



## Volunteer &

December  
2021

## Activities Newsletter

*Your Choice for Quality Care*

PUBLISHED MONTHLY  
BY PLEASANT RIDGE  
MANOR FRIENDS  
FOREVER



Thank You.



Christmas time is a very special and busy time for everyone. It is filled with the joy of decorating, planning events, and shopping for your loved ones.

We have been shopping for Christmas gifts for each of our residents and patients. This is made possible by individual and group donors who recognize how important this small gesture is to our residents.

If you are doing some last minute, online shopping for your loved ones, please consider doing your shopping using <https://smile.amazon.com/> and select the PRM Friends Forever as your charity of choice. Amazon donates a portion of each sale to the Friends. Donating couldn't be easier!

Every year, we are in awe of the generosity of our community. Church groups, school groups, and individuals provide donations of cash and gifts for our gift giving program making it possible for us to fulfill our residents' wish lists.

Some people may not know that our own employees provide more than half of the gifts/cash. They love selecting a resident, shopping for and giving a special & personal gift. We're so proud of our employees and we hope you are too.

### Our PT Gym Reno Kicked off!



The paint colors have been established, and our Maintenance Dept. has begun to fill holes and prep the walls for the paint.

Equipment, such as this NuStep has been purchased and in use since last summer. Watch for updates!

**Visitation Guidelines/Reopening Details can be found on Page 2 of this publication, on our website, FaceBook, and twitter.**

### Veterans Day Program

Our Veterans, residents, and employees, hold a very special place in our hearts. They all have a very unique and emotional story, be they a front-line story or a support story, each touches our empathetic hearts. So with Lakeland Hospice's help, our veterans received certificates of thanks, a unique lapel pin, and a quiet ceremony on each unit.

Pictured below is Richard Wolfe, (Army, Korea) Don Saul (Navy) and Joseph Cifelli (Navy).

We thank and send love to all Veterans, deceased, retired, and those in active duty, for their service.



## Memorials & Donations

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

*Mary Herl & the Albion Assembly of God Outreach Opportunity program participants*

*The following donations were made to the Friends Forever in loving honor of: Jean Bryan*

*By:  
Christine Yuhas*

*The following donations were made to the Friends Forever in loving memory of: Kathie Nash*

*By:  
Barb Keith*

*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.*

*Donating is easier than ever! Visit our website and click on the red "Donations" button at the top of our page. You may choose how you'd like us to use your gift as well as who you'd like us to notify. Right click on the link below and select "open hyperlink" to reach the donations page!*

[Donations](#)



## Welcome Back!

Many of our visitation restrictions have been lifted...

In mid November, our response to the CMS guidelines reflected their directives to lift many of the restrictions. We are now resuming in person visitation.

For everyone's safety, please adhere to the following while visiting & if you are sick with any of these symptoms, please postpone your visit until your symptoms have resolved.

fever/chills	shortness of breath
fatigue	muscle aches/body aches
headache	new loss of taste/smell
sore throat	congestion/runny nose
nausea	vomiting      diarrhea

- ♦ You must still wear a surgical face mask the entire time you're in the facility.
- ♦ You are screened prior to visit; please answer questions honestly.
- ♦ We continue to ask you to social distance & limit your movement throughout the facility.
- ♦ You may visit in the quarantined zone, however, please know that you are at an increased risk of being potentially exposed to COVID-19 while visiting.
- ♦ Residents medically cleared for therapeutic leave may go out on pass. While out, residents should maintain social distance (6ft) wear a mask and practice good hand hygiene.
- ♦ We appreciate all your efforts in helping to keep our residents healthy and strongly encourage you to get vaccinated to help protect everyone from COVID-19 and the variants.

If you have questions, please call our Infection Preventionist, Wendy Carr @ extension 207.

## DECEMBER 2021—Volunteer/

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  2:30 Bingo 7:00 Small Group Activities	2 2:30 Prize Trivia 7:00 Small Group Activities	3 2:30 Pokerno 7:00 Small Group Activity	4  2:30 Bingo 7:00 Small Group Activity
5 9:30 Catholic Mass 1:30 Protestant Church  2:30 Coffee Hour 7:00 Small Group Activities	6 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	7 9:30 Catholic Mass  2:30 Word Games 7:00 Small Group Activity	8 2:30 Bingo 7:00 Small Group Activity	9  2:30 Christmas Crafts 7:00 Small Group Activity	10 2:30 Pokerno 7:00 Small Group Activity	11 2:30 Bingo 7:00 Small Group Activity
12 9:30 Catholic Mass 1:30 Protestant Church  2:30 Coffee Hour 7:00 Small Group Activity	13 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	14 9:30 Catholic Mass 11:00 Resident Council 2:30 Unit Games 7:00 Small Group Activity	15  2:30 Bingo 7:00 Small Group Activity	16 2:30 Table Games 7:00 Small Group Activity	17 2:30 Pokerno 7:00 Small Group Activity	18  2:30 Bingo 7:00 Small Group Activity
19 9:30 Catholic Mass 1:30 Protestant Church  2:30 Coffee Hour 7:00 Small Group Activity	20 <b>WINTER BEGINS</b> 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	21 9:30 Catholic Mass 2:30 Birthday Party  7:00 Small Group Activity	22  2:30 Bingo 7:00 Small Group Activity	23  2:30 Unit Christmas Parties 7:00 Small Group Activity	24 2:30 Pokerno 7:00 Small Group Activity	25  <b>Merry Christmas!</b> 
26 <b>KWANZAA</b>  9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	27 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	28 9:30 Catholic Mass 2:30 Movie Time 7:00 Small Group Activity	29  2:30 Bingo 7:00 Small Group Activity	30 1:30 Bible Study 2:30 Men's Group 2:30 Ladies Group 7:00 Small Group Activity	31  2:30 Pokerno 7:00 Small Group Activity	<b>Birthstone:</b> <b>Turquoise</b> <b>Flower:</b> <b>Holly</b>



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#### VOLUNTEER & ACTIVITIES NEWSLETTER

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TERRY NYBERG, President, PRM Friends  
CO-EDITORS: LeeAnn Krahe,  
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 Still 474-5521, extension 216.

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