



Volunteer &

March
2021

Activities Newsletter

Your Choice for Quality Care

PUBLISHED MONTHLY
BY PLEASANT RIDGE
MANOR FRIENDS
FOREVER

Some Good News!

We are happy to share some good news with you. First, we want you to know that our Vaccination Clinics, held on-site with our pharmacy partner, CVS, have gone smoothly; our next scheduled clinics are March 1st and March 22nd. We thank all residents and staff who participated in this vaccination program.

Our ongoing efforts to help residents stay connected with loved ones has been successful as well. We understand how very important it is to maintain relationships during this pandemic. Our staff has successfully helped residents see and visit virtually with their loved ones via Face Time, Google Duo, and Zoom. We have facilitated many window visits as well. So many of you have also put smiles on our residents' faces by sending cards and letters; our residents love to receive mail! Please call 814-474-5521, extension 261 to discuss arranging your virtual visit.



We would like nothing more than to be open for in-person visits. We are committed to making that happen once we are permitted to do so under the current guidelines. Those current guidelines require that the Erie County positivity rate be below 10% and zero cases of Covid-19 in the building for 14 days. When both of these benchmarks are reached, we will be able to offer scheduled, structured visits again.

Did You Know?

Each of our residents has a very individualized plan of care that is developed by our team from the day of admission and we regularly review & update it during their stay with us. We talk about preferences and progress; about problems and interventions. We work with each person to help them maximize their progress and enrich their lives.



Our caregiving team members meet to discuss each person's plan of care. Your loved one's Social Worker, Nurse, Activity Aide, and Dietician are all in the room when we meet. You and your loved one are both invited to participate and we encourage that input and communication. Our meetings take place by phone conference calls.

Should you have questions about our care planning please call Pleasant Ridge Manor and ask to speak to the resident's Social Worker.

Valentines From Our Valentines ❤️

Thank you to everyone in the community who sent valentines to our residents! You cheered everyone and filled their hearts to overflowing!

Knowing that they're thought of and cared for by all of you makes all the difference in the world! ❤️

Memorials & Donations

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

*Maureen Jeffries
Girard Alliance Church
Primary Care Partners
The Smiths from Chardon OH*

The following donations were made to the Friends Forever in loving memory of: Marilyn Hudy

*By:
Tom & Anna Emerson
Dan & Cynthia Williams*

The following donations were made to the Friends Forever in loving memory of: Karen McDougall

*By:
Mr. & Mrs. Craig Latimer*

The following donations were made to the Friends Forever in loving memory of: Phyllis Case

*By:
Mr. & Mrs. William Porter*

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.

Thank you to a special person from Holy Cross Church for arranging to have the sanctuary candle burn during the week of January 24th this year in honor of our residents and workers. Much love to you.

9 Strategies for a Healthy Spring

Move More, Sit Less

Get at least 150 minutes of moderate – intensity aerobic activity every week + muscle-strengthening at least 2x per week.

Eat a Healthy Diet

Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Rethink Your Drink

Substitute water for sugary or alcoholic drinks to reduce calories & stay safe.

Get Enough Sleep

Adults need at least 7 hours of sleep a night. Good luck with that one.

Quit Smoking

It's hard, but you can do it!
1-800-QUIT-NOW

Be Sun Safe

Wear long-sleeved shirts, long pants, a wide-brimmed hat, sunglasses that block UVA & UVB rays, & use sunscreen with at least SPF 15

Get your Checkups

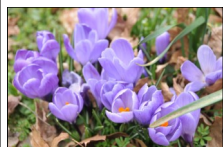
Visit your doctor regularly for preventative services like cancer and diabetes screenings.

Brush Your Teeth



















Good oral hygiene is directly correlated to good heart health. Brush 2x/day with a fluoride toothpaste.

Learn Your Health History

Talk to your family and your doctor about your family health history.



March 2021—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 1:30 Rosary  2:30 Music Games 7:00 Small Group Activity	2 9:30 Catholic Mass 2:30 Games & Music 7:00 Small Group Activity	3 2:30 Bingo 7:00 Small Group Activity	4  2:30 Prize Trivia 7:00 Small Group Activity	5 2:30 Pokeno 7:00 Small Group Activity	6  2:30 Bingo 7:00 Small Group Activity
7 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Small Group Activity	8 1:30 Rosary 2:30 Music Time 7:00 Small Group Activity	9 9:30 Catholic Mass 2:30 Spring Crafts 7:00 Small Group Activity	10  2:30 Bingo 7:00 Small Group Activity	11 2:30 Unit Games 7:00 Small Group Activity	12  2:30 Pokeno 7:00 Small Group Activity	13 2:30 Bingo 7:00 Small Group Activity
14 Daylight Savings Time 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Small Group Activity	15 1:30 Rosary  2:30 Music Games 7:00 Small Group Activity	16 9:30 Catholic Mass 2:30 Birthday Party Day!  7:00 Small Group Activity	17 St. Patrick's Day  2:30 Bingo 7:00 Small Group Activity	18 2:30 Games & Music 7:00 Small Group Activity	19  2:30 Pokeno 7:00 Small Group Activity	20 Spring Begins! 2:30 Bingo 7:00 Small Group Activity
21 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Small Group Activity	22 1:30 Rosary 2:30 Music Time  7:00 Small Group Activity	23 9:30 Catholic Mass 2:00 Movie Time  7:00 Small Group Activity	24  2:30 Bingo 7:00 Small Group Activity	25  2:30 Unit Games 7:00 Small Group Activity	26 2:30 Pokeno 7:00 Small Group Activity	27 PASSOVER  2:30 Bingo 7:00 Small Group Activity
28 PALM SUNDAY 9:30 Catholic Mass 1:30 Protestant Church 2:15 Coffee Hour 7:00 Small Group Activity	29 1:30 Rosary 2:30 Music Games 7:00 Small Group Activity	30 9:30 Catholic Mass 2:30 Games & Music  7:00 Small Group Activity	31  2:30 Bingo 7:00 Small Group Activity		Birthstone: Aquamarine Flower: Daffodil	



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consecutive
years!



8300 West Ridge Road
Girard PA 16417
Phone: (814) 474-5521
Fax: (814) 474-2307

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VOLUNTEER & ACTIVITIES NEWSLETTER

KATHY DAHLKEMPER, County Executive
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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 continues to practice safety during the pandemic. You may find help by joining an online or phone supported group. Click on the following link to view your options:

<https://www.communityresourcefinder.org/ProviderSearch/Search?ProfileDefinitionId=91&location=16505> If you'd like information about Alzheimer's in

relationship to our facility, please call Carrie Altadonna at (814) 474-5521, ext. 215.



May your pockets be heavy
And your heart be light.
May good luck pursue you
Each day and night.



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