

Volunteer &

Activities Newsletter

Your Choice for Quality Care

May
2018

PUBLISHED MONTHLY
BY PLEASANT RIDGE
MANOR FRIENDS
FOREVER

Two Great Fundraisers, One Awesome Month!

Our Book & Collective Goods Fair was unexpectedly cancelled when the storm of the century hit our area on March 2nd this year! Roads were closed and the vendor was turned back as the weather was not getting any better.



So, this event was rescheduled for Tuesday, May 8th, from 9:30-4:00 p.m. in our ground floor, main Activity Area. You'll be able to purchase many great books and gifts at a discount just in time for Mother's Day!

Our 3rd Annual Mother's Day Purse Auction is slated to take place on two days again, Friday, May 11th from 9:30-3:30 and again on Sunday, May 13th during our Mother's Day Brunch.

This event features a Chinese-auction style purse give-away in which every purse contains a surprise or two. Purses are fastened shut so there's no telling what could be inside and that makes the event even more fun!

A special bake sale will take place on the Friday Purse Auction for all of our non-purse-carrying friends so bring your wallet, your change, or your mother and buy some tickets to win!



Seussical the Musical HERE...ONSTAGE!

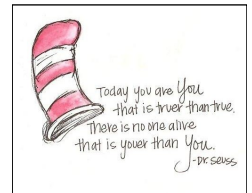


We are so excited to see the return of the Springfield Elementary crew on Wednesday, May 16th!

Each student has a job to do. Some take care of the building and decorating the sets, some are in the chorus, some are in the play, and some move the sets around, some are the actors in the production.

These students take so much pride in their performance and it truly shows. Kudos to the proudest parents in the west county, their friends, family, teachers, support staff, administration, and golly, anyone involved in these great events.

Celebrate Older Americans Month & National Nursing Home Week With Us!



National Nursing Home Week is a week filled with exciting events and activities designed to celebrate all our elders and their love of life, family & fun. We've held spelling bees, baseball games, Olympic-style games, baking, cooking, and musical activities. There's no end to what our residents can do and we're there all the way to help them!

Join us during the week starting on Mother's Day through Friday, May 18th for our events. Check our social media pages for photographs and stories!

Memorials & Donations

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

*Arlene Brown
Dot & Wes Herbol
Janet Groszkiewicz
The G. Skovron Family
James & David Burke
Mrs. W. D. Lamberton
The Brigaman Family
The Bigelow Family
Barbara Azari
Grace Gornick*

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

*David P. Scheuer
By:
David & Leslie Regelman*

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.



Thanks to These Great Churches & Committee Members for our Beautiful Easter Flowers!

Fairview Presbyterian: Joyce Getz
Grace Episcopal: Cathy Podgers
Lake City Methodist: Martin Ave: Ginnie & Bob Meeder
Lake City Methodist: Penn Ave: Audrey Killian
Lake City Presbyterian: Sue Peterson
Lake City Presbyterian: Lake St. Connie Burns
Lake City Presbyterian: Lake Road: Jo Byham
Lake City Presbyterian: Liberty St. Deb Rimmer
Cindy McDonald, Toni Cassell, Christine Rayberg and Joyce Sargent.

For more than 25 years, these churches, committees and individuals have provided a little extra Easter love every year.

Our residents and families really enjoy the personal touch and the added spring color to their day. Thank you all so much for your continued good works.



Health Tip Of the Month



As our days grow longer, exposure to UV rays from the sun increase. They can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow. The hours between 10 a.m. and 4 p.m. are the most hazardous. UV rays from sunlight are the greatest during the late spring and early summer. Here are 5 tips to help prevent skin damage.

[Stay in the shade](#), especially during midday hours.

[Wear clothing that covers your arms and legs.](#)

[Wear a hat](#) with a wide brim to shade your face, head, ears, and neck.

[Wear sunglasses](#) that wrap around and block both UVA and UVB rays.


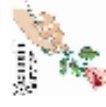







[Use sunscreen](#) with a sun protection factor (SPF) of 15 or higher, and both UVA and UVB (broad spectrum) protection.

Avoid [indoor tanning](#). Period.



May 2018—Volunteer/Activities Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p></p> <p>9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour with John Saraceno 7:00 Mystery Bingo</p>	<p>Seussical The Musical ON STAGE MAY 16TH 10: 00 A.M.</p> <p>7 1:30 Unit H Trip 2:30 Sing Along 7:00 Small Group Activity</p>	<p>1 9:30 Catholic Mass 2:30 Volleyball 7:00 Small Group Activity</p> <p>8 BOOK FAIR 9:30 Catholic Mass 11:00 Resident Council 12:30 Unit K Trip 2:30 Bean Bag Toss 7:00 Evening Trivia</p>	<p>2  12:30 Unit J Trip 2:00 Memorial Service 7:00 Traditional Country Band</p> <p>9 2:30 Bingo 7:00 Small Group Activity</p>	<p>3 11:15 Unit A Trip-West Lake Firehall 1:30 Communion Service 2:00 Helen Hammett on H 2:30 Prize Trivia 7:00 Grace Episcopal Bingo</p> <p>10 11:00 Food Committee 12:30 Unit J Trip 1:30 Bible Study 2:30 Ladies Tea 2:30 Penny Pitch 6:30 Evening Movie</p>	<p>4  2:30 Pokeno 7:00 Small Group Activity</p> <p>11 Mother's Day Purse Auction 12:30 Unit C Trip 2:30 Pokeno 7:00 Small Group Activity</p>	<p>5 Cinco de Mayo 2:30 Bingo 6:00 Kentucky Derby</p> <p>12 9:30 Grey Saws Visits 2:30 Penny Bingo 7:00 Small Group Activity</p>
<p>13 Mother's Day 9:30 Catholic Mass 10:30 Mother's Day Brunch & purse auction 1:30 Protestant Church 2:30 Coffee Hour with Z Praise 7:00 Mystery Bingo</p>	<p>14 1:30 Rosary  2:30 Sing Along 7:00 Friends Bingo</p>	<p>15 9:30 Catholic Mass 11:30 Unit A Trip 2:30 Birthday Party with Elizabeth Tomcho 7:00 G.U.M. Bingo</p>	<p>16  10:00 "Seussical the Musical" by Springfield Elem. School ON STAGE 11:00 Vets Lunch at VFW 2:30 Bingo 7:00 Small Group Activity</p>	<p>17 1:30 Bible Study 2:30 Nursing Home Week Games 7:00 Small Group Activity</p>	<p>18 1:30 Unit H Trip 2:30 Nursing Home Week Party with The Cruzin' Crooners 7:00 Small Group Activity</p>	<p>19 Armed Forces Day  2:30 Bingo 7:00 Small Group Activity</p>
<p>20 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo</p>	<p>21 11:30 Unit C Trip 1:30 Rosary 2:30 Sing Along 2:30 Young @ Heart 7:00 Small Group Activity</p>	<p>22 9:30 Catholic Mass  2:00 Movie & Pizza 7:00 Volleyball</p>	<p>23 12:30 Unit G Trip 2:30 Bingo 7:00 Small Group Activity</p>	<p>24 11:30 Unit K Trip 1:30 Bible Study 2:30 Employee Baking Challenge 7:00 Beth Edwards On stage</p>	<p>25 12:30 Unit A Trip 2:30 Pokeno 7:00 Small Group Activity</p>	<p>26  2:30 Penny Bingo 7:00 Small Group Activity</p>
<p>27 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour 7:00 Mystery Bingo</p>	<p>28 MEMORIAL DAY 1:30 Rosary 2:30 Memorial Day Party with The Jam Stars 7:00 Small Group Activity</p>	<p>29 9:30 Catholic Mass 2:30 Men's Group 2:30 Women's Group 7:00 Group Game</p>	<p>30  2:30 Bingo 7:00 Small Group Activity</p>	<p>31 12:30 Unit C Trip 2:00 Kitchen Adventures 7:00 Patio Party</p>	<p>National Smile Month National Salad Month National Water Safety Month National Inventors' Month National Photo Month</p>	<p>Birthstone: Emerald Flower: Lily of the Valley</p>



Voted West County's Best Senior Living (and more!) for over five consecutive years!



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

VOLUNTEER & ACTIVITIES NEWSLETTER

KATHY DAHLKEMPER, County Executive
DR. KYLE FOUST, 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 May 9th, 2018 at 6:00 p.m.

Join us & our *Medical Director, Dr. Wickramasinghe* for a special presentation. For more information: call Carrie Altadonna 474-5521, ext. 215.

Join us at the event below and see who wins the ribbons sponsored by Pleasant Ridge Manor at :
The Independent Council on Aging's 2018 Senior Art Exhibit MAY 6-11

**Opening reception 5/6/18 from 2 p.m. to 4 p.m.
Highlighting Artists Age 55 and Older and Hosted by
The Mercy Hilltop Center, Inc.**



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