

# Volunteer &

November  
2019

## Activities Newsletter

*Your Choice for Quality Care*

PUBLISHED MONTHLY  
BY PLEASANT RIDGE  
MANOR FRIENDS  
FOREVER

### Welcome New Retirees

We send our newsletter to all of our volunteers, family members, residents, and retirees so that we can keep everyone up to date with our current and completed projects. If you are reading this, and don't currently receive the newsletter in the mail and would like to, please send an email with your home address to: [lkrahe@pleasantrydgemanor.com](mailto:lkrahe@pleasantrydgemanor.com) and ask to be placed on the mailing list. We'll be happy to start sending one!

You can also visit our website: [www.pleasantrydgemanor.com](http://www.pleasantrydgemanor.com) to view and print a copy for yourself to share with family & friends.

### Fall Festival Photos



### November is Adopt and Shop Month

For the past thirty + years, the Volunteers have purchased Christmas gifts for each of our residents. We did so by fundraising during our Annual Chinese Auction & Bake Sale in December. This year, however, we've had to be creative so that we have funds for this AND for our current projects.

We're asking for your help during November during our first Adopt & Shop month. We'll have 2 Christmas trees decorated with gift tags that have specific gift requests on them. The trees will be located in the first floor lobby and in the employee dining room.

Take a tag, shop, and deliver the unwrapped gifts to the Receptionist, or the Activities Offices on the first floor.

Your gift will be matched to the person making the request and will be delivered on Christmas morning!

### We Our Veterans

On November 11, first thing in the morning, we'll once again serve a special breakfast for our resident & employee veterans! We've got a couple of special things we're working on so stay tuned and watch our social media posts!

**Join us for the Friends Forever  
Chinese Auction & Bake Sale  
Friday, December 6th 9:30-3:30  
Special Raffle: Gift Card Tree featuring gift  
cards to your favorite restaurants & bars!**

## Memorials & Donations

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

*Friends Forever:*

*Mary Herl & Albion Assembly of God Outreach*

*Joseph Zipp*

*Richard Ford*

*Julie Kantola*

*Fred Steward*

*Amanda Adams*

*Joe Czarnecki*

*Cindy Weston*

*Karen Laurel*

*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.*



**Remember the best protection from the Flu is vaccination!**

CDC recommends everyone over the age of 6 months gets vaccinated to protect not only themselves, but most especially, older persons and those that are immunocompromised. There are people in the community that are receiving chemotherapy or have rare disorders who, if they get sick, the results can be devastating.

The flu **vaccine does NOT cause flu** illness.

The true Flu is a serious respiratory illness. Symptoms include fever, cough, sore throat, runny nose, body aches, headache, and fatigue. Stop the spread! Cover your cough and sneezes. If you are ill...Stay home. There is no "cure" but getting your flu shot and antiviral medication prescribed by your Doctor can help lessen the symptoms and duration of the flu.

*The following donations were made to the Friends Forever in loving memory of: Harry Borland*

*By:*

*Mr. & Mrs. Robert Gandley*

*The following donations were made to the Friends Forever in loving memory of: Joe Griesbaum*

*By:*

*Mrs. Lee R. Petri*

*The following donations were made to the Friends Forever in loving memory of: Alliene Lewis*

*By:*

*Nancy Lewis*

*The following donations were made to the Friends Forever in loving memory of: Dolores Grega*

*By:*

*Betty Lisco, Michael & Sharon Cooling, Nick & Rita Mitcho, Carol Drury, Carolyn Maloney*

*We send our sincere condolences to each family.*



**We Have A Wish List...**



















**You Should Take A Look!**

When you're planning on shopping this holiday season, please visit our Charity Wish List on [https://smile.amazon.com/hz/charitylist/1s/1YKEPJC1X3306/ref=smi\\_se\\_spo\\_icl\\_lst\\_tgt](https://smile.amazon.com/hz/charitylist/1s/1YKEPJC1X3306/ref=smi_se_spo_icl_lst_tgt). We've listed a few things the Friends Forever would like to provide for our resident Activities Department. They'll use the things your purchase to decorate for parties, decorate our beautiful courtyards, and in daily interactions & activities.

When you shop using amazon.smile, and select the PRM Friends Forever, Amazon donates quarterly, a portion of the sale to the Friends. What a great way to donate!

The Friends have received several donations over the past few years and we're grateful!

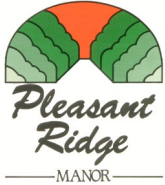
# November 2019—Volunteer/Activities Calendar

| Sun   | Mon   | Tue   | Wed   | Thu   | Fri  | Sat   |
|---|---|---|---|---|--|---|
|    |   |   | <b>Flower:</b><br>Chrysan-<br>themum<br><br><b>Birth-<br/>stone:</b><br>Topaz   | <b>National Hospice<br/>Month</b><br><b>National Pome-<br/>granate Month</b><br><b>National Roasting<br/>Month</b><br><b>National Healthy<br/>Skin Month</b><br><b>National Raisin<br/>Bread Month</b>    | 1<br>12:30 Unit A Trip<br>2:30 Pokeno<br>7:00 Small Group<br>Activity  | 2<br><br>2:30 Penny Bingo<br>7:00 Small Group<br>Activity                                |
| <b>3 Daylight Sav-<br/>ing Time Ends</b><br>9:30 Catholic Mass<br>1:30 Protestant<br>Church<br>2:30 Coffee Hour<br>7:00 Mystery<br>Bingo  | 4<br>11:30 Unit K Trip<br>2:30 Sing Along<br><br>7:00 Small Group<br>Activity                        | <b>5 Election Day</b><br><br>9:30 Catholic Mass<br>12:30 Unit J Trip<br>2:00 Memorial<br>Service<br>7:00 Small Group<br>Activity | 6<br>10:00 Vets Lunch<br>at Elks<br>2:30 Bingo<br><br>7:00 Traditional<br>Country Band | 7<br>11:15 Westlake<br>Trip Unit G<br>1:30 Communion<br>Service<br>2:00 Helen<br>Hammett<br>2:30 Prize Trivia<br>7:00 Grace<br>Episcopal Bingo  | <b>8 BOOK &amp; Gift<br/>FAIR</b><br><br>12:30 Unit C Trip<br>2:30 Pokeno<br>7:00 Small Group<br>Activity | 9<br>2:30 Bingo<br><br>7:00 Small Group<br>Activity                                      |
| 10<br>9:30 Catholic Mass<br>1:30 Protestant<br>Church<br>2:30 Coffee Hour<br>7:00 Mystery<br>Bingo  | <b>11 Veterans Day</b><br><br>2:30 Veterans Day<br>with the Jam Starrs<br>7:00 Friends Bingo       | 12<br>9:30 Catholic Mass<br>11:00 Resident<br>Council<br>2:00 Kitchen Ad-<br>ventures<br>7:00 Small Group<br>Activity   | 13<br>2:30 Bingo<br>7:00 Small Group<br>Activity  | 14<br>11:00 Food<br>Committee<br>1:30 Bible Study<br>2:00 Elizabeth<br>Tomcho on H<br>2:30 Elizabeth<br>Tomcho<br>7:00 Volleyball   | 15<br>2:30 Pokeno<br>7:00 Small Group<br>Activity  | 16<br>9:30 Grey Save<br>Visits<br><br>2:30 Penny Bingo<br>7:00 Small Group<br>Activity |
| 17<br>9:30 Catholic Mass<br>1:30 Protestant<br>Church<br>2:30 Coffee Hour<br>with John Saraceno<br>7:00 Mystery<br>Bingo  | 18<br><br>2:30 Sing Along<br>7:00 Small Group<br>Activity  | 19<br>9:30 Catholic Mass<br>2:00 Todd Morton<br>on H<br><br>2:30 Birthday Party<br>with Todd Morton<br>7:00 G.U.M. Bingo       | 20<br>2:30 Bingo<br><br>7:00 Evening<br>Trivia                                       | 21<br>1:30 Bible Study<br>2:30 Men's Group<br>2:30 Women's<br>Group<br>7:00 Small Group<br>Activity   | 22<br>2:30 Pokeno<br>7:00 Small Group<br>Activity  | 23<br>2:30 Bingo<br><br>7:00 Small Group<br>Activity                                   |
| 24<br>9:30 Catholic Mass<br>1:30 Protestant<br>Church<br>2:15 Coffee Hour<br><br>7:00 Mystery<br>Bingo | 25<br>1:30 Rosary<br>2:30 Sing Along<br>2:30 Young @<br>Heart<br><br>7:00 Beth Edwards<br>Performs | 26<br>9:30 Catholic Mass<br>2:00 Movie &<br>Pizza<br><br>7:00 Small Group<br>Activity  | 27<br>2:30 Bingo<br>7:00 Small Group<br>Activity  | <b>28 U.S.<br/>Thanksgiving Day</b><br><br>2:30 Thanksgiving<br>Celebration with Z<br>Praise<br>6:30 Evening<br>Movie | 29<br>2:30 Pokeno<br>7:00 Small Group<br>Activity  | 30<br>2:30 Penny Bingo<br><br>7:00 Small Group<br>Activity                             |



Award winning Care!

CMS 4 star rated



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[www.pleasantridgemanor.com](http://www.pleasantridgemanor.com)

**VOLUNTEER & ACTIVITIES NEWSLETTER**

KATHY DAHLKEMPER, County Executive  
FIORE LEONE, 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

The West County Area

***Alzheimer's Association Support Group***

meeting will be held at Pleasant Ridge Manors

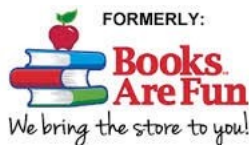
**Wednesday November 13, 2019**

**at 6:30 p.m.**

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



**Collective Goods**



FORMERLY:

**Books Are Fun**

We bring the store to you!

**BOOK & GIFT FAIR**  
**November 8, 9:30-3:30**



Like us on Facebook

follow us on twitter



There will be tons of great gifts and terrific books on sale that day.  
You may use cash, check, or credit.  
Employees will have payroll deduction available for their convenience.

Remember that 100% of our profit goes directly to our residents!



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