

# Volunteer & Activities Newsletter

*Your Choice for Quality Care*

April  
2017

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 Manors 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. Malhamme*

*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><b>April Flower: Sweet Pea</b></p> <p><b>April Birthstone: Diamond</b></p>				<p><b>Thank You PRM Volunteers!!!</b></p> <p><b>April 23-29 is National Volunteer Week</b></p>	 <p>2:30 April Fools Bingo</p> <p>7:00 Small Group Activity</p>
<p>2 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 11:30 Lunch with Steve</p> <p>2:30 Sing Along</p> <p>7:00 Small Group Activity</p>	<p>4 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 11:30 Unit A Trip</p> <p>2:30 Bingo</p> <p>7:00 Traditional Country Band</p>	<p>6 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 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>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>9 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 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 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 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 GOOD FRIDAY</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>16 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 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 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 12:30 Unit K Trip</p> <p>2:30 Bingo</p> <p>7:00 Small Group Activity</p>	<p>20 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 <b>EARTH DAY</b></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>23/30 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 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 9:30 Catholic Mass</p> <p>11:30 Unit J Trip</p> <p>2:00 Movie &amp; Pizza</p> <p>7:00 Evening Sing Along</p>	<p>26 11:30 Unit C Trip</p> <p>2:30 Bingo</p> <p>7:00 Small Group Activity</p>	<p>27 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 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>



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#### **VOLUNTEER & ACTIVITIES NEWSLETTER**

KATHY DAHLKEMPER, County Executive  
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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 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!

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follow us on  
  
twitter



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