



Volunteer &

September
2021

Activities Newsletter

Your Choice for Quality Care

PUBLISHED MONTHLY
BY PLEASANT RIDGE
MANOR FRIENDS
FOREVER

We Held Our Own Olympics!

Bronze, Silver & Gold were the colors for the day when we held our own Olympics! Coinciding with the week of the closing ceremonies, we passed the torch from each unit to the big torch during our opening ceremonies. We also held our famous "100 yarn dash", the javelin throw, and a spelling bee for those who are better at word games! Closing ceremonies included the medal and certificate presentation followed by our National Anthem. These events are always entertaining and fun and we look forward to our next event!



Shown above is our Olympic Torch and Flags for each unit, Medal presentation and our javelin medalists!

Erie Gives to Area Nonprofits

Our PRM Friends Forever were proud to be part of Erie Gives once again this year and our community did not disappoint!

Nonprofits depend on fundraising as one of their sources for operations. That is certainly true of the Friends Forever. We have no employees or overhead since we're essentially headquartered at PRM, so 100% of our fundraising efforts are used for the residents.

While at the time of publication, our totals weren't available yet, we declare this year's event successful! Thanks to everyone who coordinated and participated in this event and thanks to the sponsors for helping make dreams come true in Erie!

Gold Sponsors



Bronze Sponsors



VISITATION UPDATE

At the time of publication, our community was experiencing another spike in Covid-19 cases. Please continue to wear a *surgical mask* when you visit. We ask that you not eat or drink while visiting, remain in the area where you are visiting, and refrain from walking about and making contact with other individuals. We continue to follow the guidelines set forth by the CDC, CMS and the Pa Department of Health. We appreciate your kind understanding while we are safely caring for your loved ones.

Memorials & Donations

At the time of publication, we do not have our Erie Gives totals or donor list available. Some of our donors have opted to remain anonymous so we'll be thanking them privately.

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

PT GYM CAMPAIGN:

Jay & Cheryl Watters: Power Walkers

Dorothy Barbarini/Debra McWilliams: Power Walkers

Joyce Conneely/LeeEllen Moses: Steppers

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

Mary McShane

Leo Straker

Dr. Wick

Heather Allen & her Girl Scout Troop

Robert Miller

Kris Miller

Eileen Erhart

Cindy Nolan

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.



Find a way to stay healthy this fall ! Visit [15 Autumn Wellness Tips to Keep You Healthy This Fall - Active Minds](#) for a few suggestions.

The Joys of Summer

Our residents have been enjoying watching the birds in the feeders as we were given the "Ok" to begin feeding them again. It's so great to see their beautiful colors, hear their melodic songs and watch their comical antics!

We've also been pleased to welcome back our volunteers! Our volunteers provide a crucial role in our care here. They're able to give our residents a little extra love and attention. If you'd like to volunteer, please contact LeeAnn in the Activities & Volunteer Department.

Bands and entertainers are making their way back to our building with extra precautions as well. We really enjoyed Todd Morton's return recently and look forward to The Jam Starrs in early September!

Our gardens are especially beautiful since the plants and flowers have all received healthy doses of rain and sunshine this summer. Our Kunik veggie garden boasts of sunflowers that are towering almost eight feet already!

Carlos, our most experienced gardner, has his own garden of which he's already plucked cucumbers, peas, zucchini, and of course, flowers! A kind and generous soul, Carlos has shared with everyone.





SEPTEMBER 2021

Volunteer/Activities Calendar



| 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 Pokeno 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 LABOR DAY 1:30 Rosary  2:30 Sing Along 7:00 Small Group Activity | 7 9:30 Catholic Mass 2:30 Jam Starrs Perform 7:00 Small Group Activity | 8  2:30 Bingo 7:00 Small Group Activity | 9 2:30 Unit Games 7:00 Small Group Activity | 10  2:30 Pokeno 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 Word Games 7:00 Small Group Activity | 17 2:30 Pokeno 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 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 Back to School Games 7:00 Small Group Activity | 24  2:30 Pokeno 7:00 Small Group Activity | 25  2:30 Bingo 7:00 Small Group Activity |
| 26 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 |  | |
| | | | | | | Birthstone: Amethyst Flower: Aster |



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VOLUNTEER & ACTIVITIES NEWSLETTER

KATHY DAHLKEMPER, County Executive
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ROBERT SMITH, Executive Director
LEANNE HAYES, 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 continues to be suspended.

The Alzheimer's Association of NW PA is available to help if needed.

Please contact them at (814) 456-9200, or visit: www.alz.org/pa

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

**Welcome back,
volunteers!**

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