

# 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 7/2/21.

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: July 2021



Dimensions  
of Wellness

## A Note from the Executive Director

Summer is in full swing! I hope everyone enjoyed the car show that was hosted here last month. A total of 69 cars were registered and everyone also enjoyed food and retail vendors and terrific weather. We had an amazing turn out and everyone is hoping we can do it again next year. The proceeds will go towards our Co-Worker Foundation which is a non-profit charity to aid team members facing difficult financial struggles caused by natural disasters or other life altering events.

As you know, last year due to COVID, we fell behind in several of our exterior projects. We will be sprucing up several areas of our community in the upcoming weeks to include window washing, cleaning of the gazebos and also the fence that surrounds our memory care courtyard. Please be patient as we work through improvements of the appearance of our community and your home.

Stay safe & healthy,

*Holly Townsend, Executive Director*

## Highlighted Events

- 1 – **Vet to Vet Café @ 10am**  
Hosted by Heartland Hospice
- 14 – **Wonders Beyond our Solar System** with Penn State @ 6:30pm
- 14 – **Memory Support Group @ 3pm**  
*Connections*
- 16 – **Night Wonders of Astronomy @ 2pm**  
*(Connections)*
- 23 – **PP Summer Olympics Celebration @ 2pm**

## Resident Birthdays

### July

Paul Burns  
Martha Hause  
Laura Martin  
Jean Stambaugh  
Merle Cordell  
Chester Garman  
Barbara Danner  
Sarah Pryor  
Charles Galbraith  
Elizabeth McCoy  
Agnes Maurello  
Susan Downin  
Mary Funk

### August

Edward Klotz  
Peggy McNew  
Paul Barnes  
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  
Earl McClain  
Sally Ann McCleary  
John Hampton  
Virginia Federhoof  
Earl Robinson  
Dorothy Miner  
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)

## Welcome New Residents

Charles Galbraith  
Alice Galbraith  
Nancy Black  
E. Mae Dagenhart  
Mary Hocker  
Ronald Hocker  
George Proulx

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<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), Pri- vate Dining Room (PDR), Out of Building (OOB), Pub Deck (PD) <b>**Registration Required, \$\$ Cost Involved</b>	<h1>July</h1> <h2>2021</h2>	1	2	3	
		9:00 Transitions: Dealing with Loss ( C ) 10:00 Vet to Vet Café hosted by Heartland Hospice (P) 1:30 Balance & Action (3E) 1:30 Art Exploration Mixed Media ( C ) 2:00 Independence Day Social Featuring Nick Disanto (P) 3:00 Circle of Friends (2A) 6:15 Game Club: Sequence (2A)	9:00 Light & Lively Exercise (3E) 10:00 Oven to Table Baking Series: Red, White, Blue Cupcakes C ) 1:30 Balance & Action (3E) 2:00 Community Life Planning Committee (P) 3:00 July Birthday Celebrations (P) 6:00 Movie Night: <i>Born on the            Fourth of July</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 Providence Place Summer Olympics Walking to Win (FL) 10:00 Garden Club (FL) (DR) 1:30 Stair Stepper Exercise (3E) 2:00 Wine Appreciation: Adam's County Winery (P) 3:00 Game Club: Scrabble ( C ) 6:15 Horseshoes (3E)			
9:00 Light & Lively Exercise (3E) 10:00 Worship Service (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Patriotic Concert Premiering Adylnnn Wood (2A) 3:00 Bomb Pop Cool Down (PD) 6:15 National Independence Day Parade (2A) Independence Day	4	5	6	7	8	9	10
9:00 Light & Lively Exercise (3E) 9:30 Garden Club (FL) (DR) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Providence Place Summer Olympics Jeopardy Practice ( C ) 6:30 Song and Scripture (Ch.809)	11	12	13	14	15	16	17
9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Providence Place Summer Olympics Walking to Win FINAL WALK (FL) 3:00 Providence Place Summer Olympics Jeopardy Practice ( C ) 6:30 Song and Scripture (Ch.809)	18	19	20	21	22	23	24
9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Mexican Train Dominoes ( C ) 6:30 Song and Scripture (Ch.809)	25	26	27	28	29	30	31
9:00 Move 2 Music (3E) 9:30 Providence Place Summer Olympics Will Bowling League (3E) 10:00 Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 Providence Place Summer Olympics World Religion Trivia (2A) 3:00 Ed-U iN2L: Evangelical Christians in the United States (2A) 6:15 Blitz with Ruth (2A)	9:00 Move 2 Music (3E) 9:30 Providence Place Summer Olympics Will Bowling League (3E) 10:00 Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 Providence Place Summer Olympics World Religion Trivia Practice (2A) 3:00 Ed-U iN2L: Journey Through the Universe (2A) 6:15 Horseshoes (3E)	9:00 Light & Lively Exercise (3E) 10:00 Nickel Bingo \$\$ (2A) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Providence Place Summer Olympics Jeopardy Practice ( C ) 3:00 Under the Canopy Mixer (PD) 6:15 Mexican Train Dominoes ( C )	9:00 Balloon Ball Exercise (3E) 10:00 Land of Little Horses \$\$\$ (OOB) 10:00 Creating our Olympic Medals with Master Crafter Bobbi ( C ) 1:30 Balance & Action (3E) 1:30 Art: Pottery ( C ) 2:00 Tea 101: Butterfly Pea Flower Tea (P) 3:00 Bible Study (PDR) 6:15 Game Club: Sequence (2A)	9:00 Strengthening Stretches (3E) 9:30 Providence Place Summer Olympics Walking to Win (FL) 10:00 Dining Committee Meeting (DR) 1:30 Balance & Action (3E) 2:00 Creating Constellations ( C ) 3:00 Bible Study (PDR) 6:30 <i>Wonders Beyond Our Solar System</i> Presented by Penn State's Kim Herrmann (2A)	9:00 Transitions: Dealing with Loss ( C ) 10:00 Oven to Table Baking Series: Cosmic Cookies (C) 1:30 Balance & Action (3E) 1:30 Art Exploration Mixed Media ( C ) 2:00 Mid Week Devotions (2A) 3:00 Circle of Friends (2A) 6:15 Card Club: War! (2A)	9:00 Light & Lively Exercise (3E) 9:30 Providence Place Summer Olympics Will Bowling League (3E) 10:00 Nickel Bingo \$\$ (2A) 1:30 Balance & Action (3E) 2:00 Ed-U Presentation: <i>Night Wonders of Astronomy</i> (2A) 3:00 Out of This World Soiree (P) 6:15 Movie Night: <i>Apollo 13</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 Providence Place Summer Olympics Will Bowling League (3E) 10:00 Garden Club (FL) (DR) 1:30 Stair Stepper Exercise (3E) 2:00 Prize Bingo (2A) 3:00 Game Club: UNO (2A) 6:15 Blitz with Ruth (2A)
9:00 Light & Lively Exercise (3E) 10:00 Aromatherapy and Nails (2A) 11:00 –12:30 Wine and Dine (DR) 2:00 Worship Service (2A) 3:00 Providence Place Summer Olympics Walking to Win FINAL WALK (FL) 3:00 Providence Place Summer Olympics Jeopardy Practice ( C ) 6:30 Song and Scripture (Ch.809)	9:00 Move 2 Music (3E) 9:30 Providence Place Summer Olympics Will Bowling League FINAL (3E) 10:00 Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 Prize Bingo (2A) 3:00 Blind Tasting: Food of the Caribbean (P) 6:15 Ladder Ball (3E)	9:00 Light & Lively Exercise (3E) 9:45 Shopping Trip: Target , Kohls and Red Robin \$\$\$ (OOB) 10:00 Wii Bowling League (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 Balance & Action (3E) 3:00 World Religion Trivia All Campus Final Round (2A) 6:15 Horseshoes (3E)	9:00 Balloon Ball Exercise (3E) 9:30 Garden Club (FL) (DR) 10:00 Oven to Table Baking Series: Fruit Pies ( C ) 1:30 Balance & Action (3E) 2:00 Fireside Chat (2A) 3:00 Bible Study (PDR) 3:00 Under the Canopy Social (PD) 6:15 Blitz with Ruth (2A)	9:00 Transitions: Dealing with Loss ( C ) 10:00 Providence Place Olympics Jeopardy All Campus Final Round (2A) 1:30 Balance & Action (3E) 1:30 Art Exploration Mixed Media ( C ) 2:00 Mid Week Devotions (2A) 3:00 Circle of Friends (2A) 3:00 Chef Tasting: Moon Pies (P) 6:15 Card Club: Rummy (2A)	9:00 Light & Lively Exercise (3E) 10:00 Helping Hands Club: Decorating Pub Olympic Ceremony (P) 1:30 Balance & Action (3E) 2:00 Providence Place Summer All Campus Olympic Celebration (P) 3:00 Horseshoes (3E) 6:15 Movie Night: <i>Cool Running</i> (3A)	9:00 Light & Lively Exercise (3E) 10:00 Garden Club (FL) (DR) 1:30 Stair Stepper Exercise (3E) 2:00 Helping Hands Club: Coupons for Troops (C) 3:00 Game Club: Scrabble (C) 6:15 Game Club: Sequence (2A)	
9:00 Light & Lively Exercise (3E) 9:30 Will Bowling League (3E) 10:00 Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 Ed-U Wellness: Hearing Care Presentation with Vinny from Beltone (2A) 3:00 Ed-U iN2L: The Akha Tribe in Laos (2A) 6:15 Musical Entertainment by Joyful Noise (2A)	9:00 Move 2 Music (3E) 9:30 Will Bowling League (3E) 10:00 Hymn Sing (2A) 1:30 Seated Chair Exercise (2A) 2:00 Ed-U Wellness: Hearing Care Presentation with Vinny from Beltone (2A) 3:00 Ed-U iN2L: The Akha Tribe in Laos (2A) 6:15 Musical Entertainment by Joyful Noise (2A)	9:00 Light & Lively Exercise (3E) 9:30 Shopping Trip: *Dollar Tree and Giant \$\$\$ (OOB) 10:00 Wii Bowling League (3E) 1:30 Balance & Action (3E) 1:30 Acrylic Canvas Paintings ( C ) 2:00 S'mores Outdoors hosted by Men's Club (LD) 3:00 Blood Pressure Clinic (2A) 6:15 Blitz with Ruth (2A)	9:00 Strengthening Stretches (3E) 10:00 Garden Club (FL) (DR) 12:30 Army Heritage and Education Center\$\$\$ (OOB) 1:30 Balance & Action (3E) 2:00 Ed-U Presentation: Puerto Rico Jewel of the Caribbean (2A) 3:00 Bible Study (PDR) 6:15 Horseshoes (3E)	9:00 Transitions: Dealing with Loss ( C ) 10:00 Oven to Table Baking Series: S'mores Trail Mix ( C ) 1:30 Balance & Action (3E) 1:30 Art Exploration Mixed Media ( C ) 2:00 Mid Week Devotions (2A) 3:00 Circle of Friends (2A) 3:00 Chef Pairing (P) 6:15 Game Club: Sequence (2A)	9:00 Light & Lively Exercise (3E) 10:00 Game Club: Scrabble ( C ) 1:30 Balance & Action (3E) 2:00 New Ambassador Welcome Committee Meeting (P) 3:00 Purple Cow Sip and Taste (P) 6:15 Movie Night: <i>Top Gun</i> (3A)	9:00 Light & Lively Exercise (3E) 9:30 Walk and Roll Walking Club (FL) 10:00 Garden Club (FL) (DR) 1:30 Stair Stepper Exercise (3E) 2:00 Ed-U Presentation: Chemical Weapons in Germany (P) 3:00 Game Club: Scattergories (2A) 4:00 Dinner Caravan: Trojan Dinner\$\$\$ (OOB)	