



## Volunteer &

October  
2020

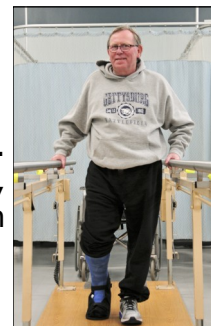
## Activities Newsletter

*Your Choice for Quality Care*

PUBLISHED MONTHLY  
BY PLEASANT RIDGE  
MANOR FRIENDS  
FOREVER

### We Celebrate Physical Therapy Month This October

We all can agree that one's physical health is one of the keys to living a long life. But what happens when you're health changed because of a stroke, heart attack, major surgery or an accident? Doctors may suggest physical therapy to hasten recovery.



(Pictured at right is Robert V. Smith, our Executive Director, who can personally attest to the benefits of our PT program as he has his own success story!)

Learning how to move safely, gain strength, and re-learn those movement skills you once had are all goals of our PT department. Our therapists and PT aides are movement specialists. Their hands-on care, combined with client education is crucial to the success and recovery of our patients.

Many, many of our own patient-residents safely return to their homes having learned the skills and techniques to move pain-free and work toward gaining further independence.

Physical therapy, combined with Occupational, Restorative and Recreation therapies help our residents in many ways as well. Gaining strength after illness, finding ways and learning to adapt to a recent setback all help our residents reach their optimal levels of functioning.

We celebrate National PT month with our therapists this month and ask for your help to continue to provide the best in town! Our volunteers are currently mid-campaign in their fundraising efforts to enhance our PT gym for our residents. You may contribute by sending a check, or completing your

### Covid-19 Update

As the nature of the COVID-19 pandemic changes daily, we continue to follow the local, state, and federal guidelines to protect the health and safety of everyone who lives and works here. We continue to offer our assistance with phone, virtual, and window visits. We will offer scheduled in-person, patio visits when the parameters set by current guidelines allow us to do so. Please continue to protect yourself as well, by following recommended safety standards; including proper masking, hand-washing, and social distancing. We are also embarking on the flu season, and encourage you to get your flu vaccine. Together we navigate the challenges of this pandemic. Thank you all for your support and understanding. ♥

### Halloween Decorating Challenge!

Pitting Unit against Unit, our residents will be the judges in this fun contest! Each Unit will compete to be the very best in the Halloween decorating contest! Watch our Facebook page & website for the winners!



## *We'd like to thank the 2020 Erie Gives sponsors:*

*The Erie Community Foundation  
 Erie Insurance  
 Wabtec  
 E.E. Austin & Companies  
 Knox, McLaughlin, Gornall, & Sennett, P.C.  
 Northwest*

*Your leadership and recognition of the importance of the work our area nonprofits are doing for our community is so appreciated. Thank you.*

*Thanks also to the following who donated to the Friends Forever*

Mary Hinz	Quinn, Busek, Leemhuis, Toohey & Kroto, George Joseph	DeSantis Solutions	Diagnostic X-Ray
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Ray and Kim Seth	Christine Silman	Debra Stephens	Kay Villa
Christine Yuhas	Gail McDonald	Carol & George Schneider	Tom & Charleen Turner
Addie Wunz	Zukor Club	Stephen Leccia	Several Anonymous Donors

*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.*

Group Activities & Performances are currently on hold until further notice.  
The groups below will occur on each unit and individually.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>October 2020</b> 				1 1:30 Bible Study 2:30 Prize Trivia  7:00 Small Group Activity	2 2:30 Pokeno  7:00 Small Group Activity	3 World Smile Day  2:30 Bingo  7:00 Small Group Activity
4 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Small Group Activity	5 1:30 Rosary 2:30 Music Time  7:00 Small Group Activity	6 9:30 Catholic Mass 2:30 Word Games 7:00 Small Group Activity	7  2:30 Bingo 7:00 Small Group Activity	8 Nat'l. Pierogi Day 1:30 Bible Study 2:30 Oktoberfest!  7:00 Small Group Activity	9 2:30 Pokeno  7:00 Small Group Activity	10 2:30 Bingo 7:00 Small Group Activity
11 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Small Group Activity	12 1:30 Rosary 2:30 Music Time  7:00 Small Group Activity	13 9:30 Catholic Mass  2:30 Birthday Party 7:00 Small Group Activity	14 Nat'l. Dessert Day 2:30 Bingo 7:00 Small Group Activity	15 1:30 Bible Study 2:30 Unit Games 7:00 Small Group Activity	16 2:30 Pokeno  7:00 Small Group Activity	17  2:30 Bingo 7:00 Small Group Activity
18 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Small Group Activity	19 Nat'l. New Friends Day 1:30 Rosary  2:30 Music Time 7:00 Small Group Activity	20 9:30 Catholic Mass 2:00 Movie Time 7:00 Small Group Activity	21  2:30 Bingo 7:00 Small Group Activity	22 1:30 Bible Study  2:30 Unit Games 7:00 Small Group Activity	23 2:30 Pokeno  7:00 Small Group Activity	24 2:30 Bingo 7:00 Small Group Activity
25 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Small Group Activity	26 1:30 Rosary 2:30 Music Time  7:00 Small Group Activity	27 9:30 Catholic Mass 2:30 Unit Games 7:00 Small Group Activity	28  2:30 Bingo 7:00 Small Group Activity	29 Nat'l Cat Day 1:30 Bible Study 2:30 Word Games 7:00 Small Group Activity	30 2:30 Pokeno  7:00 Small Group Activity	31 HALLOWEEN 2:30 Halloween Party! 7:00 Small Group Activity



Like us on  
**Facebook**

follow us on  
**twitter**



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**VOLUNTEER & ACTIVITIES NEWSLETTER**

KATHY DAHLKEMPER, County Executive  
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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***

meeting typically held at Pleasant Ridge Manor continues to be suspended due to Covid-19 restrictions. If you need help with resources, please feel free to call our meeting facilitator, Carrie Altadonna 474-5521, extension 215.



***Want to help, but don't know how?***

***You can go shopping!***

***Two Days: October 14 & 15***

***9 a.m. to 9 p.m.***

***Shoppers get 20% off and***

***PRM's Friends Forever receive 5% back!***

***Just choose the **Friends Forever** at Checkout!***