

Volunteer & Activities Newsletter

Your Choice for Quality Care

November
2017

PUBLISHED MONTHLY
BY PLEASANT RIDGE
MANOR FRIENDS
FOREVER

We Had A Toe-Tappin' Good Time!

Our Volunteers, the Friends Forever, sponsored their annual Fall Dance on the evening of Thursday, October 19th. We were happy to have John Guras and the Jam Starrs on stage because they're super musicians and their performance is always uplifting and motivating! People were dancing in their chairs, in the aisles and with their friends. A great way to usher in the beauty of autumn with beautiful music!



Save These Important Dates!

Thursday, 11/2 @ 2:00 p.m. **Memorial Service**
Please come and join our choir we need your voices!

Mon. 11/6 @ 12-6 pm. **Red Cross Blood Drive**
All walk-ins are welcome! Pre-register with our Receptionist or: Or visit www.redcrossblood.org and use Sponsor Code: Pleasant Ridge Fairview

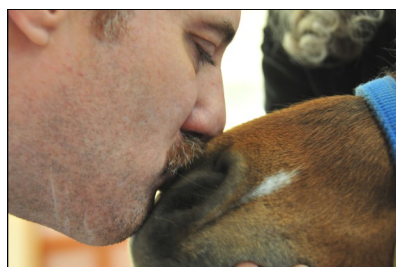
Sat. 11/11 @ 8:30 a.m. **Veteran's Breakfast with pinning ceremony at 9:00**

Wed. 11/22 @ 9:30-4 **Fall Book & Gift Fair**

Fri. 12/1/2017: **Annual Chinese Auction & Bake Sale** 9:30-4. Proceeds for Christmas gifts.

Horton Hears a...Horse?!

Pet therapy is such an amazing intervention in many situations. We have to remember that most of us had pets at home and our residents have too. When long term care or even short term rehab is necessary and your pet can't come with you, it's especially beneficial when others bring their animals to visit with us. One of our favorites is Cimmarron the therapy mini-horse. With his human's help, Cimm sometimes brings his little brother Miracle with him. Thanks for cheering us and providing this unique and very special therapy!



Memorials & Donations

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

*Phyllis Sivik
Sharon Polk
Rose Polk
Jennifer Maloney
Kathleen Kennedy-Borgia
Mary Ann & Ron Sharp
Pam Ormsbee
Sally & Gene Hough
Nancy Kernin*

The following donations were made to the Friends Forever in loving memory of: John Medina

By: Linda Yeckley

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

*By:
Bert & Judy Miller
Pedro Ares
Bill & Ramona Houser
The Ultimate Therapy
Wm. D. Morosky, DMD
Ronald E. Cambier*

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.

**Laughter is timeless,
imagination has no age
and dreams are forever.**

Annual Volunteer Inservices

We are required to provide to our volunteers some of the same educational sessions our employees view every year. We held our Annual Inservice day in October. If you were unable to attend, we have materials available to you in the office. Please call or stop by to pick them up for you or your group.

Also, if you are a registered volunteer who visits weekly, you are eligible to receive a flu shot from our nursing services department. Please call LeeAnn at 474-5521, extension 260 for details.



Tip Of the Month

Remember the best protection from the Flu is vaccination!

CDC recommends everyone > 6 mos. of age get vaccinated.






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.

November

2017—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 5 Daylight Savings Time 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	 12:30 Unit C Trip 1:30 Rosary 2:30 Sing Along 7:00 Beth Edwards Per- forms on stage	 9:30 Catholic Mass 12:30 Unit J Trip 2:00 Music Therapy on H 2:30 Volleyball 7:00 Small Group Activity	1 1:30 Unit H Trip 2:30 Bingo 7:00 Traditional Country Band	2 11:15 Westlake Trip 1:30 Communion Ser- vice 2:00 Helen Hammett on H 2:00 Memorial Service 7:00 Grace Episcopal Bingo	3 12:30 Unit G 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 1:30 Rosary 2:30 Sing Along 7:00 Friends Bingo	14 9:30 Catholic Mass 11:00 Resident Council 1:30 Unit H Trip 2:30 Men's Group 2:30 Women's Group 7:00 Evening Trivia	15 11:00 Vets VFW Lunch Trip 2:30 Bingo 7:00 Small Group Activity	16 11:00 Food Committee 12:30 Unit A Trip 1:30 Bible Study 2:00 Todd Morton on H 2:30 Todd Morton Per- forms 7:00 Small Group Activity	17 11:30 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 1:30 Protestant Church 2:00 Liz Tomcho on H 2:30 Coffee Hour with Elizabeth Tomcho 7:00 Mystery Bingo	20 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	21 9:30 Catholic Mass  2:30 Birthday Party with Mike & Marie Miller 7:00 G.U.M. Bingo	22 BOOK FAIR 12:30 Unit J Trip 2:30 Bingo 7:00 Small Group Activity	23 Thanksgiving Day 11:45 Kathleen Brown Piano 2:30 Z Praise Performs 6:30 Evening Movie	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 2:30 Young @ Heart 7:00 Small Group Activity	28 9:30 Catholic Mass 12:30 Unit G Trip 2:00 Movie & Pizza	29 11:30 Unit K Trip 2:30 Bingo 7:00 Small Group Activity	30 12:30 Unit C Trip 1:30 Bible Study 2:00 Kitchen Adventures 7:00 Volleyball	National Hospice Month National Model Railroad Month National Adoption Month National Healthy Skin Month National Raisin Bread Month	Birthstone: Topaz Flower: Chrysanthemum



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consecutive
years!



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VOLUNTEER & ACTIVITIES NEWSLETTER

KATHY DAHLKEMPER, County Executive
JAY BRENNEMAN, Chairman of the Board
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***

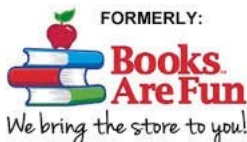
meeting will be held at Pleasant Ridge Manor

Wednesday November 8th, 2017 at 6:30 p.m.

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



**Collective
Goods**



BOOK FAIR
Wed. November 22,
9:30-4:00

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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www.pleasantridgemanor.com