



Volunteer &

November
2021

Activities Newsletter

Your Choice for Quality Care

PUBLISHED MONTHLY
BY PLEASANT RIDGE
MANOR FRIENDS
FOREVER

Share our News with your Friends!

Sometimes mailing lists are difficult to manage. We need to update our mailing lists before the new year. If you are receiving this newsletter in error, or are no longer interested in receiving it, please call LeeAnn at (814) 474-5521, ext. 260 or email at: lkrahe@pleasantrydgemanor.com

And because we like to share all our good news, please let LeeAnn know if you know someone who would enjoy receiving this publication!



It was a Penny War!

In late September and early October, & during a coin shortage, we decided to celebrate the coming autumn colors by starting a penny war! Copper is, after all, one of the prettiest fall colors...but so are green... and silver!



The goal was to fund our effort to buy resident Christmas gifts by collecting as many pennies and paper money as possible. Units and Departments joined forces to compete against each other. Most of the fun was sabotaging another group as well as avoiding being sabotaged with silver coins.

Putting the fun in a fundraiser, our employees raised \$940 dollars for our resident gift-giving program!

Visitation Guidelines Reminder & Virtual Visit Options

When the community transmission rates in a county rise, nursing homes in that county are required to suspend all in-person visitation until the community transmission rate reaches a level that permits resuming those in-person visits. Compassionate care visits will be permitted based on the most recent CDC and PA Department of Health guidance & requirements. For more information, visit <https://covid.cdc.gov/covid-data-tracker/#county-view> or by calling Wendy Carr, RN, our Infection Preventionist at (814) 474-5521, ext 207.

Here are the ways we are supporting communication between our residents & their families:

Telephone Calls

Face Time (iPhone/iPad)

Skype

Google Duo (android phones, iPads, other)

Window Visits: under covered entrance

Emails: use the "Contact Us" button on our website to send emails to your loved one

Cards & Letters: mail is delivered & read the day it's received; we help residents write & send

To schedule a virtual visit, call Jane at (814) 474-5521, ext 261. Thank you for helping keep our residents safe and for your understanding during these ever-changing times.

Memorials & Donations

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

All the employees (& residents) that participated in our Penny War!

Sandy Pamin

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.

Veterans Day

We will be personally thanking and honoring each of our resident and employee veterans on Veterans Day. We'll serve a special breakfast of fresh fruit & donuts, eggs, sausage, bacon, potatoes, hot coffee, tea or juice. Each veteran will receive a small token of our appreciation.



Here's something you haven't heard in a while!

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.

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

Is it a cold or the flu?

	Cold	Flu
Onset of symptoms	Gradual	Sudden
Fever	Low-grade or no fever	High fever (102°-104°), lasts 3 -4 days
Headaches	Uncommon	Common
Fatigue	Mild	Severe, lasts up to 3 weeks
Sneezing, stuffy nose and sore throat	Common	May occur
Chest discomfort and cough	Mild to moderate	May be severe

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Making Thanksgiving Special

Everyone's favorite November meal is Thanksgiving dinner! Our residents will be served a delicious traditional turkey dinner, including everyone's favorite sides, such as sweet potatoes & green bean casserole. And of course, there will be pumpkin dessert!

We wish each and every one of you a very Happy Thanksgiving!



NOVEMBER 2021—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	2 ELECTION DAY 9:30 Catholic Mass  2:30 Unit Games 7:00 Small Group Activity	3 2:30 Bingo 7:00 Small Group Activity	4 2:30 Prize Trivia 7:00 Small Group Activity	5 2:30 Pokeno 7:00 Small Group Activity	6  2:30 Bingo 7:00 Small Group Activity	
7 Daylight Saving Time 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Small Group Activity	8 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	9 9:30 Catholic Mass 2:30 Word Games 7:00 Small Group Activity	10 2:30 Bingo 7:00 Small Group Activity	11 VETERANS DAY  2:30 Veterans Day Program 7:00 Small Group Activity	12 2:30 Pokeno 7:00 Small Group Activity	13 2:30 Bingo 7:00 Small Group Activity	
14 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Small Group Activity	15 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	16 9:30 Catholic Mass 2:30 Birthday Party Day! 7:00 Small Group Activity	17 2:30 Bingo 7:00 Small Group Activity	18 2:30 Table Games 7:00 Small Group Activity	19 2:30 Pokeno 7:00 Small Group Activity	20 2:30 Bingo 7:00 Small Group Activity	
21 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Small Group Activity	22 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	23 9:30 Catholic Mass 2:30 Thankful Crafts 7:00 Small Group Activity	24 2:30 Bingo 7:00 Small Group Activity	Thanksgiving Day  2:00 Thanksgiving Movie 7:00 Small Group Activity	26 2:30 Pokeno 7:00 Small Group Activity	27 2:30 Bingo 7:00 Small Group Activity	
28 9:30 Catholic Mass 1:30 Protestant Church 2:15 Coffee Hour 7:00 Small Group Activity	29 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	30 9:30 Catholic Mass 2:30 Unit Games 7:00 Small Group Activity	 Happy Thanksgiving!			Birthstone: Chrysanthemum Flower: Topaz	



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VOLUNTEER & ACTIVITIES NEWSLETTER

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LEANNE HAYES, Director of Nursing
TERRY NYBERG, President, PRM Friends
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Jane Dorler & Mary Beth Pfister

The West County Area ***Alzheimer's Association Support Group*** normally held at our facility continues to be suspended. Contact the Alzheimer's Association for information regarding their virtual support groups. For more information: call Carrie Altadonna 474-5521, extension 215.



Are you Christmas shopping yet?
Please remember that when you drop off your gifts, they should have your loved one's name and unit on the box/bag so that we can properly label the items for delivery!

