



Our Community Newsletter

Discover what's going on in our community.

The Piranhas made Providence Place history by winning the Spark Challenge League Championship, and they took home \$2000 in prize money! This was a grueling test of physical strength, smarts, and teamwork. Congratulations to the team for all their hard work and accomplishments over the 2024 season. We are so excited to celebrate this victory and continue this momentum in the new year. Piranha Power will be on full display when the TRYathlon tournament begins on January 14th.

Thank you for another great year at Providence Place! We recently installed two new energy efficient boilers to heat the south side of the building. We also are in the process of relocating the chapel to the 1 south dayroom, so please look for signage and communication on this in the near future. Lastly, please continue to be mindful of the snow and ice outside. If you notice any areas that need to be shoveled or salted, please let staff know immediately. We hope everyone enjoys their holidays and has a happy new year!

-Happy holidays, Noel

Happy Birthday!

- 1/1 Yasin S. - 2N
- 1/3 Marianne N. - 2N
- 1/5 Susan L. - 3N
- 1/6 Allen M. - 3N
- 1/12 Ed E. - 2N
- 1/19 Jimmie G. - 3N
- 1/21 Willian F. - 3N
- 1/25 Jonathan R. - 2N
- 1/26 Pam M. - 3S
- 1/30 Tom M. - 3N
- 1/31 Brandi M. - 2N



John Wesley, a faith leader in eighteenth century England and co-founder of the Methodist movement, was known for beginning each year with a covenant renewal ritual. The idea behind this annual renewal was to use the transition from year to year as a time check in with one's own spirit, to renew one's faith, and to evaluate and re-commit to one's values and consider how to live them out in the year ahead. If you were creating your own renewal ritual for this new year, 2025, what would you include? What do you believe in? What do you value? Is there anything from 2024 that you need to release so that your spirit can be at peace? What will ground you in the year ahead? How can the people around you in this community support and encourage you in being the person you choose to be...and how can you support your neighbors in the same way? May this month of January be for each of us another moment where we can begin, become, and believe! Happy new year!



Get Social in 2025 – It's Good for Your Health

Our need for social connections is as basic a need as eating. Yet, 1 in 3 adults reports chronic loneliness and the implications for seniors are staggering. According to the Centers for Disease Control and Prevention (CDC), social isolation can be as big a health risk as smoking 15 cigarettes per day.

To be clear, social isolation and loneliness aren't the same. Social isolation is related to how many people you interact with on a regular basis whereas loneliness is the feeling when close connections are lacking. An important distinction because people can feel lonely in a crowd. Understanding and approaching each of these is important to better health. Here's why:

- Having meaningful purpose could help you live longer. Positive feelings (happiness) have been associated with reduced inflammatory and cardiovascular response to stress, significantly reducing the risk of heart attack.**
- People with a high sense of purpose are less likely to have a stroke, heart attack, or coronary artery disease requiring a stent or bypass surgery. That's according to Dr. Randy Cohen, a cardiologist at Mount Sinai St. Luke's-Roosevelt Hospital in NYC. In fact, having a meaningful purpose in life has been shown to dramatically reduce risks for dementia too.**
- Talk with your primary care provider if you are feeling lonely or disconnected. Lifespark focuses on what matters to each person with our complete senior health approach and makes that a big part of our discovery process. Talk with your team or your primary care about ways to approach these feelings and what you can do about them.**

As you plan for 2025, we encourage you to include socializing more as a goal. Spark Performances are a great way to get socially active, and there are plenty of roles to explore! Not only will it be good for your health it will add a fun spark to the year ahead..

MARTIN LUTHER KING JR. DAY

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C I V I L R I G H T S Q R A L Z J U P V
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G V I G Z Z P I C A Q R G B N I C I R E
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R E V I H K P I H B F L K A C L Y E H K
U O R A P T T B G G D R T V C Q U D M U
O S L Z L Y S U X Q E W O T S K A A W A
C I E O B Z F K K H U V L L U O N E L S
X W C G B F Y A T Z N Y E E Z J F H D N
F K V A R N K U K Q R A R F Q J M U V G
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AMERICA
CIVIL RIGHTS
COURAGE
DREAM
EQUALITY

JANUARY
LEADER
MARTIN. LUTHER. KING. JR.
MOVEMENT
PEACE

RACISM
RIGHTS
SEGREGATION
TOLERANCE
UNITED