

# Focus on Wellness

We are reopening our communities as we are now considered “fully-vaccinated” at each campus. We are excited to get out and enjoy the spring weather and focus on community, socialization and our physical & mental well-being.

A few highlights of our reopening include:

- Dining rooms & internal activities will remain open
- Salon & Therapy services will remain open
- Visitation available for family & friends
- Reduced testing & quarantines based on vaccination status
- Ongoing vaccine clinics available for new and existing residents and team members

Reopening Guidelines post-vaccine <small>rev. 4/1/21</small>	
<small>*POV = Proof of Vaccination (Card &amp; ID required) **NV = Not Vaccinated</small>	
INTERNAL SETTING	<ul style="list-style-type: none"> <li>- Dining rooms and Community Life Program to remain open</li> <li>- We will continue to observe social distancing, but will keep dining &amp; programming open to support emotional well-being while quarantining any positive cases</li> <li>- Internal services to remain open (salon and therapy)</li> <li>- Vaccinated residents &amp; staff continue to wear masks outside of apartment &amp; dining room(s)</li> <li>- NV** residents must wear masks outside of apartment &amp; dining room(s)</li> <li>- NV staff must wear mask and face shield or goggles throughout shift</li> <li>- PPE required for care for positive cases</li> </ul>
VISITATION & OUTINGS	<ul style="list-style-type: none"> <li>- Off-campus outings &amp; family visits permitted for residents</li> <li>- No quarantine after resident with POV* visits to family</li> <li>- NV residents will need to complete a 2-day quarantine and subsequent rapid test for off-campus outings or family visits</li> <li>- Visitation to residents is available in each community</li> <li>- Families can schedule visits to campus designated area(s) for shared apartments and Connections Neighborhood</li> <li>- Open visitation available in private &amp; couples apartments (no scheduling needed)</li> <li>- No mandatory quarantine periods for fully-vaccinated residents</li> <li>- New residents with POV do not need to quarantine at move-in</li> <li>- New NV residents will complete a 2-day quarantine and subsequent rapid test</li> <li>- Additional quarantine necessary only if test is positive</li> </ul>
TESTING & MONITORING	<ul style="list-style-type: none"> <li>- Surveillance testing quantities will vary based on county positivity rates per DHS</li> <li>- A positive staff member must complete at-home quarantine</li> <li>- A positive resident will be quarantined &amp; monitored for up to 14 days</li> <li>- We will monitor county positivity rates and adjust precautions as appropriate</li> <li>- CDC and DOH recommendations will be carefully monitored during these re-opening efforts and we will communicate any changes</li> <li>- New residents or team members can receive the vaccine from our pharmacy at each community</li> </ul>

\*Above guidelines are subject to Pennsylvania state mandates & procedures.



# Providence Place SENIOR LIVING News

Q2: May 2021

## A Note from the Executive Director

98% of our residents are now fully-vaccinated, which allows for more visitation and a sense of normalcy. It is wonderful to see so many familiar faces back in our community. We can definitely feel a more positive vibe from everyone. Our pharmacy will continue to assist in getting new residents and co-workers vaccinated. We will continue to test residents and coworkers per the guidelines of the Department of Health.

As we continue our change to Assisted Living licensure, administrative staff will be reaching out to each of you to sign an updated contract that reflects the shift to service levels as well as new language reflecting Assisted Living verbiage and structure.

This past year has certainly presented its challenges. Now we are seeing the light at the end of the tunnel and the future looks bright! Community Life programming is becoming more vibrant as we are able to hold larger group events and invite entertainers back. Please check out the calendar and highlights for all that is being offered and be sure to get involved.

Warmest regards,

*Holly Townsend, Executive Director*

## Highlighted Events

- 8 – **Black Gap Art Festival**  
@ 1:30pm (featuring resident art work)
- 11 – **Mother’s Day Brunch**  
@ 10am
- 21 – **Dessert Caravan: Meadows Frozen Custard** @ 2pm
- 26 – **Olive Garden Lunch Outing**  
@ 11:30am
- 31 – **Memorial Day BBQ**  
Outdoor lunch & Games  
Musical entertainment by Rick Olsen

## Welcome New Residents

Peggy McNew  
Ruth Hain  
Carl Miller



*Dimensions  
of Wellness*

## Resident Birthdays

*May*

Joan Knepp  
Dorothy Miley  
Dolores Gaughenbaugh  
Richard Boyer  
Charmaine West  
Frances Cordell  
Linda Adcock

James Frank  
Kenneth Stilts  
Edeltrud Polk  
Beverly Brackbill  
Joel Brown  
Alice Foor  
Bennett Bittinger

*June*

Shirley Eberly  
Delores Gilbert  
Dorothy Simms  
Peggy Dewire  
Alice Stilts  
Miriam Gilland



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
	<p>THE</p> <h1>Club</h1>					1
<p>2</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Helping Hands: Recycling Club (3A) 10:00 Sunday Catch up With Friends (P) 2:00 Musical Entertainment Featuring: Bryan Herber (2A) 3:00 Sitcom Sunday: <i>Golden Girls</i> (3A) 6:30 Evening Worship (Channel 68) 7:00 Catholic Mass (Channel 291)</p>	<p>3</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 iN2L: Virtual Tour Of Alaska (3A) 10:00 Fun Facts About Alaska (3A) 1:30 Friends Making Friends: Baking Creations for Cinco De Mayo (CN) 3:30 Bible Study Handout (3A) 6:30 Virtual Evening Worship Service (2A)</p>	<p>4</p> <p>9:00 Morning Meeting And Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Art Class With Doretta (C) 1:30 Flower Oasis: Planting Flowers (P) 3:00 Decorating For : Cinco De Mayo Social (P) 6:00 Puzzle Cub (2A)</p>	<p>5</p> <p>9:00 Morning Meeting and Inspirations (P) 9:45 Shopping Trip: Target (OOB) 10:00 Walk &amp; Roll Walking Club (FL) 1:30 Art Class With Mary: Pottery (3A) 2:30 The History Of Cinco De Mayo (3A) 3:00 Cinco De Mayo Social (3A) 6:00 Will Bowling (3E)</p>	<p>6</p> <p>9:00 Morning Meeting and Inspirations (3A) 10:00 Kitchen Creations: Blueberry lemon Blondie (C) 1:30 Art Exploration With Doretta (C) 2:00 Aromatherapy and Nail Care (3A) 3:30 Book Club: <i>Chicken Soup</i> (3A) 6:30 Billiards (3E)</p>	<p>7</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Parkinson's Disease Awareness with Jaime From Bayada (2A) 1:30 Flower Check up &amp; Watering (P) 2:30 Musical Entertainment by: Dave Powers (CN) 3:30 Walk &amp; Roll Walking Club (FL)</p>	<p>8</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle Discussion (3A) 10:00 Game Club: Sequence (3A) 1:30 Black Gap Arts Festival Featuring: Resident Art Work ** \$\$ (OOB) 3:30 Game Club: Checkers (3A) 6:00 Game Shows: Channel 73</p>
<p>9</p> <p>Mother's Day 9:00 Morning Meeting and Inspirations (P) 10:00 Helping Hands: Recycling Club (3A) 1:30 Mother's Day Spa (CN) 3:00 Mother's Day Photo Shoot (3A) 3:30 Walk and Roll Walking Club (FL) 6:30 Evening Worship (Channel 68) 7:00 Catholic Mass (Channel 291)</p>	<p>10</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 iN2L: Virtual Tour Of Arizona 3A) 10:00 Fun Facts About Arizona (3A) 1:30 Stretch &amp; Hold (3A) 2:00 Memory Magic (3A) 3:00 Bible Study Handout (3A) 6:30 Virtual Evening Worship Service (2A)</p>	<p>11</p> <p>9:30 Gettysburg Battle Field Tour (OOB) 11:00 Lunch Outing: Picnic At The Battle Fields (OOB) 1:30 Mother's Day Tea Social (CN) 2:30 Prize Bingo (3A) 3:00 Financial Wellness With Rachel From F&amp;M trust (2A) 3:30 Book Club: Chicken Soup (3A) 6:30 Puzzle Club (2A)</p>	<p>12</p> <p>9:00 Morning Meeting And Inspirations (P) 10:00 Dinning Committee Meeting (DR) 10:00 Craft Corner: Apple Cinnamon Soap (3A) 1:30 Musical Entertainment By: Jessica Snyder (2A) 2:30 Shopping Trip: Dollar Tree (OOB) 3:00 Hydration Station Mock Tails (3A) 6:00 Wii Bowling (3E)</p>	<p>13</p> <p>9:00 Morning Meeting and Inspirations (P) 9:00 Helping Hands: Making Apple Cider P) 10:00 Dance Class With Jess (FL) 10:00 Flower Oasis: Flower Check up (P) 1:30 Art Exploration With Doretta (C) 2:00 National Apple Pie Day Social (P) 3:00 Book Club: <i>Chicken Soup</i> 3A) 3:30 Walk &amp; Roll Walking Club (3A) 6:30 Billiards (3E)</p>	<p>14</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Friends Making Friends: Musical Entertainment by: Kelsey (CN) 1:30 Light &amp; Lively Exercise (3A) 2:30 Helping Hands: Coupon Clipping (3A) 3:00 Flower Checkup &amp; Watering (P) 6:00 Movie Night: <i>Dreamer</i> (3A)</p>	<p>15</p> <p>Armed Forces Day 9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle Discussion (3A) 10:00 National Armed Forces Day: Celebrating Our Hero's (P) 1:30 Country Bus Ride: Caledonia State Park (OOB) 3:30 Hydration (3A) 6:30 Musical Entertainment by Tresa Day (2A)</p>
<p>16</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Helping Hands: Recycling Club (3A) 10:00 Sunday Catch up With Friends (P) 1:30 Aromatherapy and Nail Care (3A) 3:00 Sitcom Sunday: <i>Golden Girls</i> (P) 6:30 Movie Madness: The Notebook (3A) 6:30 Evening Worship (Channel 68) 7:00 Catholic Mass (Channel 291)</p>	<p>17</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: The Benefits Of Lavender (3A) 1:30 Stretch and Hold (3A) 2:00 Craft Corner: Lavender Satchels (3A) 3:30 Bible Study Handout (3A) 6:30 Virtual Evening Worship Service (2A)</p>	<p>18</p> <p>9:00 Morning Meeting And Inspirations (P) 10:00 Daily Chronicle and Discussion (P) 1:30 Bowling Tournament With Jeff &amp; Bill (CN) 1:30 Art Class With Doretta (C) 2:30 Friends Making Friends: Celebrating May Birthdays (CN) 3:30 Book Club: Chicken Soup (3A) 6:30 Puzzle Club (2A)</p>	<p>19</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle &amp; Discussion (P) 10:00 Craft Corner: Memorial Day Wreath (3A) 2:00 Fireside Chat (2A) 3:00 Walk &amp; Roll Waling Club (FL) 3:30 Book Club: <i>As Time Goes By</i> (3A) 6:00 Will Bowling (3E)</p>	<p>20</p> <p>9:00 Morning Meeting and Inspirations (P) 10:00 Dance Class With Jess (FL) 1:30 Art Exploration With Doretta (C) 2:00 Musical Presenter: Matt Dodd: American Hero's (2A) 3:00 Book Club: <i>Chicken Soup</i> (3A) 3:30 Walk &amp; Roll Walking Club (FL) 6:30 Billiards (3E)</p>	<p>21</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Friends Making Friends: Musical Entertainment by: Kelsey (CN) 1:30 Walk &amp; Roll Walking Club (FL) 2:00 Resident Lead Singing Group (2A) 3:00 Flower Checkup &amp; Watering (P) 6:00 Movie Night: <i>I'll See You In My Dreams</i> (3A)</p>	<p>22</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle Discussion (3A) 10:00 Game Club: Uno (3A) 1:30 Country Bus Ride: Martins Mill Bridge (OOB) 3:30 Hydration Station Featuring: Snow Cones (3A) 6:00 Game Shows: Channel 73</p>
<p>23</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Helping Hands: Recycling Club (3A) 1:30 Aromatherapy and Nail Care (3A) 3:00 Sitcom Sunday: <i>Leave It To Beaver</i> (3A) 6:30 Evening Worship (Channel 68) 7:00 Catholic Mass (Channel 291) Pentecost</p>	<p>24</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 iN2L: The History Of Memorial Day (3A) 1:30 Walk &amp; Roll Walking Club (FL) 2:00 Memory Magic (3A) 3:00 Bible Study Handout (3A) 6:30 Virtual Evening Worship Service (2A)</p>	<p>25</p> <p>9:00 Morning Meeting And Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Art Class With Doretta (C) 2:00 Shopping Trip: Weis (OOB) 3:30 Book Club: Chicken Soup (3A) 6:30 Puzzle Club (2A)</p>	<p>26</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Helping Hands: Recycling Club (3A) 1:30 Kitchen Creations: Red, White &amp; Blue Skewers (CN) 2:30 Memorial Day Social (CN) 3:30 Balloon Ball (3A) 6:00 Will Bowling (3E)</p>	<p>27</p> <p>9:00 Morning Meeting and Inspirations (P) 10:00 Dance Class With Jess (FL) 1:30 Art Exploration With Doretta (C) 2:00 Red, white &amp; Blue Bingo (3A) 3:00 Chef's Pairing With Jeff Featuring: Spanish Wines (P) 3:30 Book Club: <i>Chicken Soup</i> (3A) 6:30 Billiards (3E)</p>	<p>28</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Walk &amp; Roll Walking Club (FL) 1:30 Kitchen Creations: Tie Dye Cakes (C) 2:00 New Resident Welcome (P) 3:00 Flower Checkup &amp; Watering (P) 6:00 Movie Night: <i>The Book Club</i> (3A)</p>	<p>29</p> <p>9:00 Morning Meeting and Inspirations (3A) 9:30 Daily Chronicle Discussion (3A) 10:00 National Creative Day Craft: Tie Dye Bags (LD) 1:30 Country Bus Ride: Arendtsville (OOB) 3:30 Hydration Station Lemonade (3A) 6:00 Game Shows: Channel 73</p>
<p>30</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Helping Hands: Recycling Club (3A) 10:00 Sunday Catch up With Friends (P) 1:30 Aromatherapy and Nail Care (3A) 2:00 National Creative Day Social (P) 3:00 Sitcom Sunday: <i>Golden Girls</i> (3A) 6:30 Evening Worship (Channel 68) 7:00 Catholic Mass (Channel 291)</p>	<p>31</p> <p>Memorial Day 9:30 Morning Meeting and Inspirations (P) 10:00 Daily Chronicle and Discussion (P) 11:00-3:00 Memorial Day BBQ Featuring :  <ul style="list-style-type: none"> <li>Grilled Lunch</li> <li>Outdoor Games</li> <li>Musical Entertainment By: Rick Olsen</li> </ul> 6:30 Virtual Evening Worship Service (2A)</p>	<p><b>Calendar Key:</b> Pub (P), Café (C), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Meditation Room (MR) Conference Room (CR), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Connections (CN) **Registration Required, \$\$ Cost Involved</p>				
<h1>May 2021</h1>						