

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



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



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



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
	<i>January</i>	Calendar Key: AR: Activities Room DR: Dining Room CR: Community Room P: Pub	Community Life		1 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Trivia: New Years and its Traditions (AR) 1:30 Kings in the Corner (AR) 3:00 New Years Social (P) 4:00 Wine and Dine (DR) New Year's Day	9:30 Chair Exercise (AR) 10:00 Pastries and Chat (AR) 11:00 Trivia (AR) 1:30 Book Club: AR 3:00 Bingo (AR) 6:15 Rumikub (AR)
3 9:30 Chair Exercise (AR) 10:00 Pokeno (AR) 11:00 Trivia (AR) 1:30 Kings in the Corner (AR) 2:00 Church Service (CR) 3:00 Hot Buttered Cider Social (AR) 6:00 Widow to Widower (AR) 6:15 Games (AR)	4 9:30 Chair Exercise (AR) 10:00 IN2L - Brain Teasers (AR) 1:30 Bingo (AR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (FR) 6:15 Card Club: 500 (AR)	5 9:30 Chair Exercise (AR) 10:00 Grief Share (P) 10:00 National Bird Day—Trivia (AR) 10:30 Yoga by Alison (FR) 1:30 Jingo (AR) 10:00 Foreign Language Class: German with Melissa (P) 2:30 Happy Hour (P) 4:00 Men's Club: Trivia Pub Night (P)	6 9:30 Chair Exercise (AR) 10:00 Technology & You : How to use your Tablet (AR) 1:30 Pokeno (AR) 3:00 Mint Hot Chocolate Social (P) 4:00 Balance Class (FR) 6:00 Knit Pickers (AR)	7 9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Foreign Language Class: German with Melissa (P) 10:00 Culinary Creations: Cookies (AR) 1:30 Bingo (AR) 3:00 Church Service (CR) 3:00 Winter Wonderland Country Ride **(OOB) 4:00 Movie and Pizza Night (CR)	8 9:30 Chair Exercise (AR) 10:00 Chef's Food Demo (AR) 10:15 Curbside Pick up: Giant **\$\$ 1:30 Bingo (AR) 3:00 Craft Corner : Making Homemade Body Butter (AR) 4:00 Balance Class (AR) 4:00 Wine and Dine (DR)	9:30 Chair Exercise (AR) 10:00 Pastries and Chat (AR) 11:00 Hangman (AR) 1:30 Appreciation Club: Coo for Local Police (AR) 3:00 Jingo (AR) 6:15 Rummikub (AR)
10 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Trivia (AR) 1:30 Chocolate Taste Tasting (AR) 2:00 Church Service (CR) 3:00 Penny Ante (P) 6:00 Veteran's Club (CR) 6:15 Games (AR)	11 9:30 Chair Exercise (AR) 10:00 IN2 - Brain Teasers (AR) 1:15 Manicures and Wine (AR) 3:00 Hot Toddy Social (P) 4:00 Balance Class (FR) 6:15 Card Club: 500 (AR)	12 9:30 Chair Exercise (AR) 10:00 Grief Share (P) 10:00 Virtual Educational Presentation: David Manuel presents: Doc Holliday (AR) 10:30 Yoga by Alison (FR) 1:30 Bingo (AR) 3:30 Happy Hour (P) 4:00 Men's Club: Knight's Themed Dinner (P)	13 9:30 Chair Exercise (AR) 10:00 Craft Corner: Winter Tea Cups (AR) 11:00 Lunch Pick up: Olive Garden**\$(AR) 1:30 Bingo (AR) 3:00 Peach - Melba Social (P) 3:00 Winter Wonderland Country Ride **(OOB) 6:15 Knit Pickers (AR)	14 9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Culinary Creations: Pretzel Bites (AR) 10:00 Foreign Language Class: German with Melissa (P) 1:30 Bingo (AR) 3:00 Church Service (CR) 3:00 Winter Wonderland Country Ride **(OOB) 4:00 Balance Class (FR) 5:00 Karaoke Night (CR)	15 9:30 Chair Exercise (AR) 10:00 Chef's Food Pairing (AR) 10:15 Curbside Pick up: Weis**\$\$ 11:00 Community Life Committee (AR) 1:30 Poker (AR) 2:00 Hot Cider Social (P) 3:00 Jingo (AR) 4:00 Balance Class (FR) 4:00 Wine and Dine (DR)	9:30 Chair Exercise (AR) 10:00 Pastries and Chat (AR) 11:00 Trivia (AR) 1:30 Book Club: The Backpa By Tim. A. Gardner (AR) 3:00 Bingo (AR) 6:15 Rumikub (AR) 7:30 York Symphony Orche Digital Concert presents: Stravinsky's the Soldier's Ta
17 9:30 Chair Exercise (AR) 10:00 Jingo (AR) 11:00 Benjamin Franklin Trivia (AR) 1:30 Craft Corner: Crystalized Snowflakes (AR) 2:00 Church Service (CR) 3:00 Poker (AR) 6:00 Widow to Widowers (CR) 6:15 Games (AR)	18 9:30 Chair Exercise (AR) 10:00 IN2L - Brain Teasers (AR) 1:30 Martin Luther King Trivia (AR) 2:30 Balance Class (FR) 3:00 Manicures and Wine (AR) 4:00 Community Winter ball (DR) 6:15 Card Club: 500 (AR)	19 9:30 Chair Exercise (AR) 10:00 Grief Share (P) 10:00 Winder Wonderland Country Ride **(OOB) 10:30 Yoga by Alison (FR) 1:30 Bingo (AR) 2:30 Happy Hour (P) 4:00 Men's Club: Popcorn Bar (P) 6:15 Games (AR)	20 9:30 Chair Exercise (AR) 10:00 Craft Corner: Winter Portraits (AR) 11:00 Welcome Ambassador Program (P) 1:30 Bingo (AR) 3:00 Spiced Apple Cider Social (P) 4:00 Balance Class (FR) 6:15 Knit Pickers (AR)	21 9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Culinary Creations: Muffins (AR) 10:00 Foreign Language Class: German with Melissa (P) 1:30 Bingo (AR) 3:00 Church Service (CR) 3:00 Winter Wonderland Country Ride **(OOB) 4:00 Virtual Sight & Sound Show Dinner (CR)	22 9:30 Chair exercise (AR) 10:00 Jingo (AR) 10:15 Curbside Pick up: Aldi**\$\$ 1:30 Poker (P) 2:00 Food Committee (AR) 3:00 Banana's Foster Social (AR) 4:00 Balance Class (FR) 4:00 Wine and Dine (DR)	9:30 Chair Exercise (AR) 10:00 Pastries and Chat (AR) 11:00 Hangman (AR) 1:30 Appreciation Club: Sna for Co- Workers (AR) 3:00 Pokeno (AR) 6:15 Rumikub (AR)
24 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 11:00 Trivia (AR) 1:30 Uno (AR) 3:00 Church Service (AR) 3:00 Mulled Wine Social (AR) 6:00 Veteran's Club (CR) 6:15 Games (AR)	25 9:30 Chair Exercise (AR) 10:00 IN2L - Brain Teasers (AR) 1:30 Bingo (AR) 1:30 Therapy Games with Beth (FR) 3:00 Manicures and Wine (AR) 4:00 Balance Class (FR) 6:15 Card Club: 500 (AR)	26 9:30 Chair Exercise (AR) 10:00 Grief Share (P) 10:00 Virtual Educational Presenta tion: Louis Clymer presents: Seven Reason why the Shroud of Turin is the Burial Cloth of Jesus (AR) 10:30 Yoga by Alison (FR) 1:30 Arm Chair Travel: Germany (AR) 2:30 Happy Hour (P) 4:00 Men's Club: Australian Night (P)	27 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 10:00 Foreign Language Class: German with Melissa (P) 1:30 Winter Wonderland Country Ride **(OOB) 1:30 Poker (AR) 3:00 Winter Sangria Social (P) 4:00 Balance Class (FR) 6:15 Knit Pickers (AR)	28 9:30 Chair Exercise (AR) 10:00 Bible Study (P) 10:00 Culinary Creations: Cheese Bites (AR) 11:00 Lunch Pick up: Outback **\$(AR) 1:30 Bible Jingo with Pastor Ralph (AR) 2:30 Super Happy Hour: Alice in Wonderland (P) 4:00 Balance Class (FR) 5:00 Wine and Cheese Tasting (P)	29 9:30 Chair Exercise (AR) 10:00 Bingo (AR) 10:15 Curbside Pick up: Walmart**\$\$ 1:15 Winter Wonderland Country Ride**(OOB) 1:30 Kings in the Corner (AR) 3:00 Peppermint Ice Cream Social (P) 4:00 Balance Class (FR) 4:00 Wine and Dine (AR)	9:30 Chair Exercise (AR) 10:00 Pastries and Chat (AR) 11:00 Trivia (AR) 1:30 Book Club: Catching Fi By Patsy Clairmont (AR) 3:00 Bingo (AR) 6:00 Rummikub (AR)