

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

- | | |
|---------------------|------------------|
| Ann DiRenzo | Anneliese Hueske |
| Ann Mohrman | Merry Hoover |
| Dorothy Schaeffer | Anna Mae Callan |
| Cecilia Kamieniecki | Marion Barton |
| Shirley Lerch | Richard Purcell |
| Jean Weist | Nancy Kryneck |
| Barbara Higgins | |
| Marilyn Doyle | |



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

Tanya Hoy, Executive Director

Highlighted Events

- 8 – **Folklore & Coal Mining**
Presentation by Jay Smar
- 16 – **Berwick Boulevard Christmas Lights Display**
Connections Club
- 22 – **Gifts of Joy Crafts Club Celebration**
- 23 – **Secret Santa Christmas Party**
Connections Club
- 31 – **New Year's Eve Celebration**
Entertainment by Cindy Robertson

Welcome New Residents

- Constance Hafer
- Russell Fidler
- Merry Hoover
- Diane Mick
- Joseph Stokus
- Joyce Beneck



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	
<p style="text-align: center;">THE <i>Club</i></p>		1	2	3	4	5	
			9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Sing-A-Long (CN) 10:30 Hydration & Small Bites (CN) 11:00 Walk for Heart Health (1:1) 1:00 Club Carolers Practice (C) 2:00 Secret Santa Name Exchange (C) 2:30 Discuss & Recall: History of Christmas Trees (C) 3:00 Game of Things (C)	9:00 Morning Meeting & Inspirations (A) 9:30 Coffee, Donuts & Discussions (A) 10:30 Church with Pastor Randy (C) 11:00 Walk for Heart Health (1:1) 1:00 Trivia (ML) 2:00 Fireside Meet Up: Crock Pot Mulled Cider & Cookies Social (ML) 3:30 Video Chat with Families (1:1)	9:00 Morning Meeting & Inspirations (SL) 9:30 Daily Chronicle & Discussions (SL) 10:00 Wall Scrabble (SL) 10:30 Hydration Cart (SL) 1:00 Meditation for Inner Peace (SL) 2:00 Art Class with Shannon (A) 2:30 Hydration & Small Bites (SL) 3:00 Brain Fitness (SL) 3:30 Confident Cruisers Walking Club (ML)	9:00 Morning Meeting & Inspirations (SL) 9:30 Daily Chronicle & Discussions (SL) 10:15 WildEarth Live Virtual Safari (SL) 10:30 Hydration & Small Bites (SL) 11:00 Walk for Heart Health (1:1) 2:00 Cocktail Hour (A) 3:00 Communion Service (C) 3:30 Jigsaw Puzzles (SL)	9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Baking Club (A) 10:30 Talk & Taste (A) 1:00 Walk for Heart Health (1:1) 2:00 Nickel Bingo \$\$ (A) 2:30 Hydration & Small Bites (A) 3:30 iN2L Virtual Travel: Camping Sites of the Future via KOA (C)
	6	7	8	9	10	11	12
	9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Stretches to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:15 Movie: <i>Christmas Shoes</i> (A) 3:00 Communion Service (C) 3:15 iN2L Lifelong Learning (LIB)	9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Memory Magic (CN) 10:30 Hydration & Small Bites (CN) 1:00 Lite & Lively Exercise (C) 2:00 Making of Dried Fruit (A) 3:00 Communion Service (C) 3:30 Riddles (C)	9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Sing-A-Long (CN) 10:30 Hydration & Small Bites (CN) 11:00 Walk for Heart Health (1:1) 1:00 Club Carolers Practice (C) 2:00 Craft: Dried Fruit & Pines Door Swags (C) 2:30 Hydration Cart (C) 3:30 Riddles (FR)	9:00 Morning Meeting & Inspirations (A) 9:30 Coffee, Donuts & Discussions (A) 10:30 Church with Pastor Randy (C) 1:00 Hairstyles & Mimosas 2:00 Christmas Portraits by Virginia (C) 2:30 Cranium Crunches (C) 3:00 Hydration & Small Bites (C) 3:30 Video Chat with Families (1:1)	9:00 Morning Meeting & Inspirations (SL) 9:30 Daily Chronicle & Discussions (SL) 10:00 Appreciation Club: Reception (SL) 10:30 Hydration & Small Bites (SL) 1:00 Helping Hands: Delivering Gifts (AF) 2:00 Birthday Celebration: Entertainment by Cindy Robertson (CN) 3:00 Reminiscing with Friends (CN) 3:30 Confident Cruisers Walking Club (ML)	9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Communion Service (C) 10:15 iN2L: National Women's History Museum (CN) 10:30 Hydration & Small Bites (CN) 1:30 Zumba with Michelle (A) 2:15 UNO (A) 3:00 Cranium Crunches (A) 3:30 Cocktail Hour (A)	9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Baking Club (A) 10:30 Talk & Taste (A) 1:00 Fireside Meet Up: Christmas Traditions (ML) 2:00 Nickel Bingo \$\$ (DR) 3:30 Virtual Travel with American Dairy Association North East: Fun on the Farm (C)
	13	14	15	16	17	18	19
9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Kickball to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Movie: <i>The Rockettes Christmas Spectacular</i> (A) 3:15 iN2L Lifelong Learning (LIB)	9:00 Morning Meeting & Inspirations (P) 9:30 Daily Chronicle & Discussions (P) 10:15 Memory Magic (CN) 10:30 Hydration & Small Bites (CN) 1:00 Urban Myth Game (C) 2:00 Providence Place Wishes Meeting (A) 3:00 Communion Service (C) 3:30 Sittercise (SL)	9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Sing-A-Long (CN) 10:30 Hydration & Small Bites (CN) 11:00 Walk for Heart Health (1:1) 1:00 Club Carolers Practice (C) 2:00 Reindeer Games (C) 2:30 Hydration Cart (C) 3:30 Winner's Circle for Prizes (C)	9:00 Morning Meeting & Inspirations (C) 9:30 Coffee, Donuts & Discussions (A) 10:30 Church with Pastor Randy (C) 1:00 Jigsaw Puzzles (C) 3:00 Leave for Berwick Boulevard Christmas Lights Display (OOB) 3:30 Video Chat with Families (1:1) 4:00 Take Out Dinner (OOB) 5:00 Christmas Lights Display (OOB)	9:00 Morning Meeting & Inspirations (C) 9:30 Daily Chronicle & Discussions (C) 10:00 Parachute & Ball Game (C) 10:30 Hydration & Small Bites (C) 1:00 Brain Games (C) 2:00 Helping Hands: Set Up (C) 2:30 Art Class with Kim (C) 3:00 Hydration & Small Bites (C) 3:30 Confident Cruisers Walking Club (ML)	9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 iN2L: Favorite Moments on TV Reminiscing (CN) 10:30 Hydration & Small Bites (CN) 1:30 Zumba with Michelle (A) 2:00 Wrap Up Event (C) 3:00 Communion Service (C) 3:30 Cocktail Hour (A)	9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Baking Club (A) 10:30 Talk & Taste (A) 11:00 Walk for Heart Health (ML) 2:00 Nickel Bingo \$\$ (DR) 3:30 iN2L Virtual Travel: It's a Small World Ride at Disney (C)	
20	21	22	23	24	25	26	
9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Stretches to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Movie: <i>It's a Wonderful Life</i> (A) 3:15 iN2L Lifelong Learning (LIB)	9:00 Morning Meeting & Inspirations (P) 9:30 Daily Chronicle & Discussions (P) 10:15 Memory Magic (CN) 10:30 Hydration & Small Bites (CN) 1:00 Lite & Lively Exercise (C) 2:00 Words in Words (C) 3:00 Communion Service (C) 3:30 World Religion (A)	9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Sing-A-Long (CN) 10:30 Hydration & Small Bites (CN) 11:00 Walk for Heart Health (1:1) 1:00 Club Carolers Practice (C) 2:00 Life Stories (C) 2:30 Name That State (C) 3:00 Comedy Hour: Funny Bones (A)	9:00 Morning Meeting & Inspirations (A) 9:30 Coffee, Donuts & Discussions (A) 10:30 Church with Pastor Randy (C) 11:00 Walk for Heart Health (1:1) 1:00 Helping Hands: Set Up 2:00 Secret Santa Christmas Party (C) 3:30 Video Chat with Families (1:1)	9:00 Morning Meeting & Inspirations (SL) 9:30 Daily Chronicle & Discussions (SL) 10:00 Door to Door Christmas Caroling by Club Carolers (AF) 1:00 Christmas Word Finds (SL) 2:00 Making of Christmas Treats (A) 3:00 Talk & Taste (A) 3:30 Confident Cruisers Walking Club (ML)	9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 iN2L: Holiday Traditions from Different Countries (CN) 10:30 Hydration & Small Bites (CN) 11:00 Christmas Celebration (DR) 2:00 Christmas Cookies & Trivia (C) 3:00 Communion Service (C) 3:30 Cocktail Hour (A)	9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussion (A) 10:00 Baking Club (A) 11:00 Talk & Taste (A) 1:00 Walk for Heart Health (ML) 2:00 Nickel Bingo \$\$ (DR) 3:30 iN2L Virtual Travel: Hanging Gardens of Babylon (C)	
27	28	29	30	31	<p style="text-align: center;">December 2020</p>		
9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Stretches to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:00 Rosary & Communion with Deacon Henninger (C) 2:00 Movie: <i>A Christmas Blessing</i> (A) 3:15 iN2L Lifelong Learning (LIB)	9:00 Morning Meeting & Inspirations (P) 9:30 Daily Chronicle & Discussions (P) 10:15 Memory Magic (CN) 10:30 Hydration & Small Bites (CN) 1:00 No Sew Blanket Circle (C) 2:00 Rosary & Communion (C) 2:00 Exercise to the Oldies (SL) 3:30 Mind Joggers (SL)	9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Sing-A-Long (CN) 11:00 Walk for Heart Health (1:1) 2:00 The Art of Conversation Game (SL) 2:30 Making of Cream Cheese & Orange Marmalade Crackers (SL) 3:00 Creative Writing: New Years Resolutions (SL)	9:00 Morning Meeting & Inspirations (FR) 9:30 Daily Chronicle & Discussions (FR) 10:00 Color & Create: Aquatic Life (FR) 11:00 Walk for Heart Health (1:1) 1:00 Drama Club (C) 2:00 Reindeer Races (C) 3:00 Winner's Circle for Prizes (C) 3:30 Video Chat with Families (1:1)	9:00 Morning Meeting & Inspirations (I) 9:30 Daily Chronicle & Discussions (FR) 10:00 Folklore, Fun Facts, & Traditions (SL) 1:00 Roll the Dice (SL) 2:00 Discussion: Time's Running Out! (SL) 2:30 Hydration & Small Bites (SL) 3:00 Confident Cruisers Walking Club (ML) 6:00 Helping Hands: Set Up 7:00 New Year's Eve Celebration (DR)			<p>Calendar Key: (A) Activity Room (LIB) Library (1:1) 1 on 1 (C) Chapel (OOB) Out of Building (CN) Connections (FR) Florida Room (ML) Main Lobby (SL) South Lounge (DR) Dining Room</p>
Christmas Eve						Christmas Day	
New Year's Eve							