



# Volunteer &

October  
2019

## Activities Newsletter

*Your Choice for Quality Care*

CMS 4 star rated



### *It's Time for Another Fall Fest!*

The Friends Forever and PRM are co-sponsoring another Fall Festival this year! Please join us on Thursday, **October 10th** from 5:00-7:00 p.m. Dinner will be served at 5:00 and at 6:00 we'll clear the dance floor for everyone to dance with the band until 7:00. We can accommodate up to 4 family members and we'll need your reservations before October 2nd, 2019 by calling our Receptionist.



### *Celebrate Halloween With Us!*

Halloween is always entertaining here. Our employees, families and volunteers dress in costume and we all help residents with their costumes if they'd like. We will once again, present our annual Halloween Parade & Party on **October 31st** beginning at 2:30 in the afternoon. We'll also be announcing the winners of the pumpkin carving/decorating contest so stay tuned and join us!



### *Attention Retirees!*

Our next Retiree Luncheon takes place on Thursday, **October 10th** at Hoss's. Reservations are not necessary, but please do come join us for great food and even better conversation!



### *Fall Fundraisers Announced:*

The Friends Forever want to continue their mission to provide funds to help PRM provide the best care in the best place for the best people. We fundraise year-round so that we can do that. We've created a comfortable "new" activity lounge, and are working on beautifying the Chapel entrance. We still have a long way to go and many plans for the next five years. Here's how you can be a part of that:

Our Patriotic Fall Raffle begins on **October 8th** and the winners will be announced on **November 8th**. We have two baskets with a patriotic theme and some PRM merchandise.

Buy your \$5 Boscov's Friends Helping Friends pass and on Wednesday, **October 16th**, enjoy a 25% discount on your purchases made that day!

Just in time to buy all your Christmas gifts, the Friends will host the Collective Goods Book and gift sale in the Activities Lounge on **November 8 from 9:30-4:00 pm**.

And lastly, our annual Chinese Auction & Bake Sale will take place on Friday, **December 6th** from 9:30-3:30 in the Activities Lounge. We are asking for your help with the bake sale and donations for our auction.



## Memorials & Donations

*We thank the following for their financial or other contributions to the Friends Forever:*

*Michael & Stacy Schnars  
Lakewood Church Ladies*

*Mary Ward  
Kathy Cannata*

*Vicki Sontheimer*

*Denise Kersnick*

*Kathryn Mattson*

*Dr. & Mrs. Wickramasinghe*

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

*Betty Yukon*

*Lenna & Kenny Ball*

*The Papson/Cardarelli Families*

*Jeff & Paula Miller*

*Mr. & Mrs. Lawrence Geddes*

*Norma Hanisek*

*The Dennis Long Family*

*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*

## We Need YOU!

In the past ten years, we've seen a significant change in the number of people coming in to volunteer. We understand. If you have an hour a month, or an hour a week, we'd love for you to join us. We need help with escorting residents to & from our church services on Sundays, (9:30-10:15 Catholic, 1:30-2:15 Protestant) help escorting during community outings, people with green thumbs for gardening next spring, and help with our evening bingos and entertainment. Please give LeeAnn a call at 474-5521, extension 260 for more info, and bring a friend! Attention Scouts: we offer a special, one-of-a-kind patch for your volunteering hours also! Visit our website to register!



**Please help us keep your loved ones healthy this fall/winter season...get YOUR flu shot this year!**

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

- ◆ The CDC recommends everyone over 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.

By keeping yourself healthy this year, you're helping us keep our residents healthy! Have a great Autumn!

# OCTOBER 2019—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Catholic Mass 12:30 Unit J Trip 2:30 Volleyball 7:00 Small Group Activity	2 12:30 Unit G Trip 2:30 Bingo  7:00 Traditional Country Band	3 11:15 Unit K West-lake Trip 1:30 Bible Study 2:30 Prize Trivia 7:00 Grace Episcopal Bingo	 2:30 Pokeno 7:00 Small Group Activity	5 2:30 Penny Bingo 7:00 Small Group Activity
6 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour  7:00 Mystery Bingo	7 12:30 Unit A Trip 2:30 Sing Along 7:00 Small Group Activity	8 9:30 Catholic Mass 11:00 Resident Council 12:30 Unit C Trip 2:30 Bean Bag Toss 7:00 Evening Trivia	9 1:30 Unit H Trip 2:30 Bingo  7:00 Small Group Activity	10 11:00 Food Comm. 1:30 Protestant Communion Service 2:00 Helen Hammett on H 2:00 Kitchen Adventures 6:00 Friends Fall Dance	11 12:30 Unit J Trip 2:30 Pokeno 7:00 Small Group Activity	12 2:30 Bingo 7:00 Small Group Activity
13 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour & John Saraceno 7:00 Mystery Bingo	14 12:30 Unit G Trip 2:30 Sing Along  7:00 Friends Bingo	15 9:30 Catholic Mass 12:30 Unit K Trip 2:00 Liz Tomcho on H 2:30 Birthday Party with Liz Tomcho  7:00 G.U.M. Bingo	16 11:00 Vets Lunch/ Bingo at VFW  2:30 Bingo 7:00 Small Group Activity	17 1:30 Bible Study 2:30 Men's Group 2:30 Women's Group 7:00 Small Group Activity	 2:30 Pokeno 7:00 Small Group Activity	19 9:30 Grey Save Visits  2:30 Penny Bingo 7:00 Small Group Activity
20 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour & Z Praise 7:00 Mystery Bingo	21 1:30 Unit H Trip 2:30 Sing Along 2:30 Young @ Heart  7:00 Beth Edwards On Stage	22 9:30 Catholic Mass 12:30 Unit G Trip 2:00 Movie & Pizza  7:00 Small Group Activity	23 12:30 Unit C Trip 2:30 Bingo 7:00 Small Group Activity	24 1:30 Bible Study 12:30 Unit K Trip 2:00 Todd Morton on H 2:30 Todd Morton On Stage  7:00 Volleyball	25 2:30 Pokeno 7:00 Small Group Activity	26  2:30 Bingo 7:00 Small Group Activity
27 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	28 12:30 Unit A Trip 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	29 9:30 Catholic Mass 12:30 Unit J Trip 2:30 Pumpkin Decorating  6:30 Evening Movie	30 2:30 Bingo  7:00 Small Group Activity	31 <b>Halloween</b> 2:30 Halloween Party & Mike and Marie Miller 2:45 Costume Parade! 7:00 Small Group Activity	National Roller Skating Month National Seafood Month National Pizza Month National Dessert Month National Reading	<b>Birthstone:</b> <b>Opal</b> <b>Flower:</b> <b>Cosmos</b> 



Voted West County's Best Senior Living (and more!) for over *six* consecutive years!



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

**Wednesday October 9, 2019**

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

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

**CMS 4 star rated**



Like us on Facebook

follow us on twitter



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