

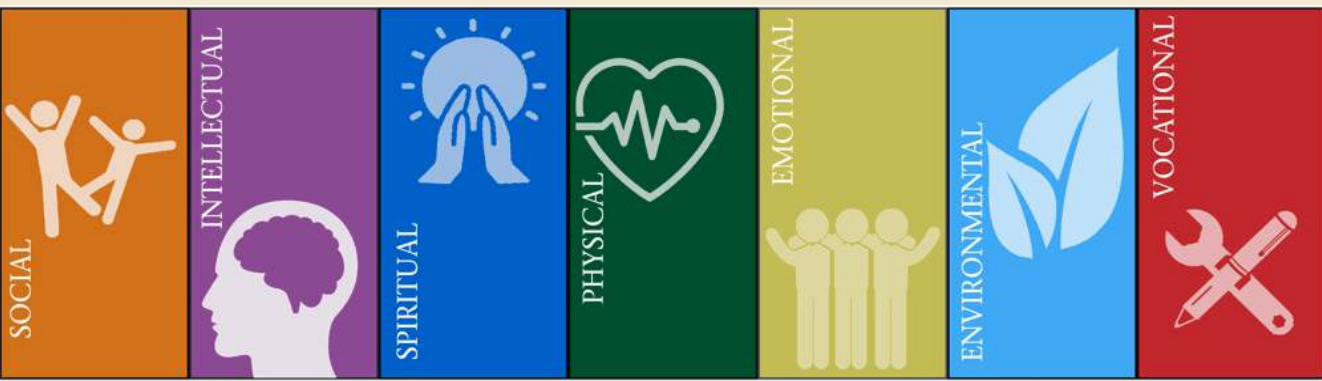
Focus on Wellness

Centers for Disease Control (CDC) recommends everyone 6 months and older receive a yearly flu vaccine as the first and most important step for protection. While there are many different flu strands, the flu vaccine protects against the viruses that research suggests will circulate the most this season. Even healthy people can get the flu, and it can be serious. Let's each do our part.

Each Providence Place campus will be hosting vaccination clinics to make it easy for our residents and co-workers to participate. Please feel free to reach out to your Executive Director or Director of Wellness for specific details regarding your clinic & upcoming booster opportunities.

Cynthia Avant, RN
Director of Clinical Services

Flu Clinic (Drums)
Thursday, October 28th
10am - 12pm



*Dimensions
of Wellness*

Resident Birthdays

November

October

John Moscon
Frank Konschnik
Michael Moran
Shirley Brenner

Helen Jumpeter
Caroline Drozda
Rachel Taylor
Albert Zambotti
Hazel Meske
Arlene Eckert
Angeline Mucera
Rosemary McCann
Anna Mae Koons
Eleanor Slebodnick
RoseMary Darcangelo
Barbara Ostrom
Roger Cotterill
Anthony Christino

December

Michael Micene
Cynthia Brown
David Adams
Dolores Humenick
Cora Hummel
Barbara Barnhart
John Long
Russell Koons
Carolyn Fellin



Providence Place SENIOR LIVING News

Q4: October 2021

A Note from the Executive Director

Welcome Fall! Don't we all love the fall weather and beautiful foliage this time of year? We are doing great things here at Providence Place of Drums. We have many fantastic outings and internal events planned for October.

Since March of this year, our residents have been free from Covid. We are all doing a great job keeping residents safe. Unfortunately, we have had a few coworkers test positive recently, luckily they were mild cases and did not transmit within the community. Our Drums campus has a very high vaccination rate -- with 98% residents and 90% coworkers. We are still trying to get to that 100%!

Over the past few weeks, we have welcomed new team members to our family. We are working diligently to be sure hiring is a priority. I'm very proud of my dedicated and caring team at Drums. I appreciate the family and resident support over the past few months. Many of them have volunteered their time in activities.

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.


Kim Perchak
Executive Director

Highlighted Events

- 4 – **Edu Outing: Jim Thorpe**
Lehigh Gorge Fall Foliage @ 9:30am
- 6 – **Oktoberfest Super Social**
John Stevens Polka @ 2:30pm
- 18 – **EdU Photography: Hershey Gardens Fall Splendor** @ 2:30pm
- 27 – **Apple Cider Press Demo**
@ 2:30pm
- 28 – **Flu Clinic** @ 10am – 12pm
- 31 – **Children's Outdoor Halloween Parade** @ 3pm


Welcome New Residents

Katalin Czukrasz
Suellen Klekowski
Joseph Lipka
Palmena Lipka
Marie Parks
Sharon Samuels
Carol Tarapchak
Barbara Zahay
Joseph Zahay

 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
<p>31</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 All Saints' Eve Prayer Service (Ch) 2:15 Helping Hands Club: Decorate for Parade (ML) 3:00 Children's Halloween Parade (FP) 6:30 Knit & Crochet Club (3rd)</p> <p>Halloween</p>			<p>Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) 3rd Floor Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)</p>	<p>October 2021</p>	<p>1</p> <p>9:30 Coffee & Tea 101: National Coffee Day: Assorted Coffees/Creamers Tasting (C) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 10:30 Hand Weights Strength Exercise (2nd) 1:15 Art Exploration: Fall Watercolors (3rd) 2:00 Coffee Ice Cream Social (3rd) 3:00 iN2L: Barista Basics (3rd) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)</p>	<p>2</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Pinecone Owls (3rd) 1:30 Focus on Health: Blood Pressure Checks (3rd) 2:30 Ed-U Demo: Live Owl & Hawk Show By Carbon County Environmental Education Center (1st) 3:30 Cocktails & Charades: Featuring Ginger Beer Cider Cocktail (1st) 6:30 Uno (1st)</p>
<p>3</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Hymn Sing (Ch) 2:15 Trip Out: The Emerson Theater: Nuremberg Community Players Presents: Nanna's Naughty Knickers**\$\$ (OOB) 4:00 Oktoberfest Crossword Challenge (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>4</p> <p>9:30 Ed-U Trip: Jim Thorpe, PA: Lehigh Gorge Fall Foliage Train Ride**\$\$ (OOB) 10:00 Yoga Fitness by Bill (Ch) 10:30 Food For Thought: German Blaukraut (C) 1:30 Circles of Life (SR) 2:45 Bingo (3rd) 4:00 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>5</p> <p>9:30 Breakfast Caravan: Tom's Kitchen**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Community Outreach: Make Snack Bags For Conyngham Valley Chiefs Football Players & Cheerleaders (3rd) 3:30 Welcome Ambassadors Comm. Mtg. (3rd) 6:30 Ed-U Presentation: Oktoberfest Beer Demo & Tasting by Pat Verrastro (DR)</p>	<p>6</p> <p>9:30 Shopping Trip: Dollar Tree**\$\$ (OOB) 10:00 Rosary (Ch) 10:30 Sit & Be Fit Exercise (2nd) 1:30 Craft Club: Pumpkin Paper Rolls (3rd) 2:30 Oktoberfest Super Social: Musical Entertainment By John Stevens Polka Band (DR) 3:30 iN2L: Saint of the Day: St. Francis of Assisi Biography (3rd) 6:30 Dominoes (1st)</p>	<p>7</p> <p>9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 TED Talk & Discussion: The 3 A's of Awesome! (2nd) 1:30 Nail Care (3rd) 2:30 Ed-U Wellness Presentation: Emotional Health Awareness With DOW Courtney (3rd) 3:30 Cooking Club: Cranberry Brie Bites (C) 6:30 Pinochle Players Club (3rd)</p>	<p>8</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 10:30 Art Exploration: Fall Watercolors (3rd) 1:30 Dessert & Discussion with Chef Ashley: Cinnamon Rolls (DR) 2:00 "Drum To Your Own Beat" Class With Joe Ciarvella (2nd) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)</p>	<p>9</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Fall Leaf Lanterns (3rd) 1:30 Community Life Committee Meeting (3rd) 2:00 Movie Matinee: Arsenic & Old Lace (2nd) 3:00 Fall Foliage Country Ride** (OOB) 6:30 Uno (1st)</p>
<p>10</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 12:00 Community Outreach: Deliver Snacks To Valley Chiefs Football Game** (OOB) 1:30 Prayer Service (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Albuquerque Balloon Festival (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>11</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 All American Trivia (3rd) 11:00-1:00 Tastes of Italy Lunch (DR) 1:30 Circles of Life (SR) 2:00 Providence Place Employee Recognition Awards (1st) 3:00 October Birthday Sundae Social: Hosted by Resident Birthday Comm. (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>12</p> <p>9:30 Shopping Trip: Walmart**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Craft Club: Fall Paper Bead Jewelry: Create Beads (2nd) 2:30 Ed-U Presentation: Social Media 101- How To Stay Safe Online By Michelle Nutter of PA Office of AG (3rd) 3:30 New Resident Cocktail Mixer (1st) 6:30 Scrabble (1st)</p>	<p>13</p> <p>9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Craft Club: Fall Paper Bead Jewelry: Complete Jewelry Pieces (2nd) 1:30 Bible Study by Deacon Bob Roman (C) 2:45 Bingo (3rd) 4:00 October Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)</p>	<p>14</p> <p>9:30 Balance in Action Exercise (2nd) 10:00 Saint of the Day: St. Callistus (2nd) 10:30 TED Talk & Discussion: Speak So People Want To Listen (2nd) 1:30 Resident Birthday Committee Meeting (3rd) 2:30 Scarecrow Decorating Contest (3rd) 3:30 Cooking Club: Gingersnap Pumpkin Pie (C) 6:30 Pinochle Players Club (3rd)</p>	<p>15</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 10:30 Art Exploration: Fall Watercolors (3rd) 1:30 iN2L: Apples 101 (3rd) 2:30 Men's Club: Pumpkin Beer Social (3rd) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)</p>	<p>16</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Dried Apple Garland (3rd) 1:30 Famous Birthdays: Angela Lansbury (3rd) 2:00 Movie Matinee: Young Frankenstein (2nd) 2:30 Fall Foliage Country Ride** (OOB) 4:00 Finish the Lyrics (1st) 6:30 Uno (1st)</p>
<p>17</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (1st) 10:30 Chair Zumba with Alyson (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Hymn Sing (Ch) 2:45 Bingo (3rd) 4:00 iN2L: Hershey, Pennsylvania (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>18</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Focus On Health: Weight Checks (3rd) 1:30 Circles of Life (SR) 2:30 Ed-U Photography Presentation: Hershey Gardens' Fall Splendor By Terry Neumyer (3rd) 3:30 Gourds 101 6:30 Pinochle Players Club (3rd)</p>	<p>19</p> <p>9:30 Grocery Run: Aldi's**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Chef's Pairings with Chef Ashley: Halloween Candy & Wine (DR) 3:30 TED Talk & Discussion: Brain Magic (3rd) 6:30 Scrabble (1st)</p>	<p>20</p> <p>9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Diner's Lunch Caravan: Olive Garden**\$\$ (OOB) 1:45 Oldies Singalong (3rd) 2:45 Bingo (3rd) 4:00 Modern Trends: Pumpkin Spice Mania (3rd) 6:30 Dominoes (1st)</p>	<p>21</p> <p>9:30 Daily Prayer & Meditation (Ch) 10:00 Balance in Action Fitness Class By Genesis (2nd) 10:30 Cooking Club: Low Cooker Butternut Squash Soup (C) 1:30 Book Club: A Piece of the Moon (3rd) 2:30 Dining Service Committee Meeting (3rd) 3:30 Providence Place Walking Club (ML) 6:30 Pinochle Players Club (3rd)</p>	<p>22</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 10:30 Art Exploration: Fall Watercolors (3rd) 1:30 iN2L: Google Earth (3rd) 2:30 Trip Out: Burger's Farm Market & Pumpkin Patch**\$\$ (OOB) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)</p>	<p>23</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Pumpkin Carving (3rd) 12:00 Men's Club: "Football & Fixins": Penn State vs. Illinois (3rd) 2:00 Movie Matinee: Ghostbusters (2nd) 3:30 iN2L: Animal World: Red Fox (1st) 6:30 Uno (1st)</p>
<p>24</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visits With Therapy Alliance (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: Pumpkin Carving Masters (3rd) 6:30 Knit & Crochet Club (3rd)</p>	<p>25</p> <p>9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Halloween Trivia Challenge (3rd) 1:30 Circles of Life (SR) 2:30 Helping Hands Club: Make Trick or Treat Bags For Children's Halloween Parade (3rd) 3:30 Mulled Cider & Maze Fun (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>26</p> <p>9:30 Retail Shopping: Boscov's**\$\$ (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic wellness Aromatherapy (2nd) 1:30 TED Talk & Discussion: What Makes You Special (2nd) 2:00 Dining Demo with Chef Ashley: How to Make Homemade Ravioli (DR) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)</p>	<p>27</p> <p>9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Name That Tune (3rd) 1:30 Bible Study by Deacon Bob Roman (C) 2:30 Ed-U Demo/Presentation: Apple Cider Press By Quiver Farm Projects (FP) 4:00 Providence Place Walking Club (ML) 6:30 Dominoes (1st)</p>	<p>28</p> <p>9:30 Balance in Action Exercise (2nd) 10:00 Saint of the Day: St. Jude (3rd) 10:30 Cooking Club: Apple Cider Donuts (C) 1:45 Craft with ED Kim (2nd) 2:45 Bingo (3rd) 3:30 Technology Committee: Game Apps (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>29</p> <p>9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study By Linda of Bayada Hospice (Ch) 10:30 Art Exploration: Fall Watercolors (3rd) 1:30 Ladder Ball (FP) 2:00 Halloween Super Social: Musical Entertainment by Craig Ellis (DR) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)</p>	<p>30</p> <p>9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Garden Club: Yarn-Wrapped Mummy Pots (3rd) 1:45 Apple Pie Social & Singalong (3rd) 2:30 Movie Matinee: Hocus Pocus (2nd) 3:30 Bloody Mary Happy Hour (1st) 6:30 Uno (1st)</p>