

# Focus on Wellness

## Updates to our Reopening Guidelines

Pennsylvania has officially ended its mask mandate and other distancing precautions as of the end of June. We have made great progress in combatting COVID and are proud of our residents, team members and families for helping the cause through vaccinations. Now that cases are significantly diminished, we are happy to provide updated procedures as of 7/1/21:

- Testing limited to symptomatic residents/team & monthly surveillance of non-vaccinated team members
- Fully-vaccinated residents are not required to wear masks

We believe in the importance of socializing and family visits for the well-being of all of our communities. **Welcome Back!**

## Assisted Living Guidelines

rev. 6/30/21

### REQUIRED PRECAUTIONS

- Dining rooms, Community Life Programs & Internal services remain open
- Fully-vaccinated residents may remove masks
  - Team members & visitors to wear masks in the facilities
- Off-campus outings & family visits permitted for residents
  - Open visitation to residents is available in each community
- Testing only for symptomatic residents or staff
  - Non-vaccinated team members surveillance tested monthly
- New residents can receive the vaccine from our pharmacy

Please Note: Above guidelines are subject to Pennsylvania state mandates & procedures. Additional precautions may be taken if any significant outbreak occurs.



# Providence Place SENIOR LIVING News

Q3: August 2021

## A Note from the Executive Director

It is hard to believe August is here already. In a few short weeks kids will be heading back to school and I will move my oldest to college! Wow – time sure flies!

I am pleased to announce we have hired several new managers in the past month. Heather Crider has accepted the position as Director of Wellness. Heather lives in Shippensburg and has over 10 years' experience working with seniors. Last week our new Director of Dining, Dustin Dumire (Hagerstown) joined our team. Dustin comes to us with experience in both senior living facilities and restaurants.

Assuming the COVID positivity rates remain low in Franklin County, we plan to go back to one seating in the dining rooms this month. We will again use linens and placemats during meal service. This change will be welcomed by many of our residents; however, it will require us to modify some table assignments. Please be patient with us as we work through this change together.

Many of our residents participated in some fun competition in July for the Providence Place Olympics. They competed in many events, including Wii Bowling, walking laps, and trivia. Our community also donated over 200 pounds of food to a local food pantry. We have many champions and medal winners living here in Chambersburg Providence Place. There are a multitude of events to become active with. Please review the Community Life calendar and stay engaged and active!

Summer Blessings,

*Holly Townsend, Executive Director*

## Highlighted Events

- 4 – **Coffee & Conversations** with PA State Trooper Grube @ 10am
- 17 – **Breakfast Outing to Cracker Barrel** @ 8:30am
- 30 – **The Civil War: Presented by Scott Mingus** @ 2pm

## Welcome New Residents

- Mae Dagenhart
- Edward Klotz
- Sue Proulx
- Harold Gsell
- Peggy Gsell
- Sylvia Kline
- Gaylynn LeVan
- Jim Johnston
- Nathan Eshleman
- Janet Eshleman
- Gladys Ehrhart
- John Reuckert
- Frances Kerlin
- Joan Bordner



*Dimensions  
of Wellness*

## Resident Birthdays

### August

Edward Klotz  
Peggy Gsell  
Paul Barnes  
John Rueckert  
Jim Johnston  
Jean Wengert  
Helen Dagenhart  
Joyce Bright  
Helen Lander  
Elizabeth Fedele

Anne Handzlik  
Kay Stake  
Susan McCarl  
Eleanor Whelan  
Amy Keifman  
Helen Small  
John Hazlinsky  
Margaret Bowen

### September

Lois Garman  
Nathan Eshleman  
Earl McClain  
Sally Ann McCleary  
John Hampton  
Virginia Federhoof  
Earl Robinson  
Harold Gsell  
Dorothy Miner  
Sylvia Kline  
Kathryn Shaffer  
Vivian Calimer  
Bonita Mearkle



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   |
|---|---|--|---|---|--|--|
| 1<br>9:00 Light & Lively Exercise (3E)<br>9:30 Walk and Roll Walking Club (FL)<br>10:00 Aromatherapy and Nails (2A)<br>11:00 –12:30 Wine and Dine (DR)<br>2:00 Worship Service (2A)<br>3:00 Card Club: Rummy (2A)<br>6:30 Song and Scripture (Ch.809)         | 2<br>9:00 Move 2 Music (3E)<br>9:30 Will Bowling League (3E)<br>10:00 Hymn Sing (2A)<br>1:30 Seated Chair Exercise (2A)<br>2:00 iN2L: World Religion Trivia (2A)<br>3:00 iN2L: Ed- U How to get a Good Nights Sleep (2A)<br>6:15 Horseshoes (3E)                                  | 3<br>9:00 Light & Lively Exercise (3E)<br>9:30 Shopping Trip: Walmart **(OOB)<br>9:30 Wii Bowling League (3E)<br>1:30 Balance & Action (3E)<br>1:30 Acrylic Canvas Paintings ( C )<br>2:00 Nickel Bingo (2A)<br>3:00 Indulge Yourself : Hand Massages **(P)<br>6:15 Game Club: Sequence (2A)                               | 4<br>9:00 Balloon Ball Exercise (3E)<br>9:30 Garden Club (FL) (DR)<br>10:00 Coffee and Conversations with Trooper Grube P.S.P (FL)<br>1:30 Balance & Action (3E)<br>2:00 Ladder Ball (3E)<br>3:00 Bible Study (PDR)<br>6:15 Blitz with Ruth (2A)  | 5<br>9:00 Transitions: Dealing with Loss ( C )<br>9:30 Walk and Roll Walking Club (FL)<br>10:00 Cooking Creation: Crescent Roll Danish ( C )<br>1:30 Balance & Action (3E)<br>1:30 Art Exploration Mixed Media ( C )<br>2:00 Mid Week Devotions (2A)<br>3:00 Circle of Friends (2A)<br>6:15 Ladder Ball (3E)                  | 6<br>9:00 Light & Lively Exercise (3E)<br>9:30 Will Bowling League (3E)<br>10:00 Prize Bingo (2A)<br>1:30 Balance & Action (3E)<br>2:00 August Birthday Celebrations (P)<br>3:00 Community Life Planning Committee (P)<br>6:15 Movie Night: <i>Gone with the Wind</i> (3A)   | 7<br>9:00 Light & Lively Exercise (3E)<br>9:30 Walk and Roll Walking Club (FL)<br>10:00 Garden Club (FL) (DR)<br>1:30 Stair Stepper Exercise (3E)<br>2:00 Horseshoes (3E)<br>3:00 Game Club: UNO (2A)<br>6:30 Musical Entertainment with Tresa Day (2A)                                    |
| 8<br>9:00 Light & Lively Exercise (3E)<br>9:30 Walk and Roll Walking Club (FL)<br>11:00 –12:30 Wine and Dine (DR)<br>0:00 Horseshoes (3E)<br>2:00 Worship Service (2A)<br>3:00 Game Club: UNO (2A)<br>6:30 Song and Scripture (Ch.809)                        | 9<br>9:00 Move 2 Music (3E)<br>9:30 Will Bowling League (3E)<br>10:00 Hymn Sing (2A)<br>1:30 Seated Chair Exercise (2A)<br>2:00 Nickel Bingo \$\$ (2A)<br>3:00 iN2L: Ed-U Sharks, King of the Ocean (2A)<br>6:15 Blitz with Ruth (2A)   | 10<br>9:00 Light & Lively Exercise (3E)<br>9:30 Shopping Trip: Dollar Tree** (OOB)<br>9:30 Wii Bowling League (3E)<br>1:30 Balance & Action (3E)<br>1:30 Acrylic Canvas Paintings ( C )<br>2:00 Horseshoes (3E)<br>3:00 Shark Bait Mixer (P)<br>6:15 Game Club: Rummy (2A)   | 11<br>9:00 Strengthening Stretches (3E)<br>10:00 Dining Committee Meeting (DR)<br>1:30 Balance & Action (3E)<br>2:00 <i>Power of Positivity, When Life Gives You Lemons</i> presented by Theresa Waltersdorff (2A)<br>3:00 Bible Study (PDR)<br>3:00 Memory Support Group (CC)<br>6:15 Billiards (3E) | 12<br>9:00 Transitions: Dealing with Loss ( C )<br>9:30 Walk and Roll Walking Club (FL)<br>10:00 Cooking Creation: Shark Bait & Life Preservers ( C )<br>1:30 Balance & Action (3E)<br>1:30 Art Exploration Mixed Media ( C )<br>2:00 Mid Week Devotions (2A)<br>3:00 Circle of Friends (2A)<br>6:15 Game Club: Sequence (2A) | 13<br>9:00 Light & Lively Exercise (3E)<br>10:00 Ed-U Wellness: Urinary Health (2A)<br>1:30 Balance & Action (3E)<br>2:00 Horseshoes (3E)<br>3:00 Under the Sea Super Social (P)<br>6:15 Movie Night: <i>Shark Tales</i> (3A)  | 14<br>9:00 Light & Lively Exercise (3E)<br>9:30 North Square Farmers Market***\$(OOB)<br>9:30 Will Bowling League (3E)<br>10:00 Garden Club (FL) (DR)<br>1:30 Stair Stepper Exercise (3E)<br>2:00 Prize Bingo (2A)<br>3:00 Game Club: Pinochle (2A)<br>6:15 Blitz with Ruth (2A)           |
| 15<br>9:00 Light & Lively Exercise (3E)<br>9:30 Walk and Roll Walking Club (FL)<br>10:00 Aromatherapy and Nails (2A)<br>11:00 –12:30 Wine and Dine (DR)<br>2:00 Worship Service (2A)<br>3:00 Card Club: Sequence (2A)<br>6:30 Song and Scripture (Ch.809)     | 16<br>9:00 Move 2 Music (3E)<br>9:30 Will Bowling League (3E)<br>10:00 Hymn Sing (2A)<br>1:30 Seated Chair Exercise (2A)<br>2:00 iN2L: World Religion Trivia (2A)<br>3:00 iN2L: Ed-UA Biblical Vision for Aging People (2A)<br>6:15 Helping Hands Club: Coupons for Troops ( C )  | 17<br>8:30 Breakfast Run: Cracker Barrel **\$(OOB)<br>9:00 Light & Lively Exercise (3E)<br>9:30 Wii Bowling League (3E)<br>1:30 Balance & Action (3E)<br>1:30 Acrylic Canvas Paintings ( C )<br>2:00 Residents Rights with Ombudsman Payton Mummert (2A)<br>3:00 Summer Spritzer Social (PD)<br>6:15 Blitz with Ruth (2A)  | 18<br>9:00 Balloon Ball Exercise (3E)<br>9:30 Walk and Roll Walking Club (FL)<br>10:00 Men's Club (FL)<br>1:30 Balance & Action (3E)<br>2:00 Fireside Chat (2A)<br>3:00 Bible Study (PDR)<br>3:00 New Ambassador Welcome Committee Meeting with Amber (P)<br>6:15 Game Club: Pinochle (2A)            | 19<br>9:00 Transitions: Dealing with Loss ( C )<br>10:00 Kitchen Creation: Pineapple Cool Whip Pie ( C )<br>1:30 Balance & Action (3E)<br>1:30 Art Exploration Mixed Media ( C )<br>2:00 Mid Week Devotions (3A)<br>2:00 Musical Entertainment by Tom Shultz (3A)<br>3:00 Circle of Friends (2A)<br>6:15 Horseshoes (3E)      | 20<br>9:00 Light & Lively Exercise (3E)<br>9:30 Will Bowling League (3E)<br>10:00 Nickel Bingo \$\$ (2A)<br>1:30 Balance & Action (3E)<br>2:00 Ed-U: <i>John Brown In Chambersburg</i> Presented by Adam Leeper (2A)<br>4:00 Dinner Caravan: Wendy's **\$(OOB)<br>6:15 Movie Night: <i>Forrest Gump</i> (3A)         | 21<br>9:00 Light & Lively Exercise (3E)<br>9:30 Walk and Roll Walking Club (FL)<br>10:00 Prize Bingo (2A)<br>1:30 Stair Stepper Exercise (3E)<br>2:00 Local Fares: Jims Farmers Market **\$(OOB)<br>3:00 Game Club: Monopoly (2A)<br>6:15 Game Club: Sequence (2A)<br>Senior Citizen's Day |
| 22<br>9:00 Light & Lively Exercise (3E)<br>9:30 Walk and Roll Walking Club (FL)<br>10:00 Aromatherapy and Nails (2A)<br>11:00 –12:30 Wine and Dine (DR)<br>2:00 Worship Service (2A)<br>3:00 Mexican Train Dominoes ( C )<br>6:30 Song and Scripture (Ch.809) | 23<br>9:00 Move 2 Music (3E)<br>9:30 Walk and Roll Walking Club (FL)<br>10:00 Hymn Sing (2A)<br>1:30 Seated Chair Exercise (2A)<br>2:00 Prize Bingo (2A)<br>3:00 iN2L: Ed-U The Timeline: Payton Manning's Summer School (2A)<br>6:15 Game Club: Sequence (2A)                    | 24<br>8:30 Bagel Fest Breakfast ** ( C )<br>9:30 Wii Bowling League (3E)<br>10:00 Kitchen Creation: Cherry Fluff ( C )<br>1:30 Balance & Action (3E)<br>1:30 Acrylic Canvas Paintings ( C )<br>2:00 Food for Thought: Chickpeas (PD)<br>3:00 Getting to Know Your Neighbors (PD)<br>6:15 Billiards (3E)                    | 25<br>9:00 Strengthening Stretches (3E)<br>9:30 Walk and Roll Walking Club (FL)<br>10:00 Memorial Service Celebrating Life (Connections Chapel)<br>1:30 Balance & Action (3E)<br>2:00 Nickel Bingo \$\$ (2A)<br>3:00 Bible Study (PDR)<br>6:15 Horseshoes (3E)  | 26<br>9:00 Transitions: Dealing with Loss ( C )<br>9:30 Magazine Kiosk (L)<br>10:00 Chef Demo ( C )<br>1:30 Balance & Action (3E)<br>1:30 Art Exploration Mixed Media ( C )<br>2:00 Mid Week Devotions (2A)<br>3:00 Circle of Friends (2A)<br>6:15 Blitz with Ruth (2A)   | 27<br>9:00 Light & Lively Exercise (3E)<br>10:00 Exploring the History of Shoe Fly Pie (P)<br>1:30 Balance & Action (3E)<br>2:00 Musical Entertainment with Home Comfort Bluegrass Band (2A)<br>3:00 Game Club: Scrabble ( C )<br>6:15 Movie Night: <i>Top Gun</i> (3A)  | 28<br>9:00 Light & Lively Exercise (3E)<br>9:30 Will Bowling League (3E)<br>10:00 Garden Club (FL) (DR)<br>1:30 Stair Stepper Exercise (3E)<br>2:00 Get it While it's Hot; Fresh Popped Popcorn (FL)<br>3:00 Game Club: Sequence (2A)<br>6:15 Helping Hands Club: Coupons for Troops ( C ) |
| 29<br>9:00 Light & Lively Exercise (3E)<br>9:30 Walk and Roll Walking Club (FL)<br>10:00 Aromatherapy and Nails (2A)<br>11:00 –12:30 Wine and Dine (DR)<br>2:00 Worship Service (2A)<br>3:00 Card Club: Pinochle (2A)<br>6:30 Song and Scripture (Ch.809)     | 30<br>9:00 Move 2 Music (3E)<br>9:30 Will Bowling League (3E)<br>10:00 Hymn Sing (2A)<br>1:30 Seated Chair Exercise (2A)<br>2:00 Ed-U Presentation: Civil War with Author Scott Mingus, Sr.(2A)<br>3:00 iN2L: Ed-U Treasures of Earth Gemstones (2A)<br>6:15 Blitz with Ruth (2A) | 31<br>9:00 Light & Lively Exercise (3E)<br>9:45 Shopping Trip: Ollies, TJ Max with Perkins Lunch Stop ** (OOB)<br>9:30 Wii Bowling League (3E)<br>1:30 Balance & Action (3E)<br>1:30 Acrylic Canvas Paintings ( C )<br>2:00 Jewelry Inspection and Cleaning Clinic ** (P)<br>3:00 Prize Bingo (2A)<br>6:15 Horseshoes (3E) | <h1>August</h1><br><h2>2021</h2>  |   | <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), Loading Dock (LD), Library (L), Private Dining Room (PDR), Out of Building (OOB), Pub Deck (PD)<br>**Registration Required, \$\$ Cost Involved |  |

