



Volunteer &

Activities Newsletter

Your Choice for Quality Care

October
2018

PUBLISHED MONTHLY
BY PLEASANT RIDGE
MANOR FRIENDS
FOREVER

Welcome Fall!

Our Campus

The leaves are beginning to change color and the landscape is becoming much more colorful. Our grounds and gardens are beautiful and we enjoy being outside in the cooler weather.

The Albion Fair

We started our journey through fall by helping with the opening the Albion Fair on September 11th by manning every gate from 5 p.m. until 7 p.m. Our PRM volunteers & staff wore their brightly colored shirts and welcomed visitors to the Fair with a smile. We hope you stopped by to say hi and to enjoy the "biggest little fair around"!

Alzheimer's Walk

Our staff and volunteers were out in force for the Annual Walk to End Alzheimer's on Saturday, September 15th at the UPMC Park. Our team sold candy bars, root beer floats and held a Chinese Auction to help raise funds for the Alzheimer's Association, a cause so very close to our hearts.

Garden Dedication

We dedicated one of our gardens to a very special gentleman, Mr. Tom Kunik. Tom has put an enormous amount of work into the courtyard area over the past few years and it's absolutely beautiful. We asked one of our friends, Mr. Magoon, to make a plaque for the garden and it's as pretty as the garden! Thanks to these two very kind gentlemen for their kindness and generosity. Everyone who walks by, or through that courtyard has been blessed by your hard work.

It's a Picnic AND a Party!

Join us on Thursday, October 4th, for a Fall Festival! Our Dietary Department is planning a fantastic feast fit for all our friends! Dinner starts at 5 p.m. and our music will start at 6 p.m. Make sure you get your reservations in and join us for a wonderful evening of fun, food, and friends!



Scrabble Club

How many of you enjoyed playing scrabble with friends & family? Well, we have a large group of people who have recently fallen in love with the game all over again! Started by one of our residents and made possible with the help of one of our Activity Aides, Diane, this group of ladies meet for an evening of fun and socialization. One of our dietary employees, Joan Enstrom, painted these great team tee shirts and Diane made trophies for the winners. Pictured below are club members, Donna, Sheryl, Sandy, Ruth, Cathy, Carmela, Cheryl and Eva. Keep playing ladies!



Memorials & Donations

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

*Janet Overholt
Sportsman's Athletic Club
Nancy Fabian
Janet Kelly
Grace Episcopal Church*

The following donations were made to the Friends Forever in loving memory of: David Paterson

*By:
Betty Burnhardt*

The following donations were made to the Friends Forever in loving memory of: Marilyn Darr

*By:
Donna & Scott Green*

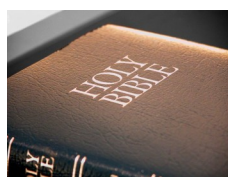
100% of your donations are used to directly benefit the residents and are always greatly appreciated. If you'd like to make or discuss making a donation, call LeeAnn Krahe at (814)474-5521, extension 260. Checks may be written to Pleasant Ridge Manor Friends Forever and sent to the PRM address.

We Need YOU!

Our Pastoral Team needs more help with covering Sunday Catholic services. If you are Catholic, and would like to help during Mass, and/or help our residents get to & from Mass, please call us!



We are also in need of some *large print bibles*. If you'd like to donate one, or donate money toward the purchase of a few, again, please give us a call!



Outings are always very popular and we still need volunteers to help our residents while they're on a community outing. We need three volunteers for each trip and we take 3 or trips each week so there are plenty of opportunities to help! Added bonus: we're getting a fancy new van so you'll be riding in style! Pictured here is our 2007 Friends Board with our then "New" van!



Flu Season is fast approaching!

Remember the best protection from the Flu is vaccination.

- ◆ The CDC recommends everyone over 6 mos. of age get vaccinated.
- ◆ The flu vaccine does **NOT** cause flu illness.
- ◆ The true Flu is a serious respiratory illness. Symptoms include fever, cough, sore throat, runny nose, body aches, headache, and fatigue.
- ◆ Stop the spread! Cover your cough and sneezes. If you are ill... Stay home. There is no "cure" but getting your flu shot and antiviral medication prescribed by your Doctor can help lessen the symptoms and duration of the flu.













Is it a cold or the flu?

SYMPTOMS	COLD	FLU
Fever	Rare	Usual; high (100°F to 102°F, occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe

Source: NIH

By keeping yourself healthy this year, you're helping us keep our residents healthy! Have a great Autumn!

October 2018—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 7 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	1 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	2 9:30 Catholic Mass 12:30 Unit K Trip 2:30 Bean Bag Toss 7:00 Small Group Activity	3  12:30 Unit G Trip 2:30 Bingo 7:00 Traditional Country Band	4 11:30 Westlake Trip Unit C 1:30 Communion Service 2:30 Prize Trivia 5:30 Fall Fest Party	5 2:30 Pokeno 7:00 Small Group Activity	6  2:30 Bingo 7:00 Small Group Activity
7 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	8 12:30 Unit J Trip 1:30 Rosary 2:30 Sing Along 7:00 Friends Bingo	9 9:30 Catholic Mass 11:00 Resident Council 12:30 Unit A Trip 2:30 Oktoberfest Party with Kirk Hamza 7:00 Small Group Activity	10 1:30 Unit H Trip 2:30 Bingo 7:00 Small Group Activity	11 11:00 Food Committee 12:30 Unit K Trip 1:30 Bible Study 2:30 Volleyball 7:00 Evening Trivia	12  2:30 Pokeno 7:00 Small Group Activity	13 2:30 Penny Bingo 7:00 Small Group Activity
14 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour with John Saraceno 7:00 Mystery Bingo	15 12:30 Unit C Trip 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	16  9:30 Catholic Mass 2:00 Todd Morton on H Birthday Party with Todd Morton	17 12:30 Unit G Trip 2:30 Bingo 7:00 Elizabeth Tomcho	18  1:30 Bible Study 2:30 Women's Quilt Group 2:30 Men's Group 7:00 Small Group	19 12:30 Unit A Trip 2:30 Pokeno 7:00 Z Praise Performs	20 9:30 Grey Save Visits 2:30 Bingo 7:00 Small Group Activity
21 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	22 1:30 Rosary 2:30 Sing Along 7:00 Sonlight Puppet Ministries	23 9:30 Catholic Mass 1:30 Unit I 2:00 Movie 7:00 Small Group Activity	24 11:00 Vets Lunch/Bingo Springfield VFW 2:30 Bingo 7:00 Small Group Activity	25 12:30 Unit J Trip 1:30 Bible Study 2:00 Kitchen Adventures 7:00 Volleyball	26 12:30 Unit C Trip 2:30 Pokeno 7:00 Small Group Activity	27  2:30 Penny Bingo 7:00 Small Group Activity
28 9:30 Catholic Mass 1:30 Protestant Church 2:15 Coffee Hour 7:00 Mystery Bingo	29  12:30 Unit A Trip 2:30 Sing Along 2:30 Young @ Heart 7:00 Small Group Activity	30 9:30 Catholic Mass 12:30 Unit K Trip 2:30 Bingo 7:00 Small Group Activity	31 Halloween  2:30 Halloween Party with Mike & Marie Miller 7:00 Small Group Activity		National Clock Month National Chili Month National Cookie Month National Roller Skating Month National Seafood Month National Pasta Month National Spinal Health	Birthstone: Opal Flower: Cosmos



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VOLUNTEER & ACTIVITIES NEWSLETTER

KATHY DAHLKEMPER, County Executive
DR. KYLE FOUST, Chairman of the Board
ROBERT SMITH, Executive Director
MARY VENEZIA, 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
meeting will be held at Pleasant Ridge Manor

Wednesday October 10th

2018 at 6:30 p.m.

For more information: call Carrie Altadonna

474-5521, extension 215.



**Join us on Halloween
10/31/18 @ 2:30 for our
Costume party & parade !**



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