

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 DPH 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.



Dimensions
of Wellness

Resident Birthdays

May

- Marie Artz
- Robert Bowers
- Luanne Kessler
- Lois Zimmerman
- Joyce Reinbold
- Gladys Watson

June

- Doris Brown
- Marilyn Herb
- Howard Firestine
- Catherine Dinko

A Note from the Executive Director

Pine Grove is excited to be COVID-free for the entire new year 2021 and we are also considered fully-vaccinated now. This allows for resident families to have more freedom in our community to visit their loved ones. Residents who are fully-vaccinated have been enjoying family outings without having to quarantine as well.

We are happy to welcome a new Director of Wellness, Megan Williams, to our Pine Grove family. Please feel free to call or come by to meet her. She has many years' experience and will be a great asset assisting with your loved one's healthcare and any medical needs.

As April showers bring May flowers, watch for new activities and exciting programming coming your way. Feel free to schedule outside visits with your loved one and enjoy the beautiful weather.

I saw this quote and I wanted to share:

“Make each day your Masterpiece”

Sincerely,
Julie Wallace, Executive Director

Highlighted Events

- 5 – **EdU Presentation @ 2pm**
The History of Design with Aleesa
- 6 – **Mother's Day Celebration @ 2pm with Elvis!**
- 12 – **Diner's Caravan @ 11am**
Sunny Cupboard
- 30 – **Centenarian Celebration @ 11am with Outdoor Grilling, Firetruck parade & Happy Hour**

Welcome New Residents

Kathryn Hepler



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
						1 9:00 Sit & be Fit (2F) 10:00 Outdoor Walking Trail (OOB) 10:30 Coffee & Brain Games (FP) 11:00 Mindful Colors (FP) 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 6:30 Jeopardy (1F) 7:30 Lawrence Welk Show (1F)
2 9:30 Whole Body Stretches (2F) 10:00 Activities for the Soul (2F) 10:30 Opinion Column & Discuss (2F) 12:00 Wine & Dine (DR) 2:00 Church of God Service (DR) 3:00 Church of God Fellowship Hour (DR) 6:30 Catholic Service EWTN 49	3 9:30 Stretch & Tone (2F) 10:00 iN2L: Workshop for Beginners (2F) 10:30 iN2L: Travel Austria (2F) 11:00 Mass with Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Outdoor Walking Trail (OOB) 6:30 Jigsaw Puzzle Team (2F)	4 8:00 Breakfast & Daily Chronicles (DR) 9:00 Bodypump (2F) 10:00 Giant Crossword Puzzle (2F) 10:30 Mother Teresa EWNT 49 11:00 Take Out Tuesday **\$\$ (OOB) 2:00 Yoga with Leah (2F) 3:30 iN2L Learning: May Day History (2F) 6:30 Dominoes (2F)	5 9:30 Arm Toning Exercise (2F) 10:00 Fireside Chat with Julie (2F) 2:00 Ed-U Wellness Presentation: Bayada Laughter is the Best Medicine (2F) 3:00 & 3:45 Resident Conversations With David Leader 5:15 Ed-U Presentation: St. Clair Art Teacher Aleesa History of Design (2F)	6 9:30 Genesis Exercise (2F) 10:00 Market Run**\$\$ (OOB) 11:00 Helping Hands: Mint Tea (2F) 2:00 Mother's Day Entertainment Elvis is in Pine Grove! (2F) 3:30 All Foods Elvis Social (2F) 6:30 Game Night: Life (2F)	7 9:30 Move2Music (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Classic Comedians Quiz (2F) 11:00 Game of Sorry (2F) 2:00 Our Planet: Deserts to Grasslands (2F) 3:30 Outdoor Toss Across Game (FP) 6:30 Music & Mindful Colors (1F)	8 9:30 Latin Soul Exercise (2F) 10:00 Outdoor Walking Trail (OOB) 10:30 Coffee & Brain Games (FP) 11:00 Mindful Colors (FP) 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 6:30 Jeopardy (1F) 7:30 Lawrence Welk Show (1F)
9 9:30 Whole Body Stretches (2F) 10:00 Mothers Day Memories (2F) 10:30 Outdoor Walking Trail (2F) 12:00 Wine & Dine (DR) 2:00 iN2L: Church Service (2F) 3:00 Puzzle Packs & Tea Social (RP) 6:30 Catholic Service EWTN 49 Mother's Day	10 9:30 Stretch & Tone (2F) 10:00 iN2L: Workshop for Beginners (2F) 10:30 iN2L: Travel Czech Republic (2F) 11:00 Mass with Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Outdoor Walking Trail (OOB) 6:30 Jigsaw Puzzle Team (2F)	11 9:30 Bodypump (2F) 10:00 Garden Club: Spring Planting (RP) 10:30 Mother Teresa EWNT 49 11:00 Garden Club: Watering Plants (RP) 2:00 Crafty Corner: Mothers Day Craft (2F) 3:30 iN2L Learning: Make My Garden Grow (2F) 6:30 Dominoes (2F)	12 9:30 Arm Toning Exercise (2F) 10:00 Planning Committee (2F) 11:00 Diner's Caravan: Sunny Cupboard **\$\$ (OOB) 2:30 Jigsaw Puzzle Team (2F) 3:30 Garden Club: Watering Plants (OOB) 6:30 Monopoly (1F)	13 9:30 Balance in Action (2F) 10:00 Dining Committee (2F) 11:00 Outdoor Walking Trail (OOB) 2:00 Ed-U Presentation: Schuylkill Headwaters by John Bondora (2F) 3:30 Conversation & Lemonade (RP) 6:30 Game Night: Life (2F)	14 9:30 Move2Music (2F) 10:00 Ed-U Wellness Presentation: Diabetes Health by Meghan (2F) 10:30 Sensational Singers Quiz (2F) 11:00 Game of Sorry (2F) 2:00 Our Planet: Jungles (2F) 3:30 Outdoor Volley Ball Toss (FP) 6:30 Music & Mindful Colors (1F)	15 9:30 Latin Soul Exercise (2F) 10:00 iN2L History: Service Branch Song Reminisce (2F) 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 6:30 Jeopardy (1F) 7:30 Lawrence Welk Show (1F) Armed Forces Day
16 9:30 Whole Body Stretches (2F) 10:00 Activities for the Soul (2F) 10:30 Opinion Column & Discuss (2F) 12:00 Wine & Dine (DR) 2:00 Church of God Service (DR) 3:00 Church of God Fellowship Hour (DR) 6:30 Catholic Service EWTN 49	17 9:30 Stretch & Tone (2F) 10:00 iN2L: Workshop for Beginners (2F) 10:30 iN2L: Travel Hungary (2F) 11:00 Mass with Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Outdoor Walking Trail (OOB) 6:30 Jigsaw Puzzle Team (2F)	18 9:00 Bodypump (2F) 10:00 Appreciation Team: Gift Bags (2F) 10:30 Mother Teresa EWNT 49 11:00 Service in Action (1F & 2F) 2:00 Yoga with Leah (2F) 3:30 iN2L Learning: History of Candy Bombers (2F) 6:30 Dominoes (2F)	19 9:30 Arm Toning Exercise (2F) 10:00 Ambassador Meeting (2F) 11:00 Ed-U Tour: Martins Farm Market and Nursery**\$\$ (OOB) 2:30 Jigsaw Puzzle Team (2F) 3:30 Garden Club: Watering Plants (OOB) 6:30 Monopoly (1F)	20 9:30 Balance in Action (2F) 10:00 Market Run **\$\$ (OOB) 11:00 Outdoor Walking Trail (OOB) 2:00 iN2L Discussion Starters: Would You Rather? (2F) 3:30 Outdoor Putting Practice (RP) 6:30 Game Night: Life (2F)	21 9:30 Move2Music (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Energetic Entrepreneurs (2F) 11:00 Men's Club: Trip to Cabela's **\$\$ 2:00 Our Planet: One Planet (2F) 3:30 Outdoor Toss Across (FP) 6:30 Music & Mindful Colors (1F)	22 9:00 Sit & be Fit (2F) 10:00 Outdoor Walking Trail (OOB) 10:30 Coffee & Brain Games (FP) 11:00 Mindful Colors (FP) 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 6:30 Jeopardy (1F) 7:30 Lawrence Welk Show (1F)
23 9:30 Whole Body Stretches (2F) 10:00 The 12 Disciples of Jesus (2F) 10:30 Opinion Column & Discuss (2F) 12:00 Wine & Dine (DR) 2:00 iN2L: Church Service (2F) 3:30 Checker Club (RP) 6:30 Catholic Service (EWTN) Pentecost	24 9:30 Stretch & Tone (2F) 10:00 iN2L: Workshop for Beginners (2F) 11:00 Mass with Deacon Henninger (1F) 1:30 Shirley's Aromatherapy Hand & Neck Massages (2F) 3:00 Outdoor Walking Trail (OOB) 3:30 Word Search (1F) 6:30 Jigsaw Puzzle Team (2F)	25 9:00 Bodypump (2F) 10:00 Giant Crossword Puzzle (2F) 10:30 Mother Teresa EWNT 49 11:00 Take Out Tuesday **\$\$ (OOB) 1:30 Drums in Motion with Joe (2F) 3:30 iN2L Learning: Tomato Growing (2F) 6:30 Dominoes (2F)	26 9:30 Arm Toning Exercise (2F) 10:00 iN2L Travel: Jamacia (2F) 11:00 Rosary EWNT 49 1:30 Art Exploration: Summer Project With Shannon (2F) 3:30 Outdoor Walking Path (OOB) 6:30 Monopoly (1F)	27 9:30 Balance in Action (2F) 10:00 Kitchen Krew: Sugar Cookies (2F) 10:30 Today in History (2F) 11:00 Outdoor Walking Trail (OOB) 2:00 iN2L Discussion Starters: Would You Rather? (2F) 3:30 Card Club: Phase 10 (RP) 6:30 Game Night: Life (2F)	28 9:30 Move2Music (2F) 10:00 Opinion Column & Discuss (2F) 10:30 Powerful Politicians Quiz (2F) 11:00 Game of Sorry (2F) 2:00 Our Planet: Frozen World (2F) 3:30 Outdoor Toss Across Game (FP) 6:30 Music & Mindful Colors (1F)	29 9:00 Sit & be Fit (2F) 10:00 Outdoor Walking Trail (OOB) 10:30 Coffee & Brain Games (FP) 11:00 Mindful Colors (FP) 2:00 Bingo (2F) 3:30 Ice Cream Social (2F) 6:30 Jeopardy (1F) 7:30 Lawrence Welk Show (1F)
30 9:30 Whole Body Stretches (2F) 10:00 Activities for the Soul (2F) 10:30 Opinion Column & Discuss (2F) 12:00 Centenarian Celebration (FP) 1:00 Outdoor Grilling (FP) 2:00 Firetruck Parade (FP) 3:00 Happy Hour (FP) 6:30 Catholic Service EWTN 49	31 9:30 Stretch & Tone (2F) 10:00 American History Trivia (2F) 10:30 Word Search (1F) 11:00 Mass with Deacon Henninger (1F) 1:30 Movie: <i>Flags of Our Fathers</i> (2F) 3:30 iN2L Veterans: Mission & Purpose (2F) 6:30 Jigsaw Puzzle Team (2F) Memorial Day	Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building (1F) First Floor Community Room (2F) Second Floor Community Room (DR) Dining Room (FP) Front Patio (RP) Rear Patio			<h1 style="font-size: 48px; margin: 0;">May 2021</h1>	