

Focus on Wellness

SUMMER is here! Be sure to make the most of the season with these healthy tips:

- Stay Hydrated with plenty of water
- Use sunscreen and shade to enjoy the outdoors
- Enjoy socializing with friends in nature
- Enjoy local, seasonal produce in our dining programs

Please enjoy all of our outdoor walking paths and activities. Check your calendar for outings!



Dimensions
of Wellness

Resident Birthdays

September

- | | |
|-----------------|-------------------|
| 5 – Nicholas S. | 14 – Anna U. |
| 6 – Sang O. | 19 – Audrey S. |
| 6 – Agnes L. | 20 – Elizabeth L. |
| 7 – Clara M. | 24 – Lee M. |
| 7 – Marlene R. | 26 – Joan F. |
| 9 – Joanne K. | 30 – Sandra C. |
| 14 – Gladys B. | |

Q3: September 2022

A Note from the Executive Director

We have some exciting positive changes happening at Providence Place of Pottsville! First, I am excited to announce that our new Executive Director will be Melissa Melnick. Melissa has great experience in senior living, most recently as our Corporate Director of Recruiting and previously at River Street Manor in Wilkes Barre as HR Director for 5 years. I continue to spend time with Melissa at Pottsville training her to take over full-time as ED on October 1st.

Additionally, I'm proud to report that our new Executive Chef, Luis Ruiz is working hard to take our menu and food quality to the next level. He has also hired a Sous Chef, Jacob, and two cooks, Jennifer and Wendy, to complete the culinary team. We are already experiencing great meals and look forward to many more improvements from the dining department.

Our biggest focus as we recover from the pandemic & the national staffing shortage in so many industries, is the addition of nurses, med-techs and caregivers. We are continuing to make hiring a top priority as we move forward.

Thank you for your continued support! We are optimistic that as we continue to build our team and quality of care, we will serve our Pottsville community at the highest level.

Sincerely,

Rick Barley

COO & Acting ED

Melissa Melnick

Executive Director in Training

Highlighted Events

- 8 – **Gardening Therapy:** PSU Master Gardener Wendy J. @ 10:30am
- 14 – **Joyful Moments LUAU** @ 7pm
- 15 – **Entertainment by Leon Broskey** @ 3pm
- 20 – **The 60's: A Musical History** by Lester H. @ 2pm
- 20 – **Picnic Lunch:** Sweet Arrow Lake @ 11:45 am – *Connections*
- 27 – **Dementia Awareness Walk** @ 2pm
- 28 – **Considering the Conversation Series:** Financial Aspects @ 2pm
- 11th–17th: **National Assisted Living Week**
(Please see calendar for detailed celebrations)

Welcome New Residents

- Betty G.
- Marcia E.
- Carol P.
- Alice T.
- Diane W.
- Ann S.
- Gerrard V.



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	
		Calendar Key: ** Registration Required \$\$ Cost Involved (ML) Main Level (PUB) Pub, (PUBR) Pub Rear (A) Activity Room, (1FP) 1st Floor Patio (CH) Chapel, (DR) Dining Room (3F) 3rd Floor (TB) Throughout Building (PL) Parking Lot (L) Library	<h1>September 2022</h1>		1 9:00 Brain Games: Word Associations (ML) 10:00 Community Life Planning Committee Meeting (PUB) 10:30 Puzzle Club (3F) 11:00 Day Excursion: Hollywood Casino **\$\$ (OOB) 1:30 iN2L: Tour of the Reading Museum (PUB) 3:30 Seated Tai Chi (PUB) 6:00 Prize Bingo (PUB)	2 9:00 Green Thumbs: Tending to the Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Craft Corner: Wooden Gnomes (A) 1:30 Zumba with Michele (PUB) 2:00 Curls for Girls with Pam (3FSL) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 6:00 Board Games: Checkers (PUBR)	3 9:00 Shopping Trip: Walmart **\$\$ (OOB) 10:00 Word Puzzles (PUBR) 1:00 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 3:00 Vagabond Traveler's: Colonial Williamsburg (PUB) 6:00 Card Games: War (PUBR)
		4 9:00 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Movie & Popcorn: <i>Dunkirk</i> (PUB) 2:00 Hometown Scenic Drive ** (OOB) 3:00 Communion Service (CH) 3:30 Bible Study (A) 6:00 Card Games: War (PUBR)	Labor Day 5 9:30 Brain Games: Occupation Word Play (PUB) 10:30 Helping Hands: Setting up Picnic (1FP) 12:00 Labor Day Picnic (DR & 1FP) 1:15 Circle of Friends (CH) 2:00 Musical Entertainment: Stanley (PUB) 3:00 Communion Service (CH) 6:00 Board Games: Connect 4 (PUBR)	6 9:30 Walking Warriors (ML) 10:00 Word Puzzles (PUBR) 10:30 Balloon Volleyball (PUB) 12:00 Souper Tuesday Luncheon ** (A) 1:00 Welcoming Committee Meeting (PUB) 1:30 Color Me Calm (PUB) 2:00 Dining Committee Meeting (DR) 3:00 Manicures & Mimosas ** (CH) 6:00 Nickel Bingo \$\$ (PUB)	7 9:00 Breakfast Club: Breakfast Casserole ** (A) 10:30 Gratitude Committee Meeting (PUB) 10:30 Protestant Worship Service (CH) 1:00 Birthday Club (A) 1:30 Board Games: Bunco (PUBR) 2:00 Acrylic Paint Class by Shannon (A) 3:00 Tailgate Social Hour (PUB) 6:00 Po-Ke-No (PUBR)	8 9:00 Brain Games: Word Play (ML) 10:00 Color Me Calm (PUBR) 10:30 Ed-U Presentation: Gardening Therapy by Master Gardner, Wendy Jochems (PUB) 11:00 Diners Caravan: The Wheel **\$\$ (OOB) 1:30 Puzzle Club (3F) 3:00 Strength Training (PUB) 6:00 Prize Bingo (PUB)	9 9:00 Green Thumbs: Tending to the Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Craft Corner: Bottle Scarecrows (A) 1:30 Zumba with Michele (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Mass & Confession with Father (CH) 3:30 Card Games: UNO (PUB) 6:00 Board Games: Monopoly (PUBR)
Grandparents Day & Patriot Day 11 9:00 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 2:00 Grandparents Day Tea (PUB) 3:00 Communion Service (CH) 3:30 Bible Study (A) 6:00 Board Games: Checkers (PUBR)	12 9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 1:00 Sunshine Committee Meeting (PUB) 1:15 Circle of Friends (CH) 2:00 Brain Games: Trivia & Milkshakes (A) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 7:00 Night Music with John Cosentini (PUB)	13 9:00 Walking Warriors (ML) 10:00 Cranium Crunches (PUBR) 10:30 Keep Kicking Kickball (PUB) 12:00 Souper Tuesday Luncheon ** (A) 2:00 Brain Games: Staff & Resident Wheel of Fortune (PUB) 2:30 Puzzle Club (3F) 3:00 Manicures & Mimosas ** (CH) 6:00 Nickel Bingo \$\$ (PUB)	14 9:00 Coffee, Donuts, & Current Events for Everyone (PUB) 10:30 Lite & Lively Exercise (PUB) 1:00 Coffee Talks: Sharing Providence Place Memories (PUB) 2:00 Family Feud Residents vs. Staff (PUB) 3:30 Helping Hands: Setting up Luau (PL) 7:00 Community Celebration: Joyful Moments Luau (PL)	15 10:30 Balance in Action with Powerback Rehab (PUB) 11:00 Diners Caravan: Manheim Diner **\$\$ (OOB) 1:30 TED Talk & Discussion: <i>Positive Thinking</i> (PUB) 2:00 Drum Circle with Joe (PUB) 3:00 Entertainment: Leon Broskey (PUB) 6:00 Prize Bingo (PUB)	16 9:00 Green Thumbs: Tending to the Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Craft Corner: Gnome Fall Wreath (A) 1:30 Zumba with Michele (PUB) 2:00 Curls for Girls with Pam (3FSL) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH)	17 9:00 Shopping Trip: Walmart **\$\$ (OOB) 10:00 Puzzle Club (3F) 1:00 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 3:00 Vagabond Travelers: Shenandoah National Park (PUB) 6:00 Card Games: Rummy (PUBR)	
National Assisted Living Week							
18 9:00 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Movie & Popcorn: <i>Geronimo an American Legend</i> (PUB) 3:00 Communion Service (CH) 3:30 Bible Study (A) 6:00 Color Me Calm (PUBR)	19 9:00 Brain Games: Dance Trivia (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 1:30 TED Talk & Discussion: <i>What Really Matters at the End of Life</i> (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 XBOX Bowling (A) 6:00 Board Games: Scrabble Sentences (PUBR)	20 9:00 Walking Warriors (ML) 10:30 Drum Stick Exercise (PUB) 10:30 Puzzle Club (3F) 12:00 Souper Tuesday Luncheon ** (A) 1:00 iN2L: Virtual Tour of Ellis Island (PUB) 2:00 Ed-U Presentation: <i>The 60's</i> by Lester Hirsh (PUB) 3:00 Manicures & Mimosas ** (CH) 6:00 Nickel Bingo \$\$ (PUB)	21 9:00 Breakfast Club: Caramel Apple Stuffed French Toast (A) 10:30 Card Games: War (PUB) 10:30 Protestant Worship Service (CH) 1:00 Fireside Chats (PUB) 2:00 Ed-U Presentation <i>Ancient Israel</i> by Team Member, Chris Klepsch (PUB) 2:30 Word Puzzles (PUBR) 3:00 Boozy Milkshake Cocktail Hour (PUB) 6:00 Po-Ke-No (PUBR)	22 8:30 Errand Day: Banks & Post Office Trip **\$\$ (OOB) 10:00 Strength Training (PUB) 10:30 Brain Games: Autumn Trivia (ML) 11:00 Diner's Caravan: Cracker Barrel **\$\$ (OOB) 1:00 Color Me Calm (PUBR) 3:00 Ed-Health Presentation: <i>Vaccination Awareness</i> by Ashley, DOW (PUB) 6:00 Prize Bingo (PUB)	Native American Day 23 9:00 Green Thumbs: Tending to the Plants (TB) 10:30 Life Happens Support Group (CH) 1:30 Zumba with Michele (PUB) 2:00 Ed-U Presentation <i>Native Americans Of Schuylkill County</i> by Historian, Dave McSurdy (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 6:00 Prize Bingo (PUB)	24 9:00 Shopping Trip: Fairlane Village Mall **\$\$ (OOB) 10:00 Word Puzzles (PUBR) 1:00 Helping Hands: Setting Up Bingo (PUB) 2:00 Nickel Bingo \$\$ (PUB) 3:00 Vagabond Travelers: Chincoteague Island (PUB) 6:00 Card Games: Pinochle (PUBR)	
25 9:00 Hymn Sing (PUB) 9:30 Live Stream Worship: Trinity Lutheran Church (PUB) 10:30 Balance in Action (CH) 12:00 Wine & Dine (DR) 1:00 Movie & Popcorn: <i>The Blind Side</i> (PUB) 3:00 Communion Service (CH) 3:30 Bible Study (A) 6:00 Puzzle Club (3F)	26 9:00 Walking Warriors (ML) 10:30 Yoga with Michele (PUB) 1:15 Circle of Friends (CH) 2:00 Brain Games: Wall Scrabble (PUB) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH) 3:30 Card Games: UNO (PUB) 6:00 Board Games: Scattergories (PUBR)	27 9:00 Balloon Tennis (PUB) 10:00 Bake Sale Supporting Dementia Awareness (ML) 10:30 Food Crafting: Mochaccino Cupcakes (A) 1:00 iN2L: Touring Corning Museum of Glass (PUB) 2:00 Walk for Dementia Awareness (PL) 3:00 Welcome Social (PUB) 6:00 Nickel Bingo \$\$ (PUB)	28 9:00 Coffee, Donuts, & Current Events (PUB) 10:30 Health Talks with Bayada Home Health: Depression (PUB) 1:00 TED Talk: <i>Aging is a Blessing</i> (PUB) 2:00 Considering the Conversation: Financial Aspects of End of Life with Karen Kenderdine (PUB) 3:00 The Great Outdoors Social Hour (1FP) 6:00 Po-Ke-No (PUBR)	29 9:00 Gentle Stretching (PUB) 10:00 Brain Games: Word Within a Word (PUB) 11:00 Day Excursion: Lake Tobias **\$\$ (OOB) 1:00 Puzzle Club (3F) 2:00 Color Me Calm (PUBR) 3:00 Meditation & Relaxation (PUB) 5:00 Resident Birthday Dinner (PUB)	30 9:00 Green Thumbs: Tending to the Plants (TB) 10:30 Life Happens Support Group (CH) 10:30 Artist In Depth: Auguste Rodin & Sculpting (A) 1:30 Zumba with Michele (PUB) 2:00 Curls for Girls with Pam (3FSL) 2:30 Quiet Contemplation & Prayer (CH) 3:00 Communion Service (CH)		