



Volunteer &

August
2018

Activities Newsletter

Your Choice for Quality Care

PUBLISHED MONTHLY
BY PLEASANT RIDGE
MANOR FRIENDS
FOREVER

Erie Gives Day
August 14th
Will YOU donate?



Pleasant Ridge Manor's
22nd Annual Golf Outing
Scheduled for August 13th

What is Erie Gives?

Erie Gives began in 2011 in honor of The Erie Community Foundation's 75th Anniversary. Erie Gives 2018 will take place on August 14, between the hours of 8 a.m. and 8 p.m.

During this 12-hour period of online giving, a portion of the prorated match pool will be added to each donation you make to your favorite non-profit(s) when you donate through: www.eriegives.org. Find the Pleasant Ridge Manor Friends Forever and make your donation!

The Friends Forever is a volunteer organization run 100% by our volunteers. We pay no employees so 100% of our donations are used for programs, services, and purchases for our residents. We are dedicated to helping Pleasant Ridge Manor meet the needs of the residents by providing what we can to help PRM continue its mission.

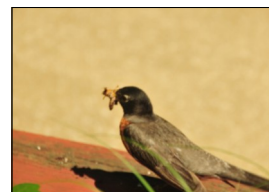
Please follow our posts on Facebook, Twitter and our website in the next few weeks to see how your donations are making an impact.

If you have any questions about Erie Gives, or donations in general, please contact LeeAnn Krahe at 474-5521, extension 260.

Pleasant Ridge Manor will sponsor their annual golf outing at Lawrence Park Golf Course. Thirty teams will try their best to conquer the course's challenges all the while raising money for our Friends Forever. The Friends are currently involved in a complete renovation of the Resident Activity Area and that project will be done this year. This year's golf proceeds will be used toward the purchase of a new transport van! It's been eleven years since our last van purchase and we're working hard to raise the over \$60k necessary to purchase a new vehicle for our Activities Department. Proud to take people out into the community for recreation, our volunteers are doing their best to meet that goal. You can help by donating to the Friends Forever any time!



We're in need of some seed! Our volunteer pays about twenty dollars each week to keep our feeders full. We'd love for some help! Please see page 2 for details.



We give our best for them
because they gave their best for us.



Donate online to the PRM Friends Forever

on August 14, 2018.

100% of all proceeds directly benefit our residents!

Memorials & Donations

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

*Ruth Arnold
Betty Skal
Eileen Fitzpatrick
Tracy Elementary School Students*

*The following donations were made to the Friends Forever in loving memory of
Dorothy Mara*

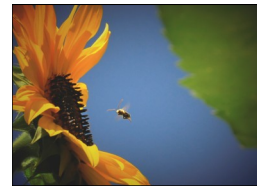
*By:
Stephen & Rosemary Fannin
Thomas & Ann Mallison
Anthony & Edith Boscarino
Hope Weidenboerner
Brian & Susan Scharf
Mary Paterniti*

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.



Buck\$ for Beaks

If you've ever seen how many bird feeders we have around our campus, you'd certainly understand why we're asking for a little help feeding the birds! Our residents love, love, love watching the birds visit the birdfeeders and the squirrels that chase them away! On occasion, our local turkey rafter visits one of the feeders close to the woods line. Now that's a sight! If you are interested in donating bird seed, or buck\$ for birdseed, just give the Activities Department a call at (814) 474-5521, extensions 260 & 261. Thanks!









Tip Of the Month

EATING HEALTHY THIS SUMMER

With all the backyard bbq's, grad parties, and weddings, it's easy to overeat in the summer. Here are a few tips to stay healthy:

- ♦ Eat more seasonal veggies! There are fruit stands all over the county. Nothing beats home-grown fresh vegetables!
- ♦ Watch what you put on your salads. Salads loaded with dressing, cheese and fried chicken are calorie laden. Choose the salads with a variety of veggies and top it off with lean proteins like grilled chicken or beans.
- ♦ Avoid overdoing it at parties & bbq's. Choose raw veggies over chips. Treat yourself with a dessert but keep the portion reasonable.
- ♦ Enjoy your summer & be healthy!

AUGUST 2018—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 5 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	 6 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	National Fair Month National Golf Month National Catfish Month National Parks Month	1 10:00 Unit G Trip 2:30 Bingo 7:00 Traditional Country Band	2 11:15 Westlake Unit A Trip 1:30 Protestant Communion Service 2:30 Prize Trivia 7:00 Grace Episcopal Bingo	3 12:30 Unit C Trip 2:30 Pokeno 7:00 Small Group Activity	4  2:30 Penny Bingo 7:00 Small Group Activity
12 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour with John Saraceno 7:00 Mystery Bingo	13 9:30 Catholic Mass 1:30 Rosary 2:30 Sing Along 7:00 Friends Bingo	14 9:30 Catholic Mass 11:00 Resident Council 12:30 Unit G Trip 2:00 Movie & Pizza 7:00 Volleyball	15 12:30 Unit A Trip 2:30 Bingo 7:00 Small Group Activity	16 11:00 Food Committee 12:30 Unit J Trip 1:30 Bible Study 2:30 Mike & Marie Perform Summer Beach Party 7:00 Small Group	17 12:30 Unit C Trip 2:30 Pokeno 7:00 Small Group Activity	18 9:30 Grey Save Visits 2:30 Penny Bingo 7:00 Small Group Activity
19 9:30 Catholic Mass 12:00 Vets Seawolves Game 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	20 1:30 Rosary 2:30 Sing Along 2:30 Young @ Heart 7:00 Sonlight Puppet Ministry	21 9:30 Catholic Mass 11:30 Unit K Picnic Trip 2:00 Johnny G on H 2:30 Birthday Party with Johnny G 7:00 G.U.M. Bingo	22  2:30 Bingo 7:00 Elizabeth Tomcho	23 1:30 Unit H Trip 1:30 Bible Study 2:00 Kitchen Adventures 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 11:30 Unit A Picnic Trip 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	28 9:30 Catholic Mass 12:30 Unit J Trip 2:30 Z Praise Performs 7:00 Evening Trivia	29 11:30 Unit C Picnic Trip 2:30 Bingo 7:00 Small Group Activity	30 12:30 Unit K Trip 1:30 Rosary 2:30 Men's Group 2:30 Women's Group 7:00 Patio Time	31  2:30 Pokeno 7:00 Small Group Activity	Birthstone: Peridot Flower: Gladiolus



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consecutive
years!



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VOLUNTEER & ACTIVITIES NEWSLETTER

KATHY DAHLKEMPER, County Executive
DR. KYLE FOUST, Chairman of the Board
ROBERT SMITH, Executive Director
MARY VENEZIA, Director of Nursing
TERRY NYBERG, President, PRM Friends
CO-EDITORS: LeeAnn Krahe,
Jane Dorler & Mary Beth Pfister



Walk with us on
Saturday, Sept.
15
@ 10 a.m. at the
UPMC Field

The West County Area

Alzheimer's Association Support Group

meeting will be held at Pleasant Ridge Manor

Wednesday August 8, 2018

at 6:30 p.m.

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



Save the date!

8/14/18

Www.eriegives.org



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www.pleasantridgemanor.com