



## Volunteer &

March  
2020

## Activities Newsletter

*Your Choice for Quality Care*

PUBLISHED MONTHLY  
BY PLEASANT RIDGE  
MANOR FRIENDS  
FOREVER

### We're Riding In Style!

After retrofitting our newest clinic transport van with a wheelchair lift, our residents are enjoying their trips to their appointments and our community!

Thanks again to the Erie Ford Dealers and our volunteers for their generosity.

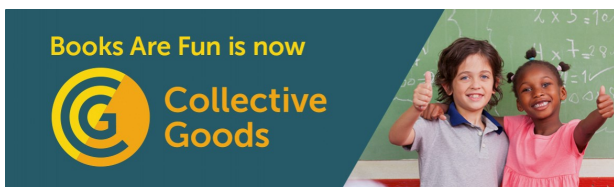


### Spring Gifts & Book Sale

It's time again to host the Collective Goods Spring Gift & Book Sale!

Join us on Monday, March 16th, 2020 from 9:30-3:30 in the Activities Lounge.

Take some time to peruse some excellent reading material and buy Easter gifts for your friends & family! You're sure to find some great deals!



### Our New Capital Campaign

Through the hard work and fundraising efforts of the Friends Forever and their Board of Directors, the friends, families & residents of Pleasant Ridge Manor are enjoying the enhancements to our beautiful building.

In the past seven years, we've raised funds to completely renovate our snack bar area and made it our internet café, our chapel entrances are more attractive and colorful, and our Activities Lounge is as comfortable as it is beautiful. All together, these renovations cost about ninety thousand dollars. We were also fortunate to have been awarded a fifteen thousand dollar grant from the Erie Community Foundation toward a seventy thousand dollar Activities Transport Van.

Our newest campaign is aimed at giving our Physical Therapy Gym a makeover. This project is by far, our largest campaign. Our goal is \$100,000 and we need YOUR help! Please help by sharing our info with your company, or perhaps, make a donation.

If you would like to know how you can help, please call LeeAnn Krahe at (814) 474-5521, ext. 260.

### Bringing in a pet?

We love to see all sorts of animals but please make sure our Activities Director has the most recent copy of its vaccine records. Questions? Just call!





## Memorials & Donations

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

*Lake Erie Youth R.O.A.D. Crew  
The Sunshine Group of Erie  
American Legion Auxiliary #571  
Sherry Wilson  
Lore J. Blair  
Willow Run Training Group  
Robert V. Smith*

*The following donations were made to the Friends Forever in loving memory of: June Rodriguez  
By:*

*Scott & Pamela Thompson  
Thomas & Suzanne Luteran  
J. David Eubank  
Thomas & Joleen Willis  
Raymond & Aimee Nicolia  
Joseph & June Rodriguez  
David & Katherine Tullio*

*The following donations were made to the Friends Forever in loving memory of: Paul Carrier*

*By:  
Carol Thomas*

*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.*

*Some donations were omitted from this list for space. Please check next month if you don't see your name.*

## Tip Of the Month: Seasonal Allergies ~ Nip them in the bud!

Spring means flower buds and blooming trees and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies, also called hay fever and allergic rhinitis, can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

Reduce your exposure to allergy triggers by removing clothes & shoes and shower after being outdoors.

Take extra steps when pollen counts are high such as staying inside and keeping windows closed at night.















Keep indoor air clean by changing your air filters.

Try over the counter remedies or your grandmother's home remedies.

Rinse your sinuses with a neti pot.



# MARCH 2020—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	<b>2</b> 12:30 Unit C Trip 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	<b>3</b> 9:30 Catholic Mass 12:30 Unit K Trip 2:30 Prize Trivia  7:00 Small Group Activity	<b>4</b> 2:30 Bingo  7:00 Traditional Country Band	<b>5</b> 11:15 Westlake Trip Unit J 2:30 Volleyball 7:00 Grace Episcopal Bingo	<b>6</b> 2:30 Pokeno 7:00 Small Group Activity	<b>7</b> 9:30 Grey Save Visits  2:30 Penny Bingo 7:00 Small Group Activity
<b>8</b> 9:30 Catholic Mass  1:30 Protestant Church 2:30 Coffee Hour with Z Praise 7:00 Mystery Bingo	<b>9</b> 12:30 Unit K Trip 1:30 Rosary 2:30 Sing Along  7:00 Friends Bingo	<b>10</b> 9:30 Catholic Mass 11:00 Resident Council 12:30 Unit A Trip 2:30 Bean Bag Toss 7:00 Small Group Activity	<b>11</b> 11:30 Unit G Trip 2:30 Bingo 7:00 Small Group Activity	<b>12</b> 11:00 Food Committee 1:30 Bible Study 2:00 Kitchen Adventures 7:00 Beth Edwards Performs	<b>13</b> 1:30 Unit H Trip 2:30 Pokeno 7:00 Small Group Activity	<b>14</b> 2:30 Bingo  7:00 Small Group Activity
<b>15</b> 9:30 Catholic Mass 1:30 Protestant Church  2:30 Coffee Hour 7:00 Mystery Bingo	<b>16 BOOK &amp; Gifts FAIR</b>  1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	<b>17 St. Patrick's Day</b> 9:30 Catholic Mass 2:30 St. PATRICKS DAY Birthday Party with Kirk & Jane Hamza  7:00 G.U.M. Bingo	<b>18</b> 11:30 Unit C Trip 2:30 Bingo 7:00 Small Group Activity	<b>19 1st Day of Spring</b> 12:30 Unit G Trip 1:30 Bible Study 2:30 Men's Group 2:30 Ladies Spring Tea 6:30 Evening Movie	<b>20</b>  2:30 Pokeno 7:00 Small Group Activity	<b>21</b> 12:30 Unit J Trip to Erie Phil 2:30 Penny Bingo 7:00 Small Group Activity
<b>22</b> 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour with John Saraceno 7:00 Mystery Bingo	<b>23</b> 12:30 Unit A Trip 1:30 Rosary 2:30 Sing Along 2:30 Young @ Heart  7:00 Small Group Activity	<b>24</b> 9:30 Catholic Mass 11:30 Unit K Trip 2:00 Movie & Pizza  7:00 Evening Trivia	<b>25</b> 1:30 Unit H Trip 2:30 Bingo  7:00 Small Group Activity	<b>26</b> 1:30 Bible Study 2:00 Todd Morton on H 2:30 Todd Morton On Stage 7:00 Evening Games	<b>27 Relay For Life Auction &amp; Bake Sale</b> 12:30 Unit J Trip 2:30 Pokeno 7:00 Small Group Activity	<b>28</b> 2:30 Bingo 7:00 Small Group Activity
<b>29</b> 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	<b>30</b> 1:30 Rosary 2:30 Sing Along  7:00 Small Group Activity	<b>31</b> 9:30 Catholic Mass 12:30 Unit A Trip 2:00 Liz Tomcho on H 2:30 Liz Tomcho On Stage 7:00 Small Group Activity			National Guide Dog Month National Honey Month National Piano Month National Yoga Month National Sewing Month	Flower: Daffodil Birthstone: Aquamarine



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**VOLUNTEER & ACTIVITIES NEWSLETTER**

KATHY DAHLKEMPER, County Executive  
ANDRE' HORTON, 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, March 11, 2020**

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

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

***The Independent Council on Aging is sponsoring***

***"Comic Relief for Caregivers" on***

***Thursday, April 2, 2020***

***From 3:30 p.m. to 7:30 p.m.***

***Please call (814) 835-7485 for more information about***

***This free event.***



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