

# Volunteer &

## Activities Newsletter

*Your Choice for Quality Care*

March  
2018

PUBLISHED MONTHLY  
BY PLEASANT RIDGE  
MANOR FRIENDS  
FOREVER

### Another Year of Competitive Pancake Racing Is In the Books!



For two weeks prior our races, we heard whispers at the water coolers and teams taunting each other in hopes of winning our prestigious award: The Golden Spatula, during our annual Pancake Races.

The dining room was set up with obstacles that challenged the participants in ways they haven't faced in years prior.

Residents set the number of flapjacks to stack at a very reasonable 8 this year hoping to spare teams from the inevitable embarrassment of dropping & restarting the race.

We were not disappointed and in the end, the team, Heavenly H's stumbled away with the trophy they'll admire for a year until they're forced to defend it next year! Here are a few photos...more on page 2.



### Here's What You Can Look Forward To This Month:

- ♦ **Friday, March 2, 2018 9:30 a.m.-4:00 p.m. The Friends Forever Book & Gift Sale takes place in the Activities Department!**
- ♦ Friday, March 16, 2018: 7:00 a.m. –3:30 p.m. The PRM Relay for Life Team presents their spring Chinese Auction .
- ♦ St. Patrick's Day Party with the Jam Starrs on Saturday, March 17, 2018, 2:30 p.m.
- ♦ Monday, March 26, 2018 from 12:00 noon—6:00 p.m. The Red Cross will be here for another blood drive. The public is welcome to come on in!

Check your calendars, save these dates and join us this month for some great events & activities!

### Companion Pets: Purrfect for People Pining for a Pet



Thanks to the Welcome Club of Erie, we were able to purchase six yellow lab puppies and six cats from Joy for All.

- Soft and cuddly pets with VibraPurr technology for purrs that sound and feel like real purring
- Movements that mimic a real dog & cat sounds & movements
- Puppy reacts to your touch with puppy-like movements and sounds simulated heartbeat, & responds to sounds with Bark Back technology

Our residents & staff couldn't be happier with our new pets!

## Memorials & Donations

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

*Friends Forever:*

*Susan Cunningham*

*Robin Roberts*

*Greg Straw*

*Adalie Wunz*

*Nancy Kernin*

*The Kemling & Miller Families*

*Virginia Nichols*

*The following donations were made to the Friends Forever in loving memory of: Charles Caskey*

*By: Mr. & Mrs. Bonnell*

*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 for Choosing US!

Thank you for choosing Pleasant Ridge Manor for all of your skilled nursing care needs! We are honored to help you, and to provide the best possible care environment whatever your individual situation may be. For so many, after a surgery, we have provided the rehabilitation and recovery for a successful return home. For others, there are long-term needs for which we offer an environment to promote each person's highest level of functioning, medically, emotionally, and spiritually. And for those living with dementia, we are grateful that we have a dedicated dementia wing where people thrive, enjoying fresh air and stimulating activities.

We thank you for your many cards and letters, and we are sure to share them with the staff you so often kindly mention by name. If you have any questions, or need help assisting someone in our care or who needs our care, please call our Social Services Department. It is an honor to serve you!

## Tip of the Month











Have you had "the talk?"

Does your family/ loved one know what your goal is for end of life care?

Pa ACT 169 allows for end of life decision making for an adult incompetent patient. Decision making can be made through: Living will, health care power of attorney agent, health care representative appointed by patient or In the following order, Spouse and children by previous marriage, other adult children, Parent, adult sibling, adult grandchild, adult with knowledge of patients preference, values and beliefs. Consider how you feel about life sustaining treatments such as Full code vs. DNR, hospitalizations, would you want to be fed and/or hydrated through a tube, and anti-biotic use. It's never too soon to discuss your care wishes.

For Advanced directive resources see; [agingwithdignity.org](http://agingwithdignity.org) [prepareforyourcare.org](http://prepareforyourcare.org)

# March 2018—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 4 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	5 1:30 Unit H Trip 2:30 Sing Along 7:00 Small Group Activity	6 9:30 Catholic Mass 2:30 Volleyball 7:00 Small Group Activity	7  2:30 Bingo 7:00 Traditional Country Band	8 12:30 Unit J Trip 1:30 Bible Study 2:30 Bean Bag Toss 7:00 Evening Sing Along	9 12:30 Unit C Trip 2:30 Pokeno 7:00 Small Group Activity	10  2:30 Penny Bingo 7:00 Small Group Activity
11 Daylight Saving Time Begins 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour with John Saraceno 7:00 Mystery Bingo	12  1:30 Rosary 2:30 Sing Along 7:00 Friends Bingo	13 9:30 Catholic Mass 11:00 Resident Council 12:30 Unit A Trip 2:00 Movie & Pizza 7:00 Small Group Activity	14 12:30 Unit K Trip 2:30 Bingo 6:30 Evening Movie	15 11:00 Food Committee 12:30 Unit G Trip 1:30 Bible Study 2:00 Kitchen Adventures 7:00 Small Group Activity	16 1:30 Unit H Trip 2:30 Pokeno 7:00 Small Group Activity	17 9:30 Grey Save Visits  2:30 Party with The Jam Stairs 7:00 Small Group Activity
18 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	19  1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	20 First Day of Spring 9:30 Catholic Mass 12:30 Unit C Trip 2:30 Birthday Party with Mike & Marie 7:00 G.U.M. Bingo	21  2:30 Bingo 7:00 Small Group Activity	22 12:30 Unit J Trip 1:30 Bible Study 2:00 Todd Morton on H 2:30 Todd Morton On Stage 7:00 Group Game	23 12:30 Unit A Trip 2:30 Pokeno 7:00 Small Group Activity	24 2:30 Bingo 7:00 Small Group Activity
25 Palm Sunday 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	26  12:30 Unit K Trip 1:30 Rosary 2:30 Sing Along 2:30 Young @ Heart 7:00 Small Group Activity	27 9:30 Catholic Mass 2:30 Z Praise Performs 7:00 Evening Trivia	28 12:30 Unit G Trip 2:30 Bingo 7:00 Small Group Activity	29 1:30 Unit H Trip 1:30 Bible Study 2:30 Men's Group 2:30 Women's Group 7:00 Volleyball	30 Good Friday  2:30 Pokeno 7:00 Small Group Activity	31  2:30 Penny Bingo 7:00 Small Group Activity





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consecutive  
years!



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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 March 14th, 2018 at 6:30 p.m.**

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

Books Are Fun is now



**Collective  
Goods**



Like us on  
**Facebook**

follow us on  
**twitter**



**Visit our Book & Gift Fair Friday, March 2nd, 2018  
9:30-4:00 p.m. in the Activities Department  
Cash, check, debit/credit and PRM employees payroll deduction**

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