

Volunteer & Activities Newsletter

Your Choice for Quality Care

December
2017

PUBLISHED MONTHLY
BY PLEASANT RIDGE
MANOR FRIENDS
FOREVER

Veterans Day Event

Our Veterans are very important to us and acknowledging the sacrifices they made in their lifetimes is an honor. With help from the Girard American Legion, and Lakeland Hospice, we hosted a special breakfast and pinning ceremony for all our resident & employee veterans. Here are a few pictures:



Annual Chinese Auction & Bake Sale Friday Dec. 1st

We started our fall fundraising efforts by raffling **two \$100 gift cards** for Wal Mart & Lowes. These cards are an awesome way to get your Christmas shopping done at a huge discount! Drawing will be held the afternoon of 12/1/17.



Don't forget our **Annual Chinese Auction & Bake Sale will be taking place on Friday, December 1st, 2017 from 9:00-3:30**. We will have some great prizes to give away but we are counting on our readers to help with the baked goods! Please consider donating some goodies for our bake sale. We'll even take store-bought goodies if you don't bake! Contact LeeAnn at 474-5521, extension 260 for details about how you can help!

**Annual Christmas Family Brunch
SATURDAY, 12/16/17**

@ 10:30 or 11:30

Please make reservations for your family of 4 or less by calling our Receptionist at 474-5521 before Monday, 12/12/16.

Annual Unit Parties

Thursday, 12/21/17 @ 2:30-3:30
Join your unit for a Christmas Celebration! Bring a snack, take home some love!

Memorials & Donations

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

Friends Forever:

Lori Randolph

Tracy Tome

Norma T. Ferguson

Vicki Sorensen

Vicki Lasher

Deedra Pfeffer

Linda Dubowski

Marc Newcomb

Bev Huya

Wiser Farms

The following donations were made to the Friends Forever in loving memory of: Harry Kneissler

By:

John C. Botwright Jr.

The Ultimate Therapy

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 & sent to the PRM address.

Tip Of the Month: Stop the Spread of Germs!



Acute respiratory illnesses are spread by coughing, sneezing or unclean hands. To help stop the spread of germs:

- ◆ Avoid close contact with people who are sick.
- ◆ Stay home when you are sick.
- ◆ Cover your mouth & nose with a tissue when you cough or sneeze.
- ◆ Wash your hands often with soap & water for 20 seconds. If soap & water are not available, use an alcohol-based hand rub.
- ◆ Avoid touching your eyes, nose or mouth.
- ◆ Practice other good health habits. Clean & disinfect frequently touched surfaces at home & work especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.














Attention: Calling All Morning People!



We have received several requests for volunteers to help escort our residents to and from therapy and clinics. Our Restorative Department would love someone who can start bright and early at 8:00 a.m. and our Clinics are: the 2nd & 4th Wednesdays of each month and every Friday. Please call LeeAnn for more details & information about helping our residents get to their appointments!

December 2017—Volunteer/Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		12/3-Advent Begins 12/13-Hanukkah Begins 12/21-Winter Begins 12/24-Christmas Eve 12/25-Christmas Day 12/26-Kwanzaa Begins 12/31-New Year's Eve	Flower: Narcissus Birthstone: Turquoise		1 9:30 Friends Chinese Auction & Bake Sale 1:30 Unit H Trip 2:30 Pokeno 7:00 Small Group Activity	2  2:30 Penny Bingo 7:00 Small Group Activity
3 9:30 Catholic Mass 1:30 Protestant Church 2:30 Christmas Party with His Shining Light Ministries 7:00 Mystery Bingo	4 12:30 Unit J Trip 1:30 Rosary 2:30 Sing Along 7:00 Small Group Activity	5 9:30 Catholic Mass 12:30 Unit C Trip 2:00 Music Therapy on H 2:30 Prize Trivia 7:00 Small Group Activity	6 2:30 Bingo  7:00 Traditional Country Band	7 12:30 Unit A Trip 2:00 Helen Hammett H 1:30 Communion Service 2:30 Volleyball 7:00 Grace Episcopal Bingo	8  2:30 Pokeno 7:00 Small Group Activity	9  2:30 Bingo 7:00 Small Group Activity
10 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour with John Saraceno 7:00 Mystery Bingo	11 1:30 Unit H Trip 1:30 Rosary 2:30 Sing Along 7:00 Friends Bingo	12 9:30 Catholic Mass 11:00 Resident Council 12:30 Unit K Trip 2:00 Santa Shop 7:00 Small Group Activity	13 10:00 Fairview Christmas Concert 12:30 Unit G Trip 2:30 Bingo 7:00 Girard Alliance Visits	14 11:00 Food Committee 12:30 Unit J Trip 1:30 Bible Study 2:30 Men's Group 2:30 Women's Group 7:00 Friends Christmas Party	15  2:30 Pokeno 7:00 Small Group Activity	16 9:30 Grey Save Visits 10:00 Girard Cheer Visits 10:30 Christmas Brunch 2:30 Penny Bingo 7:00 Small Group Activity
17 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo	18 12:30 Unit A Trip 1:30 Rosary 2:30 Christmas Sing Along with Lakeland Hospice 7:00 Spotlight Studio	19 9:30 Catholic Mass 12:30 Unit C Trip 2:30 Birthday Party with True Country 7:00 G.U.M. Bingo	20 12:30 Unit K Trip 2:30 Bingo 7:00 Girl Scout Caroling	21 WINTER is coming 1:30 Bible Study 2:30 Unit Christmas Parties 7:00 Small Group Activity	22  2:30 Pokeno 7:00 Small Group Activity	23  2:30 Bingo 7:00 Small Group Activity
24/31 9:30 Catholic Mass 1:30 Protestant Church 2:30 Z Praise Performa (24th) 6:30 Christmas Movie (24th) 7:00 New Years Eve	25  	26 9:30 Catholic Mass 12:30 Unit C Trip 2:00 Movie 	27 12:30 Unit A Trip 2:30 Bingo 7:00 Small Group Activity	28 12:30 Unit G Trip 1:30 Bible Study 2:30 Bean Bag Toss Game 7:00 Beth Edwards Plays	29 2:30 Young @ Heart Group 2:30 Pokeno 7:00 Small Group Activity	30 9:30 Grey Save Visits 2:30 Penny Bingo 7:00 Small Group Activity



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County's Best
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(and more!)
for over four
consecutive
years!



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www.pleasantridgemanor.com

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 Manor

Wednesday December 13, 2017 at 6:30 p.m.

Join us for support, information sharing, and conversation!

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



Calendar Inside...

But remember, we're adding events all
month long! Check with the Activities
Department for more up-to-date info!



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