

# Focus on Wellness

April is Stress Awareness Month. Learning to cope with our stress and finding healthy ways to deal with situations can go a long way in living a healthy and positive life. After all, stress can impact many aspects of your body – physically, mentally and emotionally.

Some ways we can aim to better cope with everyday stressors include:

- Learn to overcome issues you cannot change
  - Realize when you do or do not have control
- Take care of yourself physically (diet, exercise, sleep, schedule, etc.)
- Recognize when you need more help & talk to a trusted source

*Providence Place has resources for team members & residents, talk to your manager for information.*



## Resident Birthdays

### April

3 – Betty S.  
5 – Niles S.  
9 – Phyllis D.  
18 – Judy S.  
20 – Joyce Z.  
20 – Gina N.  
29 – Alberta W.  
30 – Shirley F.

### May

3 – Ginny R.  
3 – Cora E.  
4 – Hannelore R.  
6 – Mary L.  
7 – Nancy F.  
7 – Joann B.  
8 – Austin F.  
15 – Marian C.  
15 – Connie J.

19 – Mary K.  
25 – Delores B.  
25 – Mary Lou T.  
27 – John H.  
28 – Shirley G.  
29 – Betty E.  
29 – Truman G.  
31 – Betty R.

### June

8 – Ruth R.  
11 – June M.  
13 – Matthew C.  
15 – Catherine M.  
15 – Ron T.  
15 – William M.  
16 – Wilma Jean M.  
17 – Rosemary P.  
18 – Max W.  
20 – Bernadine T.  
26 – Dorothy R.



# Providence Place SENIOR LIVING News

Q2: April 2022

## A Note from the Executive Director

As we continue to face new variants of the COVID virus, we are all working together to keep our community a safe environment while maintaining active programming. We thank you for playing your part by continuing to cooperate with our masking requirements, sign-in process and social distancing during visits.

At this time, we continue with our community dining and an active Community Life schedule of events and programs -- we are hopeful that this will not change recognizing what an important role socialization and engagement play in the health and wellness of our residents.

We hope everyone took advantage and enjoyed of our BBQ food truck. The patio located outside the 100-hallway area is set back up and ready for use! Make sure to check your calendars for the upcoming activities and events. As carpet replacement continues, thank you for your understanding and patience during our ongoing maintenance for our residents.

Hello Spring! Be sure to enjoy our outside walking trail and patios.

Best,  
*Howard Holben*  
Executive Director

## Highlighted Events

- 4 – **Easter Canvas Silhouettes**  
@ 10:15am – Connections Club
- 9 – **Easter Egg Hunt & Celebration**  
@ 2pm – Families Welcome!
- 13 – **Shopping & Lunch Outing:**  
Brown's Orchard @ 10am
- 17 – **Easter Sunday Service**  
@ 3pm
- 19 – **EdU Presentation:** Alice Roosevelt's Press Conference @ 2pm
- 25 – **Monday Matinee:** Peter Rabbit  
@ 1:30pm - Connections Club

## Welcome New Residents

Ellie Brown  
Shirley Gross  
Romaine Ebersole  
Eloise Dubs  
Carolyn Lembach



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
<b>THE</b> <i>Club</i>			<b>Calendar Key:</b> ** Registration Required \$\$ Cost Involved (FP) Front Porch (P) Pub (AR) Activity Room (CN) Connections Neighborhood (CR) Community Room (BW) Building Wide (LB) Lobby (CY) 100 Hall Court Yard	<h1>April</h1> <h1>2022</h1>	1	2
3	4	5	6	7	8	9
9:30 Daily Reading & Hot Beverages (P) 9:45 Song & Scripture Reading (P) 10:20 Five Minutes of Exercise (P) 10:30 Menu Review & Joke of the Day (P) 1:15 Sun and Shade (FP) 2:00 Helping Hands: Filling Easter Baskets (AR) 3:00 Church Service (CR) 6:00 Resident Run: Poker Night (AR)	9:30 Daily Reading (CR) 9:45 Card Crunch Fitness (CR) 10:15 Create & Design: Easter Bunny (CR) 10:30 Menu Review (CR) 1:30 Musical Engagement with Lindsay (AR) 2:30 Taste test: Flavorful Pop-tarts (CR) 6:30 Poker (P)	9:30 Daily Reading (CR) 9:45 Memories in the Making (CR) 10:20 AM Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Movie with Chaplain Shawn (CR) 2:00 Create & Design with Friends: (CN) 2:30 Gardening & Social (CY) 6:15 Moonlight Bingo (AR)	9:30 Daily Reading (CR) 9:45 Fitness Ball Exercise (CR) 10:15 Name 5 Category Game (CR) 10:30 Menu Review (CR) 1:30 Memory Magic with Friends (CN) 1:30 Prayer & Worship Service (CR) 2:30 Prize Bingo (AR) 6:30 Crosswords & Word Finds (FL)	9:30 Exercise with Adam (AR) 10:00 Culinary Creations: Slow Cooker Bacon Cheeseburger Soup (AR) 10:20 Daily Reading & Menu Review (AR) 12:00 April Birthday Lunch (AR) 1:15 Employee Appreciation Table (LB) 1:30 Hymns with Chaplain Shawn (CR) 2:00 Social Hour (P) 3:00 Themed Trivia (P) 6:30 Resident Run: Bingo (AR)	9:30 Daily Reading (CR) 9:45 Friday Fitness (CR) 10:15 Fact of the Day (CR) 10:30 Menu Review (CR) 12:00 Top Hats and Man-tini Luncheon (P) 1:15 Name that Sound on the IN2L (CR) 1:30 Manicures (FR) 2:15 Matching Game on the IN2L (CR) 2:30 Culinary Creations with Adam (AR) 3:15 Menu Review (CR)	9:30 Exercise with Adam (AR) 10:00 Donuts & Coffee (AR) 10:30 Menu Review (AR) 1:30 Musical Entertainment by Holly (P) 2:00 Family Easter Egg Hunt (FL) 3:15 Daily Reading (P) 3:30 Menu Review (P) 6:30 Resident Run: Bingo (AR)
10	11	12	13	14	15	16
9:30 Daily Reading & Hot Beverages (P) 9:45 Song & Scripture Reading (P) 10:20 Five Minutes of Exercise (P) 10:30 Menu Review & Joke of the Day (P) 1:15 Sun and Shade (FP) 2:00 Helping Hands: Filling Easter Baskets (AR) 3:00 Church Service (CR) 6:00 Resident Run: Poker Night (AR)	9:30 Daily Reading (CR) 9:45 Card Crunch Fitness (CR) 10:15 Knowledge Check: Ships and Submarine History (CR) 10:30 Menu Review (CR) 1:30 Musical Engagement with Lindsay (AR) 2:30 Taste Test: Carrot Soup Tasting (CR) 6:30 Bingo (AR)	9:30 Daily Reading (CR) 9:45 Finish the Phrase (CR) 10:20 AM Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Movie with Chaplain Shawn (CR) 2:00 Create & Design with Friends: (CN) 2:30 Ed-U Presentation: PA Dutch Memories by Holly Aughenbaugh (AR) 6:15 Moonlight Bingo (AR)	9:30 Daily Reading (CR) 9:45 Fitness Ball Exercise (CR) 10:15 Name 5 Category Game (CR) 10:30 Menu Review (CR) 1:30 Memory Magic with Friends (CN) 1:30 Prayer & Worship Service (CR) 2:30 Prize Bingo (AR) 6:30 Kings Corner Card Game (FL)	9:30 Exercise with Adam (AR) 10:00 Culinary Creations: Easter Peep Dessert (AR) 10:20 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Table (LB) 1:30 Hymns with Chaplain Shawn (CR) 1:30 Create & Design: Terrariums (AR) 2:00 Social Hour (P) 3:00 Themed Trivia (P) 6:30 Kings in a Corner Card Game (FL)	Good Friday 9:30 Daily Reading (CR) 9:45 Friday Fitness (CR) 10:15 Fact of the Day (CR) 10:30 Menu Review (CR) 12:00 Ladies Luncheon (P) 1:15 Car park on the IN2L (AR) 1:15 Manicures (FR) 2:00 Good Friday Service (CR) 3:15 Menu Review (CR) 6:30 Resident Run Bingo (AR)	9:30 Exercise with Adam (AR) 10:00 Donuts & Coffee (AR) 10:30 Menu Review (AR) 1:15 Daily Reading (CR) 1:30 Helping Hands: Social Prep (P) 2:00 Musical Entertainment by Tom & Randi with Mocktails (P) 2:00 Bingo with Friends (CN) 6:30 Resident Run: Bingo (AR)
17	18	19	20	21	22	23
Easter 9:30 Daily Reading & Hot Beverages (P) 9:45 Song & Scripture Reading (P) 10:20 Five Minutes of Exercise (P) 10:30 Menu Review & Joke of the Day (P) 1:15 Sun and Shade (FP) 1:30 Easter Jingo (AR) 3:00 Easter Sunday Service (CR) 6:00 Resident Run: Poker Night (AR)	9:30 Daily Reading (CR) 9:45 Card Crunch Fitness (CR) 10:15 Create a Card: Thank a Lineman (CR) 10:30 Menu Review (CR) 1:30 Musical Engagement with Lindsay (AR) 2:30 Taste of McDonalds (CR) 2:30 Educational Documentary (AR) 6:30 Poker (P)	9:30 Daily Reading (CR) 9:45 Who am I ? 10:20 AM Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Movie with Chaplain Shawn (CR) 2:00 Create & Design with Friends: (CN) 2:00 Ed-U Presentation: Alice Roosevelt's 1st Press Conference in 60 Years (AR) 6:15 Moonlight Bingo (AR)	9:30 Daily Reading (CR) 9:45 Fitness Ball Exercise (CR) 10:15 Name 5 Category Game (CR) 10:30 Menu Review (CR) 1:30 Memory Magic with Friends (CN) 1:30 Prayer & Worship Service (CR) 2:30 Prize Bingo (AR) 6:30 Crossword & Word Search (FL)	9:30 Exercise with Adam (AR) 10:00 Culinary Creations: Dirt Dessert (AR) 10:20 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Table (LB) 1:30 Hymns with Chaplain Shawn (CR) 2:00 Social Hour (P) 3:00 Themed Trivia (P) 6:30 Resident Run: Bingo (AR)	Earth Day 9:30 Daily Reading (CR) 9:45 Friday Fitness (CR) 10:15 Fact of the Day (CR) 10:30 Menu Review (CR) 1:15 Earth Day Bingo (CR) 1:30 Manicures (FR) 2:30 How to help our Planet through Recy- cling on IN2L (CR) 2:30 Culinary Creations with Adam (AR) 3:15 Menu Review (CR)	9:30 Exercise with Adam (AR) 10:00 Donuts & Coffee (AR) 10:30 Menu Review (AR) 1:15 Daily Reading (P) 1:30 Helping Hands: Social Prep (P) 2:00 Bingo with Friends (CN) 2:00 Saturday Social (P) 6:30 Resident Run: Bingo (AR)
24	25	26	27	28	29	30
9:30 Daily Reading & Hot Beverages (P) 9:45 Song & Scripture Reading (P) 10:20 Five Minutes of Exercise (P) 10:30 Menu Review & Joke of the Day (P) 1:15 Sun and Shade (FP) 2:00 Helping Hands: Hospitality Cards for Housekeeping (LB) 3:00 Church Service (CR) 6:00 Resident Run: Poker Night (AR)	9:30 Daily Reading (CR) 9:45 Card Crunch Fitness (CR) 10:15 Knowledge Check: 1:15 Movie Matinee: Peter Rabbit (CR) 1:30 Musical Engagement with Lindsay (AR) 2:30 Educational Documentary (AR) 6:30 Bingo (AR)	9:30 Daily Reading (CR) 9:45 Read Round the Table (CR) 10:20 AM Exercise Routine (CR) 10:30 Menu Review (CR) 1:30 Movie with Chaplain Shawn (CR) 2:00 Create & Design with Friends: (CN) 2:00 Ed-U Presentation: 6:15 Moonlight Bingo (AR)	9:30 Daily Reading (CR) 9:45 Fitness Ball Exercise (CR) 10:15 Name 5 Category Game (CR) 10:30 Menu Review (CR) 1:30 Memory Magic with Friends (CN) 1:30 Prayer & Worship Service (CR) 2:30 Bingo Blast (AR) 6:30 Kings Corner Card Game (FL)	9:30 Exercise with Adam (AR) 10:00 Culinary Creations: Springtime Coco nut & Pineapple Angel Food Cake (AR) 10:20 Daily Reading & Menu Review (AR) 1:15 Employee Appreciation Table (LB) 1:30 Create & Design: Flowers in the Fields (P) 2:00 Social Hour (P) 3:00 Themed Trivia (P) 6:30 Moonlight Bingo (AR)	9:30 Daily Reading (CR) 9:45 Friday Fitness (CR) 10:15 Fact of the Day (CR) 10:30 Menu Review (CR) 1:15 Finish the Lyrics on the IN2L (CR) 2:15 Concert on the IN2L (CR) 2:30 Culinary Creation: Soil Layers (AR) 3:15 Menu Review (CR) 6:30 Resident Run: Jingo (AR)	9:30 Exercise with Adam (AR) 10:00 Donuts & Coffee (AR) 10:30 Menu Review (AR) 1:15 Daily Reading (P) 1:30 Helping Hands: Social Prep (P) 2:00 Bingo with Friends (CN) 2:00 Saturday Social (P) 6:30 Resident Run: Bingo (AR)