

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

Resident Birthdays

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



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



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		
		1 8:00 Breakfast & Daily Chronicle (DR) 9:30 Move2Music (2F) 10:00 Fitness Class with Genesis (2F) 11:00 Jumbo Crossword Puzzle (2F) 2:00 Crafty Corner: Making Candy Dishes (2F) 3:30 Confident Cruisers (1F) 6:30 Christmas Monopoly (2F)	2 8:00 Breakfast & Daily Chronicles (DR) 9:30 Balance & Action (2F) 10:00 Fireside Chat with Julie (2F) 11:00 Mother Angelica Service EWTN 49 2:00 Guest Speaker: Kathy Kelsch from Merakey Topic: Coping Skills for Depression (2F) 3:30 Confident Cruisers (1F) 6:30 Checker Club (2F)	3 8:00 Breakfast & Daily Chronicles (DR) 9:30 Guided Medication (2F) 10:00 Dining Committee Meeting (2F) 11:00 Confident Cruisers (1F) 2:00 Special Guest: SSG John Russell Vice-Commander Veterans of Vietnam War, Inc. (2F) 4:00 Jigsaw Puzzles (2F) 6:30 Board Games: Scrabble (2F)	4 8:00 Breakfast & Daily Chronicles (DR) 9:30 Bodypump (2F) 10:00 Moral Decisions (2F) 10:30 Meaningful Holiday Poetry: Winter Time (2F) 2:00 Caring is Sharing: Making Apple Butter (2F) 6:30 Holiday Music performed by Desiree (L)	5 8:00 Breakfast & Daily Chronicles (DR) 9:00 Muscle Mind & Fitness (2F) 10:00 Holiday Games: Do you Hear What I Hear? (2F) 11:00 Confident Cruisers (1F) 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 6:30 Jeopardy (1F) 7:30 The Lawrence Welk Show (2F)		
		6 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 2:00 in2L: Methodist Service (1F) 3:00 in2L: Catholic Mass (1F) 4:00 Confident Cruisers (1F) 6:30 Mindful Colors (2F)	7 8:00 Breakfast & Daily Chronicle (DR) 9:30 Chair Aerobics (2F) 10:00 Helping Hands: Recycling Team (1F) 11:00 Planning Committee (DR) 2:00 Aromatherapy Hand & Neck Massage (2F) 3:30 Confident Cruisers (1F) 6:30 Card Club: Phase 10 (2F)	8 8:00 Breakfast & Daily Chronicle (DR) 9:30 Balance & Action (2F) 10:00 Errand Run **\$(OOB) 11:00 Welcome Ambassador Committee (2F) 2:00 Yoga with Leah (2F) 3:30 Fruit Smoothie Bar (2F) 6:30 Christmas Monopoly (2F)	9 8:00 Breakfast & Daily Chronicles (2F) 9:30 Bodypump (2F) 10:00 Crafty Corner (2F) 11:00 Confident Cruisers (1F) 130: Guest Speaker : Leah Zerby Beautiful Birds of Schuylkill County & How They Need our Help (2F) 3:30 Hydration Station: Ice Tea (2F) 6:30 Checker Club (2F)	10 Hanukkah Sameach! 8:00 Breakfast & Daily Chronicles (DR) 9:30 Guided Meditation (2F) 10:00 Baking Club: Challah a Special Jewish Bread (2F) 2:00 in2L Learning: Jerusalem (1F) 3:30 Food4Thought: Sharing Challah & Pinot Noir (1F) 6:30 Board Games: Scrabble (2F)	11 8:00 Breakfast & Daily Chronicles (DR) 9:30 Bodypump (2F) 10:00 Moral Decisions (2F) 10:30 Meaningful Holiday Poetry: Be It Onto Me! (2F) 2:00 Movie Matinee: It's a Wonderful Life (2F) 3:30 Confident Cruisers (1F) 6:30 Word Search (2F)	12 8:00 Breakfast & Daily Chronicles (DR) 9:00 Muscle Mind & Fitness (2F) 10:00 Holiday Games: Christmas Guess Who? (2F) 11:00 Helping Hands: Set up for Bazaar (2F) 2:00 Holiday Bazaar (2F) 6:30 Jeopardy (1F) 7:30 The Lawrence Welk Show (2F)
		13 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 2:00 Friends & Family Holiday Party (DR) Entertainment with Brian The Piano Man (DR) 6:30 Word Search (2F)	14 8:00 Breakfast & Daily Chronicle (DR) 9:30 Chair Aerobics (2F) 10:00 Helping Hands: Recycling Team (1F) 11:00 Gentleman's Gathering: Lunch at Red Lion Café & Scenic Ride to Swatara State Park **\$(OOB) 3:00 Aromatherapy Hand & Neck Massage (2F) 6:30 Card Club: Phase 10 (2F)	15 8:00 Breakfast & Daily Chronicle (DR) 9:30 Move2Music (2F) 10:00 Errand Run **\$(OOB) 11:00 Jumbo Crossword Puzzle (2F) 2:00 Service in Action: Dog Treat for The S.P.C.A. (2F) 3:30 Confident Cruisers (1F) 6:30 Christmas Monopoly (2F)	16 9:30 Breakfast & Daily Chronicles (DR) 9:30 Balance in Action (2F) 10:00 World News (2F) 11:00 Lunch out at Summit View Restaurant & Tour of Blue Marsh Lake **\$(OOB) 4:00 Confident Cruisers (1F) 6:30 Checker Club (2F)	17 8:00 Breakfast & Daily Chronicles (DR) 9:30 Guided Meditation (2F) 10:00 Headline News (2F) 10:30 Finish the Lines: Christmas Carols (2F) 2:00 Movie: Polar Express (1F) 3:30 Hot Chocolate Bar (1F) 6:30 Board Games: Scrabble (2F)	18 8:00 Breakfast & Daily Chronicles (DR) 9:30 Bodypump Fitness (2F) 10:00 Service in Action: Delivering Treats To Pine Grove Police Department (OOB) 11:30 Confident Cruisers Appreciation Lunch: The Diner (OOB) 2:30 Crochet Corner (2F) 3:30 Giant Crossword Puzzle (2F) 6:30 Christmas Monopoly (2F)	19 8:00 Breakfast & Daily Chronicles (DR) 9:00 Muscle Mind & Fitness (2F) 10:00 Holiday Games: Snowman Bowling (2F) 11:00 Confident Cruisers (1F) 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 6:30 Jeopardy (1F) 7:30 The Lawrence Welk Show (2F)
		20 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 2:00 in2L: Methodist Service (1F) 3:00 in2L: Catholic Mass (1F) 4:00 Confident Cruisers (1F) 6:30 Mindful Colors (2F)	21 8:00 Breakfast & Daily Chronicles (DR) 9:00 Chair Aerobics (2F) 10:00 Helping Hands: Recycling Team (1F) 11:30 Volunteer Committee: Distributing Food For Helping Harvest Program (OOB) 4:00 Crossword Puzzle (2F) 6:30 Card Club: Phase 10 (2F)	22 8:00 Breakfast & Daily Chronicle (DR) 9:30 Move2Music (2F) 10:00 Fitness Class with Genesis (2F) 11:00 Jumbo Crossword Puzzle (2F) 2:00 Yoga with Leah (2F) 3:30 Fruit Smoothie Bar (2F) 6:30 Christmas Monopoly (2F)	23 9:30 Breakfast & Daily Chronicles (DR) 9:30 Balance in Action (2F) 10:00 World News (2F) 2:00 Baking Holiday Cookies (2F) 3:30 Helping Hands: Sharing with all of Our Friends (R) 4:00 Confident Cruisers (1F) 6:30 Checker Club (2F)	24 8:00 Breakfast & Daily Chronicles (DR) 9:30 Guided Meditation (2F) 10:00 Holy Rosary EWTN 49 11:00 Confident Cruisers (1F) 2:00 Movie: White Christmas (2F) 3:30 Christmas Puzzle Packs (2F) 6:30 Board Games: Scrabble (2F) Christmas Eve	25 8:00 Breakfast & Daily Chronicles (DR) 9:30 Bodypump Fitness (2F) 10:00 Moral Decisions (2F) 10:30 Meaningful Holiday Poetry: Christmas Bells (2F) 2:00 Movie Matinee: White Christmas (1F) 3:30 Cookies & Cocoa Social (1F) 6:30 Christmas Monopoly (2F) Christmas Day	26 8:00 Breakfast & Daily Chronicles (DR) 9:00 Muscle Mind & Fitness (2F) 10:00 Holiday Games: Do you Smell what I Do? (2F) 11:00 Confident Cruisers (1F) 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 6:30 Jeopardy (1F) 7:30 The Lawrence Welk Show (2F)
		27 9:30 Whole Body Stretches (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Joel Osteen Ministries (2F) 12:00 Wine & Dine (DR) 2:00 Church of God Worship Service (DR) 3:00 Social Hour (DR) 4:00 Confident Cruisers (1F) 6:30 Mindful Colors (2F)	28 8:00 Breakfast & Daily Chronicle (DR) 9:30 Chair Aerobics (2F) 10:00 Helping Hands: Recycling Team (1F) 1:30 Art Exploration: Winter Painting with Sharon (2F) 3:30 Confident Cruisers (1F) 6:30 Card Club: Phase 10 (2F)	29 8:00 Breakfast & Daily Chronicle (DR) 9:30 Move2Music (2F) 10:00 Fitness Class with Genesis (2F) 11:00 Jumbo Crossword Puzzle (2F) 2:00 Drums & Motion with Joe (2F) 3:30 Daily Mass (EWTN) 6:30 Christmas Monopoly (2F)	30 9:30 Breakfast & Daily Chronicles (DR) 9:30 Balance in Action (2F) 10:00 Mother Angelica Service EWTN 49 12:00 December Birthday Celebration (DR) 2:00 Memory Magic (2F) 3:30 Coffee & Flavored Creamer Tasting (2F) 4:00 Jigsaw Puzzle (2F) 6:30 Checker Club (2F)	31 8:00 Breakfast & Daily Chronicles (DR) 9:00 Guided Meditation (2F) 10:00 Jumbo Crossword Puzzle (2F) 11:00 Helping Hands: Preparing for NY's Party (2F) 2:00 Entertainment by The Piano Man Brian (L) 3:00 Balloon Drop and Champagne (L) New Year's Eve	Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (L) Lobby	

December 2020