

# Volunteer &

July  
2021

## Activities Newsletter

*Your Choice for Quality Care*

PUBLISHED MONTHLY  
BY PLEASANT RIDGE  
MANOR FRIENDS  
FOREVER

### COMING SOON: ERIE GIVES! Save this date — Aug. 10, 2021

Our Friends Forever depend on donations and fundraisers to help pay for the services we provide to the residents and families of Pleasant Ridge Manor. One hundred percent of all monies received pay for those services. We are volunteer run and pay no employees.

Some of the things we provide to the residents of Pleasant Ridge Manor are: cable television in common areas and unit lounges, flowers for corsages and boutonnieres for Mother's & Father's Days, Christmas gifts for every resident, candy and snacks for a discounted price on our hospitality cart, aquarium maintenance for our two fish tanks, and overhead music heard on the PA system.

We've also written and received grant monies that helped pay for 3 facility vans, renovations of our hospice rooms, and IN2L resident computers.

We've funded renovations to our chapel areas, commissary/internet café area, and our Activity Lounge. Our current campaign is our PT GYM and we're hoping that our community will participate in this year's ERIE GIVES online giving event. Donations received during this event will be matched with a pro rated match amount making your kindness go even further!

For more information, visit the Erie Gives website: [www.eriegives.org](http://www.eriegives.org) for details.

### First Flowers, Now Veggies!

Mr. Kunik is readying our vegetable garden again this year. Our residents really missed watching the plants grow last year but this year will be spectacular once again! We'll keep you posted!



Getting ready!



2019 Brussels Sprouts

### Morning Tea & Cinnamon Rolls

Almost every week, we have a couple of mornings when we bake cinnamon rolls and serve tea for our ladies and gents. Everyone loves the chance to sip and chat with friends. It's a great feeling and very popular activity.



## Memorials & Donations

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

*Friends Forever:*

*Susannah Weis Frigon*

*Eileen Erhart*

*Charlie and Angela Peyton*

*The Elk Valley Garden Club*

*Max & Samantha Cooper*

*Since our last newsletter, the following donations were made to the Friends Forever as part of our*

### **PT GYM CAMPAIGN:**

*Power Walker, Robert & Julie Gandley*

*Power Walker, Frank & Nancy Payne*

*Runner, Mary McShane*

**If you would like to contribute to this fund, please make your checks payable to the PRM Friends Forever, and write PT GYM in the memo line. Mail to the Friends at our PRM address.**

*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.*

## Health Tip Of the Month: July is Social Wellness Month

Humans are intrinsically social beings who enjoy and thrive friendships and companionship. Nurture your relationships and you'll reap many health benefits.

People who have healthy and supportive friendships live longer, respond better to stress, are physically healthier and have better/more responsive immune systems.

*How do you nurture your relationships?*

Master your commitments. Make sure you can follow through with the commitments you make to your friends.

Be honest and empathetic. Be a true friend.

Break the cycle of blame and criticism. Own your part in relationships.

Shift the focus of "fixing" your friends and focus on adding positivity to your relationships.

Always show your appreciation both verbally and non verbally. Let your friends know what they mean to you.

*How can you grow your social network?*

Work out! Joining a gym or exercise group allows you to meet new people.

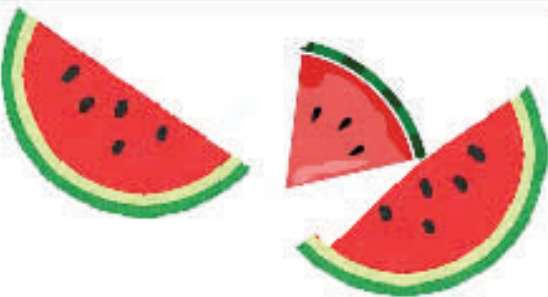











Take a walk with your pet. You'll meet your neighbors and people with similar interests.

Volunteer! You'll feel good about the cause and meet people with common passions.

Find others who enjoy the same hobbies you do by searching for local groups.

For more info, <http://healthyplace.com>

# JULY 2021—Volunteer/Activities

| Sun  | Mon  | Tue  | Wed   | Thu   | Fri  | Sat   |
|--|--|--|---|---|--|---|
|   |  |  | <b>Birthstone:</b><br><b>Ruby</b><br><b>Flower:</b><br><b>Delphiniums</b>   | <b>1</b><br>1:30 Bible Study<br>2:30 Prize Trivia<br><br>7:00 Small Group Activity  | <br><b>2</b><br>2:30 Pokeno<br><br>7:00 Small Group Activity    | <b>3</b><br>2:30 Bingo<br><br>7:00 Small Group Activity   |
| <b>4 Independence Day</b><br>9:30 Catholic Mass<br>1:30 Protestant Church<br>2:30 Coffee Hour<br><br>7:00 Small Group Activity | <b>5</b> <br>1:30 Rosary<br><br>2:30 Music Time<br><br>7:00 Small Group Activity    | <b>6</b><br>9:30 Catholic Mass<br><br>2:30 Word Games<br><br>7:00 Small Group Activity   | <br><b>7</b><br>2:30 Bingo<br><br>7:00 Small Group Activity    | <b>8</b><br>1:30 Bible Study<br><br>2:30 Unit Games<br><br>7:00 Small Group Activity  | <b>9</b><br>2:30 Pokeno<br><br>7:00 Small Group Activity   | <b>10</b><br>2:30 Bingo<br><br>7:00 Small Group Activity  |
| <b>11</b><br>9:30 Catholic Mass<br>1:30 Protestant Church<br>2:30 Coffee Hour<br><br>7:00 Small Group Activity                 | <b>12</b><br>1:30 Rosary<br><br>2:30 Music Time<br><br>7:00 Small Group Activity  | <b>13</b><br>9:30 Catholic Mass<br><br>2:00 Movie Time<br><br>7:00 Small Group Activity | <b>14</b><br>2:30 Bingo<br><br>7:00 Small Group Activity  | <b>15</b><br>1:30 Bible Study<br><br>2:30 Word Games<br><br>7:00 Small Group Activity   | <br><b>16</b><br>2:30 Pokeno<br><br>7:00 Small Group Activity | <b>17</b><br>2:30 Bingo<br><br>7:00 Small Group Activity  |
| <b>18</b><br>9:30 Catholic Mass<br>1:30 Protestant Church<br>2:30 Coffee Hour<br><br>7:00 Small Group Activity                 | <b>19</b> <br>1:30 Rosary<br><br>2:30 Music Time<br><br>7:00 Small Group Activity | <b>20</b><br>9:30 Catholic Mass<br><br>2:30 Birthday Party Day!<br><br>7:00 Small Group Activity   | <br><b>21</b><br>2:30 Bingo<br><br>7:00 Small Group Activity | <b>22</b><br>1:30 Bible Study<br><br>2:30 Unit Games<br><br>7:00 Small Group Activity   | <b>23</b><br>2:30 Pokeno<br><br>7:00 Small Group Activity  | <b>24</b><br>2:30 Bingo<br><br>7:00 Small Group Activity  |
| <b>25</b><br>9:30 Catholic Mass<br>1:30 Protestant Church<br>2:30 Coffee Hour<br><br>7:00 Small Group Activity                 | <b>26</b><br>1:30 Rosary<br><br>2:30 Music Time<br><br>7:00 Small Group Activity  | <b>27</b><br>9:30 Catholic Mass<br><br>2:30 Word Games<br><br>7:00 Small Group Activity  | <b>28</b><br>2:30 Bingo<br><br>7:00 Small Group Activity  | <b>29</b><br>1:30 Bible Study<br><br>2:30 Unit Games<br><br>7:00 Small Group Activity | <b>30</b><br>2:30 Pokeno<br><br>7:00 Small Group Activity  | <br><b>31</b><br>2:30 Bingo<br><br>7:00 Small Group Activity |





Our Volunteers are proud to display the highest level of funding transparency giving funders confidence in our financial health.



8300 West Ridge Road  
Girard PA 16417  
Phone: (814) 474-5521  
Fax: (814) 474-2307  
[www.pleasantridgemanor.com](http://www.pleasantridgemanor.com)

**VOLUNTEER & ACTIVITIES NEWSLETTER**

KATHY DAHLKEMPER, County Executive  
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ROBERT SMITH, Executive Director  
CHARLEEN TURNER, 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***

held at Pleasant Ridge Manor *continues to be suspended.*

We will notify you here when we resume. For more information:

call Carrie Still 474-5521, extension 215.

Changes to our Visitation Guidelines are updated as they change for us and are posted on our website: [www.pleasantridgemanor.com](http://www.pleasantridgemanor.com)



and can be found on our Facebook page: @PleasantRidgeManor

