

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

December

Ethel Smay
Grayson Starner
Bill Dean
Betty Gingerich
Dorothy Hartman

Lois Zimmerman
Christine Koehnlein
Elda Wagner
Lois Smith
Mary Lou Rowlands



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

Howard Holben, Executive Director

Highlighted Events

14 – **Christmas Music Social**
@ 6:30pm

21 – **A Snoopy Christmas Party**
Connections Club

21 – **Christmas Lights on**
Parkway Drive @ 4pm

31 – **New Year's Eve Dinner & Social @ 4pm**

Welcome New Residents

Clyde Jackson

Dale Crone

Janet Geiselman




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		
		1 7:30 Men's Club: Breakfast to Order (AR) 9:45- Chair Exercise (AR) 10:00 Grief Share (P) 10:30 Yoga with Alison (FR) 1:30 Bingo (AR) 3:00 Educational Presentation: David Manuel presents <i>The Day Santa Called</i> (AR) 4:00 Balance Class (FR) 6:15 Table Top Games (AR)	2 9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Craft Corner: Cookie Jars (AR) 11:00 Trivia (AR) 1:30 Bingo (AR) 3:00 Dog Treats for Local SPCA (AR) 4:00 Balance Class (FR) 6:15 Knit Pickers (AR)	3 9:30 Chair Exercise (AR) 10:00 Holiday Bingo with Bayada Home Health (AR) 1:00 Fall Foliage Country Ride** OOB 1:30 Church Service (CR) 2:30 Musical Happy Hour featuring Dan Martin (P) 4:30 Virtual Sight and Sound Show and Dinner** (CR)	4 9:30 Chair Exercise (AR) 10:00 Chef's Food Demo (AR) 10:15 Market Run: Giant*** (OOB) 1:00 Fall Foliage Country Ride** (OOB) 1:30 Foreign Language Class: German with Melissa (AR) 3:00 Bingo (AR) 4:00 Balance Class (FR) 4:30 Wine and Dine (DR) 6:15 Table Top Games (AR)	5 9:30 Chair Exercise (AR) 10:00 Donuts and Chat (AR) 11:00 Trivia (AR) 1:00 Christmas Gingerbread House Decorating (AR) 2:00 Musical Entertainment featuring Mick Cockran (P) 3:00 Bingo (AR) 5:00 LMU Choirs presents: Virtual Winter Choral Concert (CR) 6:15 Rummikub (AR)		
		6 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 St. Nikolaus Trivia (AR) 1:15 Nature Walking Path (OOB) 2:00 Church Service (CR) 2:00 Poker (AR) 3:00 Eggnog Social (P) 6:15 Veteran's Club (P) 6:15 Games (AR)	7 9:30 Chair Exercise (AR) 10:00 Therapy Games with Beth (AR) 11:00 Lunch Caravan: Cracker Barrel *** (OOB) 1:00 Pearl Harbor Trivia (AR) 2:00 Pokeno (AR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (FR) 6:15 Card Club: 500 (AR)	8 9:30 Chair Exercise (AR) 10:00 Grief Share (P) 10:00 Culinary Creations: Crab cake Bites (AR) 10:30 Yoga with Alison (FR) 1:15 Bingo (AR) 2:30 Musical Happy Hour featuring Leo Reaver (P) 4:30 Men's Club: Fishing Night (AR)	9 9:30 Chair Exercise (AR) 10:00 Bible Study (AR) 10:00 Bingo (AR) 11:00 Making Christmas Cards (AR) 1:30 Christmas Traditions around the World (AR) 3:00 Mulled Wine Social (AR) 4:00 Balance Class (AR) 6:15 Knit Pickers (AR)	10 9:30 Chair Exercise (AR) 10:00 Craft Corner: Winter Snow Globes (AR) 12:00 Monthly Birthday Celebration (AR) 1:15 Bingo (AR) 3:00 Church Service (CR) 3:00 Poker (P) 4:00 Baltimore Zoo Lights Drive through *** (OOB)	11 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 10:15 Market Run: Weis *** (OOB) 1:00 Fall Foliage Country Ride ** (OOB) 1:30 Dining Committee Meeting (AR) 1:30 Poker (P) 3:00 Eggnog Social (P) 4:00 Balance Class (FR) 4:30 Wine and Diner (DR)	12 9:30 Chair Exercise (AR) 10:00 Donuts and Chat (AR) 11:00 Hangman (AR) 1:00 Book Club: The Diary of Anne Frank (AR) 2:00 Musical Entertainment with Rhonda Lee (P) 3:00 L-C-R Card Game (AR) 6:00 Bingo (AR)
		13 9:30 Chair Exercise (AR) 10:00 Jingo (AR) 1:15 Nature Walking Path (OOB) 2:00 Church Service (CR) 2:00 Penny Ante (AR) 3:00 Hard Cider Social (P) 6:00 Widow to Widower Club (P) 6:00 Christmas Show presented by the Valley Forge Baptist Church (CR)	14 9:30 Chair Exercise (AR) 10:00 iN2L - Brain Teasers (AR) 1:00 Poker (AR) 1:30 Bingo (FR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (AR) 6:15 Card Club: 500 (AR) 6:30 Christmas Eve Social featuring Josh Groban Music (P)	15 9:30 Chair Exercise (AR) 10:00 Grief Share (P) 10:00 EdU - Wellness Talk: <i>Sleep and Aging</i> by Jamie Benedict (AR) 10:30 Yoga with Alison (AR) 1:00 Poker (P) 1:30 Welcome Ambassador Committee (P) 2:00 Creatures Great and Small (AR) 3:00 Bingo (AR) 4:30 Diners Caravan: Red Lobster*** (OOB)	16 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 10:00 Bible Study (P) 10:00 Shopping Excursion: Boscov's*** (OOB) 1:00 Fall Foliage Country Ride** (OOB) 1:30 Garden Therapy with Sue McDowell (AR) 3:00 UNO Card Game (AR) 4:00 Whole Campus Christmas Resident Celebration (Whole Bldg)	17 9:30 Chair Exercise (AR) 10:00 Craft Corner: Wooden Snowman (AR) 1:15 Bingo (AR) 2:00 Fireside Chat (AR) featuring Don W. (P) 2:30 Foreign Language Class: German with Melissa (AR) 4:00 Balance Class (FR) 7:00 Des Moines Symphony presents: Virtual Winter Fantasia (CR)	18 9:30 Chair Exercise (AR) 10:00 Chef's Food Paring (AR) 10:15 Market Run: Walmart*** (OOB) 2:00 Musical Entertainment featuring Thomas Schulz (P) 3:00 Bingo (AR) 4:30 Wine and Dine (DR) 6:15 Table Top Games (AR) 8:00 Trans-Siberian Orchestra presents: Virtual Christmas Concert (CR)	19 9:30 Chair Exercise (AR) 10:00 Donuts and Chat (AR) 11:00 Trivia (AR) 1:00 I've Got It Card Game (AR) 2:00 Musical Entertainment featuring Memory Music (P) 2:00 Poker (AR) 3:00 Jingo (AR) 6:15 Rummikub (AR)
		20 9:30 Chair Exercise (AR) 10:00 Pokeno (AR) 11:00 Trivia (AR) 1:15 Nature Walking Path (OOB) 2:00 Church Serve (CR) 2:00 UNO - Card Game (AR) 3:00 Mulled Cider Social (P) 6:15 Veteran's Club (P) 6:15 Games (AR)	21 9:30 Chair Exercise (AR) 10:00 iN2L - Brain Teasers (AR) 1:00 Kings in the Corner (AR) 1:30 Yoga with Alison (FR) 2:00 Bingo (AR) 3:00 Manicures and Nails (AR) 4:00 Christmas Lights on Parkway Drive*** (OOB) 6:15 Card Club: 500 (AR)	22 9:30 Chair Exercise (AR) 10:00 Armchair Travel: Israel (AR) 1:15 Bingo (AR) 2:30 Foreign Language Class: German with Melissa (AR) 2:30 Super Happy Hour: Winter Wonderland (P) 4:00 Hershey Sweet Lights*** (OOB)	23 9:30 Chair Exercise (AR) 10:00 Christmas Jingo (AR) 10:00 Bible Study (P) 1:15 The London Palladium virtually presents: <i>King and I</i> Musical (P) 3:00 Eggnog Social (P) 4:00 Balance Class (AR) 6:15 Knit Pickers (AR)	24 9:00 Chair Exercise (AR) 10:00 Visit with Santa (Fireside) 1:30 Christmas Movie: The Grinch (P) 2:00 Holiday Christmas Story Sharing (AR) 3:00 Christmas Eve Church Service (CR) 4:00 Balance Class (FR) 6:30 Christmas Eve Social with Charlotte Church Music (P) Christmas Eve	25 9:00 Chair Exercise (AR) 10:00 Christmas Story and Hot Chocolate (AR) 1:00 Christmas Trivia (AR) 2:00 Christmas Bingo (AR) 3:00 Eggnog Social (P) 6:15 Table Top Games (AR) Christmas Day	26 9:30 Chair Exercise (AR) 10:00 Donuts and Chat (AR) 11:00 Hangman (AR) 1:00 Book Club: You will get through this by Max Lucado (AR) 2:00 Musical Entertainment featuring Leo Reaver (P) 3:00 Bingo (AR) 6:00 Rummikub (AR)
		27 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Trivia (AR) 1:15 Nature Walking Path (OOB) 2:00 Church Service (CR) 2:00 I've got it - Card Game (AR) 3:00 Hot Chocolate Social (P) 6:15 Widow to Widowers Club (P) 6:15 Games (AR)	28 9:30 Chair Exercise (AR) 10:00 iN2L- Brain Teasers (AR) 1:30 Jingo (AR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (AR) 6:15 Card Club: 500 (AR)	29 9:30 Chair Exercise (AR) 10:00 Craft Corner: Winter Wreaths (AR) 10:30 Yoga with Alison (FR) 1:30 Bingo (AR) 2:30 Happy Hour (P) 4:00 Balance Class (FR) 4:30 Men's Club: Game Night (AR)	30 9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 New Years Eve Traditions around the world (AR) 1:30 Bingo (AR) 3:00 Spiced Cider Social (AR) 4:00 Balance Class (FR) 6:00 Knit Pickers (AR)	31 9:30 Chair Exercise (AR) 10:00 iN2L - Brain Teasers (AR) 1:30 Bingo (AR) 3:00 Church Service (CR) 4:00 New Year's Eve Dinner & Movie** (OOB) 6:15 Games (AR) New Year's Eve	Calendar Key: Pub (P), 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) 100 Hall Patio (100HP) **Registration Required, \$\$ Cost Involved	

December 2020