

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.

ATTENTION:

Do you have a loved one at Providence Care Center? We want to stay connected with you! We are updating our electronic contacts. Please email our Executive Director, Denice Day, so we can update your email addresses. Email her today at

Denice.Day@CommonSpirit.org, thank you.

March Birthdays

Those born from March 1–20 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional. If you were born between March 21–31, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence mean they have big and outgoing personalities.

Dr. Seuss (author) – March 2, 1904

Jackie Joyner-Kersey (athlete) – March 3, 1962

Lou Costello (comedian) – March 6, 1906

Sam Donaldson (journalist) – March 11, 1934

Glenn Close (actress) – March 19, 1947

Chaka Khan (singer) – March 23, 1953

Danica Patrick (driver) – March 25, 1982

Walt Frazier (ball player) – March 29, 1945

Gordie Howe (hockey player) – March 31, 1928

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



March 2024

Providence Care Center

Find us on Facebook at Providence Care Center

419-627-2273

Executive Director/Admin.

Denice Day, LNHA

Director of Nursing

Asst. Dir. of Nursing

Emily Denhart, RN

Infection Control

Emily Denhart, RN

CV & MB Unit Manager

Laura Clayton, RN

Rehab/RW Unit Manager

Alexandria Miller, RN

Director of Nutrition

Amy Fox, CDM, CFPP

Dietician

Amy Apple, RD

Admissions Coordinator

Logan Ebner

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

Kayla Keegan

Staff Development

Renee Milroy, RN

A Mathematical Celebration

March 14 marks a unique celebration—Pi Day! It honors the mathematical constant pi (π) because the first three digits, 3.14, match the date. It is also recognized as the International Day of Mathematics, a celebration of the universal language of numbers. In addition, this busy day also pays homage to the genius behind the theory of relativity, Albert Einstein, who was born on March 14, 1879. Ironically, the fact that Einstein's birthday is widely celebrated might not have pleased the esteemed scientist, who once said, "It is a known fact that I was born, and that is all that is necessary."

Pi, that infinite number we encounter in circles, has an inseparable bond with Einstein's groundbreaking work. The beauty of pi lies not just in its numerical significance but in its appearance across mathematical landscapes, including the formulas that are the basis of Einstein's theories. The theory of relativity, famously distilled into $E=mc^2$, unveils the intricate dance between energy, mass, and the speed of light—a mathematical waltz through the cosmos.

This trio of celebrations is a chance to marvel at how math permeates our world. From the spirals of galaxies to the curves of flower petals, mathematical principles govern the very fabric of nature. March 14 is a day to appreciate the sheer delight of numbers, which transcend cultural and language barriers. It's a reminder that math isn't just about calculus or algebra, endless equations to mind-bending theories; it's about the joy of patterns, puzzles, and the universal language that connects us all. It is the basis of the wonders of the universe—the rhythm of the stars, the shapes of nature, and the logic that powers innovation.

As you munch on a piece of banana cream or homemade blueberry pie to celebrate Pi Day, raise a glass and toast to Einstein's legacy. Take a moment to reflect on how equations, formulas, and theories intertwine to unlock the secrets of the universe.

Resident of the Month:

January: Carol Polta
February: Susie Wilhelm
March: Carol Michel
April:
May:
June:
July:
August:
September:
October:
November:
December:

Employee of the Month:

January Ladricka McDuffy, STNA
February Carla Peters, Laundry
March
April
May
June
July
August
September
October
November
December:

Resident of the Month

Congratulations Carol Michel. Carol is so friendly and quick to give a hug. She smiles as soon as she is greeted by others, sharing a warm hello with them. Carol loved to dance. She likes to have her hand held and has the biggest heart for people. She is a mother of 5 and has a very caring man in her life. This month we celebrate you, Carol!

Employee of the Month

Congratulations Vicky Braker, night shift LPN. Vicky joined the PCC team in July of 2023. Vicky is the epitome of what our mission stands for. She picks up shifts consistently and shows up early for each shift, ready to serve those she cares for. She is such an asset to our team. Not only is Vicky reliable, she is also very caring and loving. She exceeds expectations set of her and she is always willing to continues to provide even better care, love and compassion every day. Vicky takes the time to listen to not only our residents but their families as well. We appreciate Vicky and we are so grateful to have her on our nursing team here at Providence.

Celebrating In March:

We are honored to be celebrating our Executive Director, Denice Day, and our Social Services Director, Shirl Felder, and her assistant, Sarah Wileinheimer, this month as we celebrate Executive Director Week and Social Workers Week. We have a few fun things planned to celebrate these wonderful ladies. See the Activity Board in the back hallway by the Activity office for details.

Special Guest for March

March 2nd-Coca Pet Therapy Visit
March 6th- Joy Of The Lord Co-Op Kids and Perkins H.S Students
March 8th-Special appearance from Barbie
March 13th-Perkins H.S Students
March 14th-Gene Zenz on Guitar
March 15th-Jerzie & Zeke Pet Therapy
March 16th-Cocoa Pet Therapy
March 20th - Perkins H.S. Students
March 22nd-Cindy Slee on Guitar
March 27th-Perkins H.S Student & Hoping To See The Easter Bunny
March 28th-Erie Co Metro Parks
March 30th-Cocoa Pet Therapy Visit
March 31st -Father Phil for Easter Mass

10 Benefits of Pet Therapy:

- Mental Stimulation
- Shifting of Focus
- Acceptance
- Increased Self Esteem
- Entertainment
- Rapport
- Development of Empathy
- Reminiscing
- Physical Activity
- Socialization

Pets can help us lead happier, healthier lives. Among the beneficiaries are people living with dementia, diabetes, high blood pressure and depression. Animals are good for everyone. Companionships with a pet will ease loneliness, reduce depression, stimulate movement and boost mood.

Interested in bringing a pet for a Pet Visit? Contact Shawn Lind, Director of Activities at 419-627-2273.

A Winter Farewell

The first day of spring is a common reason for celebration for people all over the world, but the students at Lake Superior State University in Michigan may have taken it too far. Every March 20 since 1971, the students have bid farewell to winter by burning a snowman. This isn't just some wacky college prank; the bizarre tradition began in Germany as the Rose Sunday Festival, where a parade bearing a snowman (made of straw) passes through town to the village center. There, the mayor asks all the local children if they have been good, diligent in their studies, and mindful of their parents. When all the children publicly shout "Yes!" the snowman is burned.

The 10-foot snowman is made of leftover paper and scrap wood and is sometimes dressed in a rival college's colors. As it burns, students, professors, local children, and anyone else who cares to join in recite poetry they have written about the snowman. Only one year has been skipped since the tradition began. A snowman was not burned in 1992, due to environmental concerns by a student environmental awareness group. Locals were furious. Disappointed reporters arrived to find poetry but no snowman, and the tradition was resumed the following year.

Happy Birthday OHIO, March 1st, 1803

- First Town in Ohio founded in 1788, Marietta was the first permanent settlement in the Northwest Territory. It was named after Queen Marie Antoinette of France.
- The burgee-shaped Ohio flag is the only non-rectangular state flag in the U.S. It was adopted in 1902, nearly a century after Ohio was granted statehood in 1803.
- The Cardinal, the state bird, can be found in all of Ohio's 88 counties. It's also the state bird for six other states: Illinois, Indiana, Kentucky, North Carolina, Virginia and West Virginia.
- Ohio has 88 counties, which is a lot less than Texas' 254.