

# 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

Cheryl Kephart  
Mark Heim  
Arlene Mack  
Flavia McGovern  
Dorothy Zangari  
Barb Woll  
Marcia Evans  
Bill Speary  
Sally Weisacosky  
Margot Marks  
Gloria Hummel  
Leona Buber

### May

Elsie Fragale  
Frances Quirk  
Velma Breidigan  
Robert Antanavage  
Joan Grapsy  
Francis Purcell  
Pauline Dunkelberger

### June

Ruth Terwilliger  
Lynn Korn  
John Sinisi  
Judith Thomas  
Mary D'Allessandro  
Mary Flanagan  
Phyllis Shoener  
Margarat Antanavage



# Providence Place SENIOR LIVING News

Q2: April 2023

## A Note from the Executive Director

We are looking forward to sunny days here in our Pottsville community. Our residents are looking forward to sitting out on the porches and decks and breathing some fresh crisp air.

Connections South (Memory Care) recently expanded, we had a great time at our Easter Bunny Brunch (including the Easter Bunny bringing the gender of my baby) and everyone is having fun tracking their March Madness Brackets here in our community.

Our 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". We have a cookie bake off, different outings, activities for the horse races along with many other activities for both staff and residents to enjoy this month.

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.

All the best,  
*Melissa Melnick*  
Executive Director

## Highlighted Events

- 3 – **NCAA Championship Party**  
@ 6pm
- 5 – **Acrylic Art Class** @ 2pm
- 9 – **Easter Sunday Service** @ 3pm
- 12 – **CECA Celebration** @ 2:30pm
- 15 – **Intergenerational Gardening:**  
Sowing Seeds @ 10am
- 27 – **Day Excursion:** Olive Garden &  
Reading Market @ 11am
- 27 – **Dementia Support Group**  
@ 6pm

## Welcome New Residents

Junaita R.  
Pauline D.  
Phyllis S.  
Herman B.



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 &amp; Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican &amp; Menu (A) 1:00 Color Spin Game (CN) 2:00 Creative Expressions: Abstract Art (CN) 3:00 Puzzles &amp; Ponderings (CN) 4:00 Walk for Heart Health (TB)</p>	<p><b>Calendar Key:</b> ** Registration Required First Floor Patio (1FP) \$\$ Cost Involved Community Life (CL) Chapel (CH) Pub (P) Activity Room (A) Connections (CN) Throughout Building (TB) Lobby (L) Out of Building (OOB) Third Floor South Lounge (3FSL)</p>	<p>THE</p> <h1>Club</h1>			<h1>April</h1> <h1>2023</h1>	<p>1</p> <p>9:00 Morning Meeting &amp; Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Xbox Bowling (P) 11:00 Reading Republican &amp; Menu (L) 1:30 Balloon Volley (CN) 2:00 April Fool's Day Social (CN) 3:00 Tickle Your Funny Bone (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)</p>
<p>2</p> <p>9:00 Morning Meeting &amp; Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican &amp; Menu (A) 1:30 Bingo (CN) 2:30 Reminiscing: Easter Traditions (CN) 3:00 Puzzles &amp; Ponderings (CN) 4:00 Walk for Heart Health (TB)</p>	<p>3</p> <p>9:00 Brain Games (ML) 9:30 Morning Meeting &amp; Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican &amp; Menu (L) 1:30 Reminiscing w/ Music (P) 2:00 Providence Place Choir (P) 3:00 Holy Monday Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)</p>	<p>4</p> <p>9:00 Morning Fitness (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:00 American History Through Music w/ Lester Hirsh (P) 12:00 Souper Tuesday Luncheon: London Particular Soup (A) 1:00 Trivia Time (CN) 2:00 Entertainment by Noreen Gregory (CN) 3:00 Puzzles &amp; Ponderings (CN) 6:00 Nickel Bingo \$\$ (P)</p>	<p>5</p> <p>9:00 Coffee, Donuts, &amp; Discussion (P) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:00 Protestant Worship Service (CH) 10:30 Lite &amp; Lively (A) 11:00 Reading Republican &amp; Menu (L) 1:00 ED-U presentation: A Tale of Two Soldiers by Joseph Mc Devitt (P) 2:30 Acrylic Art w/ Shannon Haley (P) 3:00 Sing-A-Long Social Hour (P) 4:00 Walk for Heart Health (TB)</p>	<p>6</p> <p>9:00 Morning Fitness (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:00 Picture This? (A) 11:00 Reading Republican &amp; Menu (L) 1:30 Capital Abbreviations (A) 2:00 "Shut the Box" Dice Game (A) 3:00 Craft: Bunny Wood Boxes (A) 3:30 Hydration &amp; Humor (A) 4:00 Walk for Heart Health (TB) 7:00 Gospel Singers (CH)</p>	<p>7</p> <p>9:00 Morning Fitness (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:00 Easy Listening (A) 10:30 Hairstyles by Niki (A) 11:00 Reading Republican &amp; Menu (L) 1:30 Zumba with Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 4:00 Walk for Heart Health (TB) 6:30 Life happens Support Group (CH)</p>	<p>8</p> <p>9:00 Morning Meeting &amp; Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Making of a Nut Box for Wildlife (A) 11:00 Reading Republican &amp; Menu (L) 1:30 Kitchen Corner: Honey Lime Rainbow (CN) 2:00 Hymn Sing (CN) 3:00 Memory Magic (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)</p>
<p>9</p> <p>9:00 Morning Meeting &amp; Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream Easter Worship Service (A) 10:30 Morning Fitness (A) 11:00 Reading Republican &amp; Menu (A) 1:30 Easter Sunday Social (CN) 2:00 Creative Expressions (CN) 3:00 Easter Worship Service (CH) 3:30 Let's Chat (CN) 4:00 Walk for Heart Health (TB)</p>	<p>10</p> <p>9:00 Word Within a Word (ML) 9:30 Morning Meeting &amp; Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican &amp; Menu (L) 1:30 Reminiscing with Music (P) 2:00 Ed-U Presentation: Teas of the World by Hydrangea Tea Cottage (P) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)</p>	<p>11</p> <p>9:00 Morning Fitness (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:00 Culinary Creations: Banana Bread w/ Buttercream Drizzle (A) 11:00 Reading Republican &amp; Menu (L) 1:00 Country Ride **(OOB) 1:00 Creative Expressions: Abstract Art (CN) 1:00 Country Ride: Ice Cream **(OOB) 4:00 Walk for Heart Health (TB) 6:00 Nickel Bingo \$\$ (P)</p>	<p>12</p> <p>9:00 Coffee, Donuts, &amp; Discussion (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:30 Gentle Stretching (P) 11:00 Reading Republican &amp; Menu (L) 1:00 Making of Cornish Pastries (P) 2:00 Musical Entertainment by Bryan Herber (P) 3:00 Mary Poppins Social Hour (P) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)</p>	<p>13</p> <p>9:00 Morning Fitness (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:00 White Board Challenge (A) 11:00 Reading Republican &amp; Menu (L) 1:30 Memory Magic (A) 2:30 UNO (A) 3:00 Garden Club: Spring Clean Up (1FP) 3:30 Hydration &amp; Humor (1FP) 4:00 Walk for Heart Health (TB) 6:00 Prize Bingo (P)</p>	<p>14</p> <p>9:00 Morning Fitness (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:15 Easy Listening (A) 10:30 Hand Massages (A) 11:00 Reading Republican &amp; Menu (L) 1:30 Zumba w/ Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 4:00 Walk for Heart Health (TB) 6:30 Life Happens Support Group (CH)</p>	<p>15</p> <p>9:00 Morning Meeting &amp; Daily Chronicle (P) 9:30 Morning Fitness (P) 10:00 Intergenerational Gardening: Sowing Seeds (1FP) 11:00 Reading Republican &amp; Menu (L) 1:30 Craft: Rainbows (CN) 2:30 April Showers Social (CN) 3:30 Dance Polka Party (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)</p>
<p>16</p> <p>9:00 Morning Meeting &amp; Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican &amp; Menu (A) 1:30 Balloon Volley (CN) 2:00 Guess the Letter Game (CN) 3:00 Puzzles &amp; Ponderings (CN) 4:00 Walk for Heart Health (TB)</p>	<p>17</p> <p>9:00 Morning Fitness (P) 9:30 Morning Meeting &amp; Daily Chronicle (P) 10:30 Yoga w/ Michelle (P) 11:00 Reading Republican &amp; Menu (L) 1:30 Amazon Wildlife (P) 2:00 Providence Place Choir (P) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)</p>	<p>18</p> <p>9:00 Morning Fitness (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:00 Culinary Creations: Chocolate PB Fudge (A) 12:00 Souper Tuesday Luncheon: Cornish Pastries**(A) 1:30 Name That Bird (CN) 2:00 Painting Birdhouses (CN) 3:00 Feathered Friends Social (CN) 4:00 Walk for Heart Health (TB) 6:00 Nickel Bingo \$\$ (P)</p>	<p>19</p> <p>9:00 Coffee, Donuts, &amp; Discussion (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:00 Protestant Worship Service (CH) 11:00 Reading Republican &amp; Menu (L) 1:30 Yoga with Michele (CN) 2:30 Hydration Station (CN) 3:00 Music Memories (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)</p>	<p>20</p> <p>9:00 Morning Fitness (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:30 Ed-U Wellness: Parkinson's w/ Brittany Gaffney, LPN, DOW (P) 11:00 Reading Republican &amp; Menu (L) 1:30 Appreciation Club: CN (CN) 2:00 Drum Circle w/ Joe (P) 3:30 Finish My Lyrics (P) 4:00 Walk for Heart Health (TB) 6:00 Prize Bingo(P)</p>	<p>21</p> <p>9:00 Morning Fitness (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:00 Easy Listening (A) 10:30 Manicures (A) 11:00 Reading Republican &amp; Menu (L) 1:30 Zumba with Michele (P) 3:00 Communion Service (CH) 3:00 5 o'clock Somewhere Social Hour (P) 4:00 Walk for Heart Health (TB) 6:30 Life Happens Support Group (CH)</p>	<p>22</p> <p>9:00 Morning Meeting &amp; Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Bingo (A) 11:00 Reading Republican &amp; Menu (L) 1:30 Around the World Trivia (CN) 2:00 Garden Club: Herbs (CN) 3:00 Mocktails &amp; Munchies (CN) 3:30 Litter Bug Detective (CN) 4:00 Walk for Heart Health (TB) 6:00 Fireside Fellowship (L)</p>
<p>23</p> <p>9:00 Morning Meeting &amp; Daily Chronicle (A) 9:30 Trinity Lutheran Church: Live Stream (A) 10:30 Morning Fitness (A) 11:00 Reading Republican &amp; Menu (A) 1:30 Fab, Fit &amp; Fun (CN) 2:00 Root Beer Float Social (CN) 3:00 Family Feud (CN) 4:00 Walk for Heart Health (TB)</p>	<p>24</p> <p>9:00 Brain Games (ML) 9:30 Morning Meeting &amp; Daily Chronicle (P) 10:30 Yoga with Michelle (P) 11:00 Reading Republican &amp; Menu (L) 1:30 Great Parks of Africa (P) 2:00 Providence Place Hand Bell (P) 3:00 Communion Service (CH) 4:00 Walk for Heart Health (TB)</p>	<p>25</p> <p>9:00 Morning Fitness (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:30 Keep Kicking Kickball (P) 11:00 Reading Republican &amp; Menu (L) 1:00 Country Ride for Ice Cream**(OOB) 3:00 Corn Hole Toss (CN) 4:00 Walk for Heart Health (TB) 6:00 Nickel Bingo \$\$ (P)</p>	<p>26</p> <p>9:00 Coffee, Donuts, &amp; Discussion (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:30 Low Intensity Seating Dance Workout (P) 11:00 Reading Republican &amp; Menu (L) 1:30 Zumba w/ Michele (CN) 2:30 Hydration Station (CN) 3:00 Can you Picture This? (CN) 4:00 Walk for Heart Health (TB)</p>	<p>27</p> <p>9:00 Morning Fitness (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:00 UNO (A) 11:00 Reading Republican &amp; Menu (L) 1:30 Cornell Lab Bird Cams (P) 2:30 Time Slips (P) 3:00 Table Hockey (P) 3:30 Hydration &amp; Humor (P) 5:00 Resident Birthday Party (P)</p>	<p>28</p> <p>9:00 Morning Fitness (A) 9:30 Morning Meeting &amp; Daily Chronicle (A) 10:00 Easy Listening (A) 10:30 Hand Massages (P) 11:00 Reading Republican &amp; Menu (L) 1:30 Zumba with Michele (P) 2:45 Prayer &amp; Reflect (CH) 3:00 Stations of the Cross (CH) 4:00 Walk for Heart Health (TB)</p>	<p>29</p> <p>9:00 Morning Meeting &amp; Daily Chronicle (A) 9:30 Morning Fitness (A) 10:00 Memory Magic (A) 11:00 Reading Republican &amp; Menu (L) 1:00 Reminiscing: Going to the Dance (CN) 2:00 Boogie Fever Dance Party (CN) 3:00 Hydration Station (CN) 3:30 Guess the Letter Game (CN) 4:00 Walk for Heart Health (TB)</p>