

Always Available Food Menu

Available 5:30 am-7:00pm Call Ext. 247

*Outside these hours, please ring your call light and the nursing staff will assist.

*Some items are also on unit at your nurse's station.

Soups:

Chicken Noodle

Tomato

Vegetable

Sandwiches:

Assorted lunch meat

Peanut Butter and Jelly

Egg and Cheese Croissant

Tuna/Chicken/Egg Salad

Grilled Cheese

Grilled Chicken Breast

Salads:

Fruit and Cottage Cheese Plate

Chef Salad

Cereal:

Oatmeal

Raisin Bran

Shredded Wheat

Snacks:

Assorted Cookies

Peanut Butter Crackers

Chips

Apple, Orange, Banana, Apple Sauce

Yogurt

Pudding

Ice Cream & Sherbet

The Kitchen's phone ext. is 247

Attention Family and Friends:

If you want to eat a meal with your loved one you may purchase a meal ticket at the front desk for \$5.00 (meal from kitchen) or \$3.00 (meal from the Grille). Thank you.

RESIDENT BANKING

Banking Hours at PCC are as follows:

Monday – Friday 9:00-3:00

Saturday 11:00-1:00

Sunday 11:00-1:00



BINGO BUCK STORE CHANGES:

Effective January 1st, when coming to the Bingo Buck Store you will “pull” a number to know when you get to enter the store. Example: If there are 20 people, 20 numbers will be drawn. No matter what time you line up for the activity, if you draw number 7, you will be the 7th person to shop. Any questions see Shawn Lind, Activity Director.

Additionally, there will be a Bingo Buck Store for the December Bingo Bucks on Friday, December 3rd at 10:30. A SECOND Bingo Buck Store is Scheduled for Thursday January 30th at 2:00. This is for your January Bingo Bucks' Each month thereafter; you will spend that month's bingo bucks that month. Example: Feb. Bucks are good in Feb. only! Any questions see someone in Activities.



January 2025

Providence Care Center

2025 Hayes Ave. | Sandusky, OH 44870 | 419-627-2273 | find us on Facebook & Instagram



Executive Director/Admin.

Denice Day, LNHA

Director of Nursing

Pauline Basinger, RN

Asst. Dir. of Nursing

Infection Control

Laura Clayton, RN

CV & MB Unit Manager

Marcy Valliant, LPN

Rehab/RW Unit Manager

Joyce Walton, RN

Director of Nutrition

Amy Fox, CDM, CFPP

Dietician

Amy Apple, RD

Admissions Coordinator

April Hupp

Spiritual Care

Courtney Hurlburt

Director of Maintenance & Transportation

Lisa Wallen

Environmental Services

Lisa Wallen

Activities

Shawn Lind, ADC, CDP, CMDCP

Social Services

Shirl Felder, LSW

Medical Records

Kelly Coffey

Director of Rehab

Izabela Marten, COTA

Business Office

Tara Villarreal

Staff Development

Nicole Koch, RN

Down the Rabbit Hole in January

January is a significant month for *Alice in Wonderland* enthusiasts. Lewis Carroll, born Charles Lutwidge Dodgson, entered the world on January 27, 1832, and passed away on January 14, 1898. His famous tale, *Alice's Adventures in Wonderland*, began in 1862, during a boat trip where he entertained the Liddell children with an improvised story. Young Alice Liddell, the inspiration behind the heroine, urged Carroll to write it down. After two years of writing, the book was finished in 1864 and published the following year, quickly becoming a literary sensation.

The book introduced the world to memorable characters like the Mad Hatter, whose tea party never ends, and the grinning Cheshire Cat, who can disappear at will. Carroll even invented a new type of poetry, the “nonsense poem,” one of the best examples of which is “Jabberwocky,” which appears in *Through the Looking-Glass*, the sequel to *Alice's Adventures in Wonderland*.

What makes *Alice in Wonderland* so fascinating is its mix of wordplay, logic, and fantasy. Carroll was not just a writer but also a mathematician, which explains the whimsical logic and puzzling riddles that fill the story. His love of paradoxes and mathematical theories shines through in scenes like the Mad Hatter's tea party and the Queen's curious rules for croquet. This blend of intellectual play and imaginative adventure is what makes *Alice* a timeless favorite for readers of all ages.

January is a perfect time to embrace the whimsical world of *Alice in Wonderland*. Lewis Carroll's beloved tale, now over 150 years old, continues to captivate readers of all ages. The story has inspired countless adaptations, including theater productions, ballets, and even video games, cementing its place in pop culture. This January, whether by rereading the book or exploring a new adaptation, it's worth revisiting Wonderland to marvel at the unique genius of Carroll and his enduring creation.

Resident of the Month:

January: Marilyn Ohlemacher

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:

Employee of the Month:

January: Tracy Gochenour, STNA

February

March

April

May

June

July

August

September

October

November

December

IMPORTANT REMINDER:

Surge Protectors and Extension

Cords are PROHIBITED! This is to prevent a fire within in the building!

Employee of the Month

Congratulations to Tracy Gochenour, STNA, from Meadowbrook. On October 4th, 2023 she joined our team and has been growing since. Tracy is so kind and caring. She is always smiling and brings much joy to those she works with and to those she cares for. She is a reliable, strong work ethic, being a true example to others of our Mission and Values. She is committed to the Providence mission and when caring for the Residents she is always putting their needs first! Tracy collaborates effectively with her team. She picks up shifts to assure the residents are cared for and her peers aren't short staffed. She is flexible and willing to do what is needing to be done. It is obvious why Tracy was nominated for EOM this month. We are very proud of her achievements, her growth and her commitment as she continues to strive for excellence. Congratulants, Tracy!

Resident of the Month

Marilyn was born in Elyria, Ohio and at a very early, infant age, she and her family moved to Sandusky. She had 2 brothers. She attended and graduated from Sandusky H.S. She dated her future husband all through H.S. as they met through mutual friends. About a year after graduation they married. She has a son and a daughter. Three grandchildren. Her family is her life. Marilyn worked as a telephone operator and at Flippens Shoe Store. She traveled to Japan once as she was a Precious Moments collector. That gave her the opportunity to tour the Plant in Japan where Precious Moments were made and meet other collectors. Marilyn played the piano in her childhood years and later took up the Clarinet with the Sandusky H.S Band. She was always very activity in her Baptist Church. Today, she loves to play bingo, do various types of puzzles, shop, and "race" her wheelchair down the hall. Congratulations, Marilyn.

Brain Bending Fun



Rubik's Cubes keep our minds sharp.

Just as exercise is healthy for the body, brainteasers are healthy for the brain. Flex your gray matter by answering some of these brainteasers below:

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
2. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How could this be?
3. Before Mount Everest was discovered, what was the highest mountain in the world?

Is your mind too cluttered with irrelevant minutiae to solve January's brainteasers? Never fear. Another little-known fact is that January 4 is Trivia Day, a day to demonstrate the remarkable benefits of random knowledge. Make some room in your head for these curious tidbits:

- *Dreamt* is the only English word that ends with the letters *mt*.
- Hydrox cookies debuted in 1908, four years before Oreos.
- Tigers have striped skin, not just striped fur. The pattern of stripes is unique to each tiger, similar to human fingerprints.

Answers: 1. He walked; the river is frozen. 2. The person was born in 2005 BC. 3. Mount Everest; it was the highest mountain even before it was discovered.

Activity Professionals Week

National Activity Professionals Week is January 19-25, 2025. We would like to thank our Activity Team for all that they do!

Shawn Lind, Activity Director
 Carly Dahs, Activity Asst. Supervisor
 Yvonne Taylor, Activity Asst.
 Elia Hahn, Activity Asst.
 Lilly Stock, Activity Asst.
 Stella Pietka, Activity Asst. PRN

Thank you, Activity Team, for all you!
 You guys ROCK!

UPCOMING EVENT

Tuesday, May 13th, the Activity Dept. will be hosting a special event! "Ms. Providence Pageant 2025"!

A glimpse of this activity:

Each department here at PCC will work together and ask ONE lady to represent their dept. for the pageant. Then on May 13th, we will host the pageant and ONE lucky lady will be crowned "Ms. Providence 2025". They ladies will dress for the event, have their hair and make up done, and be treated like a beauty queen. One person from each dept. will head up their team and will be responsible for contacting a family member and working with them for an outfit and headcount for attendance at the event. More details to come at a later time.....

Entertainment this month:

January 1 Gordon Taylor at 2:00