



Volunteer &

April
2020

Activities Newsletter

Your Choice for Quality Care

PUBLISHED MONTHLY
BY PLEASANT RIDGE
MANOR FRIENDS
FOREVER

Thank you for your cooperation and support as together we all are doing our part to prevent and mitigate the spread of infectious diseases, including influenza and the COVID-19 viruses.

As you all are aware, part of the response to the national emergency declared March 13, 2020 is a federal mandate stopping all nursing home visits. While we all know and understand that this is in the best interest of the residents we serve, it is emotionally stressful. We encourage you to stay connected. Your phone calls to your loved ones are most welcome! Cards and letters always brighten someone's day. Send emails—if your loved one does not have an email address, send your message to lkrahe@pleasantrydgemanor.com or jdorler@pleasantrydgemanor.com and we will print and hand deliver it. Please be sure to place your loved one's name in the subject line. If Facetime would work for you, call our Activities Department at (814) 474-5521, extension 261 and we'll arrange it. We also encourage you to participate in your loved one's care plan meetings by phone.

Pleasant Ridge Manor is vigilant in following all CDC guidelines, the guidance of CMS (Center for Medicare & Medicaid Services) and county, state, and federal mandates. The health and well being of our residents is our priority.

Whenever visiting restrictions are lifted, there will be a notification sent via voice mail/text to our residents' listed primary contact. Additionally, we will use our website and Facebook pages to keep you updated.

Continue to join us in following safe practices. We wish you all the very best in health, and again, we are grateful for your continued support.

Our newsletter will return to its regular format as soon as we're able to return to our normal activity schedules & routines.

Our volunteer dinner scheduled for April 30th has been cancelled. We may be able to reschedule it at a later date. Thank you all for your hard work and dedication to our residents!

The West County Area

Alzheimer's Association Support Group

meeting scheduled to be held at Pleasant Ridge Manor

During April has been cancelled.

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



alzheimer's association®

Helpful Tools & Online Resources for Caregivers from the Alzheimer's Association

Coronavirus (COVID-19): Tips: [https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

24/7 Helpline: 1.800.272.3900

The Alzheimer's Association Helpline provides free support and guidance to individuals and families impacted by Alzheimer's and other dementias across the country.

- ◆ The Alzheimer's Association 24/7 Helpline provides reliable information, education, referrals, crisis assistance, and emotional support to individuals living with the disease, their families, healthcare professionals and the public.
- ◆ The 24/7 Helpline provides support & guidance whenever and wherever people are most comfortable accessing information when they need it most.
- ◆ Specialists and master's-level clinicians answer more than 300,000 calls each year, and translation services are available in more than 200 languages.
- ◆ Callers are connected to local resources and programs with the local Alzheimer's Association chapter in their area for ongoing support.

Online Tools

The ability to connect online for education and support is vital during this time. We have opportunities for families to be able to access our resources & educational programs through virtual opportunities outlined below:

[ALZConnected](#) is a free online community for everyone affected by Alzheimer's or another dementia including people with disease and their caregivers, friends, family members & neighbors, as well as those who have lost someone to the disease.

Visit the Alzheimer's Association Training & Education Center to learn more about Alzheimer's disease, caregiving, healthy living and planning for the future. Examples of available courses include Know the 10 Signs, Effective Communication Strategies, Healthy Living for Your Brain & Body, Legal and Financial Planning, and the Living with Alzheimer's series for caregivers in each stage and for people with Alzheimer's.

VOLUNTEER & ACTIVITIES NEWSLETTER

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