

# 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

Happy New Year! We are looking forward to a fresh start in 2021. Vaccines are on the horizon, hopefully late January.

With continuing gratitude, I would like to thank everyone for their patience and understanding during these trying times. I know this was an unusual holiday season, however the staff worked together to bring joy and holiday cheer to all. If we continue to have no new positive cases at Dover, we will be able to move forward to our precautionary phases (yellow). With this phase, we will proceed with small group activities, communal social distance dining, and salon services. We are only allowing essential healthcare providers into the building. All staff are continuing to wear mask throughout their shift. All new residents are on a 7-day isolation period. PPE is required for symptomatic and positive cases.

We will also resume our window visits. We ask for everyone to wear a face mask. If you or your loved one has an interior apartment, please call the front desk to schedule a window visit in the 100-patio area. Our staff would be more than happy to continue to assist with virtual visits such as FaceTime, Zoom, and Skype.

Breakfast will continue to be served in your apartment. Please don't place your empty containers in the hallway, staff will be by to pick up after your meal.

Thank you for your cooperation, hang in there we will get through this together!

*Howard Holben, Executive Director*

## Highlighted Events

- 3 – **Weekly Walk Around**  
@ 10 am
- 13 – **Lunch Pickup from Olive Garden** @ 11am
- 13 – **Winter Wonderland Drive** @ 3pm
- 21 – **Sweet Life Virtual Music Program** @ 2:15pm
- 25 – **Last Monday Movie**  
@ 1:30pm
- 27 – **Winter Sangria Social**  
@ 3pm

## Welcome New Residents

Katie Haas  
Charmaine Gladfelter  
Pat Strine  
Anna Mary Nace



Dimensions  
of Wellness

## Resident Birthdays

### January

Fred Harbold  
Junior Ruppert  
Lois Knold  
Dennis Henry  
Marcia Mascolini  
Faith Smith  
Edith Shroyer

### February

Anna Mae Myers  
Lucille Long  
Joan Schanck  
Joan Rauhauser  
Belma Dellinger  
Gloria Witmer  
Jean Kauffman  
Leroy Crone  
Charlotte Abel

Pat Heffner  
Katie Haas  
Daniel Spangler

### March

Mary Haver  
Sarah Senft  
Elmer Duttera  
Dale Crone  
Patricia White  
Helen Glatfelter  
Patrecia Hoshall  
James Strongin  
Faye Breeden  
Sally Kursar  
Dale Brillhart  
Mary Schroeder



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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	<i>January</i>	<b>Calendar Key:</b> <b>Connections Neighborhood (CN)</b> <b>Community Room/Chapel (CR/CH)</b> <b>Lobby (LB)</b> <b>Activity Room (AR)</b> <b>Pub (P)</b> <b>Fitness Room (FR)</b> <b>Fire Side (FS)</b>	<b>THE Club</b>		1 9:45 Daily Reading and Drinks (CR/CH) 10:00 Card Crunch Fitness (CR/CH) 10:30 New Years Club Celebration (CR/CH) 1:15 New Years Bingo (CR/CH) 2:45 Fitness Fun Ball (CR/CH)  New Year's Day	2 9:30 Chair Exercise (AR) 10:00 Donuts and News (AR) 11:00 Trivia (AR) 2:00 Bingo (AR) 3:00 Who am I ? (CR/CH)
3 9:45 Daily Reading and Drinks (CR/CH) 10:00 Walk Around Together (CR/CH) 10:30 Sunday Funnies (CR/CH) 10:45 Scripture of the Day (CR/CH) 2:00 Church Service (CR/CH) 3:00 Celebrity Spotlight (CR/CH)	4 9:45 Daily Reading and Drinks (CR/CH) 10:00 Imagery Fitness (CR/CH) 10:30 Memories in the Making (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Parks and Pamphlets (CR/CH) 2:30 Group Word Search (CR/CH) 3:15 Tunes Trivia (CR/CH)	5 9:30 Chair Exercise (AR) 10:00 Grief Share (AR) 10:30 Yoga with Alison (FR) 1:15 Sing Along with Sues Quartet (CN) 2:15 Praise and Pastries (CN) 3:00 Zingo with Friends (CN)	6 9:45 Daily Reading and Drinks (CR/CH) 10:00 Morning Exercise (CR/CH) 10:30 Cranium Crunches (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Good News (CR/CH) 2:30 Bingo (CR/CH)	7 9:45 Daily Reading and Drinks (CR/CH) 10:00 Sitting Zumba (CR/CH) 10:30 Trip to the Zoo IN2L (CR/CH) 1:30 Church Service (CR/CH) 2:15 Social Hour with Friends (CR/CH) 2:30 Happy Hour (P)	8 9:45 Daily Reading and Drinks (CR/CH) 10:00 Card Crunch Fitness (CR/CH) 10:15 Magazine Hunt (CR/CH) 10:45 Scripture of the Day (CR/CH) 2:00 Fitness Fun Ball (CR/CH) 3:00 Card Making (CR/CH)	9 9:45 Danish and Discussion (CR/CH) 10:00 Bulletins and Bible Songs (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Club Country Ride Around (LB) 3:00 What am I ? (CR/CH)
10 9:45 Daily Reading and Drinks (CR/CH) 10:00 Walk Around Together (CR/CH) 10:30 Sunday Funnies (CR/CH) 10:45 Scripture of the Day (CR/CH) 2:00 Church Service (CR/CH) 3:00 Celebrity Spotlight (CR/CH)	11 9:45 Daily Reading and Drinks (CR/CH) 10:00 Imagery Fitness (CR/CH) 10:30 Finish the Phrase (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Parks and Pamphlets (CR/CH) 2:30 Picture Puzzles (CR/CH) 3:15 Sounds of the Wild (CR/CH)	12 9:30 Chair Exercise (AR) 10:00 Culinary Creations (AR) 10:30 Yoga with Alison (FR) 1:15 Sing Along with Sues Quartet (CN) 2:15 Praise and Pastries (CN) 3:00 Pokeno with Friends (CN)	13 9:45 Daily Reading and Drinks (CR/CH) 10:00 Morning Exercise (CR/CH) 10:30 Time Slip Discussion (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Good News (CR/CH) 2:30 Bubble Talk (CR/CH)	14 9:45 Daily Reading and Drinks (CR/CH) 10:00 Sitting Zumba (CR/CH) 10:30 Laugh with Me IN2L (CR/CH) 1:30 Church Service (CR/CH) 2:15 Social Hour with Friends (CR/CH) 2:30 Happy Hour (P)	15 9:45 Daily Reading and Drinks (CR/CH) 10:00 Card Crunch Fitness (CR/CH) 10:15 Junk Drawer Detective (CR/CH) 10:45 Scripture of the Day (CR/CH) 2:00 Fitness Fun Ball (CR/CH) 3:00 History of the Day (CR/CH)	16 9:30 Chair Exercise (AR) 10:00 Donuts and News (AR) 11:00 Trivia (AR) 2:00 Jingo (AR) 3:00 Where am I ? (CR/CH)
17 9:45 Daily Reading and Drinks (CR/CH) 10:00 Walk Around Together (CR/CH) 10:30 Sunday Funnies (CR/CH) 10:45 Scripture of the Day (CR/CH) 2:00 Church Service (CR/CH) 3:00 Celebrity Spotlight (CR/CH)	18 9:45 Daily Reading and Drinks (CR/CH) 10:00 Imagery Fitness (CR/CH) 10:30 Time Slips (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Parks and Pamphlets (CR/CH) 2:30 Martin Luther King Trivia (CR/CH) 3:15 Split Words (CR/CH) 4:00 Winter Ball (P)  Martin Luther King Day	19 9:30 Chair Exercise (AR) 10:00 Wellness Talk (AR) 10:30 Yoga with Alison (FR) 1:15 Sing Along with Sues Quartet (CN) 2:15 Praise and Pastries (CN) 3:00 Jingo with Friends (CN)	20 9:45 Daily Reading and Drinks (CR/CH) 10:00 Morning Exercise (CR/CH) 10:30 What Doesn't Belong (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Good News (CR/CH) 2:30 Creative Arts - Window Cling (CR/CH)	21 9:45 Daily Reading and Drinks (CR/CH) 10:00 Sitting Zumba (CR/CH) 10:30 Seasonal Trivia (CR/CH) 1:30 Church Service (CR/CH) 2:15 Sweet Life Virtual Music Program IN2L (CN) 2:30 Happy Hour (P)	22 9:45 Daily Reading and Drinks (CR/CH) 10:00 Card Crunch Fitness (CR/CH) 10:15 Winter Look and Find (CR/CH) 10:45 Scripture of the Day (CR/CH) 2:00 Fitness Fun Ball (CR/CH) 3:00 L-C-R Game (CR/CH)	23 9:45 Danish and Discussion (CR/CH) 10:00 Bulletins and Bible Songs (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Club Country Ride Around (LB) 3:00 What is that Scent ?(CR/CH)
24 9:45 Daily Reading and Drinks (CR/CH) 10:00 Walk Around Together (CR/CH) 10:30 Sunday Funnies (CR/CH) 10:45 Scripture of the Day (CR/CH) 2:00 Church Service (CR/CH) 3:00 Celebrity Spotlight (CR/CH)	25 9:45 Daily Reading and Drinks (CR/CH) 10:00 Imagery Fitness (CR/CH) 10:30 Memory Magic (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Last Monday of the Month Movie-(CR/CH)	26 9:30 Chair Exercise (AR) 10:00 Winter Crafting (AR) 10:30 Yoga with Alison (FR) 1:15 Sing Along with Sues Quartet (CN) 2:15 Praise and Pastries (CN) 3:00 Painting with Friends (CN)	27 9:45 Daily Reading and Drinks (CR/CH) 10:00 Morning Exercise (CR/CH) 10:30 Matching Game (CR/CH) 10:45 Scripture of the Day (CR/CH) 1:30 Good News (CR/CH) 2:30 Mixed Up Letters (CR/CH)	28 9:45 Daily Reading and Drinks (CR/CH) 10:00 Sitting Zumba (CR/CH) 10:30 Family Feud IN2L (CR/CH) 1:30 Church Service (CR/CH) 2:15 Social Hour with Friends (CR/CH) 2:30 Happy Hour (P)	29 9:45 Daily Reading and Drinks (CR/CH) 10:00 Card Crunch Fitness (CR/CH) 10:15 Creative Arts- Cupid Door Décor (CR/CH) 10:45 Scripture of the Day (CR/CH) 2:00 Fitness Fun Ball (CR/CH) 3:00 Card Making (CR/CH)	30 9:30 Chair Exercise (AR) 10:00 Donuts and News (AR) 11:00 Trivia (AR) 2:00 Pokeno (AR) 3:00 What did you hear ? (CR/CH)