

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. 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



SAVE THE DATE

Saturday August 10th

2:00-3:30

Family Ice Cream Social with

Tim Holt

This will be an RSVP Event to help us plan accordingly.



July 2024

Providence Care Center

2025 Hayes Ave. Sandusky OH 44870

419-627-2273



Executive Director/Admin.

Denice Day, LNHA

Director of Nursing

Pauline Basinger, RN

Asst. Dir. of Nursing

Emily Denhart, RN

Infection Control

Emily Denhart, RN

CV & MB Unit Manager

Laura Clayton, RN

Rehab/RW Unit Manager

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

Deb Moran

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

Renee Milroy, RN

Countdown to Paris

The upcoming Summer Olympics in Paris are generating anticipation worldwide as the city prepares to host this prestigious event for the third time in history. Paris offers a rich tapestry of culture, history, and modernity, making it an ideal setting for the Olympic Games. From its famous landmarks to its vibrant culinary scene, Paris promises a memorable and unique experience for visitors.

Paris is known for its extensive metro system. With over 300 stations spanning 16 lines, the Paris Metro is one of the busiest underground systems in the world. It will play a crucial role in transporting athletes and spectators to various Olympic venues across the city.

Another notable aspect of Paris is its culinary scene. From croissants and baguettes to escargot and foie gras, Paris offers a gastronomic adventure for food enthusiasts. And let's not forget about the charming sidewalk cafés, perfect for people-watching and savoring a café au lait.

Parisians are known for their passion for sports, particularly soccer, rugby, and tennis. The city boasts world-class stadiums like the Stade de France and Roland Garros, where fans gather to cheer on their favorite teams and athletes. The city is focused on ensuring that these top-notch facilities are safe and secure for the massive influx of visitors.

The Olympics provide an opportunity for athletes to showcase their skills and compete on a global stage. It's a chance for nations to come together in the spirit of sportsmanship and camaraderie. As the countdown to the Paris Olympics continues, excitement is building among sports enthusiasts worldwide. Whether you're a fan of track and field, swimming, or gymnastics, the 2024 Summer Games are sure to offer thrilling moments and unforgettable memories. Mark your calendars and get ready to witness the world's best athletes in action against the backdrop of beautiful Paris.

Residents will have an Olympic Competition July 26th-August 1st, competing against the Employees at PCC.

They will watch an Olympic themed movie this month!

Resident of the Month:

- January:** Carol Polta
- February:** Susie Wilhelm
- March:** Carol Michel
- April:** Elouise Traylor
- May:** Claudia Harkness
- June:** Beverly Griffin
- July:** Susan Milroy
- August:**
- September:**
- October:**
- November:**
- December:**

Employee of the Month:

- January** Ladricka McDuffy, STNA
- February** Carla Peters, Laundry
- March** Vicky Braker, Nursing
- April** Rachel Lennihan, STNA
- May** Christina Smith, Hospitality
- June** Joy King, STNA
- July** Chrissy Smith, Receptionist
- August**
- September**
- October**
- November**
- December:**

Outings Scheduled for July:

- Thurs. July 11** Great Lakes Grinders at Shoreline Park
- Tues. July 23** Museum of Carousel Art & History

Residents: sign up in Activities if you would like to attend an outing this month!

Employee of the Month

Congratulation to Chrissy Smith, Receptionist! Chrissy joined us 2/22/2023. She is our employee of the month for July 2024. Chrissy leads by our Mission and Values. She is constantly a healthing presence because of her openness and kindness She connects with each visitor in a genuine and personal way. Chrissy forms relationships with family members and is a confidant for multiple people who see her as someone they can talk to. Chrissy is extremely passionate and thorough towards residents, their families and staff. We are very blessed to have Chrissy on our team here at Providence and happy to say she is family!



Resident of the Month

Congratulations Susan Milroy. Susan is so kind hearted. She is enjoyable to be around and sharing stories with her is like visiting with family. Susan brings a smile to our face. Though Susan is not one to get involved in the group activities at Providence she is a very familiar individual as she is out and about visiting with others. Congratulations, Susan.

The Art of Being Bored



July is not the month to sit around twiddling your thumbs: it's Anti-Boredom Month. But wait! Before you decide to spice up your life by taking up a

new hobby or moving across the country, take some advice from scientists who tell us that boredom is actually a good thing.

Boredom affects everyone. Even the Greek philosopher Socrates battled boredom. Contrary to popular belief, boredom does not come from being tired or lacking energy. In fact, one of the prerequisites of boredom is that you are focused and want to pay attention. Boredom arises from not having anything to focus on or pay attention to. Bored people actually crave activities to engage their minds and bodies.

Boredom also affects us when we feel trapped. For example, if you are stuck in an airport waiting for your delayed flight, you might become bored. Ditto if you are in a doctor's waiting room for an hour and have read all the magazines. Normally we react to unpleasant situations by changing them, but if you are stuck and cannot change your situation, then you are more likely to become bored.

The good news is that boredom doesn't equal laziness. Research suggests that being bored can actually lead to more creativity. Boredom promotes daydreaming, and daydreams give our imaginations the freedom to explore new ideas.

So perhaps the best way to combat boredom is to first accept being bored. Then allow the creative juices to flow. And remember, no matter what task you choose, the process is often far more fulfilling than the goal. So be sure to devote time and attention to the details along the way. Still feeling restless? One other way to jumpstart your attention is to seek others. Nothing may be more stimulating than performing even the most familiar tasks with someone new. After all, being bored together is better than being bored alone.

July Matinee Movie:

Jesse Owens' quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy.

Rated PG-13

2 hrs. 14 min. long

We will watch "RACE" in the Center Theater on Friday July 12th as July is the Summer Olympics Month and this is one way we will be celebrating this year.



Other Special Activities:

- July 5- June's Bingo Buck Store
- July 11-Gene Zenz on Guitar
- July 13-Pt Therapy
- July 17-Baked Goods
- July 19-Pet Therapy
- July 26-PCC Olympic Opener Parade
- July 27-Pet Therapy
- July 29-31-PCC Olympic Events

