

# 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

Christa Black  
Sue Deardorff  
Elizabeth Goshorn  
Gloria Granda  
Beverly Peters  
P. Jane Goshorn  
Florence Skladanek  
Joseph Statler  
Gene Kramer

### May

Dorothy Miley  
Charmaine West  
Elvia Kemper  
Linda Adcock  
Charles Metzgar  
Edeltrud Polk  
Judith McIntyre  
Beverly Brackbill  
Mildred Psak  
Bennett Bittinger

### June

Delores Gilbert  
Donna Faherty  
Suzanne Rice  
Nancy Black  
Dorothy Simms  
Esta Hammond  
Nadine Clemens  
Glenn Sanders  
Arthur Ott  
Carol Wine  
Susanne Proulx  
Alice Stilts  
Richard Rice  
Beulah Woods



# Providence Place SENIOR LIVING News

Q2: April 2023

## A Note from the Executive Director

I hope you have enjoyed seeing the smiling faces on everyone since we updated our masking requirements in March.

The next big shift will occur in our dining rooms. During the pandemic, we made significant changes in our dining rooms to promote social distancing. On April 4<sup>th</sup>, we will be returning to one single seating for our Assisted Living and Independent Living residents. Significant planning has been taking place behind the scenes to prepare for this. There may be some adjustments to table assignments, but our goal is to keep residents seated with friends and acquaintances while helping them get to know new ones as well. We discussed this during the March Dining Committee and the Fireside Chat and fielded a lot of questions. I realize this is a big adjustment for most residents as well as our team members. There may be some bumps in the road as we learn a new routine, but I trust that we will get through it together and continue to enjoy the great experience & food that our dining department provides.

Please check out the activity calendar to keep up with all our exciting events for the month. We can't wait to enjoy the outdoors and the signs of spring and warmer weather.

Easter Blessings,

*Holly Townsend*

*Executive Director*

## Highlighted Events

- 1 – **Violin & Viola Performance**  
@ 2pm
- 12 – **Dementia Support Group**  
@ 3pm or 6pm – Connections
- 21 – **EdU Presentation:** Northern Hemisphere Stars @ 2pm
- 26 – **Lunch Delivery:** Falafel Shack

## Welcome New Residents

Joan B.  
Guy M.  
Stephen M.  
Florence S.



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 [Info@Prov-Place.com](mailto:Info@Prov-Place.com).



[www.Providence-Place.com](http://www.Providence-Place.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Junk Drawer Detective (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Root Beer Float Social (2A) 6:15 Songs and Scripture (Ch. 809)</p>	<p><b>Calendar Key:</b> Pub (P), Café (C), Library (L), 2nd Floor Activity Room (2A), 3rd Floor Activity Room (3A), 3rd Floor Exercise Room (3E), Front Lobby (FL), Dining Room (DR), Loading Dock (LD), Private Dining Room (PDR), Out of Building (OOB), Hallway (HW), Connections Chapel (CC), Laundry Rooms (LR's), Pub Deck (PD) Back Yard (BY) Connections (CN) Picnic Tables (PT) ** Registration Required \$\$ Cost Involved</p>	<p>THE</p> <h1>Club</h1>			<h1>April</h1> <h1>2023</h1>	<p>1</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café &amp; Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Violin &amp; Viola Performance with Jennie &amp; Owen (2A) 3:00 April Fool's Day Social (P) 6:15 Puzzle Club (3A)</p>
<p>2</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Easter Bracelet (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Palm Sundaes (P) 6:15 Songs and Scripture (Ch. 809)</p>	<p>3</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (2A) 2:00 iN2L Documentary: The Romanov Faberge Eggs (2A) 3:00 Fact vs. Fiction: Life History (P) 6:15 Card Club (3A)</p>	<p>4</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Brain Game: Scrambled Eggs (3A) 11:00 Diners Caravan (OOB) 2:00 Musical Entertainment with Tom Shultz (2A) 3:00 Tales Told by Residents Israel/ Holy Lands (P) 6:15 Game Shows ( Ch.78 )</p>	<p>5</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: TJ Maxx \$\$ (OOB) 1:15 Cooking Creations: Cream Cheese Carrot Cake (CN) 2:30 Sip &amp; Taste (CN) 3:00 Welcome New Resident Social (P) 6:15 Horseshoes (3E)</p> <p style="text-align: center;">Passover</p>	<p>6</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Musical Entertainment with Robert Twine (CN) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Easter Around the World (3A) 6:15 Chit Chat in the Lobby (FL)</p>	<p>7</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Hot Cross Buns (C) 1:15 Garden Club (CN) 2:00 Cocktail Time (CN) 3:00 Social Hour: Hot Cross Buns (P) 6:15 Movie &amp; Popcorn: Passion of Christ (3A)</p> <p style="text-align: center;">Good Friday</p>	<p>8</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café &amp; Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Providence Place Chambersburg Antique Road Show (2A) 3:00 Blind Tasting: Jelly Beans (P) 6:15 Puzzle Club (3A)</p>
<p>9</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Crafting Club: Sock Bunnies (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service 3:00 Reflect &amp; Recall (P) 6:15 Songs and Scripture (Ch. 809)</p> <p style="text-align: center;">Easter</p>	<p>10</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (2A) 2:00 Kindly Canines (2A) 3:00 iN2L Documentary: Jerusalem - Travel Guide to the Holy City (2A) 6:15 Card Club (3A)</p>	<p>11</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Easter Brain Games (3A) 1:15 Crafty Creation: Flapping Butterfly (CN) 2:30 Sip and Show (CN) 3:00 April Guess A Letter (3A) 6:15 Game Shows ( Ch.78 )</p>	<p>12</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Walmart \$\$ (OOB) 1:15 Cooking Creation: Strawberry Poundcake (CN) 2:30 Sip and Taste (CN) 3:00 Musical Entertainment with Jessica Snyder (CN) 6:15 Horseshoes (3E)</p>	<p>13</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Nelly Fox Bowling (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Searching For April (3a) 6:15 Chit Chat in the Lobby (FL)</p>	<p>14</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Cooking Creation: Hummus (C) 1:30 Walk and Stroll Club (HW) 2:00 Garden Club (3A) 3:00 Social Hour: Hummus &amp; Pita (P) 6:15 Movie &amp; Popcorn: Resident Pick Night (3A)</p>	<p>15</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café &amp; Current Events ( P) 10:00 iN2L Documentary: Who Owns Jerusalem (2A) 1:30 Talk n' Toss Ball (3A) 2:00 Aromatherapy and Nails (3A) 3:00 Hydration and Humor ( P) 6:15 Puzzle Club (3A)</p>
<p>16</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Eggs-plosion Detective (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service Celebration of Life (2A) 3:00 Game Club: Uno (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>17</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (2A) 2:00 iN2L Documentary: The Star of Bethlehem (2A) 3:00 Moral Dilemma &amp; Discussion: The Unfaithful Friend (P) 6:15 Card Club (3A)</p>	<p>18</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Dollar Tree \$\$ (OOB) 1:15 Crafty Creation: DIY Personal Flower Garden (CN) 2:30 Sip and Show (CN ) 3:00 iN2L Games (3A) 6:30 Musical Entertainment Featuring Penn National Singers (2A)</p>	<p>19</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Ed U Presentation: Israel Holy Lands With Terry Neumyer (2A ) 11:00 Diners Caravan (OOB) 1:30 Blood Pressure Clinic (2A) 2:00 Fireside Chat (2A) 3:00 Coffee &amp; Questions: Fireside Chat Follow Up (P) 6:15 Horseshoes (3E)</p>	<p>20</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Sonic Milkshakes (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR)) 6:15 Chit Chat in the Lobby (FL)</p>	<p>21</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Bayada with Jamie (2A) 1:30 Walk and Stroll Club (HW) 2:00 Ed-u Presentation: Northern Hemisphere Stars with Amberlee Robison (P) 3:00 Social Hour: Artichoke Dip (P) 6:15 Movie &amp; Popcorn: Star of Bethlehem (3A)</p>	<p>22</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café &amp; Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 Game Club: Rummikub with Anne Marie (3A) 3:00 Earth Day: Apartment Plants (C) 6:15 Puzzle Club (3A)</p> <p style="text-align: center;">Earth Day</p>
<p>23</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Reminisce and Recall: Life Story (3A) 1:30 Walk and Stroll Club (HW) 2:00 Worship Service (2A) 3:00 Game Club: Memory Magic (3A) 6:15 Songs and Scripture (Ch. 809)</p>	<p>24</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Prize Bingo (3A) 1:30 Imagery Fitness (2A) 2:00 iN2L Documentary: Journey Through Israel (2A) 3:00 Burning Questions– Get to Know Your Neighbor (P) 6:15 Card Club (3A)</p>	<p>25</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 DIY Terrariums (3A) 1:15 Crafty Creation: Nature Clay Impressions (CN) 2:30 Sip and Show (CN) 3:00 Popcorn Station (FL) 6:15 Game Shows ( Ch.78 )</p>	<p>26</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Shopping Trip: Interstate 81 Antiques \$\$ (OOB) 1:15 Cooking Creation: Earth Day Cookies (CN) 2:30 Sip and Taste (CN) 3:00 Game Club: Members Choice (3A) 6:15 Horseshoes (3E)</p>	<p>27</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Mid Week Worship Service (CN) 1:15 Day Excursion: Green House (OOB) 1:30 Art Exploration: Mixed Media (C) 2:30 Sip and Mingle (CN) 3:00 Bible Study (PDR) 6:15 Chit Chat in the Lobby (FL)</p>	<p>28</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 Daily Chronicle and Discussion (P) 10:00 Memories in the Making (3A) 1:30 Walk and Stroll Club (HW) 2:00 Catholic Mass with Corpus Christie Catholic Church (2A) 3:00 Meet and Greet Our New DOW (P) 6:15 Movie &amp; Popcorn: I am Israel (3A)</p>	<p>29</p> <p>9:00 Morning Meeting and Inspirations (P) 9:30 House of Café &amp; Current Events ( P) 10:00 Aromatherapy and Nails (3A) 1:30 Talk n' Toss Ball (3A) 2:00 T.E.D Talk: Israel &amp; Iran: A Love Story by Ronny Edry (2A) 3:00 Hydration and Humor ( P) 6:15 Puzzle Club (3A)</p>