

# 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*

*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



Dimensions  
of Wellness

## Resident Birthdays

### December

Ann DiRenzo

Ann Mohrman

Dorothy Schaeffer

Cecilia Kamieniecki

Shirley Lerch

Jean Weist

Barbara Higgins

Marilyn Doyle

Anneliese Hueske

Merry Hoover

Anna Mae Callan

Marion Barton

Richard Purcell

Nancy Krynack



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

Constance Hafer

Russell Fidler

Merry Hoover

Diane Mick

Joseph Stokus

Joyce Beneck



| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|--|---|--|---|---|---|--|
|  |   | 1<br>10:00 Gifts of Joy Craft Club:<br>Making Ornaments (A)<br>11:00 Hydration Mix Station (A)<br>1:15 Chair Aerobics Exercise & Guided Meditation Class (A)<br>2:00 TED Talk & Discussion:<br><i>Restoring Human Dignity at the US Southern Border</i> (A)<br>2:45 Decking the Halls (A)<br>3:00 Crochet Club (2SL)<br>6:15 Kings in the Corner (A) | 2<br>8:30 Daily Chronicle & Devotions (DR)<br>9:00 Breakfast Club (A)<br>10:00 Balance in Action (A)<br>10:00 Dinning Committee Meeting (DR)<br>10:30 Worship with Pastor Randy (CH)<br>11:00 Blind Tasting: Cranberry Sauce (ML)<br>1:15 Manicures & Mimosas (A)<br>2:00 The Nutcracker:<br>Tchaikovsky's Gift to Christmas (A)<br>6:15 Nickel PO-KE-NO \$\$ (A)     | 3<br>9:00 Banks & Post Office*** (OOB)<br>10:00 Drum Sticks Exercise (SL)<br>11:00 Diners Lunch Caravan:<br>Dutch Kitchen Restaurant*** (OOB)<br>1:15 Xbox Bowling Club (A)<br>2:00 Art Class by Shannon:<br>Acrylics on Canvas (A)<br>3:30 Community Life Planning Meeting (A)<br>6:15 Kings in the Corner (A)   | 4<br>8:30 Daily Chronicle & Devotions (DR)<br>10:00 Communion Service (CH)<br>1:30 Zumba Fitness with Michele (A)<br>2:30 Trivial Pursuit (2SL)<br>3:00 Communion Service (CH)<br>3:30 Cocktail Hour:<br>A Very Thanks-Mas Happy Hour (A)<br>6:30 UNO (2SL)   | 5<br>10:00 Country Kitchen Club (A)<br>2:00 Nickel Bingo \$\$ (DR)<br>3:15 Helping Hands:<br>Fresh Flower Arranging (A)<br>3:30 EdU Travel: Ireland (A)<br>6:15 Schuylkill County Monopoly (A)<br><br>TBD Rutgers vs. Penn State Football  |
| 6<br>8:00 TV Catholic Mass Services (Ch. 49)<br>10:00 Movement & Meditation (A)<br>11:00-1:00 Wine & Dine (DR)<br>2:00 Communion Service (CH)<br>2:30 Movie: <i>Christmas Shoes</i> (A)<br>3:00 Communion Service (CH)<br>3:30 iN2L Lifelong Learning:<br>Food Nutrition (2NL)<br>6:30 Connect Four (A)  | 7<br>8:30 Daily Chronicle & Devotions (DR)<br>10:00 Communion Service (CH)<br>10:30 Yoga Fitness with Michele (A)<br>1:30 Circle of Friends (CH)<br>3:00 Communion Service (CH)<br>3:30 World History: Finland (A)<br>6:30 Bridge Club (A)  | 8<br>10:00 Gifts of Joy Craft Club:<br>Christmas Wreaths (A)<br>11:00 Hydration Mix Station (A)<br>1:15 Chair Aerobics Exercise & Guided Meditation Class (A)<br>2:00 EdU - Presentation:<br><i>Folklore &amp; Coal Mining of the Northeast</i> By Jay Smar (DR)<br>3:00 Puzzle Club (3F)<br>6:15 Kings in the Corner (A)                            | 9<br>8:30 Daily Chronicle & Devotions (DR)<br>9:00 Breakfast Club (A)<br>10:00 Balance in Action (A)<br>10:30 Worship with Pastor Randy (CH)<br>11:00 Blind Tasting: Eggnog (ML)<br>1:15 Manicures & Mimosas (A)<br>2:00 BP & Wt Wellness Clinic (A)<br>3:30 Fireside Chat with Executive Director Tanya Hoy (CH)<br>6:15 Nickel PO-KE-NO \$\$ (A)                    | 10<br>9:30 Errands Run: Walmart*** (OOB)<br>10:00 Gift Making for the Team:<br><i>S'more People Like You</i> (A)<br>11:00 S'more Booth Station (ML)<br>1:15 Xbox Bowling Club (A)<br>2:30 EdU-Presentation:<br>Schuylkill County Chamber of Commerce by Robert S. Carl, CEO & Samantha Chivinski, Member Relations Director (A)<br>6:15 Kings in the Corner (A) | 11<br>8:30 Daily Chronicle & Devotions (DR)<br>10:00 Communion Service (CH)<br>10:30 Baking Club:<br>Gingerbread Cookies (A)<br>1:00 Grief Share (CH)<br>1:30 Zumba Fitness with Michele (A)<br>3:00 Communion Service (CH)<br>3:30 Cocktail Hour: Gingerbread Cookie (A)<br>6:30 Scrabble (A)                  | 12<br>9:30 Retail Shopping:<br>Boscovs** (OOB)<br>11:00 Crosswords & Word Finds (ML)<br>2:00 Nickel Bingo \$\$ (DR)<br>3:15 Pottsville Community Engagement:<br>Evergreen Festival** \$\$ (OOB)<br>6:15 Schuylkill County Monopoly (A)<br><br>TBD Penn State vs. Michigan State Football |
| 13<br>8:00 TV Catholic Mass Services (Ch. 49)<br>10:00 Movement & Meditation (A)<br>11:00-1:00 Wine & Dine (DR)<br>1:15 Dessert Caravan: Dairy Queen*** (OOB)<br>2:00 Communion Service (CH)<br>2:30 Movie: <i>The Rockettes</i> (A)<br>3:00 Communion Service (CH)<br>3:30 iN2L Lifelong Learning:<br>Price is Right (2NL)<br>6:30 Connect Four (A)                               | 14<br>8:30 Daily Chronicle & Devotions (DR)<br>10:00 Communion Service (CH)<br>10:30 Yoga Fitness with Michele (A)<br>1:30 Country Kitchen Club:<br>Creamy Butternut Squash Soup & Homemade Bread Taster (A)<br>3:00 Communion Service (CH)<br>3:30 Cranium Crunches & Brain Teases (A)<br>6:30 Bridge Club (A)                                     | 15<br>10:00 Gifts of Joy Holiday Bazaar (ML)<br>11:00 Hydration Mix Station (ML)<br>1:15 Chair Aerobics Exercise & Guided Meditation Class (A)<br>2:00 Gifts of Joy Holiday Bazaar (ML)<br>3:00 Crochet Club (2SL)<br>6:15 Kings in the Corner (A)   | 16<br>8:30 Daily Chronicle & Devotions (DR)<br>9:00 Breakfast Club (A)<br>10:00 Chair Aerobics Exercise Class (A)<br>10:30 Worship with Pastor Randy (CH)<br>11:00 Blind Tasting:<br>Holiday Ice Cream Flavors (ML)<br>1:15 Manicures & Mimosas (A)<br>2:00 White Elephant Exchange Game (A)<br>6:15 Nickel PO-KE-NO \$\$ (A)   | 17<br>9:00 Banks & Post Office*** (OOB)<br>10:00 Drum Sticks Exercise (A)<br>1:15 Xbox Bowling Club (A)<br>2:00 Jumbo Wall Jeopardy (A)<br>3:30 Dinner Out & Christmas Lights:<br>Country View Diner & Family Restaurant & Winter Lights Spectacular*** (OOB)<br>5:00 December Birthday Dinner (DR)<br>6:15 Kings in the Corner (A)                             | 18<br>8:30 Daily Chronicle & Devotions (DR)<br>10:00 Communion Service (CH)<br>1:30 Zumba Fitness with Michele (A)<br>2:30 EdU—Presentation:<br>Schuylkill County Courthouse History By Theresa Gaffney (A)<br>3:00 Communion Service (CH)<br>3:30 Cocktail Hour: Peppermint Candy (A)<br>6:30 Scrabble (A)     | 19<br>10:00 Country Kitchen Club (A)<br>2:00 Nickel Bingo \$\$ (DR)<br>3:15 Helping Hands:<br>Fresh Flower Arranging (A)<br>3:30 EdU Travel: Germany (A)<br>6:15 Schuylkill County Monopoly (A)  |
| 20<br>8:00 TV Catholic Mass Services (Ch. 49)<br>10:00 Movement & Meditation (A)<br>11:00-1:00 Wine & Dine (DR)<br>2:00 Communion Service (CH)<br>2:30 Movie: <i>It's a Wonderful Life</i> (A)<br>3:00 Communion Service (CH)<br>3:30 iN2L Lifelong Learning:<br>How it's Made Artificial Christmas Tree (2NL)<br>6:30 Connect Four (A)  | 21<br>8:30 Daily Chronicle & Devotions (DR)<br>10:00 Communion Service (CH)<br>10:30 Yoga Fitness with Michele (A)<br>10:30 Game Club (2SL)<br>1:30 Coffee & Tea 101: Market Square (A)<br>2:30 Welcome Ambassadors Committee Meeting (A)<br>3:00 Communion Service (CH)<br>3:30 TED Talk & Discussion:<br><i>It's Time to Reclaim Religion</i> (A) | 22<br>10:00 Craft Club: Pine Cone Trees (A)<br>11:00 Hydration Mix Station (A)<br>1:15 Chair Aerobics Exercise & Guided Meditation Class (A)<br>2:00 Gifts of Joy Craft Club Celebration (A)<br>3:00 Puzzle Club (3F)<br>6:15 Kings in the Corner (A)  | 23<br>8:30 Daily Chronicle & Devotions (DR)<br>9:00 Breakfast Club (A)<br>10:00 Chair Aerobics Exercise Class (A)<br>10:30 Worship with Pastor Randy (CH)<br>11:00 Blind Tasting: Figgy Pudding (ML)<br>1:15 Manicures & Mimosas (A)<br>2:00 Food for Thought by Chef Tuan Featuring Pumpkin Strata (DR)<br>3:30 Card Club (2SL)<br>6:15 Nickel Polish Bingo \$\$ (A) | 24<br>10:00 Drum Sticks Exercise (A)<br>11:30 Christmas Eve Holy Supper (DR)<br>1:15 Xbox Bowling Club (A)<br>2:00 NFL Football Commercial Clips (A)<br>3:30 One with Nature: Bird Watching & Photography (2FP)<br>6:15 Kings in the Corner (A)   | 25<br>8:30 Daily Chronicle & Devotions (DR)<br>10:00 Communion Service (CH)<br>2:30 Movie: <i>Christmas Story</i> with Hot Chocolate (A)<br>3:00 Communion Service (CH)<br>3:30 Cocktail Hour: Merry Christmas (A)<br>6:30 Card Game (2SL)  | 26<br>9:30 Retail Shopping:<br>Kohl's** (OOB)<br>11:00 Crosswords & Word Finds (ML)<br>2:00 Nickel Bingo \$\$ (DR)<br>3:15 Christmas Trivia (A)<br>6:15 Schuylkill County Monopoly (A)   |
| 27<br>8:00 TV Catholic Mass Services (Ch. 49)<br>10:00 Movement & Meditation (A)<br>11:00-1:00 Wine & Dine (DR)<br>1:15 Diners Dessert Caravan:<br>Twisted Sisters*** (OOB)<br>2:00 Communion Service (CH)<br>2:30 Movie: <i>Christmas Blessing</i> (A)<br>3:00 Communion Service (CH)<br>3:30 iN2L Lifelong Learning: Dirty Jobs Christmas edition (2NL)<br>6:30 Connect Four (A) | 28<br>8:30 Daily Chronicle & Devotions (DR)<br>10:00 Communion Service (CH)<br>10:30 Yoga Fitness with Michele (A)<br>2:00 Bethlehem History (A)<br>3:00 Communion Service (CH)<br>3:30 Nickel Polish Bingo \$\$ (A)<br>6:15 Bridge Club (A)  | 29<br>10:00 Craft Club: Make a Collage (A)<br>11:00 Men's Club Lunch Out:<br>Granma's *** (OOB)<br>1:15 Chair Aerobics Exercise & Guided Meditation Class (A)<br>2:00 New Residents & Welcome Ambassadors Mixer (A)<br>3:00 Crochet Club (2SL)<br>6:15 Kings in the Corner (A)   | 30<br>8:30 Daily Chronicle & Devotions (DR)<br>9:00 Breakfast Club (A)<br>10:00 Chair Aerobics Exercise Class (A)<br>10:30 Worship with Pastor Randy (C)<br>11:00 Blind Tasting: Bubbly Drinks (ML)<br>1:15 Manicures & Mimosas (A)<br>2:00 Chef's Pairings by Chef Tuan (DR)<br>6:15 Nickel PO-KE-NO \$\$ (A)  | 31<br>10:00 Drum Stick Exercise (2SL)<br>11:30 Craft Club: Noise Makers (A)<br>1:15 Xbox Bowling Club (A)<br>2:00 Refreshment Hour (A)<br>3:30 Helping Hands: New Years Eve Decorating (DR)<br>6:15 Kings in the Corner (A)<br>7:00 New Years Eve Party (DR)  | <b>Calendar Key:</b><br>Activity Room (A), Chapel (CH)<br>2nd Floor South Lounge (2SL),<br>2nd Floor North Lounge (2NL)<br>Main Lobby (ML),<br>Dining Room (DR), Library (LIB)<br>First Floor Patio (1FP)<br>Second Floor Patio (2FP)<br>Out of Building (OOB)<br>Registration Required**<br>Cost Involved \$\$ |  |
|  |   |  |   |   | <b>December</b><br><br><b>2020</b>  |  |