

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*

December

Grace Wedde
Eleanor Miller
Warren Hassinger
Vera Chisick
Florence Basehore
Shirley Fesig
Eileen Petko
Marlin Hoff
Robert Wagner

Resident Birthdays



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.



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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

Julie Wallace, Executive Director

Highlighted Events

- 2 – **Guest Speaker @ 2pm**
Coping Skills for Depression
Kathy Kelsch from Merakey
- 9 – **Birds of Schuylkill County**
With Leah Zerbe @ 2pm
- 12 – **Holiday Bazaar @ 2pm**
- 18 – **Confident Cruisers**
Appreciation Dinner @ 2pm
- 31 – **New Year's Celebration**
Entertainment by The Piano Man
& Champagne Balloon Drop @ 2pm

Welcome New Residents

Alice Miller
Stanley Burke

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p style="text-align: center;">THE <i>Club</i></p>		1 9:30 Morning Meeting & Prayer (1F) 9:45 Ball Toss (1F) 10:15 Current Events (1F) 10:30 Coffee Crew (1F) 11:00 Short Stories (1F) 2:00 Bingo (1F) 5:00 Card Games (1F)	2 9:30 Morning Meeting & Prayer (1F) 9:45 Chair Exercises (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Careers (1F) 2:00 Sugar & Spice Club: Christmas Cookies (1F) 4:00 Social Gathering (1F) 5:00 iN2L: Learning Games (1F)	3 9:30 Morning Meeting & Prayer (1F) 9:45 Daily News (1F) 10:00 Christmas Cookie Delivery to HH&L Firehouse (OOB) 11:00 Christmas Sing-a-Long (1F) 2:00-3:45 Country Rides (OOB) 5:00 Jigsaw Puzzles (1F)	4 9:30 Morning Meeting & Prayer (1F) 9:45 Fitness with Friends (1F) 10:15 Todays Headlines (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Travel (1F) 2:00 Armchair Travel: Switzerland (1F) 5:00 iN2L: Trivia (1F)	5 9:30 Morning Meeting & Prayer (1F) 9:45 Daily Exercise (1F) 10:15 Read All About It (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Polar Bears (1F) 2:00-4:00 Movie Matinee: Dolly Parton Christmas on the Square (1F) 5:00 Christmas Word Game (1F)		
		6 9:30 Morning Meeting & Prayer (1F) 9:45 Gentle Stretches (1F) 10:15 Daily News (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Instruments (1F) 2:00 Crafting Corner: Snowman (1F) 3:00 Spa Day (1F) 5:00 Connect Four (1F)	7 9:30 Morning Meeting & Prayer (1F) 9:45 Move to Music (1F) 10:15 Todays Headlines (1F) 10:30 Refreshments (1F) 11:00 Discussion: Pearl Harbor (1F) 2:00 Bingo (1F) 5:00 Board Games (1F)	8 9:30 Morning Meeting & Prayer (1F) 9:45 Fitness Fun (1F) 10:15 Current Events (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Memories of Baking with Family (1F) 2:00 Sugar & Spice Club: Brownies (1F) 5:00 Card Games (1F)	9 9:30 Morning Meeting & Prayer (1F) 9:45 Balloon Toss (1F) 10:15 Read All About It (1F) 10:30 Refreshments (1F) 11:00 Pioneer Evergreen Farms (OOB) 3:00 Bingo (1F) 5:00 iN2L: What's the Cost (1F)	10 9:30 Morning Meeting & Prayer (1F) 9:45 Exercise Class (1F) 10:15 Daily News (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Human Rights (1F) 2:00 Gingerbread House Decorating (1F) 5:00 Everybody Knows Trivia (1F)	11 9:30 Morning Meeting & Prayer (1F) 9:45 Fitness with Friends (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Traditions (1F) 2:00 Winter Wonderland/Matinee: Frozen (1F) 5:00 Magazine Hunt (1F)	12 9:30 Morning Meeting & Prayer (1F) 9:45 Parachute Fun (1F) 10:15 Read All About It (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Poinsettias (1F) 2:00-4:00 Movie Matinee (1F) 5:00 Board Games (1F)
		13 9:30 Morning Meeting & Prayer (1F) 9:45 Gentle Stretches (1F) 10:15 Todays Headlines (1F) 10:30 Coffee Crew (1F) 11:00 Family Christmas Party (1F) 2:00 Piano Favorites by Brian (L) 3:30 Spa Day (1F) 5:00 Christmas Word Search (1F)	14 9:30 Morning Meeting & Prayer (1F) 9:45 Drum Class (1F) 10:15 Current Events (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Penguins (1F) 2:00 Christmas Ornaments/Family Christmas Card Making (1F) 5:00 iN2L: Animal Trivia (1F)	15 9:30 Morning Meeting & Prayer (1F) 9:45 Fitness Fun (1F) 10:15 Read All About It (1F) 10:30 Coffee Crew (1F) 11:00 Friedensburg Country Restaurant/ Candy Shop Tour (OOB) 2:00 Tree Decorating (1F) 5:00 Card Games (1F)	16 9:30 Morning Meeting & Prayer (1F) 9:45 Chair Exercises (1F) 10:15 Daily News (1F) 10:30 Refreshments (1F) 11:00 Lunch @ Summit View/Tour Blue Marsh Lake (OOB) 5:00 iN2L: Trivia (1F)	17 9:30 Morning Meeting & Prayer (1F) 9:45 Parachute Fun (1F) 10:15 Current Events (1F) 10:30 Coffee Crew (1F) 11:00 Walmart/Burger King (OOB) 2:00 Afternoon Matinee: The Polar Express (1F) 5:00 iN2L: Learning Games (1F)	18 9:30 Morning Meeting & Prayer (1F) 9:45 Fitness with Friends (1F) 10:15 Read All About It (1F) 10:30 Refreshments (1F) 11:00 Reminisce about Christmases Past (1F) 2:00 Armchair Travel: Jamaica (1F) 5:00 iN2L: Trivia (1F)	19 9:30 Morning Meeting & Prayer (1F) 9:45 Daily Exercise (1F) 10:15 Todays Headlines (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Building Snowmen (1F) 2:00 Radio City Rockettes Christmas Spectacular (1F) 5:00 Christmas Word Game (1F)
		20 9:30 Morning Meeting & Prayer (1F) 9:45 Gentle Stretches (1F) 10:15 Daily News (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Weather (1F) 2:00 Church Service (1F) 3:00 Spa Day (1F) 5:00 Christmas Trivia (1F)	21 9:30 Morning Meeting & Prayer (1F) 9:45 Balloon Toss (1F) 10:15 Todays Headlines (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: The Nativity (1F) 2:00 Crafting Corner: Nativity Craft (1F) 5:00 Memory Magic (1F)	22 9:30 Morning Meeting & Prayer (1F) 9:45 Fitness Fun (1F) 10:15 Current Events (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Sleigh Riding (1F) 2:00 Bingo (1F) 5:00 Christmas Word Search (1F)	23 9:30 Morning Meeting & Prayer (1F) 9:45 Chair Exercises (1F) 10:15 Read All About It (1F) 10:30 Refreshments (1F) 11:00 Discuss & Recall: Christmas Memories (1F) 2:00 Christmas Cookie Creations (1F) 5:00 iN2L: Trivia (1F)	24 9:30 Morning Meeting & Prayer (1F) 9:45 Exercise Class (1F) 10:15 Daily News (1F) 10:30 Coffee Crew (1F) 11:00 Christmas Carol Fill in the Blank (1F) 2:00 Afternoon Matinee: White Christmas (1F) 5:00 Memory Magic (1F) Christmas Eve	25 9:30 Morning Meeting & Prayer (1F) 9:45 Bowling (1F) 10:15 Todays Headlines (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Christmas Eve Traditions (1F) 2:00-4:00 CHRISTMAS CELEBRATION (1F) 5:00 iN2L: Learning Games (1F) Christmas Day	26 9:30 Morning Meeting & Prayer (1F) 9:45 Daily Exercise (1F) 10:15 Current Events (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Candy Cane Day (1F) 2:00-4:00 Movie Matinee (1F) 5:00 Card Games (1F)
		27 9:30 Morning Meeting & Prayer (1F) 9:45 Gentle Stretches (1F) 10:15 Todays Headlines (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Fruitcake (1F) 2:00 Church Service (1F) 3:00 Spa Day (1F) 5:00 Connect Four (1F)	28 9:30 Morning Meeting & Prayer (1F) 9:45 Move to Music (1F) 10:15 Daily News (1F) 10:30 Refreshments (1F) 11:00 Rudolph Read-a-Long (1F) 2:00 Crafting Corner: Reindeer (1F) 5:00 Winter Word Search (1F)	29 9:30 Morning Meeting & Prayer (1F) 9:45 Fitness Fun (1F) 10:15 Read All About It (1F) 10:30 Coffee Crew (1F) 11:00 Discuss & Recall: Ice Skating (1F) 2:00 Drum Class by Joe (2F) 5:00 Memory Game (1F)	30 9:30 Morning Meeting & Prayer (1F) 9:45 Chair Exercises (1F) 10:15 Current Events (1F) 10:30 Refreshments (1F) 11:00 iN2L: Sing-a-Long with Susie Q (1F) 2:00 Sugar & Spice Club (1F) 5:00 Everybody Knows Trivia (1F)	31 9:30 Morning Meeting & Prayer (1F) 9:45 Exercise Class (1F) 10:15 Daily News (1F) 10:30 Coffee Crew(1F) 11:00 Discuss & Recall: Recollect on 2020 (1F) 2:00 Piano Tunes by Brian (L) 5:00 New Years Word Search (1F) New Year's Eve	<p>Calendar Key: (L) Lobby (1F) First Floor Activity Room (2F) Second Floor Activity Room (OOB) Out of Building</p> <p style="text-align: center; font-size: 2em;">December</p> <p style="text-align: center; font-size: 3em;">2020</p>	