

### 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.**

### November Birthdays

Those born between November 1–21 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious. If you were born between November 22–30, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters.

Joni Mitchell (musician) – Nov. 7, 1943

Carl Sagan (scientist) – Nov. 9, 1934

Whoopi Goldberg (comedian) – Nov. 13, 1955

Rock Hudson (actor) – Nov. 17, 1925

Robert F. Kennedy (politician) – Nov. 20, 1925

Ken Griffey Jr. (athlete) – Nov. 21, 1969

Joe DiMaggio (ballplayer) – Nov. 25, 1914

C. S. Lewis (writer) – Nov. 29, 1898

## 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



November 2024

# Providence Care Center

2025 Hayes Avenue | 419-627-2273 | homeishere.org | Providence Care Center on FB

### Executive Director/Admin.

Denice Day, LNHA

### Director of Nursing

Pauline Basinger, RN

### Asst. Dir. of Nursing

Rebecca Gordon, RN

### 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

Traci Payton

### 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

### Rockin' Through the Years

Rock and roll, a genre that revolutionized music, began in the early 1950s, blending elements of rhythm and blues, jazz, gospel, and country. Its roots can be traced back to African American musical traditions, which profoundly influenced its development.

It was Elvis Presley, the "King of Rock and Roll," who brought rock and roll into the mainstream. His 1956 hit "Heartbreak Hotel" topped charts and made him a household name. Other pioneers included Chuck Berry, whose guitar riffs and showmanship set the standard for future rock musicians, and Little Richard, whose wild performances captivated audiences.

The late 1950s and early '60s saw rock and roll evolve into various subgenres. The British Invasion, led by the Beatles and the Rolling Stones, brought a new wave of rock music to the United States, blending rock and roll with British pop influences. This era also saw the rise of surf rock, with bands like the Beach Boys capturing the spirit of the California lifestyle.

By the late 1960s, rock music had become more experimental. Psychedelic rock, exemplified by bands like the Jimi Hendrix Experience and the Doors, pushed the boundaries of sound and performance. The Woodstock Festival in 1969 symbolized the peak of the counterculture movement and the unifying power of rock.

On November 9, 1967, *Rolling Stone* published its first issue, marking a significant moment in rock history. John Lennon graced the cover, and it cost only a quarter to purchase. The magazine became a leading voice in music journalism, covering the latest trends, iconic artists, and cultural shifts within the rock-and-roll world.

Rock and roll's journey from its early days to the early 1970s laid the groundwork for countless genres and artists, forever transforming the cultural landscape.

## Time Change Tune-Up



In the United States, daylight saving time (DST) ends November 3, which means our clocks will fall back an hour from 2:00 a.m. to 1:00 a.m. (and we will gain an hour of sleep). Interestingly, Hawaii

and Arizona don't participate in DST, so their residents won't get an extra hour of rest. In Europe, they do not call it DST, but Summer Time, and it ends on October 27 at 2:00 a.m.

Regardless of where you live, the twice-yearly adjustment to DST offers an opportunity to take care of some important twice-yearly chores. Many fire departments advise us to change our smoke alarm batteries on this day. And since scaling a ladder to check all the smoke alarms isn't enough, here are some other chores to handle twice yearly.

For one, don't forget to rotate your mattress! Take a good look at your bed. You may have made a lasting impression on it, or it may be starting to sag. Rotating and flipping your mattress will help it wear more evenly. Some new and improved mattresses may not require flipping, but even they should be rotated. If you have a vacuum handy, it's also a good idea to rid your mattress of dust.

Another chore is changing the furnace filter. Because we spend most of the winter inside, our heating systems usually work all day to heat our homes. A new furnace filter will purify the air in the house. If you have a pet or allow smoking in your home, these filters also remove pet dander and smoke from the air. While it may be a good idea to check your filter every three months, DST is the perfect reminder to change it.

Still looking for more chores? Check your pantry, refrigerator, and medicine cabinet for expired products. Or, if you're not a fan of DST, then this may be the perfect reminder to write a letter to Congress to abolish the practice.

## Outings for November

Outings will be posted on the Activity Door on November 1<sup>st</sup>. We ask that you sign up for ONE outing to allow other residents the opportunity to go on a trip as well. The day before an outing, if there is an open spot you may sign up for a second outing.

- Tues. 11/12 American Legion Bingo Trip
- Tues. 11/19 Friendsgiving at Bob Evans
- Tues. 11/26 Coffee Run with Friends

*See posted fliers for more details about each scheduled outing and pricing.*

## Mocs on the Move



Rock Your Mocs occurs November 10–16 in the middle of Native American Heritage Month. This event started in 2011 when New Mexico student and Laguna Pueblo tribe

member Jessica Atsye started an online campaign encouraging Indigenous people to wear moccasins in a show of cultural pride. The trend has spread across the globe, with native peoples of all cultures now photographing their unique Indigenous footwear and proudly posting the pictures online.

Moccasins are traditionally the footwear of Indigenous tribes of North America. While the construction of the leather footwear is generally very similar, the intricate designs, beadwork, quillwork, paint, fur, fringes, and embroidery help distinguish tribal affiliation. Each pair is like a work of art; each pair is as unique as its wearer.

Everyone is invited to participate in the fun of Rock Your Mocs and wear moccasins "wherever your day takes you."

## 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:** Mary Ann Schaffer

**September:** Bernard Cross

**October:** Clara Williams

**November:** Mary Alice Schaffner

**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** Racquel Swain, Dietary

**September** Tanisha Conway, STNA

**October** Stacy Wright, Housekeeping

**November** Michelle Wright, Dietary

**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 Michelle Wright, Dietary. She began her career at PCC on Sept. 03, 2002 and has been a huge asset to the Dietary Team since day 1! Michelle is quick to know the likes and dislikes of the residents and quick to assure their needs are met. She goes above and beyond on AND off the clock, assisting her peers, making others first before herself. She is selfless for sure and her heart for caring for others is huge! Congratulations, Michelle.

## Resident of the Month

Congratulations, Mary Alice! Mary is so kind and has the warmest smile. She is pleasant and patient. Mary Alice is a genuine soul and it is such a pleasure to be in her presence. Congratulation, Mary Alice!

## Entertainment & Visits for November:

Veterans Ceremony 11/6

Veterans Lunch 11/11

Erie Co. Metro Park 11/7

Piano w/ Gary Desman 11/8

Gene Zenz 11/14

Pet Therapy 11/2, 11/15, 11/16

Ability Works Craft 11/21