB)	18 9:30 Balance Fitness (AR) 10:30 Wii Bowling Club (CR) 11:00 This Day in History (CR) 1:00 Balance Fitness w/ Nadine (CR) (V) 2:00 Mexican Train (CR) 3:00 Technology & You (CR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Movie Night: <i>Home Alone</i> (T)	19 9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Card Club (AR) 4:00 Jumbo Crossword Puzzle (OL)
		20 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (OL) 11:00 Tai Chi (CR) 2:30 Group Puzzle Making (CR) 3:30 Scrabble (AR) 4:05 Cheer on the Eagles (CR) 6:00 Valley Forge Baptist Church Live Holiday Concert (T)	21 9:30 Strengthen & Balance (CR) 10:30 Culinary Club: Santa Hat Appetizer (AR) 1:00 Dining Committee (CR) 2:00 Locomotion Class w/ Nadine (AR) (V) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (AR)	22 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (CR) 1:00 Christmas Around the World 2:00 Make a Gingerbread House (AR) 3:00 Pinochle Club (OL) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	23 9:30 BODYpump (CR) 10:30 Baker's Corner Christmas Sugar Cookies (AR) 1:00 Community Life Planning Meeting (CR) 2:00 Crafty Crew: New Year's Ball (AR) 3:00 Card Club: Rummy (AR) 4:00 In the News w/ Joe (CR) 6:00 Resident Led Bingo (AR)	24 9:30 Confident Cruisers (L) 10:30 This Day in History (CR) 11:00 Virtual Bible Study (T) (V) 1:00 Christmas Games & Puzzles (AR) 2:00 Christmas Cookie Social (AR) 3:00 In Room Visits 4:00 Rosary (CR)  Christmas Eve	25 9:30 Balance Fitness (CR) 10:30 Christmas Games and Puzzles (CR) 11:00 Christmas Around the World (CR) 1:00 One on One Visits 2:00 Christmas Hot Chocolate Bar Social (AR) 3:00 Christmas Wrap (AR) 4:00 Christmas Movie: <i>Elf</i> (T)  Christmas Day	26 9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Wii Bowling Club (AR) 2:00 Bingo (AR) 3:00 Card Club (AR) 4:00 Jumbo Crossword Puzzle (OL)
		27 8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (OL) 11:00 Tai Chi (CR) 1:00 Rummy (CR) 2:30 Group Puzzle Making (CR) 4:25 Cheer on the Eagles (T) 6:00 Resident Led Rosary (CR)	28 9:30 Strengthen & Balance (CR) 10:30 Culinary Club: Taco Dip (AR) 2:00 Cooking Demo w/ Chef Chad (AR) 2:00 Locomotion Class w/ Nadine (AR) (V) 3:00 Billiards (GR) 4:00 Happy Hour & Hors d'oeuvres (P) 6:00 Bingo (AR)	29 9:30 Confident Cruisers (L) 10:30 In-Room Visits 11:30 Daily Chronicle (CR) 1:00 New Year's Eve Around the World (CR) 2:00 Famous December Birthday's (CR) 3:00 Pinochle Club (OL) 4:00 Rosary (CR) 6:00 Trivia Night (OL)	30 9:30 BODYpump (CR) 10:30 Baker's Corner: Chunky Monkey Oatmeal Bars (AR) 1:00 In Room Visits 2:00 Crafty Crew: (AR) 3:00 Card Club: Rummy (AR) 4:00 In the News w/ Joe (CR) 6:00 Resident Led Bingo (AR)	31 9:30 Confident Cruisers (L) 10:30 Country Ride Session One** (OOB) 1:00 Country Ride Session Two (L) 2:00 Providence Square Ball Drop (P) 3:00 New Year's Eve Social (P) 4:00 In Room Visits 6:00 Resident Led Card Games (CR)  New Year's Eve	<b>Calendar Key: (CR) Community Room, (AR) Activity Room, (D) Deck, (OL) Old Lobby, (P) Pub, (L) Lobby, (WO) Wellness Office, (T) Theater, (OOB) Out of Building, (GR) Game Room, (DR) Dining Room, (V) Virtual</b> <b>**Registration Required</b> <b>\$\$Cost Involved</b>	

# December

## 2020