

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

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



Providence Place SENIOR LIVING News

Q2: May 2021

A Note from the Executive Director

It's beginning to look a lot like Spring, everywhere you go flowers are blooming and the sun is shining. After some extraordinary challenges, we are excited to reopen to family & friend visitors for our residents.

We have many plans for the warmer months, and I'm excited to see some normalcy throughout the community. Check out our calendar for all our exciting events this month. It really makes me feel good when I can sit on the front porch, take a walk, or assist with a puzzle just to spend some quality time with our residents.

As always, my team is here for any of your concerns or needs. Reach out anytime to chat.

Continue to stay safe, happy, and healthy and happiest of spring to all,

Best,

Kim Perchak

Executive Director

Highlighted Events

- 1 – **Community Celebration: Talent Show @ 2pm**
- 4 – **Men's Club @ 1:30pm**
- 5 – **Cinco de Mayo Super Social @ 2pm with Kevin Duffy**
- 13 – **TED Talk: What Makes a Good Life? @ 10:30am**
- 22 – **Men's Outing to Little League Baseball game @ 12:30pm**
- 31 – **Memorial Day Outdoor Picnic @ 11am**



*Dimensions
of Wellness*

Resident Birthdays

May

Eleanor Barth
Virginia Backora
Eugene Tokach
Jeanette Micene

June

Helen George
Joanne Bard
Vilma Scaran
Allen Welkie
Alfred Carl
Elizabeth Duffy
Douglas Skene
Lillian Curry



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

Welcome New Residents

Conrad Amend
Ramon Santiago
Inge Skene

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						1	
						9:30 Stretch Exercise (2nd) 10:00 Gifts of Song: Hymns (3rd) 10:30 Garden Club with Mary (3rd) 1:30 Helping Hands Club: Decorate for the Races (3rd) 2:00 Community Celebration: Talent Show (DR) 4:00 Confident Cruisers (ML) 6:00 Kentucky Derby Happy Hour (3rd)	
9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00 - 1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: History of Cinco de Mayo (3rd) 6:30 Knit & Crochet Club (3rd)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food For Thought: Rhubarb (C) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Veterans Club with Compassionate Care Hospice (3rd) 3:30 iN2L: Women of the Bible (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Stretch Exercise (2nd) 10:00 Holistic Wellness Aromatherapy (2nd) 10:30 Diner's Lunch Caravan: Sally Pursell's Country Inn**\$\$ (OOB) 1:30 Men's Club: Staining/Painting Providence Place Outdoor Benches (ML) 2:30 Circle of Friends (SR) 3:30 Community Life Committee Mtg. (3rd) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Cooking Club: Guacamole (C) 1:30 Dance 101: Macarena (3rd) 2:00 Cinco de Mayo Super Social: featuring Impressionist Kevin Duffy (2nd) 3:00 Dealing with Loss Support Group (SR) 6:00 Trivia & Margheritas (1st)	9:30 Balance in Action Exercise (2nd) 10:00 Mass by Father Mike (Ch) 1:45 Hymn Sing with Deacon Beverly (3rd) 2:45 Bingo (3rd) 3:30 Welcome Ambassador Committee Meeting (3rd) 5:30 Helping Hands Club: Celebration Honoring Nurse's Week (2nd) 6:30 Pinochle Players Club (3rd)	9:30 Drum Sticks Exercise (2nd) 10:00 Art Exploration: Ceramics (3rd) 10:30 Low Vision Club with Lori (2nd) 1:30 Open Door with Deacon Beverly (1st) 2:30 Crossword Challenge (3rd) 3:30 Olympics Activities Meeting (3rd) 5:30 Helping Hands Club: Celebration Honoring Nurse's Week (2nd)	9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club with Mary (3rd) 1:45 Trip Out: Ochs Farm Market**\$\$ (OOB) 2:30 Movie Matinee: <i>Mamma Mia!</i> (2nd) 4:00 Confident Cruisers (ML) 6:30 Connect Four (1st)	
9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00 - 1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Bev (Ch) 2:15 Garden Club: Olympics Zucchini Planting (ML) 3:00 Mother's Day Bingo (3rd) 6:30 Knit & Crochet Club (3rd) Mother's Day	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Technology Committee (3rd) 1:45 Dessert & Discussion: History & Tasting of Apple Pie (DR) 2:45 Veterans Club with Compassionate Care Hospice (3rd) 3:30 iN2L: Trivia Challenge (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Stretch Exercise (2nd) 10:00 Retail Shopping: Boscov's**\$\$ (OOB) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Confident Cruisers (ML) 2:00 Ed-U Awareness: <i>Senior Scams</i> presented by Michelle Nutter from PA Office of Attorney General (3rd) 3:00 Circle of Friends (SR) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Manicures (3rd) 1:30 Dealing with Loss Support Group (SR) 2:00 Ed-U Presentation: Old Time Mt. Folk & Coal Mine Music presented by Jay Smar (DR) 4:00 May Birthday Celebration Dinner (DR) 6:30 Rummikub (1st)	9:30 Balance in Action Exercise (2nd) 10:00 Men's Club Outing: Dunkin Donuts**&& (OOB) 10:30 TED Talk & Discussion: <i>What Makes A Good Life?</i> (3rd) 1:30 Cooking Club: Rhubarb Crisp (C) 2:00 Bible Study with Deacon Beverly (3rd) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Drum Sticks Exercise (2nd) 10:00 Companion K9 Visits with Therapy Alliance (1st) 10:30 Art Exploration: Ceramics (3rd) 1:30 Open Door with Deacon Beverly (1st) 2:30 Ed-U Wellness Presentation: "Benefits of Exercise & Staying Fit" Presented by David Mead (3rd) 3:30 Finish the Phrase (3rd) 6:30 Boggle (1st)	9:30 Stretch Exercise (2nd) 10:00 Confident Cruisers (ML) 10:30 Garden Club with Mary (3rd) 1:30 Honoring the Flag: Folding Demo (3rd) 2:00 Tracey's Academy of Dance (OOB) 3:30 Gifts of Song: Hymns (3rd) 6:30 Movie Matinee: <i>The Longest Day</i> (2nd) Armed Forces Day	
9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00 - 1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Rick Steves' Travel (3rd) 6:30 Knit & Crochet Club (3rd)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 iN2L: Jeopardy (3rd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Veterans Club with Compassionate Care Hospice (3rd) 3:30 iN2L: Brain Games (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Stretch Exercise (2nd) 10:00 Shopping Excursion: Hobby Lobby**\$\$ (OOB) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Confident Cruisers (ML) 2:00 Dealing with Loss Support Group (SR) 2:45 Bingo (3rd) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 X-Box Bowling (2nd) 1:45 Hymn Sing with Deacon Beverly (3rd) 2:30 Dining Demo with Chef Ashley: Homemade Taffy (DR) 3:30 iN2L: Crossword Challenge (3rd) 6:30 Rummikub (1st)	9:30 Rosary (Ch) 10:00 Balance in Action Fitness Class By Genesis (2nd) 10:30 Cooking Club: Strawberry Spinach Salad (C) 1:30 Open Door with Deacon Beverly (1st) 2:30 Dining Service Committee Mtg. (3rd) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	9:30 Drum Sticks Exercise (2nd) 10:00 Art Exploration: Ceramics (3rd) 10:30 iN2L: Google Earth (3rd) 1:30 Bible Study with Bev (3rd) 2:30 Country Ride** (OOB) 4:00 New Resident Cocktail Mixer (1st) 6:30 Boggle (1st)	9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club with Mary (3rd) 12:30 Men's Club Excursion: Freedom Park Valley East Little League Game** (OOB) 1:30 Painting Class with Jennie Perez** (3rd) 3:30 Word Search Challenge (1st) 6:30 Movie Matinee: <i>The Secret Garden</i> (2nd)	
9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00 - 1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Bev (Ch) 2:45 Bingo (3rd) 4:00 iN2L Pentecost: The Festival of Weeks (C) 6:30 Knit & Crochet Club (3rd) Pentecost	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Karaoke Singalong (3rd) 1:30 Circle of Friends (SR) 2:30 Chef's Pairings: Conyngham Brewery Beer & Soft Pretzels (DR) 3:30 Veterans Club with Compassionate Care Hospice (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Stretch Exercise (2nd) 10:00 Helping Hands: Decorate for Butterfly Presentation (3rd) 1:45 Ed-U Presentation: The Butterfly Guy a.k.a. Rick Mikula (3rd) 3:00 Fireside Chat (1st) 3:30 Crossword Challenge (2nd) 6:30 Scrabble (1st)	9:30 Shopping Trip: Dollar Tree**\$\$ (OOB) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Olympics Flag Design Meeting (3rd) 1:45 Dealing with Loss Support Group (SR) 2:45 Bingo (3rd) 6:30 Musical Entertainment By pianist Jay Daniels (3rd)	9:30 Balance in Action Exercise (2nd) 10:15 Art Exploration: Ceramics (3rd) 11:00 - 4:00 Community Blood Drive Event (ML) 1:30 Bible Study with Deacon Beverly (3rd) 2:30 Craft with Kim (2nd) 3:30 iN2L Travel Destinations: The Jersey Shore (3rd) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	9:30 Drum Sticks Exercise (2nd) 10:00 Companion K9 Visits with Therapy Alliance (1st) 10:30 Garden Club with Mary (3rd) 1:30 Hymn Sing with Deacon Beverly (3rd) 2:30 TED Talk & Discussion: <i>10 Ways To Have A Better Conversation</i> (3rd) 3:30 Wine & Cheese Social (3rd) 6:30 10-Cent LCR Dice Game (1st)	9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club with Mary (3rd) 1:30 Red or Black Game (2nd) 2:30 Ed-U Demo & Do: Floral Cupcake Decorating by Tiffany O'Donnell (DR) 4:00 Finish the Quote (1st) 6:30 Movie Matinee: <i>Mrs. Doubtfire</i> (2nd)	
9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00 - 1:00 Wine & Dine (DR) 1:30 Prayer Service with Deacon Bev (Ch) 2:30 Memorial Day Musical Entertainment By Greg Palmer (DR) 4:00 iN2L: Arlington National Cemetery: Honoring Those Who Served (3rd) 6:30 Knit & Crochet Club (3rd)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 11:00-1:30 Memorial Day Outdoor Picnic (FP) 1:45 Patriotic Singalong (3rd) 2:30 Cornhole Tournament (FP) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd) Memorial Day	Calendar Key: ** Registration Required \$\$ Cost Involved Front Porch (FP), Dining Room (DR), Chapel (Ch), 3rd Floor Sunroom (SR), First Floor (1st), Second Floor (2nd), Third Floor (3rd), Meet in Lobby (ML), Out of Building (OOB), Café (C)				<h1>May 2021</h1>	