

# Focus on Wellness

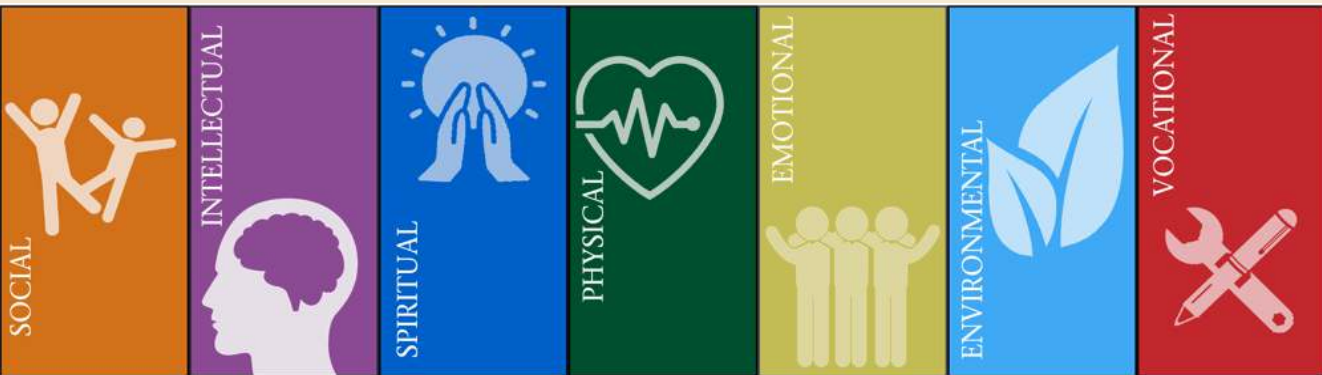
As we continue to navigate the COVID-19 pandemic, we must remain vigilant in our efforts to slow down the virus. To do this, vaccinations are crucial. For individuals that were fully-vaccinated more than 6 months ago, a booster is now available to ensure that our bodies remain able to fight the virus.

Each of our campuses will be hosting booster clinics for residents and co-workers that received the Pfizer or Moderna vaccine. Please contact your Executive Director or Director of Wellness for further details.

*Cynthia Avant*  
Director of Clinical Services

## Covid Booster Clinic (Drums)

Thursday, November 18<sup>th</sup>  
9am – 1pm



*Dimensions  
of Wellness*

## Resident Birthdays

### November

Louis Antonucci  
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  
Lawrence Belusko  
Dolores Humenick  
Cora Hummel  
Barbara Barnhart

John Long  
Russell Koons  
Carolyn Fellin



# Providence Place SENIOR LIVING News

Q4: November 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 the season.

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

- 3<sup>rd</sup> – 21<sup>st</sup>: **Thanksgiving Food Drive**  
Benefits Hazleton Salvation Army
- 8 – **Cappuccinos & Caricatures**  
with John Krupa @ 10am
- 11 – **Veteran's Thank You Social**  
@ 1:30pm
- 15 – **EdU Presentation: Holiday Scams** with Michelle Nutter  
@ 2:30pm
- 25 – **Thanksgiving Musical Entertainment** by Paul Oschal  
(piano) @ 6:30pm
- 30 – **EdU Presentation: Hanukkah Stories, Traditions & Origins**  
by Rabbi Kaplan @ 2:30pm

## Welcome New Residents

Louis Antonucci  
Lawrence Belusko  
Angela Capece  
Dolores Cocco  
Peggy Dalo  
Donald Meske  
Hazel meske  
George Oressie  
Dorothy Snear  
Grace Suda




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		
<h1>November</h1> <h1>2021</h1>	1	2	3	4	5	6		
	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Foods For Thought: Cranberries (C) 1:30 Circle of Life (SR) 2:45 All Saints Day Program With Chaplain Marianne (Ch) 4:00 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	9:30 Breakfast Caravan: Mary's Restaurant*** (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Election Day Voting** (OOB) 2:30 Welcome Ambassador Cmte. Mtg. (3rd) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Craft Club: Cornucopias (3rd) 1:30 Community Outreach: Kickoff to Thanksgiving Food Drive for Hazleton Salvation Army (3rd) 2:45 Bingo (3rd) 4:00 Trivia Challenge (3rd) 6:30 Dominoes (1st)	9:30 Balance in Action Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 TED Talk & Discussion: <i>Small Ideas Can Be the Next Big Thing</i> (3rd) 1:30 Hieroglyphics 101 (3rd) 2:30 Ed-U Wellness Presentation: <i>Brain Change Awareness</i> from David Meade of Bayada Home Health (3rd) 3:30 Cooking Club: Cranberry Dip (C) 6:30 Pinochle Players Club (3rd)	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration Series of Fiber Arts: Macramé (3rd) 1:30 Focus On Health: Blood Pressure Checks (3rd) 2:30 Dessert & Discuss by Chef Jack (DR) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 12:30 Day Excursion: Carbon County Environmental Edu. Center*** (OOB) 1:30 Men's Club: Football Game Penn State vs. Maryland (3rd) 2:30 Matinee: <i>The Blind Side</i> (2nd) 3:30 Cocktails & Charades featuring Cranberry Margaritas (1st) 6:30 Uno (1st)		
Daylight Saving Ends 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: Daylight Savings Ends 101 & Reminder Notes (3rd) 6:30 Knit & Crochet Club (3rd)	7	8	9	10	Veteran's Day 9:30 Balance in Action Exercise (2nd) 10:00 Honoring Our Veteran's: Prayer Service & Flag Ceremony (3rd) 10:30 Patriotic Songs of the Heart (3rd) 1:30 Thank You, Veterans Social (3rd) 2:30 Ed-U Presentation: <i>Owls Around the USA</i> , Photographer & Retired Teacher Terry Neumyer (3rd) 3:30 Providence Place Veterans Wall (3rd) 6:30 Pinochle Players Club (3rd)	11	12	13
	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:00-11:30 Cappuccinos & Caricatures With John Krupa (1st) 1:30 Circle of Life (SR) 2:45 iN2L: <i>The Bean Belt</i> (3rd) 4:00 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	9:30 Shopping Trip: Walmart*** (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Cooking Club: Roasted Balsamic Brussel Sprouts (C) 2:00 <i>Drum To Your Own Beat</i> Drumming Class with Joe Ciarvella (2nd) 3:30 New Resident Cocktail Mixer (1st) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 TED Talk & Discussion: <i>Do What You Love</i> (3rd) 1:30 Bible Study with Dn. Bob Roman (C) 2:45 Resident Spotlight: Louis Antonucci Shares Inventions of Patented Ideas (3rd) 4:00 November Birthday Celebration Dinner (DR) 6:30 Dominoes (1st)		9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration Series of Fiber Arts: Weaving (3rd) 1:30 Soul Club: <i>Chicken Soup for the Soul</i> (3rd) 2:00 Ed-U Presentation & a Side of Bingo: <i>Epilepsy First Aid</i> by Mary Loughlin (3rd) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Community Life Planning Mtg. (3rd) 1:45 Pumpkin Pie Social with Harvest Songs of the Heart (C) 2:30 Matinee: <i>Grumpy Old Men</i> (2nd) 3:30 Providence Place Walking Club: Indoor Walk Challenge (ML) 6:30 Uno (1st)		
	14	15	16	17	18	19	20	
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: Theodore Roosevelt <i>The Teddy Bear</i> (3rd) 6:30 Knit & Crochet Club (3rd)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Resident Birthday Comm. Mtg. (3rd) 1:30 Circle of Life (SR) 2:30 Ed-U Presentation: <i>Holiday Scams</i> by Michelle Nutter of PA Office of Attorney General (3rd) 4:00 X-Box Bowling (2nd) 6:30 Pinochle Players Club (3rd)	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) 2:45 Chef's Pairings with Chef Jack (DR) 4:00 Saint of the Day: <i>St. Gertrude</i> (3rd) 6:30 Scrabble (1st)	9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 11:00 Diner's Lunch Caravan: Evan's Roadhouse*** (OOB) 1:30 Celebration of Life Service (Ch) 2:45 Bingo (3rd) 3:30 Cooking Club: Pumpkin Snickerdoodles (C) 6:30 Dominoes (1st)	9:30 Daily Prayer & Meditation (Ch) 10:00 Thanksgiving Word Game (2nd) 10:30 Balance in Action Exercise (2nd) 1:00 Manicures and Mocktails (3rd) 2:30 Dining Service Cmte Meeting (3rd) 3:30 TED Talk & Discussion: <i>Formula For Successful Aging</i> (3rd) 6:30 Musical Entertainment featuring Pianist Jay Daniels (2nd) 6:30 Pinochle Players Club (3rd)	9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration Series of Fiber Arts: Rug Hooking (3rd) 1:30 Finish the Lyrics (3rd) 2:30 November Birthday Sundae Social Hosted by Resident Birthday Cmte (3rd) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:30 Rosary (Ch) 1:30 Men's Club: <i>Football &amp; Fixin's</i> Penn State vs. Rutgers (3rd) 2:00 Matinee: <i>The Big Chill</i> (2nd) 2:45 Country Ride: Humphrey the Camel** (OOB) 4:00 Apple Cider & Trivia (1st) 6:30 Uno (1st)		
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 History: Plymouth Rock (3rd) 6:30 Knit & Crochet Club (3rd)	21	22	23	24	Thanksgiving 9:00 Macy's Thanksgiving Day Parade(3rd) 9:30 Rosary (Ch) 10:00 <i>Turkey Trot</i> Walking Challenge (ML) 11:00-1:00 Thanksgiving Celebration (DR) 1:30 Providence Place <i>Thankful Tree</i> (3rd) 2:45 Thanksgiving Bingo Blast! (3rd) 6:30 Musical Entertainment featuring Paul Oschal (C) 6:30 Pinochle Players Club (3rd)	25	26	27
	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Community Outreach: Delivery of Thanksgiving Food Drive Hazleton Salvation Army** (OOB) 1:30 Circle of Life (SR) 2:30 Craft with E.D. Kim (3rd) 3:30 iN2L: Google Earth (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Shopping Trip: Dollar Tree*** (OOB) 10:00 Stretch Exercise (2nd) 10:30 Holistic Wellness Aromatherapy (2nd) 1:30 Sudoku Challenge (1st) 2:00 Ed-U Presentation: <i>History of Old Tyme Country Music</i> by Folk Artist/Musician Jay Smar (DR) 3:00 Fireside Chat (1st) 6:30 Scrabble	9:30 Sit & Be Fit Exercise (2nd) 10:00 Rosary (Ch) 10:30 Name That Tune (3rd) 1:30 Bible Study with Dc. Bob Roman (C) 2:30 Dining Demo with Chef Jack (DR) 3:30 Cocktails & Crosswords: featuring Pumpkin Pie Martini (1st) 6:30 Dominoes		9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study by Bayada Hospice (Ch) 10:30 Art Exploration Series of Fiber Arts: Braiding (3rd) 1:30 Past & Present: Black Friday Fads (3rd) 2:30 Cooking Club: Butternut Squash Fritters (C) 3:30 Dealing with Loss Support Group (SR) 6:30 Boggle (1st)	9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 Famous Birthday: Caroline Kennedy (3rd) 1:30 Craft Club: Christmas Wreaths (3rd) 2:30 Matinee: <i>Home Alone</i> (2nd) 3:30 Technology Committee: Best Holiday Gadgets (3rd) 6:30 Uno (1st)		
	28	29	30	<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C)				
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) 2:30 Musical Entertainment featuring Greg Palmer (DR) 4:00 iN2L: History of Hanukkah (3rd) 6:30 Knit & Crochet Club (3rd)	9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill (Ch) 10:30 Helping Hands: Deck the Halls (ML) 1:30 Circle of Life (SR) 2:45 Bingo (3rd) 4:00 Cyber Monday Shopping Assistance (3rd) 6:30 Pinochle Players Club (3rd)	9:30 Retail Shopping: Boscov's*** (OOB) 10:00 Stretch Exercise (2nd) 10:30 Helping Hands: Deck the Halls (ML) 1:30 Interactive Music Class with Cynthia (2nd) 2:30 Ed-U Presentation: <i>Hanukkah Stories, Traditions &amp; Origins</i> by Rabbi Larry Kaplan (3rd) 3:30 Holistic Wellness Aromatherapy (2nd) 6:30 Scrabble (1st)						