

# Volunteer &

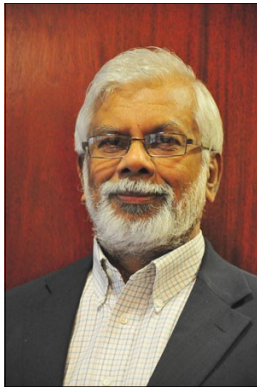
January  
2021

## Activities Newsletter

*Your Choice for Quality Care*

PUBLISHED MONTHLY  
BY PLEASANT RIDGE  
MANOR FRIENDS  
FOREVER

### Sending Our Very Best Wishes to Medical Director, Dr. Eardley Wickramasinghe, MD



Taken from correspondence to our PRM staff, Administrator, Robert V. Smith says, "It is with very mixed emotions that I'm sharing with you Dr. Wick's retirement as the Medical Director at Pleasant Ridge [Manor]. Join me in thanking him for seventeen years of service to our residents and organization in that role.

His approach has always been resident centered while supporting our staff and organization. He never lost sight of our mission and went above and beyond the traditional Medical Director duties and responsibilities. He will be missed."

Enjoy your retirement Dr. Wick! We love you!

Also, please join us in welcoming Dr. David Lesseski, DO as our new Medical Director upon Dr. Wick's retirement. Dr. Lesseski is Board Certified through the American Osteopathic Board of Family Physicians and has an extensive background in St. Vincent's Hospital.

We look forward to working with him in the future as we confront the ever-changing landscape of long term care.

### We Are Hopeful for 2021

To say that 2020, The year of Covid-19, was difficult is beyond an understatement. At Pleasant Ridge Manor and throughout our health care community, unprecedented efforts were taken to mitigate and stop the spread of the virus. Those efforts and sacrifices we all made changed everyone's daily life, but probably none more so than for loved ones in long term care communities. These most vulnerable individuals have had to cope with both the new physical safeguards and the emotional hardship of restricted contact with family and friends. Along with you, we mourn for those who succumbed to the virus and are so grateful for those who recovered.

Our staff has always treated our residents as extended family. We thank them for their dedication and support, and for doing whatever was needed to make sure each resident received care and compassion, particularly throughout the outbreaks. We thank our community partners for their support. And we thank all of our families for their patience, kindnesses and cooperation in dealing with ever-changing guidelines to keep everyone as safe as possible.

We are hopeful for 2021. Advances in research, the promise of new vaccines, and an increased awareness in the importance of looking after each other will all make a positive difference moving forward.

We wish you and yours, a safe, healthy & Happy New Year.

## Memorials & Donations

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

The Grace Episcopal Church Women  
 Renee Ford  
 Eileen Erhart  
 Robert V. Smith

American Legion Auxiliary Orville H. Frank Unit 742  
 Jennefer Cornwell & her Church

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

Brenda Blasco

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

Janet Knapp

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 Volunteers!*

2020 certainly presented us with a multitude of challenges that we had to face but we knew you were thinking of us and sending us your positive thoughts and prayers. Your work here is so important and we miss you. We look forward to the day we welcome you back!

Best wishes for a Happy New Year...shared.

## 16 Healthy Habits

- *Connect with Nature*
- *Drink Water in the Morning*
- *Eat Breakfast*
- *Start a Gratitude Practice*
- *Stand up Regularly*
- *Bed Same Time Each Night*
- *Take Regular Phone Breaks*
- *Eat Seeds*
- *Cook Meals Regularly*
- *Read Daily*
- *Take your Vitamins*
- *Take Micro Vacations*
- *10 Minutes of Meditation*
- *Make Self Care a Priority*
- *Simplify your Life*
- *Exercise Same Time Every day*

hope





If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- Nikki Banas

# JANUARY 2021

## Volunteer/Activities Calendar

group activities subject to change due to Covid protocols

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		National Hobby Month National Hot Tea Month National Mentoring Month National Skating Month National Soup			1  2:30 New Year's Day Bingo  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 Coffee Hour  7:00 Small Group Activity	4 1:30 Rosary  2:30 Music Time  7:00 Small Group Activity	5 9:30 Catholic Mass  2:30 Word Games  7:00 Small Group	6  2:30 Bingo  7:00 Small Group Activity	7  1:30 Bible Study 2:30 CASINO DAY!  7:00 Small Group Activity	8  2:30 Pokeno  7:00 Small Group Activity	9  2:30 Penny Bingo  7:00 Small Group Activity
10 9:30 Catholic Mass  1:30 Protestant Church 2:30 Coffee Hour  7:00 Small Group	11  1:30 Rosary 2:30 Music Time  7:00 Small Group Activity	12 9:30 Catholic Mass  2:30 Unit Games  7:00 Small Group Activity	13  2:30 Bingo  7:00 Small Group Activity	14  1:30 Bible Study  2:30 Trivia  7:00 Small Group Activity	15  2:30 Pokeno  7:00 Small Group Activity	16  2:30 Bingo  7:00 Small Group Activity
17 9:30 Catholic Mass 1:30 Protestant Church 2:30 Coffee Hour  7:00 Small Group Activity	18 Martin Luther King Jr. Day  2:30 Music Time  7:00 Small Group Activity	19 9:30 Catholic Mass  2:30 Birthday Party Day  7:00 Small Group Activity	20  2:30 Bingo  7:00 Small Group Activity	21 1:30 Bible Study  2:30 Unit Games  7:00 Small Group Activity	22  2:30 Pokeno  7:00 Small Group Activity	23  2:30 Penny Bingo  7:00 Small Group Activity
24/31 9:30 Catholic Mass  1:30 Protestant Church 2:30 Coffee Hour  7:00 Small Group Activity	25  2:30 Music Time  7:00 Small Group Activity	26 9:30 Catholic Mass  2:30 Movie Time  7:00 Small Group Activity	27  2:30 Bingo  7:00 Small Group Activity	28  1:30 Rosary 2:30 Word Games  7:00 Small Group Activity	29   2:30 Pokeno  7:00 Small Group Activity	30  2:30 Penny Bingo  7:00 Small Group Activity



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



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  
ERIE COUNTY COUNCIL'S, Chairman of the Board  
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***

meeting will NOT be held at Pleasant Ridge Manor

**Wednesday, January 13, 2021**

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

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

The Friends of Pleasant Ridge Manor are proud of the work they do to help PRM with special projects for our residents. Remember that 100% of your tax-deductible donations are used for these projects & services. For more information on how we use your donations, visit:

<https://www.pleasantridgemanor.com/memorials-donations>



follow us on  
twitter

