

# 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.*



*Dimensions  
of Wellness*

## Resident Birthdays

### April

1 – Catherine H.  
3 – Betty P.  
3 – Joseph L.  
5 – RoseAnn W.  
7 – Inge S.  
8 – Angela C.  
10 – Jane H.  
11 – Carol K.  
13 – Stephanie L.  
18 – Isabelle B.  
19 – Clinton C.

### May

22 – Bernadine M.  
24 – Donald M.  
25 – George G.  
26 – Agnes J.  
30 – Katalin C.

### June

7 – Barbara Z.  
7 – Patricia M.  
12 – Anthony T.  
26 – Eugene T.  
27 – Violet N.  
29 – Charles Morris S.  
31 – Jeanette M.  
2 – Helen G.  
5 – Joanne B.  
6 – Vilma S.  
9 – Alfred C.  
11 – Sandra S.  
12 – Grace S.  
13 – Elizabeth D.  
15 – Jane Z.  
15 – Lois E.  
21 – Joan C.  
22 – Douglas S.  
23 – Lillian C.  
29 – Barbara W.



# Providence Place SENIOR LIVING News

Q2: April 2022

## A Note from the Executive Director

We are welcoming sunny days here in our community. Our residents are looking forward to sitting out on our porches and decks, walking around our beautiful walking path, and breathing some fresh crisp air.

I'm so overwhelmed with the love our home has brought to our residents. At Providence Place of Drums, my entire team is committed to be sure our residents are treated like our families and we will go above and beyond to find ways to say "YES". Our Community Life team has even begun to make some "Wishes" come true. We want to know what is on your wish list!

Thank you to all the staff, residents, and families who have supported us to build a strong compassionate team.

As always, I am available for comments, ideas, and concerns. Stay healthy and think happy.

Sincerely yours,

*Kim Perchak*

*Executive Director*

## Highlighted Events

- 6 – **Cooking Club: Easter Pies**  
@ 10:30am
- 7 – **EdU Presentation: Israel, The Holy Land** @ 1:30pm
- 10 – **Children's Easter Egg Hunt**  
@ 2:30pm – *Families Welcome!*
- 13 – **Entertainment by John Stevens Polka Band** @ 2:30pm
- 14 – **EdU Trip: Tamaqua Railroad Station** @ 1:30pm
- 26 – **Centenarian Celebration: Agnes Juris with Mayor Cusat**  
@ 12pm
- 28 – **"Tastes of Hazleton" Super Social** @ 2:30pm

## Welcome New Residents

Lois E.



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		
<p style="text-align: center;">THE <i>Club</i></p>		<p><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)</p>			<h1>April</h1> <h1>2022</h1>		<p>1</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 April Fool's: Guess a Letter Game (2nd)            10:00 April Fool's Day Trivia (2nd)            10:30 Hand Weights Strength Exercise (2)            1:30 Dealing with Loss Support Group (SR)            2:00 Web Surf: Museum of Hoaxes (2nd)            3:00 Stations of the Cross (Ch)            6:30 Boggle (1st)</p>	<p>2</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Pedal Exercise (2nd)            10:00 Rosary (Ch)            10:30 Stretch Your Brain (2nd)            1:00 Riddle Me Trivia (2nd)            2:30 Matinee: <i>The 100 FT Journey</i> (2nd)            3:00 Bible Study (3rd)            3:30 Spring Fling Happy Hour (1st)            6:30 Rummikub (1st)</p>
		<p>3</p> <p>9:00 TV Catholic Mass (3rd)            9:30 Psalm for Beginners (2nd)            10:30 Sit &amp; Be Fit Exercise (2nd)            11:00-1:00 Wine &amp; Dine (DR)            1:30 Worship Service by Chaplain Bev (Ch)            2:45 Bingo (3rd)            4:00 Saving Our Planet: Climate Action (1st)            6:30 Knit &amp; Crochet Club (3rd)</p>	<p>4</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Rosary (Ch)            10:00 Yoga Fitness by Bill (Ch)            10:30 Art Discovery: How to Whittle (2nd)            1:30 Helping Hands: Fill Easter Eggs (3rd)            2:00 Foodie Club: Yogurt Parfaits (T)            3:00 Hymn Sing (3rd)            6:30 Pinochle Players Club (3rd)            7:30 Men's Club: Basketball Social (3rd)</p>	<p>5</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Folk Storytelling: Germany (2nd)            10:00 Daily Prayer &amp; Meditation (Ch)            10:30 Stretch Exercise (2nd)            1:30 Music Class with Cynthia (2nd)            2:00 Bible Study by Dcn Bob Roman (C)            3:00 ReMemory: Your Story (3rd)            3:30 Famous Birthday: Bette Davis (3rd)            6:30 Scrabble (1st)</p>	<p>6</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Sit &amp; Be Fit Exercise (2nd)            10:00 Prayer Service by Chaplain Bev (Ch)            10:30 Cooking Club: Easter Pies (C)            1:30 Guess The Phrase (2nd)            2:00 Pysanky Egg Magnets (T)            2:45 Bingo (3rd)            3:30 Guess the Cartoon Captions (2nd)            6:30 Dominoes (1st)</p>	<p>7</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Balance in Action Exercise (2nd)            10:00 Mass with Father Mike (DR)            10:30 Concentration Word Puzzles (2nd)            1:30 Ed-U Presentation: Travels to Israel by Retired Edu., Terry Neumyer (3rd)            2:30 Spelling Bee (3rd)            3:30 Finish the Phrase (2nd)            6:30 Pinochle Players Club (3rd)</p>	<p>8</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Hand Weights Strength Exercise (2nd)            10:00 Bible Study (Ch)            10:30 Oldie's Songs of the Heart (2nd)            1:30 Dealing with Loss Support Group (SR)            1:30 Create: Spring Vase (T)            2:00 Ed-U Wellness: <i>Parkinson's Disease</i> (3rd)            3:00 Stations of the Cross (Ch)            6:30 Boggle (1st)</p>	<p>9</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Pedal Exercise (2nd)            10:00 Rosary (Ch)            10:30 Songs of the Heart with Sue (2nd)            1:30 Create: Wall Hanging Pocket Posey (2nd)            2:30 Sports Trivia (3rd)            2:30 Matinee: <i>A League of Their Own</i> (2nd)            3:30 iN2L: April Birthstone Diamond (3rd)            6:30 Rummikub (1st)</p>
<p>10</p> <p>9:00 TV Catholic Mass (3rd)            9:30 Psalms for Beginners (2nd)            10:30 Chair Zumba with Alyson (2nd)            1:30 Palm Sunday Service by Chaplain Bev (CH)            2:30 Community Event: Children's Easter Egg Hunt** (OOB)            4:00 iN2L Saving Planet: Green Cities (1st)            6:30 Knit &amp; Crochet Club (3rd)</p>	<p>11</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Rosary (Ch)            10:00 Yoga Fitness by Bill (Ch)            10:30 Folk Songs of the Heart (2nd)            1:30 Create: Jelly Bean Carrot Bags (T)            2:30 Armchair Travels: Ricketts Glen (2nd)            3:30 Technology Committee (3rd)            6:30 Pinochle Players Club (3rd)</p>	<p>12</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Folk Storytelling: Italy (2nd)            10:00 Daily Prayer &amp; Meditation (Ch)            10:30 Stretch Exercise (2nd)            1:30 Create: Watercolor Tulip Cards (2nd)            2:45 Bingo (3rd)            3:30 ReMemory: Your Story (2nd)            6:30 Scrabble (1st)</p>	<p>13</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Sit &amp; Be Fit Exercise (2nd)            10:00 Prayer Service by Chaplain Bev (Ch)            10:30 iN2L: Paul the Apostle (2nd)            1:30 Hymn Sings (T)            2:00 Circle of Friends (SR)            2:30 Musical Entertainment featuring John Stevens Polka Band (DR)            3:30 iN2L: History of Polka (1st)            6:30 Dominoes (1st)</p>	<p>14</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Daily Prayer &amp; Meditation (Ch)            10:00 Balance in Action Exercise (2nd)            10:30 Exploration: Pysanky Eggs (2nd)            1:30 Cooking Club: Homemade Peanut-Butter Eggs (T)            3:00 Bible Study (Ch)            6:30 Pinochle Players Club (3rd)</p>	<p>15</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Hand Weights Strength Exercise (2nd)            10:00 Easter Jeopardy Trivia (3rd)            10:30 iN2L Theatre: <i>Three Men on Good Friday</i> (2nd)            1:30 Good Friday Service Chaplain Bev (Ch)            2:30 Ed-U Presentation: <i>Good Friday</i> by Glenn Faul (DR)            3:00 Dealing with Loss Support Group (SR)            6:30 Boggle (1st)</p>	<p>16</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Pedal Exercise (2nd)            10:00 Rosary (Ch)            10:30 Holistic Aromatherapy (3rd)            1:30 Hymn Sing (3rd)            2:00 iN2L: Walk with Jesus in Jerusalem (Ch)            3:00 Matinee: <i>Easter Parade</i> (2nd)            6:30 Rummikub (1st)</p>		
<p>17</p> <p>9:00 TV Catholic Mass (3rd)            9:30 Psalms for Beginners (2nd)            10:30 Sit &amp; Be Fit Exercise (2nd)            11:00-1:00 Easter Celebration (DR)            1:30 Easter Sunday Worship Service by Chaplain Bev (Ch)            2:45 Bingo (3rd)            4:00 iN2L: Trees for the Earth (1st)            6:30 Knit &amp; Crochet Club (3rd)</p> <p style="text-align: center;">Easter</p>	<p>18</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Rosary (Ch)            10:00 Yoga Fitness by Bill (Ch)            10:30 Create: Paper Butterflies (2nd)            1:30 Bible Study by Dcn Bob Roman (C)            2:00 Folk Storytelling: Italy (T)            2:30 Chef Ashley: Caramels &amp; Wine (DR)            3:30 X-Box Bowling (2nd)            6:30 Pinochle Players Club (3rd)</p>	<p>19</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Daily Prayer &amp; Meditation (Ch)            10:00 Folk Storytelling: England (2nd)            10:30 Stretch Exercise (2nd)            1:30 Music Class with Cynthia (2nd)            2:00 Armchair Travels: <i>National Parks</i> (2nd)            2:30 Scenic Drives: East Coast (C)            3:30 Blood Pressure Checks (3rd)            6:30 Scrabble (1st)</p>	<p>20</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Sit &amp; Be Fit Exercise (2nd)            10:00 Prayer Service by Chaplain Bev (Ch)            10:30 Armchair Travels: Yosemite National Park (2nd)            1:30 Manicures &amp; Mocktails (3rd)            2:00 Create: Animal <i>Prints</i> (T)            2:00 Circle of Friends (SR)            2:45 Bingo (3rd)            6:30 Dominoes (1st)</p>	<p>21</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Daily Prayer &amp; Meditation (Ch)            10:00 Balance Exercise By Genesis (2nd)            10:30 Create: Spring Flowers Glass Painting (SR)            1:30 Hymn Sing (3rd)            2:30 Foodies Club: Asparagus (T)            3:30 Brain Games (3rd)            6:30 Pinochle Players Club (3rd)</p>	<p>22</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Hand Weights Strength Exercise (2nd)            10:00 Bible Study (Ch)            10:30 Acrylics: Spring Meadow (2nd)            1:30 Dealing with Loss Support Group (SR)            2:30 Earth Day <i>Bags For Life</i> (3rd)            3:30 What Is the Phrase? (1st)            6:30 Boggle (1st)</p> <p style="text-align: center;">Earth Day</p>	<p>23</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Pedal Exercise (2nd)            10:00 Rosary (Ch)            10:30 Community Life Meeting (3rd)            1:30 <i>Sound of Music</i> Trivia (2nd)            2:30 Matinee: <i>The Sound of Music</i> (2nd)            3:30 Finish the Lyrics (3rd)            6:30 Rummikub (1st)</p>		
<p>24</p> <p>9:00 TV Catholic Mass (3rd)            9:30 Psalms for Beginners (2nd)            10:00 Prov-Place Wishes Celebration: Bernadine Marusak (1st)            10:30 Chair Zumba with Alyson (2nd)            1:30 Prayer Service (Ch)            2:45 Bingo (3rd)            4:00 iN2L: End Plastic Pollution (1st)            6:30 Knit &amp; Crochet Club (3rd)</p>	<p>25</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Rosary (Ch)            10:00 Yoga Fitness by Bill (Ch)            10:00 Folk Storytelling: Israel (2nd)            10:30 Clay Pot Wind Chimes (3rd)            1:30 iN2L Travels: Longwood Gardens (3rd)            2:30 Create: Glass Vase Painting (T)            3:30 iN2L Audubon's: Amer. Robin (3rd)            6:30 Pinochle Players Club (3rd)</p>	<p>26</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Daily Prayer &amp; Meditation (Ch)            10:00 Centenarian Celebration honoring Prov-Place Resident Agnes Juris (1st)            1:30 Stretch Exercise (2nd)            2:30 Musical Entertainment featuring Bill Frye (T)            3:00 Fireside Chat with Kim, E.D. (1st)            6:30 Scrabble (1st)</p>	<p>27</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Sit &amp; Be Fit Exercise (2nd)            10:00 Prayer Service by Chaplain Bev (Ch)            10:30 Ed-U Environmental: Clouds (2nd)            1:30 iN2L: Extreme Weather (3rd)            2:00 Circle of Friends (SR)            2:45 Bingo (3rd)            4:00 iN2L: Today in History (3rd)            6:30 Dominoes (1st)</p>	<p>28</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Balance in Action Exercise (2nd)            10:00 Vocational Interests: Storm Chasers (2nd)            10:30 Spring Poems (2nd)            1:30 Craft with Kim, E.D. (2nd)            2:30 <i>Tastes of Hazleton</i> Super Social (3rd)            4:00 Karaoke Singalong (3rd)            6:30 Pinochle Players Club (3rd)</p>	<p>29</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Hand Weights Strength Exercise (2nd)            10:00 Bible Study (Ch)            10:30 iN2L: Oldies Karaoke (2nd)            1:30 Dealing with Loss Support Group (SR)            2:30 Ed-U Presentation: <i>Abuse Awareness</i> by Michelle Nutter, PA Office of AG (3rd)            3:30 Arbor Day Walk: Tree ID (ML)            6:30 Boggle (1st)</p>	<p>30</p> <p>9:00 Daily Chronicle &amp; Morning Inspiration (2nd)            9:30 Pedal Exercise (2nd)            10:00 Rosary (Ch)            10:30 Science: Cloud Jar (2nd)            1:45 Hymn Sing (3rd)            2:30 Matinee: <i>The Secret Garden</i> (2nd)            3:00 Cranium Crunches (T)            3:30 Roaring 20's Happy Hour (1st)            6:30 Rummikub (1st)</p>		