

# 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

## A Note from the Executive Director

We are finally getting back to normal here at Providence Place of Drums. It is very nice to see families visiting and residents engaging with one another.

As you may notice we have enhanced our Community Life activities and having loads of fun. On Saturday, July 10<sup>th</sup> from 2pm-5pm, we are hosting an outdoor picnic event. We wanted to celebrate coming to the end of the Covid pandemic with a pig roast for residents, coworkers, and families. Food, live entertainment, bounce house, and face painting are some of the activities. We will also have tricky trays and the proceeds will benefit the Alzheimer's Association. Please call (570-788-7888) to RSVP with our receptionist.

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 summer days to all,

*Kim Perchak*

*Executive Director*

## Highlighted Events

- 4 – **July 4<sup>th</sup> Outdoor BBQ @ 1pm**  
Cornhole, S'mores, singalong & Fireworks
- 8 – **Outdoor Movie Matinee**  
Grease @ 8 pm
- 10 – **Grand Reopening Luau & BBQ**  
@ 2pm – 5pm
- 14 – **Stemrich Blueberry Farm Outing** (berry picking) @ 1:45pm
- 23 – **PP Summer Olympics Closing Celebration @ 2pm**



*Dimensions  
of Wellness*

## Resident Birthdays

### July

Helen Elias  
Susan Podzamsky  
Rose Bressi  
Lawrence Arendash  
Janet Walters  
Angeline Lapinsky  
Thelma Mancuso  
Ramon Santiago  
Rina Rebarchak  
John Roland  
Shirley Heckrote  
Irene Morgan

### August

Irene Moscon  
Raymond Mckelvey  
Gerald Brekke  
Dorothy Haraschak  
Jean Stecker

### September

Anita Molitoris  
David Narrow  
Danae Renn  
Norman Schuettrumpf  
Helen Zukowski  
Dorothy Stoffa  
Robert Defant  
Patricia Gasser



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

Clinton Chamberlin  
Margaret Gallagher  
Dolores Humenick  
Leo Humenick  
Cora Hummel  
Carol Kubitz  
John Ortiz

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<b>Calendar Key:</b> ** 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>July</h1> <h1>2021</h1>		1 9:30 Balance in Action Exercise (2nd) 10:00 Mass by Father Mike (Ch) 10:30 Helping Hands Club: Water Flowers & Vegetables (ML) 1:30 Community Life Committee Mtg. (3rd) 2:30 Ed-U Presentation: "Working in the Diamond Industry" By PP Resident Roger Cotterill (3rd) 3:30 Dealing with Loss Support Group With Deacon Bob (SR) 6:30 Pinochle Players Club (3rd)	2 9:30 Drum Stick Exercise (2nd) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 10:30 Art Exploration: Decoupage (3rd) 1:30 Famous Birthday: Dave Thomas: Founder of Wendy's Restaurants (3rd) 2:30 Dessert Caravan: Frosty's at Wendy's*** (OOB) 3:30 Confident Cruisers (ML) 6:30 Boggle (1st)	3 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Red, White & Blue Tussie Mussies (3rd) 1:30 Helping Hands Club: Peel Corn for 4th of July Picnic (FP) 2:30 Patriotic Musical Entertainment By Glenn Faul (DR) 4:00 Watermelon Sangria & Trivia (1st) 6:30 Movie Matinee: <i>Mr. Smith Goes to Washington</i> (2nd)
		4 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 4th of July Outdoor BBQ (FP) 1:30 Cornhole Tournament (FP) 2:45 S'mores & Patriotic Singalong (FP) 4:00 iN2L: Fireworks Displays Around the World (3rd) 6:30 Knit & Crochet Club (3rd)  Independence Day	5 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food For Thought: Chickpeas (3rd) 1:30 Providence Place Olympics: X-Box Bowling Practice (2nd) 2:30 Circle of Friends (SR) 3:30 Technology Committee: Fitness Trackers (3rd) 6:30 Pinochle Players Club (3rd)	6 9:30 Strength Exercise (2nd) 10:00 Holistic Wellness Aromatherapy (2nd) 10:30 Diner's Lunch Caravan: Leiby's Family Restaurant*** (OOB) 1:45 Craft Club: Horseshoe Picture Frames (3rd) 2:45 Bingo (3rd) 3:30 Providence Place Olympics: World Religion Trivia Practice (2nd) 6:30 Scrabble (1st)	7 9:30 Shopping Excursion: Walmart*** (OOB) 10:00 Rosary (Ch) 10:30 Cooking Club: Chili-Lime Roasted Chickpeas (C) 1:30 Sit & Be Fit Exercise (2nd) 2:00 Edu-Demo: White Horse Community Center Horse Demo (CN) 3:00 Resident Birthday Committee (3rd) 3:30 Confident Cruisers (ML) 6:30 Dominoes (1st)	8 9:30 Balance in Action Exercise (2nd) 10:30 TED Talk & Discussion: <i>What Gardening Taught Me About Life</i> (3rd) 11:00 1st Floor Summer Deck Cookout (3rd) 1:45 Dessert & Discussion: Edible Flower Shortbread Cookies With Herbal Sun Tea/Flower Ice Cubes (DR) 3:00 Dealing with Loss Support Group With Deacon Bob (SR) 6:30 Pinochle Players Club (3rd) 8:00 Outdoor Movie Matinee: <i>Grease</i> (FP)	9 9:30 Drum Stick Exercise (2nd) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 10:30 Companion K-9 Visits With Therapy Alliance (1st) 1:30 Art Exploration: Decoupage (3rd) 2:00 Ed-U Presentation: "Nature in July: Native Wildflowers" by Diane Madl of Nescopeck State Park (3rd) 3:30 Welcome Ambassador Comm. Mtg. (3rd) 6:30 Boggle (1st)
11 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Hymn Sing (Ch) 2:30 Ed-U Presentation: "The Sixties: The Times They Are A-Changin'" By Walter Choroszewski (3rd) 4:00 iN2L: "1960's: How Much Did it Cost?" (3rd) 6:30 Knit & Crochet Club (3rd)	12 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Helping Hands Club: Water Outside Flowers & Vegetables (ML) 1:00 Providence Place Olympics: X-Box Bowling Practice (2nd) 2:00 Providence Place Senior Living Employee Recognition Awards (1st) 3:30 iN2L Travel: Rick Steves' America (3rd) 6:30 Pinochle Players Club (3rd)	13 9:30 Strength Exercise (2nd) 10:00 Retail Shopping: Boscov's*** (OOB) 10:30 Holistic Wellness Aromatherapy (2nd) 1:00 Circle of Friends (SR) 2:00 Ed-U Presentation: "Combating Veteran Fraud & Identity Theft" By Michelle Nutter of PA Office Of Attorney General (3rd) 3:00 National French Fry Day Social: Tasting & Trivia (3rd) 6:30 Scrabble (1st)	14 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Community Outreach: Create Greeting Cards for Caitlin's Smiles (C) 1:30 Interactive Music Class with Cynthia (2nd) 1:45 Trip Out: Pick Blueberries At Stemrich Blueberry Farm*** (OOB) 2:45 Bingo (3rd) 4:00 July Birthday Celebration Dinner (DR) 6:30 Rummikub (1st)	15 9:30 Summer Word Search Challenge (1st) 10:00 Balance in Action Fitness Class By Genesis (2nd) 10:30 Cooking Club: Fresh Blueberry Crisp (C) 11:00 2nd Floor Summer Deck Cookout (3rd) 1:30 Saint of the Day: St. Bonaventure (3rd) 2:30 Dining Service Committee Meeting (3rd) 3:30 iN2L: Google Earth (3rd) 6:30 Pinochle Players Club (3rd)	16 9:30 Drum Stick Exercise (2nd) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 10:30 Art Exploration: Decoupage (3rd) 1:30 Providence Place Olympics: Jeopardy Practice (3rd) 2:30 Ed-U Wellness Presentation: Arthritis Awareness with DOW Courtney (3rd) 4:00 New Resident Cocktail Mixer (1st) 6:30 LCR Dice Game (1st)	17 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Succulent Garden Dishes (3rd) 1:30 Dealing with Loss Support Group With Deacon Bob (SR) 2:30 Country Ride** (OOB) 4:00 Confident Cruisers (ML) 6:30 Movie Matinee: <i>Singin' in the Rain</i> (2nd)	
18 9:00 TV Catholic Mass Service (3rd) 10:00 Providence Place Summer Olympics: Drums Campus Food Drive Results (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Prayer Service (Ch) 2:45 Bingo (3rd) 4:00 iN2L Travel: Tokyo (3rd) 6:30 Knit & Crochet Club (3rd)	19 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Confident Cruisers (ML) 1:30 Providence Place Summer Olympics: X-Box Bowling Final Round (2nd) 2:30 Circle of Friends (SR) 3:30 Men's Club: Stain Outdoor Benches (ML) 6:30 Pinochle Players Club (3rd)	20 9:30 Strength Exercise (2nd) 10:00 Holistic Wellness Aromatherapy (2nd) 10:30 Saint of the Day: St. Margaret (2nd) 1:00 Manicures (3rd) 2:00 Dining Demo with Chef Ashley: National Blueberry Month: Blueberry Glazed Donuts (DR) 3:00 Providence Place Summer Olympics: World Religion Trivia Final Round (3rd) 6:30 Scrabble (1st)	21 9:30 Shopping Trip: Dollar Tree*** (OOB) 10:00 Rosary (Ch) 10:30 Cooking Club: BLT Muffins (C) 1:30 Sit & Be Fit Exercise (2nd) 2:00 Ed-U Presentation: <i>History of Drums, PA</i> by Butler Township Supervisor Dr. Frank Poladora (3rd) 3:30 Providence Place Summer Olympics: Harvest Prize-Winning Zucchini (ML) 6:30 Dominoes (1st)	22 9:30 Balance in Action Exercise (2nd) 10:00 Providence Place Summer Olympics: Jeopardy Final Round (3rd) 11:00 3rd Floor Summer Deck Cookout (3rd) 1:30 Hymn Sing (3rd) 2:45 Bingo (3rd) 4:00 Confident Cruisers (ML) 6:30 Pinochle Players Club (3rd)	23 7:00 2021 Summer Olympics Opening Ceremony Breakfast (DR) 9:30 Drum Stick Exercise (2nd) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 1:30 Art Exploration: Decoupage (3rd) 2:00 Providence Place Summer Olympics Celebration (3rd) 3:00 Finish the Lyrics (1st) 6:30 Boggle (1st)	24 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Fresh Lavender Wands (3rd) 1:30 Painting Class with Jennie Perez** (3rd) 2:30 Dealing with Loss Support Group With Deacon Bob (SR) 3:30 Red or Black Game (2nd) 6:30 Movie Matinee: <i>Cool Runnings</i> (2nd)	
25 9:00 TV Catholic Mass Service (3rd) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Hymn Sing (Ch) 2:45 Bingo with Girl Scout Troup 30270 (3rd) 4:00 iN2L: Paddlewheel Riverboat History (3rd) 6:30 Knit & Crochet Club (3rd)	26 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Summer Trivia (3rd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Chef's Pairings with Chef Ashley: National Wine & Cheese Day (DR) 3:30 iN2L: Brain Games (3rd) 6:30 Pinochle Players Club (3rd) 6:30 Ed-U Demo & Tasting: Summer Beer Brewing with Pat Verrastro Of Verrastro's Beverage Company (DR)	27 9:30 Strength Exercise (2nd) 10:00 Holistic Wellness Aromatherapy (2nd) 10:30 Heroes of the Bible: Abraham (3rd) 1:30 Men's Club: Sports Talk (3rd) 2:00 Musical Entertainment By Lester Hirsh (DR) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)	28 9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Cooking Club: Chopped Caprese Salad (C) 1:45 Craft with ED Kim (2nd) 2:45 Bingo (3rd) 4:00 Helping Hands Club: Water Outdoor Flowers & Vegetables (ML) 6:30 Musical Entertainment By Pianist Jay Daniels (3rd)	29 9:30 Balance in Action Exercise (2nd) 10:00 Trip Out: Och's Farm Market*** (OOB) 10:30 Visits with Deacon Bob (1st) 1:30 TED Talk & Discussion: What Rivers Can Tell Us About the Earth's History (3rd) 2:30 Ed-U Presentation: "Understanding & Preventing Elder Abuse" By Mary Shell of Area On Aging (3rd) 4:00 Finish the Phrase (1st) 6:30 Pinochle Players Club (3rd)	30 9:00 Day Trip: Hiawatha Paddlewheel Riverboat*** (OOB) 9:30 Drum Stick Exercise (2nd) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 1:30 Art Exploration: Decoupage (3rd) 2:30 LCR Dice Game With Drums Lioness Club (3rd) 4:00 Confident Cruisers (ML) 6:30 Boggle (1st)	31 9:30 Stretch Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Hydroponic Gardening (3rd) 1:30 Dealing with Loss Support Group With Deacon Bob (SR) 2:30 Time Capsule Project (3rd) 4:00 Karaoke Singalong (3rd) 6:30 Movie Matinee: <i>Mamma Mia</i> (2nd)	