

Focus on Wellness

With the new year, brings a renewed sense of hope. Our COVID-19 vaccine is on the horizon with expected availability in all communities around late January. The two versions currently being distributed are mRNA vaccines, so we wanted to communicate what that means and why it is considered safe for our residents & team members.

According to the CDC, mRNA vaccines contain materials from the virus that causes COVID-19. This material gives our cells instructions for how to make a harmless protein that is unique to the virus. This protein cannot build a virus or cause infection. After making the protein, they destroy the genetic materials from the vaccine. Our bodies recognize that the protein should not be there and builds antibodies that will remember how to fight the virus if infected in the future.

The vaccine administration details are to the right. Additional information available at: <https://www.cdc.gov/vaccines/covid-19/index.html>

- First dose administered
- Second dose administered 21-28 days later
- Immunity considered effective 2-3 weeks after second dose
- Long-term immunity is unknown until further research is completed
- If you have tested positive for COVID-19, it is safe to receive the vaccine once you have recovered



Providence Place SENIOR LIVING News

Q1: January 2021

A Note from the Executive Director

Wishing everyone a very Happy New Year as we look forward with hope for a better & healthier 2021. I want to thank all of our coworkers, residents and families who have continued to help us in our battle with the COVID virus.

We are hopeful that our Community will remain healthy throughout the winter season as we await the arrival of the much-anticipated vaccine.

We hope that you are enjoying your visits with loved ones and we appreciate your focus and efforts on masking, sanitizing and social distancing during your visits. This will help ensure we all stay safe and can continue to conduct visits.

Best wishes for a Joyous Holiday season,

Francie Hoch, Executive Director

Highlighted Events

- 3 – **Pizza Party & Eagles Football**
@ 1pm
- 11 – **Beach Happy Hour**
@ 4pm
- 20 – **National Penguin Day & Indoor Snowball Throw**
@ 1pm

Welcome New Residents

Richard Walter
Theresa Kuhna
Joseph Giovinazzi



Dimensions
of Wellness

Resident Birthdays

January

Nevin Schrock
Carole Hensel
Sandella Lapps
Maryann McAnena
Richard Schneible
Diana Hennessy
Albert Schofield

February

Anna Walchonski
Pat Peeples
Amedeo Barbine
Luigi Balestra
Barbara Wilson
Helena Winn
Mary Balestra

March

Joan Miller
Alice Orlan
Josephine Lawrie




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;">January 2021</p>		<p>Calendar Key: (CR) Community Room, (AR) Activity Room, (OL) Old Lobby, (P) Pub, (L) Lobby, (WO) Wellness Office (T) Theater, (OOB) Out of Building, (GR) Game Room, (DR) Dining Room, (V) Virtual</p> <p>** Registration Required</p>			<p style="text-align: right;">1</p> <p>9:30 This Day in History (CR) 10:30 Wii Bowling (CR) 1:00 New Year's Resolutions (CR) 2:00 One on One Visits 3:30 Happy Hour & Hors d'oeuvres (P) 6:00 Resident Run Card Games (AR)</p> <p style="text-align: center;">New Year's Day</p>	<p style="text-align: right;">2</p> <p>9:30 Confident Cruisers (L) 10:30 Exercise and Stretch (CR) 11:00 Today in History (OL) 1:00 Bingo (AR) 2:00 Wii Bowling (CR) 3:00 Card Club (AR) 4:00 Jumbo Crossword Puzzle (CL)</p>
<p style="text-align: right;">3</p> <p>8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (CR) 11:00 Tai Chi (CR) 1:00 Pizza Party during Eagles Game ** 3:00 Card Games (CR) 4:00 Room to Room Visits 6:00 Resident Led Rosary (CR)</p>	<p style="text-align: right;">4</p> <p>9:30 Strengthen and Balance (CR) 10:30 Culinary Club: Roasted Pepper and Mozzarella Balls (AR) 1:00 Bingo (AR) 2:00 Locomotion class with Nadine (AR) 3:00 Billiards (GR) 3:45 Happy Hour & Hors d'oeuvres (P) 6:00 UNO (AR)</p>	<p style="text-align: right;">5</p> <p>9:30 Walking Club (L) 10:30 In room Visits 11:30 Daily Chronicle (CR) 1:00 Health & Wellness Clinic (WC) 2:00 Pinochle Club (AR) 3:00 Mexican Train (CR) 4:00 Rosary (CR) 6:00 Trivia Night (OL)</p>	<p style="text-align: right;">6</p> <p>9:30 Walking Club (L) 10:30 - Bakers Corner: Peanut Butter Butter Blossom Cookies (AR) 1:00 Ladderball (CR) 2:00 Crafty Crew:: Winter Jewelry Making (AR) 3:00 Card Club: Rummy (CR) 4:00 In Room Visits 6:00 Resident Led Bingo (AR)</p>	<p style="text-align: right;">7</p> <p>9:30 Walking Club (L) 10:30 Country Ride Session One** (OOB) 11:00 Virtual Bible Study (T) (V) 1:00 Country Ride Session Two** (OOB) 2:00 Left Center Right Card Game (CR) 3:00 In Room Visits 4:00 Rosary (CR) 6:00 Trivia Night (AR)</p>	<p style="text-align: right;">8</p> <p>9:30 Walking Club (L) 10:30 EU - Wellness with Genesis (CR) 11:30 This Day in History (CR) 1:00 Balance Fitness w/ Nadine (CR) (V) 2:00 Mexican Train (CR) 3:00 Flower Arranging (AR) 3:45 Happy Hour & Hors d'oeuvres (P) 6:00 Resident Run Card Games (AR)</p>	<p style="text-align: right;">9</p> <p>9:30 Walking Club (L) 10:30 Monopoly Card Game (CR) 11:30 Today in History (CR) 1:00 Bingo (AR) 2:15 Wii Bowling (CR) 3:30 Card Club (AR) 4:00 Make-A-Word (CR)</p>
<p style="text-align: right;">10</p> <p>8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (CR) 11:00 Tai Chi (CR) 1:00 Movie Matinee Special (T) <i>The Proposal</i> 3:00 Room to Room Visits 4:00 Rummy (CR)</p>	<p style="text-align: right;">11</p> <p>9:30 Beach Balloon Volleyball Game (CR) 10:30 Culinary Club: 1:00 Bingo (AR) 2:00 Locomotion Class w/ Nadine (CR) 3:00 Beach Themed Balloon Volley (CR) 4:00 Beach Themed Happy Hour (P) Featuring Pina Coladas 6:00 Monopoly Card Game (CR)</p> <p style="text-align: center;">Winter Beach Party</p>	<p style="text-align: right;">12</p> <p>9:30 Walking Club (L) 10:30 In Room Visits 11:30 Daily Chronical (CR) 2:00 Pinochle Club (AR) 3:00 Mexican Train (CR) 4:00 Rosary (CR) 6:00 Trivia Night (OL)</p>	<p style="text-align: right;">13</p> <p>9:30 Walking Club (L) 10:30 Baking Club: Chocolate Covered Pretzels (AR) 11:30 A Day in History (AR) 1:00 In the News w/ Joe (CR) 2:00 Rummy Card Club (CR) 3:00 Crafty Crew: Civic Project (AR) 4:00 In Room Visits 6:00 Resident Led Bingo (AR)</p>	<p style="text-align: right;">14</p> <p>9:30 Walking Club (L) 10:30 Country Ride Session One** (OOB) 11:00 Virtual Bible Study (T) (V) 1:00 Country Ride Session Two** (OOB) 1:00 Fireside Chat (OL) 3:00 In Room Visits 4:00 Rosary (T) 6:00 Game Night (CR)</p>	<p style="text-align: right;">15</p> <p>9:30 Walking Club (L) 10:30 Wii Bowling (CR) 11:30 This Day in History (CR) 1:00 Balance Fitness w/ Nadine (CR) (V) 2:00 Monopoly Card Game (CR) 3:00 TED Talk on Covid Vaccine (CR) 3:45 Happy Hour & Hors d'oeuvres (P) 6:00 Resident Run Card Games (AR)</p>	<p style="text-align: right;">16</p> <p>9:30 Walking Club (L) 10:30 Word Games (CR) 11:30 Today in History (CR) 1:00 Bingo (AR) 2:15 Wii Bowling (CR) 3:30 Card Club (AR) 4:00 Trivia (CR)</p>
<p style="text-align: right;">17</p> <p>8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:00 Current Events Discussion (CR) 11:00 Tai Chi (CR) 1:00 Movie Matinee Special (T) <i>Sweet Home Alabama</i> 3:00 Room Visits 4:00 Card Games (CR)</p>	<p style="text-align: right;">18</p> <p>9:30 Walking Club (L) 10:30 Culinary Club: 1:00 Bingo (AR) 2:00 Locomotion Class w/ Nadine (AR) 3:00 Billiards (GR) 3:45 Happy Hour & Hors d'oeuvres (P) 6:00 Monopoly Card Game (CR)</p> <p style="text-align: center;">Martin Luther King Day</p>	<p style="text-align: right;">19</p> <p>9:30 Walking Club (L) 10:30 In Room Visits 11:30 Daily Chronical (CR) 2:00 Pinochle Club (AR) 3:00 Mexican Train (CR) 4:00 Rosary (CR) 6:00 Game Night (CR)</p>	<p style="text-align: right;">20</p> <p>9:30 Walking Club (L) 10:30 Baking Club: Penguin Cookies (AR) 12:00 December Birthday Celebration (DR) 1:00 Indoor Snowball Throw (CR) 2:00 Rummy (CR) 3:00 Crafty Crew: Winer Tulle Wreath (AR) 4:00 In Room Visits 6:00 Resident Led Bingo (AR)</p>	<p style="text-align: right;">21</p> <p>9:30 Walking Club (L) 10:30 Country Ride Session One** (OOB) 10:30 Painting w/ Shayna Parker (AC) 1:00 Country Ride Session Two** (OOB) 2:00 Balloon Volley Ball (CR) 3:00 Card Club (CR) 4:00 Rosary (T) 6:00 Trivia Night (AR)</p>	<p style="text-align: right;">22</p> <p>9:30 Walking Club (L) 10:30 Wii Bowling (CR) 11:30 This Day in History (CR) 1:00 Balance Fitness w/ Nadine (CR) (V) 2:00 Card Games 3:00 Flower Arranging (AR) 3:45 Happy Hour & Hors d'oeuvres (P) 6:00 Resident Run Card Games (AR)</p>	<p style="text-align: right;">23</p> <p>9:30 Walking Club (L) 10:30 Monopoly Card Game (CR) 11:30 Today in History (CR) 1:00 Bingo (AR) 2:15 Wii Bowling (CR) 3:30 Card Club (AR) 4:00 Make-A-Word (CR)</p>
<p style="text-align: right;">24</p> <p>8:00 Televised Catholic Mass (Ch. 291) 9:00 Distribution of Communion (CR) 10:30 Current Events Discussion (CR) 11:00 Tai Chi (CR) 1:00 Movie Matinee Special (T) <i>The Greatest Showman</i> 3:00 Room Visits 4:00 Card Games (CR)</p>	<p style="text-align: right;">25</p> <p>9:30 Walking Club (L) 10:30 Culinary Club: Making Homemade Bread (AR) 1:00 Dining Committee (AR) 2:00 Locomotion Class w/ Nadine (CR) 3:00 Billiards (GR) 3:45 Happy Hour & Hors d'oeuvres (P) 6:00 Card Games (CR)</p>	<p style="text-align: right;">26</p> <p>9:30 Walking Club (L) 10:30 In Room Visits 11:30 Daily Chronicle (CR) 2:00 Cooking Demo w/ Chef Chad (AR) 3:00 Mexican Train (CR) 4:00 Rosary (CR) 6:00 Game Night (CR)</p>	<p style="text-align: right;">27</p> <p>9:30 Walking Club (L) 10:30 Baking Club: Peppermint Bark (AR) 1:00 Community Life Planning Meeting (CR) 2:00 Crafty Crew: Winter Tulle Wreath (AR) 3:00 In Room Visits 4:00 Active Games 6:00 Resident Led Bingo (AR)</p>	<p style="text-align: right;">28</p> <p>9:30 Walking Club (L) 10:30 Country Ride Session One** (OOB) 11:00 Virtual Bible Study (T) (V) 1:00 Country Ride Session Two** (OOB) 2:00 Balloon Volley Ball (CR) 3:00 Card Club (CR) 4:00 Rosary (CR) 6:00 Game Night (CR)</p>	<p style="text-align: right;">29</p> <p>9:30 Walking Club (L) 10:30 Wii Bowling (CR) 11:30 This Day in History (CR) 1:00 Balance Fitness w/ Nadine (CR) (V) 2:00 Card Games 3:00 In Room Visits 3:45 Happy Hour & Hors d'oeuvres (P) 6:00 Resident Run Bingo (AR)</p>	<p style="text-align: right;">30</p> <p>9:30 Walking Club (L) 10:30 Wii Bowling (CR) 11:30 This Day in History (CR) 1:00 Bingo (AR) 2:15 Wii Bowling (CR) 3:30 Card Club (AR) 4:00 Make-A-Word (CR)</p>