



# The Continuum Connects NEWSLETTER

## GIVE THIS SOME THOUGHT

**Looking back at 2020, our lives changed in so many ways. One particular issue was the forced isolation causing decreased socialization between people, which affected every aspect of our daily lives.**

Not being able to go out to restaurants, to be free to shop without being masked, or for that matter, going anywhere without being masked, and the most devastating of all was losing our freedom to visit with people, face to face. As a human being, this caused an escalating effect on one's emotional well-being which seems is just now beginning to get back to some kind of normalcy.

But what did this isolation truly cause. To the senior adult, it has been disastrous. Especially to seniors at senior care communities. Families stopped visiting in person. Some have settled with phone calls only. But guess what? Older people love to SEE their loved ones. They want to HUG them again, look into their eyes, and continue making memories.

Please, don't settle with a phone call. Don't allow anymore time with your loved one to be stolen away. You never know when this opportunity that you still have, will be gone on this earth, forever. Time is so precious. For older adults, it's slipping away too quickly. *The Continuum is and has been open for visits, Sunday through Saturday, 7:00 am to 9:00 pm.*

### Continuum Connects Email Sign-Up

Family Members, Staff & Residents —

The Continuum is working hard to improve our communications with staff, family members and residents.

We're relaunching our renamed and improved annual newsletter, Continuum Connects. If you want to receive this annual newsletter by email, send your email address to Darla Kahle (Campus Development Director/Newsletter Editor) at [dkahle@duboisccci.com](mailto:dkahle@duboisccci.com) or call Darla at 814.375.5483.

Your email will not be shared nor will you receive information over load. The newsletter will be available on our website, Facebook page, LinkedIn and Google Page.

### Coming Soon... RetirementHomeTV<sup>®</sup>

WE have exciting news for our residents! Coming soon, to a local TV near you...

RetirementHome TV. The installation will take place by mid-May. All TVs will have to be re-programmed so our Maintenance staff will be assisting. With this upgrade, our residents will experience a better TV quality, channels will be HD quality and all of their favorite channels will be included plus some extras.

### NEWS:

The biggest news for our campus is the implementation of our newly developed Health Betterment Wellness Interception Program. FREE hearing testing was offered on March 20, to DCCCI residents. Quality hearing aids are available at reasonable prices and they are rechargeable.

### PEOPLE:

Strides Across Campus GEM Employee Support Program has been in operation for 9 months now. Our 2024 GEMS so far: January, Sherri Gourley, February, Clara Delp, and March, Vicki Sarvey. **Keep Nominating: Go to our Website, Join Our Team, eGEM Nomination, fill out, click send.**

### EVENTS:

Upcoming events that should be on your calendar: **MAY 12th-18th: National Skilled Nursing Care Week**, we have lots of fun events planned for the staff and residents. **Please see back of this page for PHOTOS and SONG requests.** **MAY 13th-17th: Small College World Series**, DuBois Shower's Field. DCCCI will be hosting and operating the concession stand all five days. **Please come and show your support.** **MAY 21st: What's For Dinner Fundraiser & Bake Sale** featuring two meal options, tickets only \$10.00 each, prepared by Shannon's Catering. Stuffed Chicken Breast, Mashed Potatoes, Salad & Roll or Beef Tips & Noodles, Salad and Roll. **JUNE 16th: 37th Annual Father's Day Car Show** from 1 to 4 pm. **Call Becky at 814.375.3948 for details.** **JULY 26th & 27th: DCCCI YARD SALE**, come on over and find lots of great buys plus, we will be selling coffee and donuts in the am and then walking tacos and nachos in the afternoon.

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### Monthly Education Forums

**MAY:** Peggy "Renee" Phillips-Dinant, Community Health Educator/Community Outreach for AmeriHealth Caritas of PA will be the presenter for our Education Forum: Diabetic Needs on May 10th at 1:30 pm, in the DuBois Village First Floor Activity Room. **JUNE** 7th at 1:30 pm will be 25 Ways to Wellness. **JULY** 12th at 1:30 pm - Outdoor Safety. Please join us! Questions call April 814.375.5483. **FREE to the community.**

### Parkinson's Disease Exercise Group

Starting Wednesday, April 24th, Premier Therapy will be hosting a monthly Exercise Group for people with Parkinson's Disease. **It's FREE and open to the community.** Family members are welcome. This group will meet the last Wednesday of every month at 3:00 pm, at the DuBois Nursing Home. Join us! Questions, contact Christiana 814.375.9100.

### Google Reviews

Many people search online for information on senior care for their loved one. You can help by leaving a five-star review with a few kind words. This also assists in the growth of our community. Search DuBois Nursing Home and DuBois Village to give a review. (Google "How to get a Gmail account" if you need one. Very simple process.)

duboisccci.com **What's for Dinner?**

DuBois Continuum of Care Community  
Is hosting a

# FUNDRAISER & BAKE SALE

## TUESDAY MAY 21st

# \$10.00

EACH MEAL DONATION ONLY (All proceeds benefit the DCCCI Foundation Program.)

**MEAL PICK-UP: 3:30 PM to 5:30 PM**  
at DuBois Nursing Home  
212 South 8th Street  
DuBois, PA 15801

*Meal delivery available in DuBois area only for meal orders of 10 or more, no exceptions.*

**FOR TICKETS CONTACT BECKY YASICK:**  
Call 814.375.3948  
Email ryasick@duboisccci.com

**TWO MEAL CHOICES from Shannon's Catering:**  
Stuffed Chicken Breast, Mashed Potatoes, Salad and Roll  
**OR**  
Beef Tips, Buttered Noodles, Salad & Roll




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# DuBois Nursing Home Families, WE NEED YOUR HELP!



**PLEASE BRING IN PHOTOS OF YOUR LOVED ONE FROM THE 20s, 30s, 40s, 50s, AND 60s ERA "THE GOLDEN AGE OF RADIO."**

**AND THEN, PLEASE ADD A CAPTION TO EACH PHOTO**

- We are collecting these photos the week of May 6th.
- They will be hung-up on the floor your loved one resides on
  - Write the caption in person or leave a note
  - Photos can be also added the week of May 13th
    - Drop-off photos at the Reception Desk
- Questions? Please contact the Business Office (814.375.9100)

**ALSO — WE WOULD LIKE YOU TO MAKE A SPECIAL SONG REQUEST IN HONOR OF YOUR LOVED ONE.**

Drop off the song request, with your name & your loved one's name, at the Reception Desk

**In Celebration of National Skilled Nursing Care Week**  
DuBois Nursing Home • 212 South 8th Street • DuBois, PA 15801 • [duboisccci.com](http://duboisccci.com)

*Radiant Memories*  
A TRIBUTE TO THE GOLDEN AGE OF RADIO  
NATIONAL SKILLED NURSING CARE WEEK\*\* MAY 12-18, 2024



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## 37th ANNUAL CAR SHOW

**Father's Day**  
**Sunday, June 16, 2024**  
**1:00 to 4:00 pm**



*Lots of Food, 50/50, Basket Raffle, Live Entertainment, "Family Ties" Door Prizes, and More*

**DuBois Continuum of Care Community 212 S. 8th St., DuBois**  
**814.375.9100/duboisccci.com**

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## USCAA Small College World Series DuBois Shower's Field May 13-17

DuBois Continuum of Care Community will be hosting and operating the Shower's Field Concession Stand for the five days of the Small College World Series.

**PLEASE COME OVER AND SUPPORT THIS FUNDRAISER. IF YOU WOULD LIKE TO VOLUNTEER TO HELP, please contact Becky Yasick at 814.375.3948.**

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