

Province Place news



A BON SECOURS ASSISTED LIVING RESIDENCE

JUNE 2020



Team Leaders

Paula Taylor
Administrator

Donna Edwards
Business Office
Manager

Cynthia Bees
Resident
Care Coordinator

Farron Cornell
Maintenance
Coordinator

Chris Edmonds
Food Service
Coordinator

Cathy Staub
Marketing
Coordinator

Joanne Grulla
Activity
Coordinator

♥♥♥ Thank you to all who participated in the Family Parade! ♥♥♥



Administrator's Corner

Dear Residents, Family members and Friends,

This past month we have been able to share so many moments with so many of you in very creative ways. Your continued support is very appreciated during this tough time for all as we get through day to day struggles of the restrictions due to Covid-19. Thank you to those for all the cards of support and goodies that you have dropped off for the staff to enjoy they really appreciate it.

A special thank you to all that came out to the family parade it really was a special time and I am so glad that the weather held off for us to enjoy this moment. The residents really enjoyed it.

Here are a few things to remember:

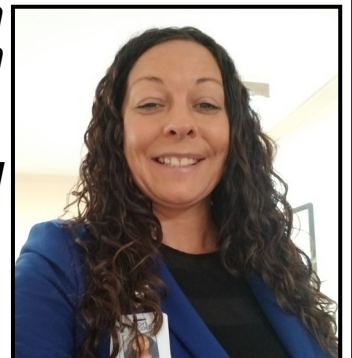
1. In regards to visitation- we are allowing residents with a mask on to go on the screened in porch in front of the building to have visits with family members, we ask that the family members stand on the outside of the screened in porch with a distance of 6 feet away and we require the visitors to wear a mask. We will supply the masks for the residents. There is absolutely no visiting allowed anywhere else. We appreciate the support during this difficult time. Thank you for working with us. We are still continuing to do the Zoom meetings for visitation as well.

2. In regards to dropping items off. You are still able to continue to drop items off at the front door as of right now. Please call the building let us know that you are here to drop items off when you arrive. We ask that you place the items on the bench between the 2 doorways. We will then come out to get them, we will wipe/spray them with disinfectant then we will hand them to your loved one.

3. In regards to outside doctor's appointments. If your loved one has to go out to a doctor appointment for any reason, we mandate that they self quarantine in their room for 10 days after. We will do one on one visits for activities and meals will be brought to their rooms. If they need to leave their room for any reason during that time we ask that they wear gloves and a mask and do not touch anything as they move around the community. We are able to do x-ray's at the property through mobile x, we are able to do blood work at the property by having the lab come to us and zoom meetings for doctor's appointments, we also now have access to a psych nurse as well if anyone needs extra support during this difficult time. If your loved one is in need of any of the services please reach out to the nurse, Cynthia, or myself and we can assist in setting these things up.

Take care and again thank each of you for your continued support.

*Sincerely
Paula Taylor*





Planting flowers in our Memory Care courtyard.



We were blessed with a donation of masks made by Kathy Smith.



ACTIVITY HIGHLIGHTS

~Please note that due to social distancing requirements, seating will be staggered and there will seat only two at each table.

Root Beer Float Social - Wednesday, June 3rd

Please join us in the activity room at 2:30 pm for a yummy root beer float.



Outdoor Music - Friday, June 5th

There will be live music out in the front parking lot with "The Lyrics." This is a weather permitting activity. Please dress accordingly and wear your masks. Cookies will be served.



FIT Health Lecture - Tuesday, June 9th

Come join us at 10:30 am for our monthly educational lecture. This month's topic is "Heart Health."



Birthday Cake Social - Wednesday, June 10th

Please join us in the activity room at 2:30 pm for a slice of cake to celebrate our June birthdays.



Outdoor Music - Friday, June 12th

There will be live music out in the front parking lot with Jennifer Gammill. This is a weather permitting activity. Please dress accordingly and wear your masks. Cookies will be served.



Ice Cream Bar Social - Wednesday, June 17th

Please join us in the activity room at 2:30 pm for an ice cream bar of your choice.



Outdoor Music - Friday, June 19th

There will be live music out in the front parking lot. This is a weather permitting activity. Please dress accordingly. Our entertainer is Steve Daley. Cookies will be served.



Father's Day - Sunday, June 21st

All residents are invited to join us in the activity room at 2:00 pm for a yummy ice cream sundae, made your way to celebrate Father's Day.



Resident Council Meeting - Wednesday, June 24th

All residents are invited to attend the Resident Council Meeting at 2:00 pm. This is an opportunity to ask questions, bring any concerns, suggest improvements or compliment on a job well done. Fresh baked cookies to follow.



Food Committee Meeting - Thursday, June 25th

This meeting will be held in the Activity Room with Chris at 1:30 pm. This is a good time to bring any questions, concerns, suggestions, and compliments.



Outdoor Music - Friday, June 26th

There will be live music out in the front parking lot. This is a weather permitting activity. Please dress accordingly. Our entertainer is Jon Durfee. Cookies will be served.





Our Administrator, Paula Taylor, being hairdresser for a day.



It was a beautiful day for an outdoor concert with "Touch of Class."



Ten Fun Ways to Upgrade Activity Levels

Do you travel for business or pleasure? Find it hard to locate a gym? Hate those cramped hotel fitness centers? Fortunately, it's easy to fit fitness in – anytime, anywhere. All you need is a little creativity and a commitment to daily physical activity. Just imagine the benefits – less stress during the day, improved sleep at night, more energy for everything and a healthier future. There is no better way to invest your time!

- 1. Put activity at the top of your to-do list:** No one has enough time for everything. Make fitness a priority and you'll have more energy for everything else.
- 2. Plan activity in your schedule:** Put fitness on your calendar. It's just as important as (or more important than) those lunches, dinners, meetings and phone calls.
- 3. Wear (or carry) comfortable shoes:** With the right shoes, you can take advantage of every opportunity to be more active like walking up the stairs.
- 4. Walk to your appointments:** Using your legs for transportation is one of the easiest ways to fit fitness into every day. Park in a central location and walk back and forth.
- 5. Wait by walking rather than sitting:** We do lots of waiting and sitting. Instead of sitting, walk around the building, the block or the airport.
- 6. Stand up and stretch:** Stretching is an important part of fitness (along with aerobics, balance and strength training). It's as easy as standing and reaching for the sky.
- 7. Break up your day with fitness:** Ten minutes is all it takes! Just three 10-minute fitness breaks - for a total of 30 minutes per day - can provide big health benefits.
- 8. Sit and be fit:** Do you spend hours sitting at a desk, sitting in the car or sitting on a plane? No sweat! Strengthen your abs by tightening them against the chair back.
- 9. Fidget and squirm:** Research actually shows that fidgeting burns calories. So, get in the habit of wiggling, squirming and moving



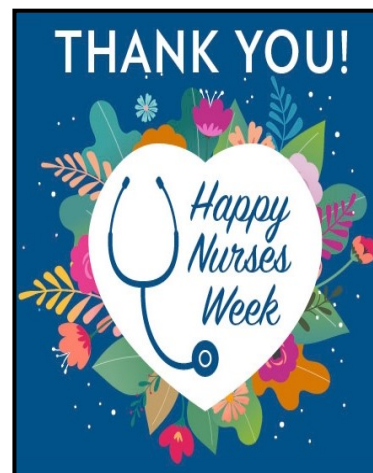
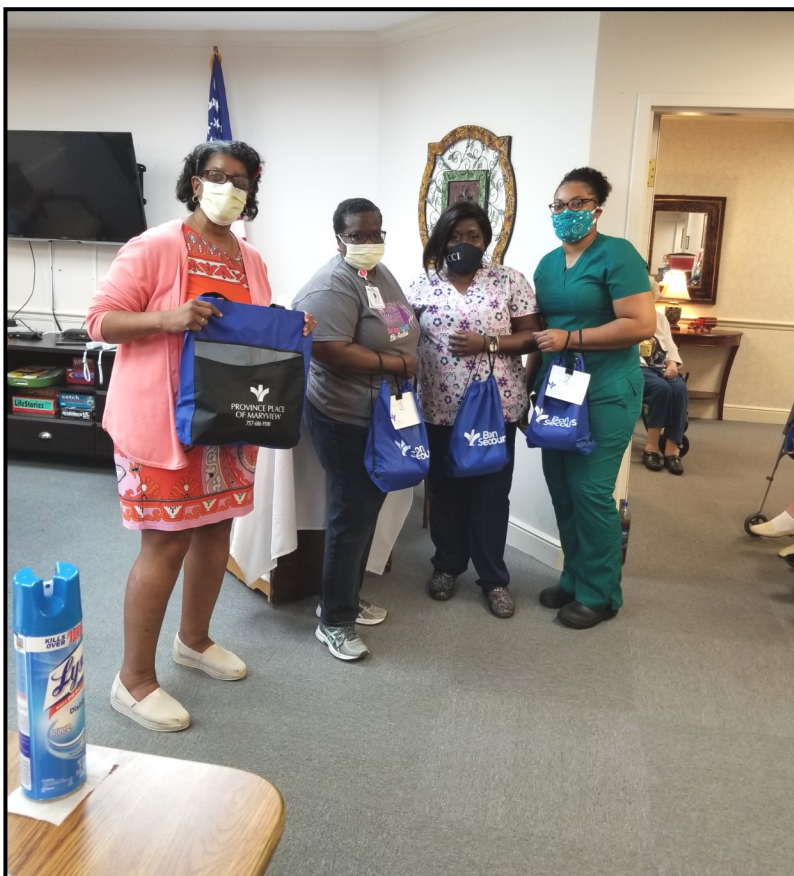
As The Whisk Turns

Greetings Residents,

This is Chris, your Food and Beverage Coordinator. Here is a list of alternative meal options. If you do not care for the options on a particular meal, just write in your alternative. If there are some fried foods that you would prefer baked, please write that next to your circled choice.

Cottage Cheese Fruit Plate
Turkey, Ham, or Roast Beef Sandwich
Chicken Noodle or Tomato Soup
Grilled Cheese Sandwich
Chicken Salad Sandwich
Egg Salad Sandwich
Butterfly Shrimp (If in stock)
Baked Potato
Hamburger
Hot Dog
Pot Pie
B.L.T.
Chicken Tenders
Green Beans
Carrots or Corn
French Fries
Ice Cream

Stay safe and bless.
Chris



Friends and families of our residents:

Please be aware of those around you as you leave the building. We have some residents who have Wander Guard bracelets on to protect them from leaving the building and becoming lost. Please do not allow residents to follow you out of the building if the door alarm is sounding.

We appreciate your attention to this safety matter. We love our residents!

Province Place of Maryview

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Portsmouth, VA 23703
757-686-9100



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Marilyn Halliday

June 3rd

“Birthdays are good for your health.
Studies have shown that people who have
more birthdays live longer.”