

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

Greetings Residents,

I would like to be the first to wish you a very Happy New Year.

2020 was very different and chaotic year, but 2021 is the beginning of another book, 365 blank pages for us to make our best year yet. Did you know that according to history.com, New Year's resolutions have been around since the Babylonians? They made promises to the gods for better conduct, much like the Romans who promised offerings to Janus the two headed god who looks back to the old year and forward into the New Year. That is where our modern-day resolutions come from by looking back on our old year and mistakes we made, we then make resolutions to help us better ourselves in the New Year. If you made New Year Resolutions, I want to wish you the best of luck with them. Bettering yourself is something we should celebrate.

As we start this New Year there are some positive changes coming for us. The COVID vaccine is coming sooner rather than later, we will be sending the administration agreements in the mail. The new vaccine will be delivered in two doses, you get the initial dose and then 28 days later you get the second dose. The vaccine is 90% effective. We hope that with the vaccine we will be able to return to a more normal way of life again. Speaking of normal ways of life, our new dining rooms are completed, and we cannot wait to have them open and serve you.

I hope this year will be your best year yet. I wish you good luck and good health this year!

Tanya Hoy, Executive Director

Highlighted Events

- 8 – **Schuylkill County History**
EdU Presentation by Theresa Gaffney
- 12 – **Folklore & Coal Mining**
EdU Presentation by Jay Smar
- 13 – **Fireside Chat with Tanya**
- 19 – **Wellness Presentation**
Hearing & Vision by Ashley Vigoda
- 21 – **Schuylkill County Chamber**
Presentation by Robert Carl & Samantha Chivinski

One-on-One Activities if in Red Phase:

- Chair Exercises
- Trivia
- Blind Tastings
- Crafts

Welcome New Residents

Charlotte Smith
Teresa Alonge
Patrick Quirk
Patricia Chess



Dimensions
of Wellness

Resident Birthdays

January

Theresa Louise Hardnock
Frank Scheuren
Teresa Alonge
Betty Zimmerman
Florentina Solanich
Oscar Zeiler
Catherine Jenkins
Elizabeth Callaghan
Nancy Centra
Nancy Harner
Dorothy Major

February

Louise Overkott
Helen Kuzma
Zyfryda Zurawski
John Centra
Shirley Bauser

March

Anne Stefanski
Charlotte DiCasimirro
Joan Koehler
Sue Wartella
Barbara Arnold
Anita Fisher
Anne Kanish
Raymond Lavenberg
Joan Dewald
Eugene Suda
Richard Harvey



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
31 9:00 Morning Meeting & Inspirations (A) 9:15 Daily Chronicle & Discussions (A) 9:30 Reading the Republican (A) 10:00 Dancing to the Polkas (A) 1:00 Video Chat with Families (1:1) 2:30 Movie: <i>A Dog's Purpose</i> (A) 2:30 Hydration & Small Bites (A) 3:00 Communion Service (C) 3:15 iN2L Lifelong Learning (LIB)	<i>January</i>	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	THE <i>Club</i>		1 9:00 Morning Meeting & Inspirations (SL) 9:30 Daily Chronicle & Discussions (SL) 10:15 iN2L: Funny Clips of the Polar Plunge (C) 11:00 Walk for Heart Health (1:1) 12:00 New Year's Day Celebration (DR) 2:00 What's New In the New Year (SL) 3:00 Communion Service (C) 3:30 Cocktail Hour: A Brandy New Year! New Year's Day	2 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: Ringing in the New Year
3 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) 2:30 Movie: <i>Dolittle</i> (A) 2:30 Hydration & Small Bites (A) 3:00 Communion Service (C) 3:15 iN2L Lifelong Learning (LIB)	4 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 Recognizing National Trivia Day & Tasting Flavored Teas (A) 3:00 Communion Service (C) 3:30 Winter Hangman (C)	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 Secret Quotes (SL) 2:00 Pine Cone Bird Feeders (SL) 2:30 Discuss & Recall: Bird Calls of Eastern USA (C) 3:00 Mancala (C)	6 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 Country Ride to Sweet Arrow Lake : Identify Birds by Calls (OOB) 3:00 Making of Suet Yarn Holders for Bird Nests (OOB) 3:30 Video Chat with Families (1:1)	7 9:00 Morning Meeting & Inspirations (SL) 9:30 Daily Chronicle & Discussions (SL) 10:00 A-Z Words (SL) 1:00 Meditation for Inner Peace (SL) 2:00 Art Class by Shannon: Acrylics on Canvas (A) 2:30 Hydration & Small Bites (SL) 3:00 Brain Fitness (SL) 3:30 Confident Cruisers Walking Club (ML)	8 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:00 Communion Service (C) 10:15 iN2L Exploration (CN) 10:30 Hydration & Small Bites (CN) 1:30 Zumba with Michelle (A) 2:15 Polish Bingo (A) 3:00 Communion Service (C) 3:30 Cocktail Hour: English Toffee (A)	9 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: Reminiscing with Senses (ML) 2:00 Nickel Bingo \$\$ (DR) 3:30 Virtual Travel with American Dairy Association North East: Fun on the Farm (C)
10 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) 2:30 Movie: <i>Pride & Prejudice</i> (A) 2:30 Hydration & Small Bites (A) 3:00 Communion Service (C) 3:15 iN2L Lifelong Learning (LIB)	11 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 Van Gogh: Techniques & Methods (A) 2:00 Color & Create: Dots by Number (C) 3:00 Communion Service (C) 3:30 Lite & Lively (SL)	12 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 Name that Song (C) 2:00 EdU-Presentation: Folklore & Coal Mining of the Northeast by Jay Smar (DR) 3:00 Upwords (C)	13 9:00 Morning Meeting & Inspirations (C) 9:30 Coffee, Donuts & Discussions (A) 10:30 Church with Pastor Randy (C) 1:00 Providence Place Wishes Meeting (A) 1:30 Helping Hands: Set Up (C) 2:00 Birthday Celebration (C) 3:00 Reminiscing with Friends (C) 3:30 Fireside Chat with Executive Director Tanya Hoy (C)	14 9:00 Morning Meeting & Inspirations (SL) 9:30 Daily Chronicle & Discussions (SL) 10:00 Food Pairs (A) 10:30 Hydration & Small Bites (A) 1:15 Xbox Bowling (A) 2:00 Family Feud Game (C) 3:00 Drama Club 3:30 Confident Cruisers Walking Club (ML)	15 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 iN2L Exploration (CN) 10:30 Hydration & Small Bites (CN) 1:30 Zumba with Michelle (A) 2:00 Wear a Hat Social (A) 3:00 Communion Service (C) 3:30 Cocktail Hour: Strawberry (A)	16 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: Baltimore Aquarium, Maryland (C)
17 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) 2:30 Movie: <i>War Horse</i> (A) 2:30 Hydration & Small Bites (A) 3:00 Communion Service (C) 3:15 iN2L Lifelong Learning (LIB)	18 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 History: Moving Talks on Social Justice by Martin Luther King (C) 3:00 Communion Service (C) 3:30 iPad: National Civil Rights Museum in 360 (A) Martin Luther King Day	19 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 Riddles (C) 2:00 Popcorn Party (C) 2:30 Fun Facts about Popcorn (C) 3:00 Comedy Hour: Funny Bones (A)	20 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 Appreciation Club: Managers Lite Bites Cart (C) 2:00 Food for Thought by Chef Tuan (DR) 3:30 Video Chat with Families (1:1)	21 9:00 Morning Meeting & Inspirations (C) 9:30 Daily Chronicle & Discussions (C) 10:00 Volleyball (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)	22 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 iN2L Exploration (CN) 10:30 Hydration & Small Bites (CN) 1:30 Zumba with Michelle (A) 2:00 Party Clean Up Detective (A) 3:00 Communion Service (C) 3:30 Cocktail Hour: Blonde (A)	23 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: Seaworld Orlando, Florida (C)
24 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 Movie: <i>West Side Story</i> (A) 3:00 Communion Service (C) 3:15 iN2L Lifelong Learning (LIB)	25 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 Pictionary (C) 2:00 Craft: Snow Flakes (SL) 3:00 Communion Service (C) 3:30 Mind Joggers (SL)	26 9:00 Morning Meeting & Inspirations (A) 9:30 Daily Chronicle & Discussions (A) 10:15 Sing-A-Long (CN) 11:00 Men's Outing: Ruby Tuesday \$ (OOB) 2:00 Providence Place Wishes Recipient Recognition (A) 3:30 Creative Writing: Friendships (A)	27 9:00 Morning Meeting & Inspirations (FR) 9:30 Daily Chronicle & Discussions (FR) 10:00 Facts On Nazi Death Camp: Auschwitz 11:00 Walk for Heart Health (1:1) 1:00 Coffee 101: Different World Coffees (A) 2:00 iN2L: Core Virtual Exhibition Tour of Holocaust Museum (FR) 3:30 Video Chat with Families (1:1)	28 9:00 Morning Meeting & Inspirations (SL) 9:30 Daily Chronicle & Discussions (SL) 10:00 Word Finds (SL) 1:00 Deer Hunter Nerf Game (C) 2:00 Peppermint Hot Cocoa Social (C) 3:00 iPad: WildEarth Virtual Safari (1:1) 3:30 Confident Cruisers Walking Club (ML)	29 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) 3:00 Communion Service (C) 3:30 Cocktail Hour: Red Head (A)	30 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: San Diego Zoo (C)