



Volunteer & Activities Newsletter

Your Choice for Quality Care

June
2021

PUBLISHED MONTHLY
BY PLEASANT RIDGE
MANOR FRIENDS
FOREVER

Thank You, Fairview Garden Club and Mr. Kunik!

Our garden clubs have not been able to come in since the start of this pandemic, but we've recently welcomed back (to the outside) a few volunteers! Members of our Fairview Garden Club and Mr. Tom Kunik were eager to get back to tidy up our courtyards. Family visits outside are always encouraged and our residents enjoy showing their families our beautiful courtyards. Watch for progress as these dedicated green thumbs work their magic this summer. We'll keep you posted regarding returning volunteers.



Celebrating National Nursing Assistants Week

June 17th through June 23rd is Certified Nursing Assistant Week, and the theme is "Creating a Community of Caring". At PRM, our CNAs create that for us every day.

We are very proud of our team of CNAs, proven Super Heroes who give their all every day, and gave even more as they cared for their residents throughout the pandemic. As caregivers who provide physical, social, and emotional support, they truly are Kindness in Action. We thank them for all they do and will continue to do as we move forward. Please join us in thanking our CNAs for making a difference each day in the lives of our residents.



Memorials & Donations

We thank the following for their financial or other contributions to the Pleasant Ridge Manor Friends Forever:

*Nancy Kernin
Paula Paden
The Elk Valley Garden Club
The Fairview Garden Club*

The following donations were made to the Friends Forever in loving memory of: Todd Meeder

*By:
Mrs. Eleanor Dibble
Janet & Carl Meeder
James Meeder
George & Pat Fish
Gary Kilmer
Robert & Susan Gido*

100% of your donations are used to directly benefit the residents and are always greatly appreciated. If you'd like to make or discuss making a donation, call LeeAnn Krahe at (814)474-5521, extension 260. Checks may be written to Pleasant Ridge Manor Friends Forever and sent to the PRM address.

News From our RN Infection Preventionist: New CDC Guidelines

New recommendations were released in mid-May that changed the guidelines for masking in the community. *Please note that those changes do not include healthcare settings.*

Masks are required for everyone coming into our building; visitors and staff.

Visitors are not permitted to eat or drink while in our building.

Designated visitation areas have not changed; please use the main dining room or outside gazebo areas.

Please limit your travel throughout our building to the dining room or a gazebo.










We continue our Covid testing and social distancing as required by the guidelines. Our priority continues to be the health and safety of everyone in our building.



Dandelions....Weeds or Plant With Extraordinary Benefits?

1. Pharmacists in 19th-century England made tea from roasted dandelion roots. The drink is still trendy today, thanks to a coffee-like taste and color without caffeine.
2. A cup of chopped raw dandelion greens provides 112 percent of the daily requirement for vitamin A (at only 25 calories).
3. From blossom to root, 100 percent of this weed, which is also an herb, is edible for most people.
4. Dandelion flowers reach heights of 6 to 24 inches, and roots go as deep as 10 to 15 feet.
5. Dandelions are part of the daisy family, one of the biggest in botany with more than 1,620 genera of plant types.
6. A single dandelion head consists of up to 300 ray flowers that look like tiny petals at first glance.

JUNE 2021—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Catholic Mass (IN2L) 2:30 Unit Games 7:00 Small Group Activity	2 2:30 Bingo 7:00 Small Group Activity	3 2:30 Prize Trivia 7:00 Small Group Activity	4 2:30 Pokeno 7:00 Small Group Activity	5  2:30 Bingo 7:00 Small Group Activity
6 9:30 Catholic Mass (IN2L) 1:30 Protestant Church (IN2L) 2:30 Coffee Hour 7:00 Small Group Activity	7 1:30 Rosary 2:30 Music Games 7:00 Small Group Activity	8 9:30 Catholic Mass (IN2L) 2:30 Word Games 7:00 Small Group Activity	9  2:30 Bingo 7:00 Small Group Activity	10 2:30 Unit Games 7:00 Small Group Activity	11 2:30 Pokeno 7:00 Small Group Activity	12 2:30 Bingo 7:00 Small Group Activity
13 9:30 Catholic Mass (IN2L) 1:30 Protestant Church (IN2L) 2:30 Coffee Hour 7:00 Small Group Activity	14  1:30 Rosary 2:30 Music Time 7:00 Small Group Activity	15 9:30 Catholic Mass (IN2L) 2:30 Birthday Party Day!  7:00 Small Group Activity	16 2:30 Bingo 7:00 Small Group Activity	17 2:30 Father's Day Men's Group 7:00 Small Group Activity	18 2:30 Pokeno 7:00 Small Group Activity	19  2:30 Bingo 7:00 Small Group Activity
20 FATHER'S DAY 9:30 Catholic Mass (IN2L) 1:30 Protestant Church (IN2L) 2:30 Coffee Hour 7:00 Small Group Activity	21 1:30 Rosary 2:30 Name That Tune 7:00 Small Group Activity	22 9:30 Catholic Mass (IN2L) 2:30 Movie Time 7:00 Small Group Activity	23  2:30 Bingo 7:00 Small Group Activity	24 2:30 Unit Games 7:00 Small Group Activity	25 2:30 Pokeno 7:00 Small Group Activity	26 2:30 Bingo 7:00 Small Group Activity
27 9:30 Catholic Mass (IN2L) 1:30 Protestant Church (IN2L) 2:30 Coffee Hour 7:00 Small Group Activity	28  2:30 Music Time 7:00 Small Group Activity	29 9:30 Catholic Mass (IN2L) 2:30 Unit Games 7:00 Small Group Activity	30 2:30 Bingo 7:00 Small Group Activity		National Frozen Yogurt Month National Oceans Month National Papaya Month National Rivers Month National Rose Month	Our Church services are offered virtually via our IN2L computers



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consecutive
years!



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VOLUNTEER & ACTIVITIES NEWSLETTER

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CHARLEEN TURNER, Director of Nursing
TERRY NYBERG, President, PRM Friends
CO-EDITORS: LeeAnn Krahe,
Jane Dorler & Mary Beth Pfister

The West County Area *Alzheimer's Association Support Group* Continues to be postponed. Did you know that the Alzheimer's Association offers virtual support groups?

Caregivers, family, and friends can join an on-line community;
visit their website or call their Helpline, 800.272.3900 for more information!

CNAs
Caring support
friend
nurse aides
tenderness
Nursing lives
love
social
family
Heroes
serves
Kind
Certified

 Like us on
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We thank our Nursing Assistants for
their courage in the face of adversity
during the pandemic.
If you would like to thank someone for
their efforts, please call LeeAnn
at (814) 474-5521, ext 260.

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