

Volunteer &

April
2017

Activities Newsletter

Your Choice for Quality Care

PUBLISHED MONTHLY
BY PLEASANT RIDGE
MANOR FRIENDS
FOREVER

Spring Has Sprung!

As the clocks have been turned ahead an hour, we're looking forward to some wonderful events in the next few weeks! Make a note to join us for the following:

- ◆ The Relay for Life team is selling tickets on an Easter Basket. Ticket drawn on 4/13/17
- ◆ Resident Easter Party takes place on Easter Sunday 4/16/17 @ 2:30 p.m.
- ◆ Thirty-fourth Volunteer Banquet takes place at 6:00 p.m. on 4/20/17 & National Volunteer Week is 4/23-29, 2017
- ◆ National Nurses' Week is from May 6-12th. Stop and thank our nurses for the great job they do here!
- ◆ Springfield Elementary School returns to our stage for their rendition of "Aladdin" on Wednesday, May 10th at 10 a.m.
- ◆ The Friends will present another Purse Auction with extended hours! We'll start on Friday, May 12th, will set up again for the Mother's Day Brunch on the 14th and pull the winning tickets on Monday the 15th!
- ◆ National Nursing Home Week will take place starting on Mother's Day with the Annual Brunch and will be a week full of exciting & fun activities each afternoon! Be sure to check the May calendar for details!
- ◆ Our 8 week Junior Aide Program will begin in mid-June so if you are, or know someone who would be interested in volunteering for great resume-building experiences, call LeeAnn @ 474-5521, extension 260.



Thank You for Volunteering!

People come to Pleasant Ridge Manor to volunteer for a number of reasons. Sometimes, one misses socializing with others after retirement, they may be a bit lonely after the death of a spouse, or be a student looking for community service hours. Some want to share their life stories with people who have similar interests, or simply want more exercise ... our campus is huge! Whatever the reason or motivation to come to us, we thank you. Whether you come once a week, once a month, or once a year, you are a very important part of what our Friends Forever Volunteers do here every day. Join us on Thursday, April 20th for our annual banquet and share with all our other volunteers the joy you bring to us. If you are not a volunteer, or know someone who would like to be, please call LeeAnn at 474-5521, ext 260.

Pet Therapy



Everyone knows how much pets mean to their owners. When you can't have your own pet curled up next to you, having one visit can be very comforting. We love all animal friends who bring in their humans to visit. We also have to make sure that vaccines are up to date and are on file in the Activities Office. Please double check and make sure that your pet's record is current and Activities has a copy. Thank you so much!

Memorials & Donations

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

Jesus Perez
Greater Erie Auto Auction
Jim & Joyce Becker
WCTL Radio
Roger & Nancy Latimer

The following donations were made to the Friends Forever in loving memory of: **Hazel Defazio**

By:
Barb Cacchione
Susan E. Piper
Ken & Barbara Cacchione
Jerome & Joan Marie Peterson
Robert & Donna Fisher

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

By:
Delta Sigma Sorority of Erie
Pat & Linda Farver
Ronald & Frances Rectenwald
John & Bridget Barber
Michael & Judith Whitney
Robert & Ann Haas
John & Meghan Mehler
Mary Lou Niethamer
Lynell Krull
Jim & Jane McNally
Bonnie Crisman
C. Dean & Carroll Klahr
Margaret Stolley
Linda Mroz
Jerome M. Wilson, Jr.
Frederick & Cindy Horwath
G. Lauder Greenway II
Fred & Sally Reed

Memorials & Donations

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

By:
Gary & Colleen Osborn

The following donations were made to the Friends Forever in loving memory of: **Helen Bellingham**

By:
Northwest Tri-County Unit Early Intervention

The following donations were made to the Friends Forever in loving memory of: **Edward Malhamme**



By:
Therese M. Malhame

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.

Tip Of the Month Bacterial Vs Viral Infections

- ◆ Both are caused by microbes
- ◆ Both cause similar symptoms such as:
 - Coughing/sneezing
 - Fever
 - Inflammation
 - Vomiting/diarrhea
 - Fatigue
- ◆ Antibiotics are not effective for viral infect's
 - Duration: 7-10 days and symptoms can be treated with over-the-counter medications
 - Symptoms lasting more than 10 days may Need to be re-evaluated for bacterial cause
- ◆ Antibiotics can cause serious side effects in older adults
- ◆ Older adults taking other medications that could interact dangerously with antibiotics
- ◆ Using antibiotics can lead to other infections by killing 'friendly' microbes and causing drug resistant bacteria to grow which are harder to cure

April 2017—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>National Humor Month</p> <p>National Recycling Month</p> <p>National Welding Month</p>	<p>April Flower: Sweet Pea</p> <p>April Birthstone: Diamond</p>		<p>Thank You PRM Volunteers!!!</p> <p>April 23-29 is National Volunteer Week</p>		<p>1</p> <p>2:30 April Fools Bingo</p> <p>7:00 Small Group Activity</p>	<p>8</p> <p>9:30 Grey Save Visits</p> <p>10:00 World Day of Prayer Service in the Chapel</p> <p>2:30 Penny Bingo</p> <p>7:00 Small Group Activity</p>
<p>2</p> <p>9:30 Catholic Mass</p> <p>1:30 Protestant Church</p> <p>2:30 Coffee Hour</p> <p>7:00 Mystery Bingo</p>	<p>3</p> <p>11:30 Lunch with Steve</p> <p>2:30 Sing Along</p> <p>7:00 Small Group Activity</p>	<p>4</p> <p>9:30 Catholic Mass</p> <p>1:30 Unit H Trip</p> <p>2:00 Todd Morton on H</p> <p>2:30 Todd Morton Plays</p> <p>7:00 Small Group Activity</p>	<p>5</p> <p>11:30 Unit A Trip</p> <p>2:30 Bingo</p> <p>7:00 Traditional Country Band</p>	<p>6</p> <p>11:15 Westlake Lunch Trip</p> <p>2:00 Helen Hammett on H</p> <p>1:30 Prot. Communion Service</p> <p>2:30 Prize Trivia</p> <p>7:00 Grace E. Bingo</p>	<p>7</p> <p>12:30 Unit C Trip</p> <p>1:00 NWPA Humane Society Visits</p> <p>2:30 Pokeno</p> <p>7:00 Small Group Activity</p>	<p>15</p> <p>2:30 Bingo</p> <p>7:00 Small Group Activity</p>
<p>9</p> <p>9:30 Catholic Mass</p> <p>1:30 Protestant Church</p> <p>2:30 Coffee Hour with John Saraceno</p> <p>7:00 Mystery Bingo</p>	<p>10</p> <p>11:30 Lunch with Steve</p> <p>1:30 Rosary</p> <p>2:30 Sing Along</p> <p>7:00 Friends Bingo</p>	<p>11</p> <p>9:30 Catholic Mass</p> <p>11:00 Resident Council</p> <p>12:30 Unit J Trip</p> <p>2:30 Bean Bag Throw</p> <p>7:00 Small Group Activity</p>	<p>12</p> <p>1:30 Unit H Trip</p> <p>2:30 Bingo</p> <p>7:00 Small Group Activity</p>	<p>13</p> <p>11:00 Food Committee</p> <p>1:30 Bible Study</p> <p>2:00 Elizabeth Tomcho H</p> <p>2:30 Elizabeth Tomcho</p> <p>7:00 Evening Trivia</p>	<p>14</p> <p>GOOD FRIDAY</p> <p>2:30 Pokeno</p> <p>7:00 Small Group Activity</p>	<p>22</p> <p>2:30 Penny Bingo</p> <p>7:00 Small Group Activity</p>
<p>16</p> <p>EASTER SUNDAY</p> <p>9:30 Catholic Mass</p> <p>1:30 Protestant Church</p> <p>2:30 Coffee Hour</p> <p>7:00 Mystery Bingo</p>	<p>17</p> <p>11:30 Lunch with Steve</p> <p>12:30 Unit A Trip</p> <p>1:30 Rosary</p> <p>2:30 Sing Along</p> <p>7:00 Small Group Activity</p>	<p>18</p> <p>9:30 Catholic Mass</p> <p>12:30 Unit C Trip</p> <p>2:30 Birthday Party with Country Blue Band</p> <p>7:00 G.U.M. Bingo</p>	<p>19</p> <p>12:30 Unit K Trip</p> <p>2:30 Bingo</p> <p>7:00 Small Group Activity</p>	<p>20</p> <p>12:30 Unit G Trip</p> <p>1:30 Bible Study</p> <p>2:30 Men's Group</p> <p>2:30 Women's Group</p> <p>7:00 Beth Edwards On Stage</p>	<p>21</p> <p>EARTH DAY</p> <p>2:30 Pokeno</p> <p>7:00 Small Group Activity</p>	<p>29</p> <p>2:30 Bingo</p> <p>7:00 Small Group Activity</p>
<p>23/30</p> <p>9:30 Catholic Mass</p> <p>1:30 Protestant Church</p> <p>2:30 Coffee Hour</p> <p>7:00 Mystery Bingo</p>	<p>24</p> <p>11:30 Lunch with Steve</p> <p>1:30 Rosary</p> <p>2:30 Sing Along</p> <p>2:30 Young @ Heart</p> <p>7:00 Small Group Activity</p>	<p>25</p> <p>9:30 Catholic Mass</p> <p>11:30 Unit J Trip</p> <p>2:00 Movie & Pizza</p> <p>7:00 Evening Sing Along</p>	<p>26</p> <p>11:30 Unit C Trip</p> <p>2:30 Bingo</p> <p>7:00 Small Group Activity</p>	<p>27</p> <p>12:30 Unit G Trip</p> <p>1:30 Bible Study</p> <p>2:00 Kitchen Adventures</p> <p>7:00 Z Praise Performs</p>	<p>28</p> <p>2:30 Pokeno</p> <p>7:00 Small Group Activity</p>	<p>7:00 Small Group Activity</p>



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



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VOLUNTEER & ACTIVITIES NEWSLETTER

KATHY DAHLKEMPER, County Executive
JAY BRENEMAN, 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 Manors

Wednesday April 12, 2017 at 6:00 p.m. Special Guest:

Dr. Wickramasinghe, Medical Director

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



Celebrate with us!
National Volunteer Week
April 23-29, 2017

Thank you from the bottoms
of our hearts!



www.pleasantridgemanor.com