

Volunteer &

May
2017

Activities Newsletter

Your Choice for Quality Care

PUBLISHED MONTHLY
BY PLEASANT RIDGE
MANOR FRIENDS
FOREVER

National Nursing Home Week Events:

Mark your calendars & be sure to join us for a Fabulous 50's themed week!!



The Friends Forever present their annual **Purse Auction** on both **Friday, May 12th** and Sunday May 14th. Watch for posters!

Our **Nursing Home Week** celebration begins with our **Annual Mother's Day Brunch on Sunday, May 14th** beginning with the first seating at 10:30. Be sure to make your reservations before Friday the 12th!

Monday, we'll celebrate the fabulous 50's with music from that era in the main dining room at 2:30 p.m.

Tuesday, Todd Morton will entertain us with some of his great music at 2:30 during our birthday party.

Wednesday, Springfield Elementary School will be on stage at 10:00 for their presentation of "**Aladdin the Musical**" and later at 2:30, we'll have a 50's themed bingo.

Thursday, we'll test your memories with a 1950's themed trivia & games event at 2:30.

Friday will round out the week with a 1950's party in the main dining room at 2:30.

Don't forget to check our calendar for all the great spring events that will be happening & don't miss them!

Annual Volunteer Banquet

The tables were so beautifully dressed and our guests gathered to once again enjoy friendships and food. The 34th Annual Volunteer Banquet took place on Thursday, April 20th.

The annual meeting took place following the meal and the 2017-2019 elections took place.

This year's theme was "The Starfish" story and the decorations helped us visualize parts of the story. If you've not heard of the story, it begins with an old man watching a young man throwing a starfish back into the ocean. There are thousands of starfish on the beach. The old man remarks that the boy will never make a difference, to which the young man replies, "I made a difference to that one."

So is the way our volunteers make a difference here at PRM. The work is endless, the needs are many, but you make a difference every single day to so many more than one person. THANK YOU!

Mother's Day Brunch

We start National Nursing Home Week with a brunch on Sunday, May 14th. In an effort to accommodate as many as we can, we offer two seating times. Please make your reservations ASAP by calling our reception desk with your choice of either the 10:30-11:15 or the 11:15-12:00 seating. Because this is such a huge event we can accommodate up to four family members.

Memorials & Donations

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

Friends Forever:

Rita Przepsiski

Jenn Malue & The Villa Academy Juniors

Lauren Covatto & Vantage Home Med Equip

Patty Bonnell

The following donations were made to the Friends Forever in loving memory of: Rocco Checchio

By:

Doug & Linda Dunbar

Matthew & BethAnn Sahlmann

The following donations were made to the Friends Forever in loving memory of: Charles Caskey

By:

Jon & Cheryl Bonnell

Chester & Yvonne Bonnell

Brenda Ball

Jeffrey & Lois Porte

Bob & Delores Schwartz

The following donations were made to the Friends Forever in loving memory of: Joanne Wiser

By:

Kathy & Craig Latimer

The following donations were made to the Friends Forever in loving memory of: Susan Clark

By:

William & Mary Clark

Daniel & Susan Kerr

Jeffery & Nancy Clark

Chris & Tim Figurski

Bill & Rita Johnson

Scott & Ginny Stanton

Sue Zill

Tracie Trejcel

Sarah Andrews

Scott Shane & Rebecca Andrews

Memorials & Donations

Nancy Andrews

Jean Wisniewski

Donald Freeburg

Janet & David Rickard

Megan & Chad Sterling

Shawn & Nikki Rickard

Don & Marylou Rice

Timothy G. Bokol

Susan Kay Dunton

Brian Braumwoll

Adam Brand

Sarah Finnerty

Krisanne Elsner

Meg Maly

















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.

Tip Of the Month: Springtime Allergy Survival!

Springtime means longer days, warmer weather, blooming flowers and the return of pollen. Some tips to help minimize pollen allergy symptoms are:

- ◆ Know the pollen count
- ◆ Stay indoors & keep windows closed when pollen count is high
- ◆ Avoid being outside between 5 a.m. & 9 p.m. especially on windy days
- ◆ Take allergy medicine before going outside; wear a mask when doing yard work
- ◆ After coming indoors, change your clothing & take a shower
- ◆ Try over the counter antihistamines to treat symptoms such as runny nose, itchy eyes, congestion/cough
- ◆ Be aware that using nasal decongestants for more than 3 days causes a rebound effect.

May 2017—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>9:30 Catholic Mass</p> <p>1:30 Protestant Church</p> <p>2:30 Coffee Hour</p> <p>7:00 Mystery Bingo</p> 	<p>11:30 Lunch with Steve</p> <p>1:30 Rosary</p> <p>2:30 Sing Along</p> <p>7:00 Small Group Activity</p>	<p>9:30 Catholic Mass</p> <p>12:30 Unit A Trip</p> <p>2:00 Memorial Service</p> <p>7:00 Small Group Activity</p>	<p>1:30 Unit H Trip</p> <p>2:30 Bingo</p> <p>7:00 Traditional Country</p> 	<p>11:15 Unit K Trip</p> <p>1:30 Communion Service</p> <p>2:00 Helen Hammett on H</p> <p>2:30 Volleyball</p> <p>7:00 Grace E. Bingo</p>	<p>9:30 Veteran Fishing Trip</p> <p>2:30 Pokeno</p> <p>7:00 Small Group Activity</p>	<p>2:30 Penny Bingo</p> <p>7:00 Small Group Activity</p> 
<p>9:30 Catholic Mass</p> <p>1:30 Protestant Church</p> <p>2:30 Coffee Hour</p> <p>7:00 Mystery Bingo</p>	<p>11:30 Lunch with Steve</p> <p>1:30 Rosary</p> <p>2:30 Sing Along</p> <p>7:00 Friends Bingo</p>	<p>9:30 Catholic Mass</p> <p>11:00 Resident Council</p> <p>12:30 Unit G Trip</p> <p>2:30 Prize Trivia</p> <p>7:00 Small Group Activity</p>	<p>1:30 Unit H Trip</p> <p>2:30 Bingo</p> <p>7:00 Small Group Activity</p> 	<p>11:00 Food Committee</p> <p>1:30 Bible Study</p> <p>2:30 Women's Group</p> <p>2:30 Men's Group</p> <p>7:00 Small Group Activity</p>	<p>12 Friends Auctions</p> <p>12:30 Unit C Trip</p> <p>2:30 Pokeno</p> <p>7:00 Small Group Activity</p> 	<p>9:30 Grey Save Visits</p> <p>2:30 Bingo</p> <p>7:00 Small Group Activity</p> 
<p>Mother's Day</p> <p>9:30 Catholic Mass</p> <p>10:30 Mother's Brunch</p> <p>1:30 Protestant Church</p> <p>2:30 Coffee Hour with John Saraceno</p> <p>7:00 Mystery Bingo</p> 	<p>CELEBRATE</p> <p>11:30 Lunch with Steve</p> <p>1:30 Rosary</p> <p>2:30 50's Sing Along</p>  <p>7:00 Small Group Activity</p>	<p>NATIONAL</p> <p>9:30 Catholic Mass</p> <p>11:30 Unit J Trip</p> <p>2:00 Todd Morton on H</p> <p>2:30 Birthday Party with Todd Morton</p> <p>7:00 G.U.M. Bingo</p>	<p>NURSING</p> <p>10:00 Springfield Elementary Presents "Aladdin" the Musical</p> <p>12:30 Unit J Trip</p> <p>2:30 1950' Bingo</p> <p>7:00 Small Group Activity</p>	<p>HOME</p> <p>12:30 Unit G Trip</p> <p>1:30 Bible Study</p> <p>2:30 1950's Trivial Games</p>  <p>7:00 Z Praise Performs</p>	<p>WEEK</p> <p>12:30 Unit K Trip</p> <p>2:30 1950's Party</p> <p>7:00 Small Group Activity</p> 	<p>Armed Forces Day</p> <p>2:30 Penny Bingo</p> <p>7:00 Small Group Activity</p> 
<p>9:30 Catholic Mass</p> <p>1:30 Protestant Church</p> <p>2:30 Coffee Hour</p> <p>7:00 Mystery Bingo</p>	<p>11:30 Lunch with Steve</p> <p>1:30 Rosary</p> <p>2:30 Sing Along</p> <p>2:30 Young @ Heart</p> <p>7:00 Small Group Activity</p> 	<p>9:30 Catholic Mass</p> <p>11:30 Unit A Trip</p> <p>2:00 Kitchen Adventures</p> <p>7:00 Elizabeth Tomcho</p>	<p>12:30 Unit G Trip</p> <p>2:30 Bingo</p> <p>7:00 Small Group Activity</p>	<p>12:30 Unit C Trip</p> <p>1:30 Bible Study</p> <p>2:30 Johnny Lambert Plays</p>  <p>6:30 Evening Movie</p>	<p>2:30 Pokeno</p> <p>7:00 Small Group Activity</p>	<p>2:30 Bingo</p> <p>7:00 Small Group Activity</p>
<p>9:30 Catholic Mass</p> <p>1:30 Protestant Church</p> <p>2:15 Coffee Hour</p> <p>7:00 Mystery Bingo</p>	<p>MEMORIAL DAY</p> <p>1:30 Rosary</p> <p>2:30 Memorial Day Party with the Jam Stars</p> <p>7:00 Small Group Activity</p> 	<p>9:30 Catholic Mass</p> <p>1:30 Unit H Trip</p> <p>2:00 Movie & Pizza</p> <p>7:00 Small Group Activity</p> 	<p>12:30 Unit Trip</p> <p>2:30 Bingo</p> <p>7:00 Small Group Activity</p>	<p>Rock the Clock</p> 	<p>National Photo Month</p> <p>National Salsa Month</p> <p>National Smile Month</p> <p>Stroke Awareness Mo.</p>	<p>Birdstone: Emerald</p> <p>Flower: Lily of the Valley</p>



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VOLUNTEER & ACTIVITIES NEWSLETTER

KATHY DAHLKEMPER, County Executive
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ROBERT SMITH, Executive Director
MARY VENEZIA, Director of Nursing
ARLENE MILLER, 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 May 10, 2017 at 6:00 p.m.

For more information: call Carrie Altadonna 474-5521, extension 215.



Don't Miss This!

Springfield Elementary
Students
Present: Aladdin the Musical!
On STAGE
10:00 a.m. on
Wednesday, May 17th



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