

# 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*

*Kim Perchak, Executive Director*

## Highlighted Events

- 3 – **Resident Tree Trimming**  
@ 3pm
- 17 – **Country Ride to Berwick Boulevard Christmas Lights** @ 5:30pm
- 29 – **New Resident Cocktail Mixer**  
@ 3:30pm



*Dimensions  
of Wellness*

## Resident Birthdays

### December

- |                  |                |
|------------------|----------------|
| Rosella Gombeda  | John Long      |
| Michael Micene   | Russell Koons  |
| David Adams      | James Bressi   |
| Jean Slayzak     | Carolyn Fellin |
| Shirley Berger   |                |
| Barbara Barnhart |                |



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

Dorothy Haraschak  
John Roland

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		1 9:30 Stretch Exercise (2nd) 10:00 Aromatherapy: Stress Reducers (2nd) 10:30 Craft Club: Personalized Marble Christmas Ornaments For Resident Christmas Tree (3rd) 1:30 Music Class with Cynthia (2nd) 2:30 Circle of Friends (SR) 3:30 Service in Action Holiday Kickoff: Scarves, Hats & Gloves (1st) 6:30 Scrabble (1st)	2 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 iN2L: Animal World: Reindeer (3rd) 1:45 Cooking Club: Everything Bagel Cheeseball (C) 2:45 Bingo (3rd) 4:00 Christmas Carol Name That Tune (3rd) 5:00 Country Ride to Nay Aug Park Holiday Light Spectacular** (OOB) 6:30 Rummikub (3rd)	3 9:30 Balance in Action Exercise (2nd) 10:00 Mass by Father Mike (DR) 10:30 Diners Lunch Caravan: Top of the 80's Restaurant**\$\$ (OOB) 1:30 Visits with Deacon Beverly (1st) 2:00 Ed-U Wellness Presentation: Living with Diabetes: Diet & Physical Activity Tips with Alyson Cara (3rd) 4:00 Resident Tree Trimming Social (3rd) 6:30 Pinochle Players Club (3rd)	4 9:30 Strength Exercise (2nd) 10:00 Art Exploration: Paper Mache Snowmen Project (3rd) 10:30 Men's Club with Mark (3rd) 1:45 Bible Study with Deacon Beverly (3rd) 2:30 Movie Matinee: <i>Polar Express</i> (2nd) 4:00 Uncorked: Port Wines & Assorted Chocolates (1st) 6:30 10-Cent LCR Dice Game (1st)	5 9:30 Stretch Exercise (2nd) 10:00 Hymn Singalong (3rd) 10:30 Sewing Club: Christmas Cross Stitch Project (3rd) 1:00 Country Ride: Smith Floral's Live Reindeer Exhibit** (OOB) 2:30 Greater Hazleton Concert Series Virtual Holiday Concert (3rd) 4:00 Must Have Gifts: Past & Present (3rd) 6:30 Boggle (1st)		
		6 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Christmas Traditions Around the World (3rd) 6:30 Knit & Crochet Club (3rd)	7 9:30 Virtual Tour of USS Arizona Memorial (3rd) 10:00 Yoga Fitness by Bill (Ch) 10:30 Men's Club Outing: Lunch at Tom's Kitchen**\$\$ (OOB) 1:30 Patriotic Singalong (3rd) 2:30 Circle of Friends (SR) 3:30 Pearl Harbor Word Search Challenge (3rd) 6:30 Pinochle Players Club (3rd)	8 9:30 Stretch Exercise (2nd) 10:00 Aromatherapy: Mood Boosters (2nd) 10:30 Craft Club: Santa Tulle Wreath (3rd) 1:30 Confident Cruisers (ML) 2:30 Ed-U Presentation: PA Railroad History & Model Train Exhibit by Ron Meneely (3rd) 3:30 Christmas Trivia Challenge (3rd) 6:30 Scrabble (1st)	9 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Wrapping Station for Veteran's Gifts (3rd) 1:45 Dessert & Discussion with Chef Ashley (DR) 2:45 Bingo (3rd) 4:00 December Birthday Celebration Dinner (DR) 6:30 Rummikub (3rd)	10 9:30 Balance in Action Exercise (2nd) 10:00 Welcome Ambassador Committee Meeting (3rd) 10:30 Cooking Club: Potato Latkes (C) 1:30 Hymn Sing with Deacon Beverly (3rd) 2:45 TED Talk & Discussion: <i>What Role Does Luck Play in Your Life?</i> (3rd) 4:00 The Dreidel Game (1st) 6:30 Pinochle Players Club (3rd)	11 9:30 Strength Exercise (2nd) 10:00 Art Exploration: Paper Mache Snowmen Project (3rd) 10:30 Fill Bird Feeders (ML) 1:30 Visits with Deacon Beverly (1st) 2:30 Ed-U Presentation: <i>Christmas Towns Across America</i> By Walter Choroszewski (3rd) 4:00 Confident Cruisers (ML) 6:30 10-Cent LCR Dice Game (1st)	12 9:30 Stretch Exercise (2nd) 10:00 Therapy Dogs (1st) 10:30 Sewing Club: Christmas Cross Stitch Project (3rd) 1:45 Community Life Committee Meeting (3rd) 2:30 Movie Matinee: <i>It's A Wonderful Life</i> (2nd) 4:00 Finish the Phrase (1st) 6:30 Connect Four (1st)
		13 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Christmas At the White House (3rd) 6:00 VFBA Choir & Orchestra Virtual Christmas Program (3rd) 6:30 Knit & Crochet Club (3rd)	14 9:30 Holiday Jeopardy (3rd) 10:00 Yoga Fitness by Bill (Ch) 10:30 Service in Action: Bake Pet Treats For Hazleton Animal Shelter (C) 1:15 X-Box Bowling (2nd) 2:00 Providence Place Senior Living Employee Recognition Awards (1st) 2:30 Musical Performance by Windfall (DR) 3:30 Crossword Challenge 6:30 Pinochle Players Club (3rd)	15 9:30 Shopping Run: Dollar General**\$\$ (OOB) 10:30 Stretch Exercise (2nd) 10:30 Aromatherapy: Focus Enhancers (2nd) 1:30 Music Class with Cynthia (2nd) 2:30 Circle of Friends (SR) 3:00 Craft Club: Candy Cane Candle Holders (3rd) 5:30 Bingo (3rd) 6:30 Scrabble (1st)	16 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Service in Action: Deliver Pet Treats To Hazleton Animal Shelter** (OOB) 1:30 Cooking Club: Decorate Christmas Cookies (C) 2:30 Holiday Entertainment By John Stevens Band (DR) 3:30 Confident Cruisers (ML) 6:30 Rummikub (1st)	17 9:30 EdU History: Anniversary Of Wright Brother's 1st Airplane Flight (3rd) 10:00 Balance in Action Fitness Class By Genesis (2nd) 10:30 Coffee & Tea 101: Old City (3rd) 2:00 Celebration of Life Memorial Mass (DR) 3:00 Dining Service Committee Mtg. (3rd) 5:30 Country Ride to Berwick Boulevard Outdoor Christmas Lights Display** (OOB) 6:30 Pinochle Players Club (3rd)	18 9:30 Strength Exercise (2nd) 10:00 Art Exploration: Complete Paper Mache Snowmen Project (3rd) 10:30 Men's Club with Mark (3rd) 1:30 Visits with Deacon Beverly (1st) 2:30 EdU Presentation: <i>Sophia Cox: The Angel of the Coal Fields</i> By Karen Esak (3rd) 3:30 Gourmet Hot Chocolate Bar (1st) 6:30 10-Cent LCR Dice Game (1st)	19 9:30 Stretch Exercise (2nd) 10:00 Evergreen Trees 101 (3rd) 10:30 Sewing Club: Complete Christmas Cross Stitch Project (3rd) 1:30 Holiday Theme Painting Class With Jennie Perez (3rd) 2:00 Movie Matinee: <i>A Christmas Carol</i> (2nd) 4:00 Tech World & You: Sending Holiday Messages (3rd) 6:30 Boggle (1st)
		20 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L: History of Mistletoe (3rd) 6:00 VFBA Virtual Presentation: <i>How the Light of Christmas Can Change Everything</i> (3rd) 6:30 Knit & Crochet Club (3rd)	21 9:30 Fifty Reasons To Love Winter (3rd) 10:00 Yoga Fitness by Bill (Ch) 10:30 Service in Action: Deliver Scarves, Hats & Gloves to Hazleton Salvation Army** (OOB) 1:30 X-Box Bowling (2nd) 2:30 Outdoor Christmas Caroling By Sacred Heart Church Choir (FP) 3:30 Winter Solstice Puzzles (3rd) 6:30 Pinochle Players Club (3rd)	22 9:30 Stretch Exercise (2nd) 10:00 Aromatherapy: Anti-Inflammatory (2nd) 10:30 Craft Club: Christmas Centerpieces For Dining Room (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 Chef's Pairings with Chef Ashley (DR) 3:00 Fireside Chat Community Mtg. (1st) 6:30 Scrabble (1st)	23 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Cooking Club: Sugarplum Balls (C) 1:30 Bible Study with Deacon Beverly (3rd) 2:30 Christmas Celebration With George Rittenhouse (DR) 3:30 Holiday Red or Black Game (2nd) 6:30 Rummikub (1st)	24 9:30 Balance in Action Exercise (2nd) 10:00 Listen & Learn: Tchaikovsky & <i>The Nutcracker</i> (3rd) 1:30 Christmas Eve Mass with Deacon Bev (Ch) 2:45 Poinsettia Bingo (3rd) 4:30 Christmas Eve Celebration Dinner (DR) 5:30 VFBC Virtual Christmas Eve Service (3rd) 6:30 Pinochle Players Club (3rd)	25 9:30 Strength Exercise (2nd) 10:00 Holiday Facetimes with Family (3rd) 11:00 Christmas Celebration (DR) 1:30 Christmas Mass with Deacon Beverly (Ch) 2:30 Movie Matinee: <i>It's A Wonderful Life</i> (2nd) 3:30 Egg Nog & Trivia (1st) 6:30 10-Cent LCR Dice Game (1st)	26 9:30 Stretch Exercise (2nd) 10:00 Symbols of Kwanzaa (3rd) 10:30 Sewing Club: Select January Project (3rd) 1:30 Confident Cruisers (ML) 2:30 Visits with Deacon Beverly (1st) 3:30 Mancala: Traditional Kwanzaa Game (3rd) 6:30 Sudoku Puzzles (1st)
		27 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Beverly (Ch) 2:45 Bingo (3rd) 4:00 iN2L: New York City's Times Square (3rd) 6:30 Knit & Crochet Club (3rd)	28 9:30 Manicures (3rd) 10:00 Yoga Fitness by Bill (Ch) 10:30 Endangered Animal Day: Adopt an Endangered Animal through the World Wildlife Fund (3rd) 1:30 X-Box Bowling (2nd) 2:30 Dining Demo with Chef Ashley (DR) 3:30 Hot Chocolate & Trivia (1st) 6:30 Pinochle Players Club (3rd)	29 9:30 Stretch Exercise (2nd) 10:00 Aromatherapy: Energy Boosters (2nd) 10:30 Craft Club: New Year's Eve Celebration Centerpieces (3rd) 1:30 Music Class with Cynthia (2nd) 2:30 Circle of Friends (SR) 3:30 New Resident Cocktail Mixer (3rd) 6:30 Scrabble (1st)	30 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Cooking Club: Veggie Confetti Salad (C) 1:45 Men's Club with Mark (3rd) 2:45 Bingo (3rd) 3:30 50's Singalong (1st) 6:30 Rummikub (1st)	31 9:30 Balance in Action Exercise (2nd) 10:00 Recycling Old Calendars Project (3rd) 10:30 New Year's Photo Booth (1st) 1:30 Bible Study with Deacon Beverly (3rd) 2:30 New Year's Eve Celebration (DR) 4:00 Champagne Happy Hour (1st) 6:30 Pinochle Players Club (3rd)	<p><b>Calendar Key:</b>  <b>Dining Room (DR), Chapel (Ch),</b>  <b>3rd Floor Sunroom (SR),</b>  <b>First Floor (1st), Second Floor (2nd),</b>  <b>Third Floor (3rd), Meet in Lobby (ML),</b>  <b>Front Porch (FP), Out of Building</b>  <b>(OOB), Café (C)</b>  <b>Registration Required **</b>  <b>Cost Involved \$\$</b></p> <p style="text-align: center; font-size: 2em; font-weight: bold;">December 2020</p>	