



The Continuum Connects NEWSLETTER

GIVE THIS SOME THOUGHT

How much do YOU think about YOUR Health and Wellness?

It's easy to tend to forget about your own needs. Are you eating right? Do you schedule regular Doctor's appointments, stay on top of taking prescribed medicines, and vitamins, or get the rest you need.

Working for a "CARE" community and caring for yourself can be a challenge. So much of your efforts are put into the residents you serve. Then, for those who have families with dependent children, this becomes yet another takeaway of your energy and time. All are important and it's not that we mind caring for others. But the question still remains, "How much do you think about your own health and wellness?"

The Continuum truly cares about our staff. We started the "Strides Across Campus" Employee Support Program in 2023, with an emphasis on six key components to a person's well-being. This year, we are hosting an Employee Health Fair on October 9th. This one day event will offer FREE screenings, special activity performances, cooking demos and nutrition advise with food sampling, and a few for pampering. PLEASE make an effort to participate and enjoy what is being offered to you for free. You ARE important! You ARE worth it! And, YOU deserve to live & feel better. *Let's take the road to wellness together.*

Continuum Connects eNewsletter

Family Members, Staff & Residents —

The Continuum Connects bi-monthly newsletter is also available online, go to our website at www.duboisccci.com, click on News, then Newsletters.

DuBois Alzheimer's Walk Team

The Continuum will be participating in the DuBois Alzheimer's Walk again this year. Becki McCartney is the team leader and our team's name is TEAM REMEMBER ME. The walk is on September 14th at the DuBois City Park.

GET INVOLVED! WALK, DONATE, FUNDRAISE.

For more information scan here



DCCCI Yard Sale July 26th & 27th

If you have items that you want to get rid of, consider donating them to the DCCCI Yard Sale. Proceeds from the sale go to the DCCCI community, to benefit our residents. Call DuBois Nursing Home at 814.375.9100 and ask for Kelly or Becky, if you have items to donate and drop-off. Thanks for your support.

Monthly Education Forums

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

Meets the last Wednesday of every month at 3:00 pm, at DuBois Nursing Home. Premier Therapy Team members lead the group. **It's FREE and open to the community.** Family members are welcome. Join us! If you plan on attending, please call Christiana to RSVP the Monday before the group meets.

Meet & Greet Reception

We are planning a meet and greet reception with local government on August 9th at 6:00 pm, at DuBois Village Personal Care. Watch for more details, invitations are coming soon.

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.)

NEWS:

DuBois Village is signing a contract with a new Pharmacy company, U.S. Complete Care, Inc. This pharmacy change will provide the DuBois Village residents with quality service, no additional monthly charges (whether you use them or not), daily deliveries, and a friendly pharmacy team at your service. **We will have a MEET & GREET with U.S. Complete Care personnel on Wednesday, July 17th at 2:00 PM.** A formal letter and invitation will be mailed to all residents and families.

PEOPLE:

Strides Across Campus GEM Employee Support Program has been in operation since June of 2023. Our 2024 GEMS so far: April, Sue Pavlosky-Read; May, Desiree Huey; June, Oooooo Ooooooo. **Keep Nominating: Go to our Website, Join Our Team, eGEM Nomination, fill out, click send.**

EVENTS:

JUNE 16th: 37th Annual Father's Day Car Show from 1 to 4 pm. If your family has not made this event a family tradition, this is the year to begin! **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. Flip page for details.

DONATIONS:

DuBois Continuum of Care Community is a Non-Profit Community. Hosting regular fundraisers is a requirement to help raise additional funds for added programs, exterior and interior facility enhancements, holiday gifts for residents and more. You can make a well appreciated donation by going to our website at www.duboisccci.com.

duboisccci.com



DuBois Continuum of Care Community



July 26th July 27th

8:00 am to
4:00 pm

8:00 am to
Noon

**Come on over and see
what you can find.**

Proceeds from the Yard Sale and sales from
the Coffee and Donuts will benefit the
DuBois Continuum of Care Community
Foundation Program.



DuBois Continuum of Care Community

212 South 8th Street • DuBois, PA 15801

duboisccci.com

A Not-For-Profit Community
This institution is an equal opportunity provider and employer.



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



**Coffee & Donuts
Friday, July 26th and
Sat., July 27th**

8:00 am to Noon



**Walking Tacos and
Nachos & Cheese
Friday, July 26th**

**10:00 am to 4:00 pm
Sat., July 27th
10:00 am to Noon**



**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**

A NOT-FOR-PROFIT COMMUNITY - THIS ORGANIZATION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.