



## Our Community Newsletter

*Discover what's going on in our community.*

Providence Place Piranhas, the Spark Challenge starts October 8! This challenge is a team-based competition that offers different opportunities for participation and explores a range of skills and capabilities. It is a test of the mind, body, and community. All are welcome to compete on our team including staff, family members and friends, because we believe we are stronger together! Let's come together in pursuit of a common goal as we increase our strength and knowledge of healthy aging.

**Piranha Power!**

Fall is upon us. Please continue to be mindful of the weather changes and dressing appropriately as you go outdoors. We will be doing fall clean up on the exterior of our property with our contracted lawn care company in the coming weeks. Additionally we will be installing a new heating system on the south end of the building which provides a much more efficient and cost friendly method. Look for that to be completed by the end of October.

-Regards, Noel

10/5 Gloria M.—3S  
10/7 Rhonda B.—2N  
10/8 Trellis P- 2S  
10/9 Yvonne G- 2S  
10/10 Carol S- 2S  
10/12 Connie R - 2N  
10/12 Cheryl L - 2N  
10/18 Ron A - 2S  
10/26 Tina D- 2S  
10/28 Jacqueline D.—2S  
10/29 William S.—3N



"If your compassion does not include yourself, it is incomplete." – Jack Kornfield

You may have heard the phrase, "I am my own worst critic." Do you find that to be true about yourself? Do you struggle to find compassion for yourself, even in situations where you would easily take compassion on someone else? To have compassion for ourselves, we must be able to recognize our own humanity and love ourselves, flaws and all. We must trust in our belovedness, even when we don't always feel it. When we share community together, we can help by showing compassion to one another, reminding each person, including ourselves, that we belong here. We belong together. We are strong, we have purpose, and we belong. May you experience compassion today, both inward and outward.



## **How does an Ordinary Tree Transform Into a Vivid Tribute?** **Introducing the Living Memorial Tree, a collective display of remembrance and love.**

Sitting outside at Providence Place recently, something bright and surprising might have caught your eye. Directly north of the main doors, Providence Place's Living Memorial Tree is a new way for our community to honor the memory of a loved one.

Many cultures have a tradition of tying pieces of cloth onto special trees to represent a message, blessing or prayer. These Wishing Trees, Peace Trees or Prayer Trees can be found in countries all around the world.

Community members of Providence Place are invited to select a piece of ribbon (provided in a basket at the front desk) and write about someone they've lost: A name, date, or a special message of remembrance. You then tie the ribbon on the tree — recalling a memory, shedding a tear or saying a prayer in the process. The experience can be as joyous or somber as you want it to be. As the wind blows, the wishes and messages expressed on the ribbons are carried into the world. Over time, the older ribbons naturally begin to weather and fray, while fresh ones appear, bright and new — just like the cycles of nature and life.

Adding a ribbon and a memory to the tree is free and open to everyone that is part of our Providence Place community. As ever more ribbons are added, the tree will become filled with color, representing hundreds of memories and connecting all who have lost a loved one.

We thank Lakewood Cemetary for sharing this ritual with us.



## Medicare Annual Enrollment – Choosing A Health Plan that Values Quality Over Quantity

It's that time of year again for Medicare's Annual Enrollment Period (AEP) where you can learn about and switch plans. Dr. Ben Bache-Wiig admits he has recently joined the ranks of Medicare recipients and his 30+ years of experience as a primary care physician, including Lifespark's Executive Medical Director, working with seniors has given him an eye-opening front seat to what seniors should think about.

"Decades ago, primary care physicians were given the time to get to know their clients, build long-term, trusted relationships with them, and follow them from clinic to hospital to rehab—wherever their care took them. That model of care doesn't exist any longer," said Dr. Bache-Wiig. "Instead, we have a fragmented, a la carte services model that's especially challenging for people who need ongoing care."

His advice: "Health plans look pretty good on paper, so the key is to look for the extras you might need in the future." One of the most important extras, particularly for people with ongoing medical needs, is coordination of care. It's the difference between a Medicare Advantage plan with a Lifespark option and one without.

Here are a few other tips:

- Determine the services you want and need before choosing your plan. Various plans offer different benefit packages such as fitness club membership and transportation coverage or look for specialized plans that offer more of what you do need such as vision, dental, or added prescription coverage.

- Check the in-network providers. For any health plans you are evaluating, make sure your physicians and primary care are in-network providers. Some medical providers like Lifespark Health offer additional services under partnering Medicare Advantage plans.

- Consider Lifespark COMPLETE. This service brings together a full spectrum of senior health services for a single, home-based, more coordinated experience. In addition to proactive, in-home senior-savvy medical expertise, Lifespark COMPLETE now offers the option for in-home urgent care to help avoid long waits in the ER. This specialized service is available on this campus.

- Already have Lifespark COMPLETE? Be sure you keep it. Check any plan you are considering ensuring it offers access to Lifespark COMPLETE's concierge level health services at no additional cost.

Want to learn more about Lifespark COMPLETE and what's available? Join the Lifespark COMPLETE Virtual Webinar on Thursday, October 10 OR Tuesday, November 19 at 6:00 pm. Register at [Lifespark.com/LSC-2024](https://Lifespark.com/LSC-2024). This webinar is free and open to Lifespark residents and their loved ones.