



# Volunteer &

September  
2018

## Activities Newsletter

*Your Choice for Quality Care*

PUBLISHED MONTHLY  
BY PLEASANT RIDGE  
MANOR FRIENDS  
FOREVER



### We Are So Grateful & The Golf Was GREAT!

Our 22nd Annual Golf outing was a HUGE success! Thanks to all who donated, played, sponsored or otherwise supported our cause. We **raised \$12,600** that will be used to help purchase a new Activities Van for our residents. We're out in the community four times each



Erie Gives was another big success for each of the 381 area nonprofits, the Friends Forever included! Our Erie Community gave over \$4,459,834 dollars to very deserving and hard-working groups that use this one-day, online giving event as one of their main fundraisers.

Our Volunteers, The Friends Forever, will receive donations amounting to \$1,731 before the pro-rated match amount. Our 2017 total was \$2,049, so we're making plans to work harder to increase our totals for next year!

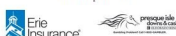
We are grateful for every dollar donated and always make sure we are good stewards of those donations and memorials. Our residents & their families deserve everything we can give them!

Please join us in thanking the Erie Community Foundation & their sponsors for helping facilitate great changes in Erie County!

#### Gold Sponsors



#### Silver Sponsors



#### Bronze Sponsors



### September Will Be COLORFUL & October Will Be Delicious!

Some of our employees and volunteers will be sporting some bright new colors this month! You'll first see us in this sharp - looking tee shirt on opening day of the Albion Fair! Watch for our cheerful crew manning every gate on Tuesday, September 11th from 5:00- 7:00 p.m.! We'll be there with our residents on Thursday afternoon the 13th too so be sure to stop and say hello!



On Saturday, September 15th, our Alzheimer's Memory Walk Team will be at UPMC park sporting their very purple team shirts! They've been working hard to fundraise for this important event this summer. Join us there and show some love for those WE love!

Thursday, October 4th we'll be combining our Friends' Fall Dance with our Customer Appreciation Picnic and it'll be our FALL FEST! Residents and their families will be welcome to join us that evening at 5:00-6:30 for good food & good music!



## Memorials & Donations

### ERIE GIVES DONORS:

*We will send acknowledgements to you  
Individually as soon as we're given the contact  
Information from the Erie Community Foundation.  
Thank you for your donation & your patience!*

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

*Friends Forever:*

*Nancy Carlucci*

*Roberta Thompson*

*Joann Munch*

*Leslie Fobes*

*Valerie Bennett*

*The following donations were made to the Friends  
Forever in loving memory of: Marilyn (Mare) Darr  
By:*

*Richard & Mary Holliday*

*Barbara Meguro*

*Nancy Jean Pundt*

*Mary Borkowski*

*Denise Duval*

*Pauline Hayath*

*The following donations were made to the Friends  
Forever in loving memory of: Dorothy Mara*

*By:*

*Jack & Carol Spinelli*

*Jeffrey Best & Rosemary Durkin*

*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.*

## Best Wishes for our Junior Aides






Our eight-week summer Junior Aide program has concluded and we've got mixed emotions about saying farewell to this wonderful group of students. This year's group was small, but extraordinary. They spent hours upon hours visiting with residents, escorting them to their therapy and appointments and showing them some extra love & attention. We're happy to have had them here, wish them the best school season and hope they come back next year with a couple of friends! Farewell kids, and good luck this year!















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## Tip Of the Month

Get ready for Fall with these quick tips~

-  Change your smoke detector batteries
-  Get your flu shot ~ protect yourself, the very young, the elderly & those with compromised immune systems
-  Eat lots of colorful fall fruits & vegetables! Remember, an apple a day!
-  Get enough rest. Your body heals when it is at rest.
-  Take your vitamins and probiotics to help boost your immune system. Zinc, vitamin c and magnesium are very helpful when fighting illness & fatigue

# September 2018—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
National Honey Month National Piano Month National Sewing Month	<b>September Flower: Aster</b> <b>September Birthstone: Sapphire</b>					1 2:30 Penny Bingo 7:00 Small Group Activity
2 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	3  1:30 Rosary 2:30 Z Praise Performs 7:00 Small Group Activity	4 9:30 Catholic Mass  2:30 Bean Bag Throw 7:00 Small Group Activity	5  2:30 Bingo 7:00 Traditional Country Band	6 11:15 Westlake Lunch Trip/G 1:30 Prot. Communion 2:00 Helen Hammett on H 2:30 Prize Trivia 7:00 Grace E. Bingo	7 11:30 Unit A Trip 2:30 Pokeno 7:00 Small Group Activity	8  2:30 Bingo 7:00 Small Group Activity
9 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour with John Saraceno 7:00 Mystery Bingo	10  12:30 Unit J Trip 1:30 Rosary 2:30 Sing Along 7:00 Friends Bingo	11 9:30 Catholic Mass 11:00 Resident Council 12:30 Unit K Trip 2:30 Volleyball 7:00 Small Group Activity	12 1:30 Unit H Trip  2:30 Bingo 7:00 Small Group Activity	13 11:00 Food Committee 12:30 Unit G Trip 1:30 Bible Study 2:00 Todd Morton on H 2:30 Todd Morton 7:00 Evening Trivia	14 2:00 Pokeno 7:00 Small Group Activity	15 2:30 Penny Bingo 7:00 Small Group Activity
16 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	17 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	18 9:30 Catholic Mass  12:30 Unit A Trip 2:30 Birthday Party with Kirk Hamza 7:00 G.U.M. Bingo	19 12:30 Unit C Trip 2:30 Bingo 7:00 Elizabeth Tomcho	20 12:30 Unit K Trip 1:30 Bible Study 2:30 Men's Group 2:30 Women's Group 7:00 Small Group Activity	21  2:30 Pokeno 7:00 Small Group Activity	22 Autumn Begins 9:30 Grey Save Visits 2:30 Bingo 7:00 Small Group Activity
23/30 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	24 12:30 Unit J Trip 1:30 Rosary 2:30 Sing Along 2:30 Young @ Heart 7:00 Small Group Activity	25 9:30 Catholic Mass 11:30 Unit C Trip 2:00 Movie & Pizza 7:00 Volleyball	26 1:30 Unit H Trip 2:30 Bingo 7:00 Small Group Activity	27 1:30 Bible Study 2:30 Cruizin' Crooners Play  6:30 Evening Movie	28 11:30 Unit A Trip 2:30 Pokeno 7:00 Small Group Activity	29  2:30 Penny Bingo 7:00 Small Group Activity





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**VOLUNTEER & ACTIVITIES NEWSLETTER**

KATHY DAHLKEMPER, County Executive  
DR. KYLE FOUST, 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, September 12th, 2018**

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

For more information: call Carrie Altadonna

474-5521, extension 215.

***We'll be at every gate on Tuesday,***



***September 11th 5pm-7pm***

***Come Say Hello!***



This is important to  
us and to them.

Please join us while we walk and celebrate  
the lives of those we love & care for!

Saturday  
Sept. 15 @ 10 a.m.  
UPMC Park  
Ballfield.  
Make a Difference.



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