

# 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

Audrey Priga  
Ronald Spitzer  
Carl Heckert Sr.  
Ruth Fasnacht  
Roberta Martini  
Patricia Book  
Arlis Glenn  
Virginia Stefanoni  
Doris Clark  
Emily Marlin

### May

Gloria Johnson  
John Drybred  
Bernard Oracewski  
Linda DePatto

### June

Terrence Leonard  
Phyllis Gilbert  
Donald Funk  
Mercedes Sadler  
Kathleen Kline  
Sallylee Sangrey  
Anna Myers  
Elizabeth Crawford



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)



# Providence Place SENIOR LIVING News

Q2: April 2023

## A Note from the Executive Director

Thank you for welcoming me into the Lancaster community this past month. We are working hard to continue to improve the experience for our residents, families and team members as well as become a more integral part of our greater Lancaster community.

Myself and Justin have already enjoyed spending dedicated time here and getting to know everyone, we are making great progress to ensure Providence Place offers a home-like environment for everyone.

Please join us this month for our annual Easter Egg-Stravaganza and other holiday activities. We also invite those supporting a loved one with dementia to join our Support Group held the third Tuesday of each month.

Should you have questions, concerns or want to set up a time to meet with us at the community, please reach out anytime.

Best,

*Kim Perchak*


*Interim Executive Director*

## Highlighted Events

- 1 – Easter Egg-Stravaganza  
@ 1:30 - 3:30pm – *Families Welcome!*
- 3 – Pottery Works @ 2pm
- 8 – Men's Prayer Breakfast @ 8am
- 11 – Veteran's Social with VFW  
Post 1463 @ 2pm
- 14 – Musical Entertainment:  
Lee Moyer @ 2pm
- 18 – Dementia Support Group @ 6pm
- 22 – Earth Day Celebrations & Happy  
Hour (*see calendar*)

## Welcome New Residents

Mary Kaye F.  
Mary G.  
Sherlyn G.  
Donald F.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>10:00 Coffee Social &amp; Brain Games (AR) 10:30 Team Cuisine Cooking Group: <i>Pecan Pralines</i> (AR) 2:00 Destination Discovery Social: Louisiana- Discussion &amp; Snacks (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather &amp; Chat (FL)</p>	<p><b>Calendar Key:</b> (BR) Billiards Room (CH) Chapel (AR) Activity Room (S) Salon (GL) Governor's Lounge (LB) Library (DR) Dining Room (FL) Lobby (FP) Front Porch (OOB) Out of Building ** Registration Required /Requested \$\$ Cost Involved</p>				<h1>April</h1> <h1>2023</h1>	<p>1</p> <p>10:00 Saturday Morning Bingo (CH) 10:45 Prep for the Easter Event (AR) 1:30 Easter Egg-Stravaganza Friends &amp; Family Event Egg Hunt, Games for all ages, Crafts, Photos w/ the Easter Bunny and Refreshments ** 6:00 Table Top Shuffle Board (BR)</p>
<p>2</p> <p>10:00 Coffee Social &amp; Brain Games (AR) 10:30 Team Cuisine Cooking Group: <i>Popcorn Cookies</i> (AR) 2:00 Destination Discovery Social: Indiana- Discussion &amp; Snacks (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather &amp; Chat (FL)</p>	<p>3</p> <p>10:00 Stretch &amp; Flex (CH) 10:30 Discover Indiana on IN2L (CH) 1:30 Horticulture Club (GL) 2:00 Artist in Us All: <i>Pottery Works</i> (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)</p>	<p>4</p> <p>10:00 Weights &amp; Bands Fitness (CH) 10:30 Devotions &amp; Hymn Sing (CH) 10:30 Shopping: <i>Bosco's</i> **\$\$OOB 1:30 Happy Hour: Apps and Drinks <i>Easter Charades &amp; Bunny Funnies</i> (GL) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)</p>	<p>5</p> <p>10:00 Movement &amp; Music (CH) 10:30 Last Lenten Worship Service (CH) 1:30 Jeopardy Challenge (CH) 2:30 Drama Club: <i>Prov-Place Players</i> (CH) 3:15 Bingo Fun (CH) 6:00 Movie Night: <i>Hop</i>, a Comedy About the Easter Bunny (CH)</p> <p style="text-align: center;">Passover</p>	<p>6</p> <p>10:00 Balance in Action (CH) 10:30 Circle of Friends (CH) 1:30 Dining Committee Meeting (AR) 2:00 Music Performed By Keil Holland (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)</p>	<p>7</p> <p>Dime Store open 8a-12p <i>Last Day of Easter Sale</i> 10:00 Fitness Fun Games (CH) 10:30 Good Friday Service (CH) 1:30 Writing Club: Short Stories (AR) 2:30 <i>Ukrainian Easter Traditions</i> <i>Pysanky Eggs, Foods, Practices</i> (AR) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: <i>The Robe</i></p> <p style="text-align: center;">Good Friday</p>	<p>8</p> <p>8:00 Men's Prayer Breakfast ** (AR) 10:00 What's the Word: <i>It's Easter</i> (AR) 10:30 Saturday Morning Bingo (CH) 2:30 Decorate &amp; Dye Easter Eggs (AR) 3:15 Who—What am I? Pet Visit with Hope &amp; Mark (AR) 6:00 Table Top Shuffle Board (BR)</p>
<p>9</p> <p>10:00 Coffee Social &amp; Brain Games (AR) 10:30 Team Cuisine Cooking Group: <i>Easter Cupcakes</i> (AR) 2:00 Resident Egg Hunt &amp; Social (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather &amp; Chat (FL)</p> <p style="text-align: center;">Easter</p>	<p>10</p> <p>10:00 Stretch &amp; Flex (CH) 10:30 Discover Iowa on IN2L (CH) 1:30 Destination Discovery Social: Iowa- Discussion &amp; Snacks 2:30 Destination Discovery Artist in Us All: <i>State of Iowa Photo Collage Fun</i> (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)</p>	<p>11</p> <p>10:00 Weights &amp; Bands Fitness (CH) 10:30 Devotions (CH) 11:00 Hymn Sing (CH) 11:00 Lunch out: <i>Infineto's Pizza</i> **\$\$OOB 1:30 Thankful to You Committee (AR) 2:00 Veteran's Social With members of VFW Post 1463 (CH) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)</p>	<p>12</p> <p>10:00 Movement &amp; Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Wellness Presentation: <i>Sleep Health</i> Bayada Home Health Care (CH) 2:30 Drama Club: <i>Prov-Place Players</i> (CH) 3:15 Bingo Fun (CH) 6:00 Movie Night: <i>The Other Boylen Girl</i></p>	<p>13</p> <p>10:00 Balance in Action with Amy from PowerBack Rehab Services (CH) 10:30 Circle of Friends (CH) 1:30 Nail Painting ** (AR) 2:00 Ed-U Presents— Trivia Talk—Iowa with Retired Educator Bob Reigh (CH) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)</p>	<p>14</p> <p>Dime Store open 8a-12p 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Giant **\$\$ (OOB) 1:30 Writing your Memoirs (AR) 2:00 Music Performed By Lee Moyer (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: <i>The Boy In Stripped Pajamas</i> (CH)</p>	<p>15</p> <p>10:00 What's the Word: About Iowa (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Games with Pat (CH) 2:30 Happy Hour: Apps and Drinks <i>Comedy Club</i> (GL) 3:15 Celebrating our Volunteers (GL) 6:00 Table Top Shuffle Board (BR)</p>
<p>16</p> <p>10:00 Coffee Social &amp; Brain Games (AR) 10:30 Team Cuisine Cooking Group: <i>Chicken Corn Soup</i> (AR) 2:00 Destination Discovery Social: Kansas- Discussion &amp; Snacks (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather &amp; Chat (FL)</p>	<p>17</p> <p>10:00 Stretch &amp; Flex (CH) 10:30 Discover Kansas on IN2L (CH) 1:30 Who—What am I? Pet Visit with Hope (AR) 2:30 Destination Discovery Artist in Us All: <i>Kansas Sunflower</i> (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night Home Schoolers Visit (AR)</p>	<p>18</p> <p>10:00 Weights &amp; Bands Fitness (CH) 10:30 Devotions &amp; Hymn Sing (CH) 10:30 Shopping: <i>Dollar Tree/ Goodwill</i> Shopping Center **\$\$OOB 1:30 Sunshine Committee Meeting (AR) 2:00 Drum Circle: <i>Grateful Drumming</i> (CH) 3:00 Welcome Ambassador Meeting (AR) 6:00 Scrabble Night (AR)</p>	<p>19</p> <p>10:00 Movement &amp; Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Jeopardy Challenge (CH) 2:30 Drama Club: <i>Prov-Place Players</i> Rehearsal (CH) 3:15 Bingo Fun (CH) 6:00 Movie Night: <i>The Wizard of Oz</i> (CH)</p>	<p>20</p> <p>9:30 Balance in Action w/ Amy from Powerback Rehab Services (CH) 10:30 Circle of Friends (CH) 1:30 Nail Painting ** (S) 2:00 Chef's Pairing w/ Chef Rob (AR) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)</p>	<p>21</p> <p>Dime Store open 8a-12p 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 1:30 Writing Club: <i>Community Story</i> (AR) 2:00 Music Performed By Nick Viscuso (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: <i>Singing in the Rain</i></p>	<p>22</p> <p>10:00 What's the Word: <i>Earth Day</i> (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Earth Day Craft w/ Diana (AR) 2:30 Happy Hour: Apps and Drinks <i>Love Our Planet</i> (GL) 3:15 Celebrating Earth Day (GL) 6:00 Table Top Shuffle Board (BR)</p> <p style="text-align: center;">Earth Day</p>
<p>23</p> <p>10:00 Coffee Social &amp; Brain Games (AR) 10:30 Team Cuisine Cooking Group: <i>Buttermilk Cake w/ Caramel Icing</i> (AR) 2:00 Destination Discovery Social: Kentucky- Discussion &amp; Snacks (GL) 3:00 Sunday Worship Service (CH) 6:00 Evening Gather &amp; Chat (FL)</p>	<p>24</p> <p>10:00 Stretch &amp; Flex (CH) 10:30 Discover Kentucky on IN2L (CH) 1:30 Who—What am I? (AR) 2:00 Horticulture Club (AR) 2:30 Destination Discovery Artist in Us All: <i>Horses &amp; Hats</i> (AR) 3:15 Balloon Volley Ball Game (CH) 6:00 Bingo Night (AR)</p>	<p>25</p> <p>10:00 Weights &amp; Bands Fitness (CH) 10:30 Devotions &amp; Hymn Sing (CH) 11:00 Lunch Trip: <i>Denier's</i> **\$\$OOB 1:30 Men's Club: <i>Storm Chasing</i> (AR) 2:15 Community Life Planning Committee Meeting (AR) 3:00 Bingo Helpers in Connections 6:00 Scrabble Night (AR)</p>	<p>26</p> <p>10:00 Movement &amp; Music (CH) 10:30 Mid Week Worship Service (CH) 1:30 Jeopardy Challenge (CH) 2:30 Drama Club: <i>Prov-Place Players</i> (CH) 3:15 Bingo Fun (CH) 6:00 Movie Night: <i>Elizabethtown</i> Starring Orlando Bloom, Kirsten Dunst and Susan Sarandon (CH)</p>	<p>27</p> <p>10:00 Balance in Action (CH) 10:30 Circle of Friends (CH) 1:30 Horticulture Club (AR) 2:00 Fireside Chat: <i>with ED</i> (AR) 3:15 LCR w/ Chaplain Jeff (AR) 6:00 Game Night (AR)</p>	<p>28</p> <p>Dime Store open 8a-12p 10:00 Fitness Fun Games (CH) 10:30 Journey Through the Bible (CH) 10:30 Grocery Run: Giant **\$\$ (OOB) 2:00 Ed-U Presents: <i>Spring Wild Flowers</i> By Lisa Sanchez from LCP&amp;R (CH) 3:15 Word in Word with Floats (CH) 6:00 Classic Movie Night: <i>From Here to Eternity</i> (CH)</p>	<p>29</p> <p>10:00 What's the Word (AR) 10:30 Saturday Morning Bingo (CH) 1:30 Horse Racing Game with Pat (AR) 2:30 Happy Hour: Apps and Drinks <i>Remembering the Kentucky Derby</i> (GL) 3:15 Famous Horses Charades (GL) 6:00 Table Top Shuffle Board (BR)</p>