



Our Community Newsletter

Discover what's going on in our community.

Every year, as May blossoms, we take time to celebrate nurses, who are so important to our health and well-being. National Nurses Week is observed from May 6th to May 12th. It's a special time to thank nurses for their hard work and how much they help people, families, and our community.

Nurses do more than just give medicine and check on us. They are kind people who comfort us when we're sick, speak up for what we need, and use their smarts to handle tough medical situations. They are like heroes on the front lines, staying strong even when things are hard and often doing more than what's expected.

As National Nurses Week approaches, let us all take a moment to reflect on the profound difference nurses make in our lives. Let us extend our sincere gratitude now and beyond this special week, as they are an integral part of our community!

Greetings Providence Place!

The warm, sunny days have brought a refreshing energy to the season, making every moment feel lighter and more enjoyable. Amid this pleasant weather, we also bid farewell to our dedicated intern, Greta, who will be leaving mid-May after contributing tremendously to the team. While goodbyes are never easy, her hard work and enthusiasm will surely leave a lasting impact. At the same time, excitement is in the air as we prepare to roll out a new dialysis program, a significant step forward in patient care. This initiative promises to bring improved treatment options and accessibility, ensuring better health outcomes for those who need it most. It's a time of change, progress, and appreciation for both the people and advancements shaping our journey.

-Regards, Noel

Happy Birthday!

5/6 Diann S. - 2S

5/8 Gordon R. - 3S

5/11 Brenda K. - 2S

5/12 Lee O. - 2N

5/14 Marlene H. - 3N

5/16 Sue P. - 3S

5/19 Cynthia H. - 3N

5/19 Victoria M. - 2N

5/19 Wayne N. - 3N

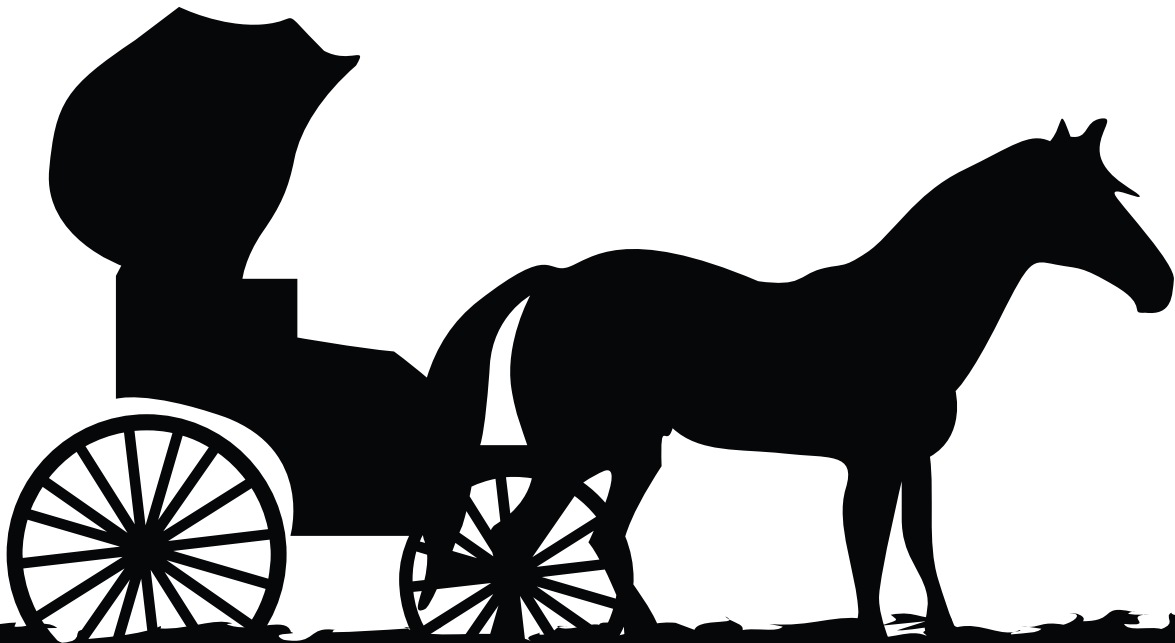
5/21 Tom D. - 3S



THE OREGON TRAIL

PRESENTED BY: NEBRASKA STATE HISTORICAL SOCIETY

MAY 1ST | 2PM



Experience the Oregon Trail like never before with a presentation at Chimney Rock! Discover the importance of choice, chance, and opportunity as an expert shares real stories of those affected by the historic trail.

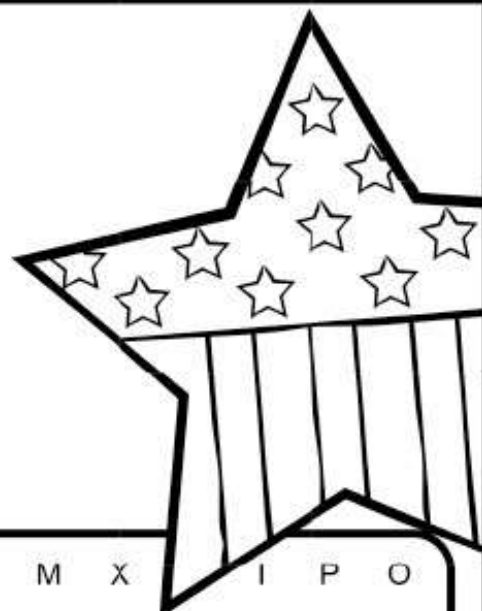
Many of us are well-acquainted with grief. Indeed, as we have experienced losses and changes and endings, we may experience grief as a constant companion – one that sometimes stirs suffering within us. Author Kate Bowler shares a blessing for us in times of grief, recognizing that grief is a holy space in which we can encounter the presence of the divine and the compassion of others. Receive this excerpt from this blessing from Kate's book *Good Enough*: Blessed are you, dear, dear one, doing this holy work of suffering what must be suffered. Of grieving what has been lost. Of knowing the unthinkable truth that must be known. This grief can make you feel on the other side of glass from the world around you, a force field separating your different realities. Yet blessed are you in your reality, for yours is the one most seen by God, who breathes compassion upon you, even now. Who has walked this path, and who leans toward you, gathering you up into the arms of love. Rest now, dear one. You are not alone.



Name: _____

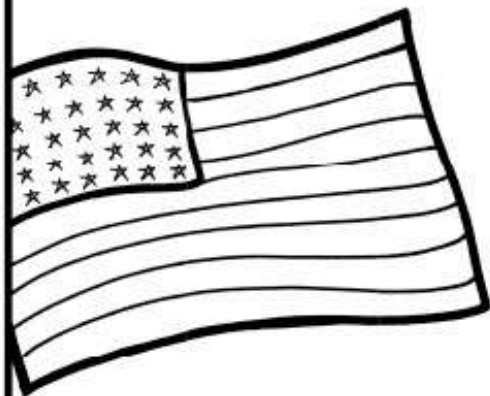
MEMORIAL DAY

Word Search



Can you find the words in the word search below?
They can be horizontal or vertical, and forward or backward.

A	K	C	A	B	A	L	R	Z	P	O	L	R	R	M	X	I	P	O	
S	E	O	R	E	H	G	D	I	S	R	C	H	E	B	S	R	X	A	E
D	S	O	L	C	X	B	E	A	I	G	E	C	M	A	O	Y	P	T	S
I	A	R	N	R	L	A	Y	G	N	U	M	E	E	N	L	A	E	R	C
N	M	A	A	S	C	H	T	B	M	R	E	D	M	E	D	D	P	I	I
E	E	H	E	M	O	N	U	M	E	N	T	N	B	P	I	N	G	O	A
C	R	O	Y	Y	U	L	E	F	M	P	E	L	E	U	E	U	A	T	S
A	I	N	D	E	R	S	R	J	O	I	R	L	R	A	R	M	S	I	N
N	C	T	J	R	A	L	A	N	R	O	Y	A	B	Y	L	I	G	C	A
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K	S	T	R	I	P	E	S	S	O	I	T	D	F	N	L	L	R	S	E
N	D	U	S	P	F	N	I	G	E	C	I	F	I	R	C	A	S	L	V



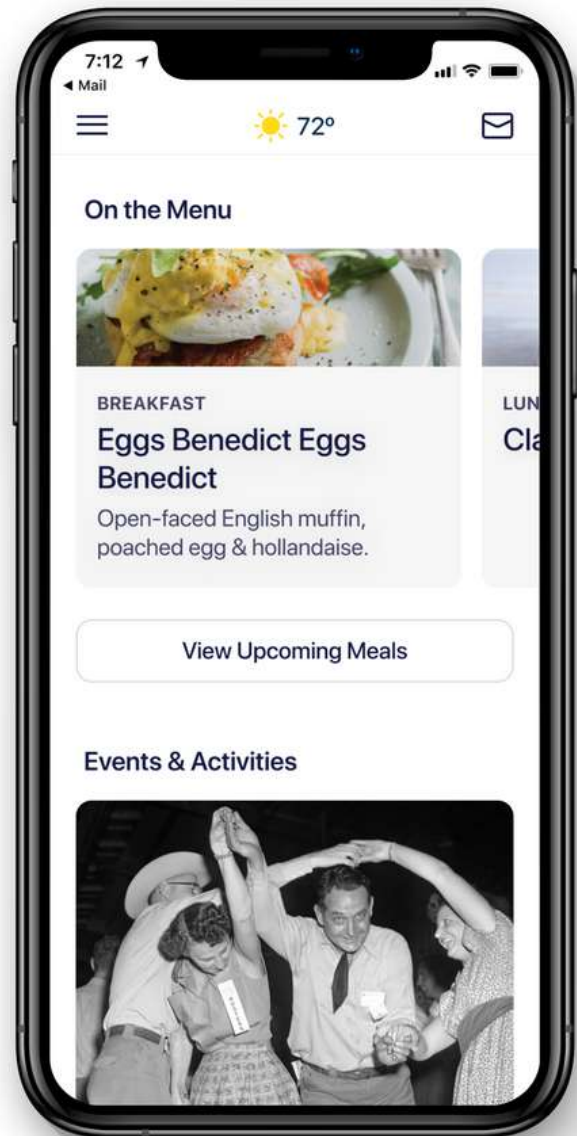
memorial
flag
monument
veterans
cemetery

heroes
sacrifice
courage
America
respect

remember
stars
stripes
patriotic
soldier

Download the new mobile app for Providence Place

- ◆ View upcoming activities and events
- ◆ See what's on the menu each day
- ◆ Access common resources
- ◆ View and share community photos
- ◆ Receive emergency alerts & updates
- ◆ Check the local weather in Minneapolis, MN



Access Quiltt for iOS, Android, or desktop

<https://get.quiltt.com/org/XEGQD>

Enter code XEGQD after opening the Quiltt app for the first time.



Your Good Mood is More Than Just a Pleasant Feeling. It's Important!

Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy, and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days. But there are lots of easy ways to bring yourself back up again.

Activities that bring you joy—like movement, sunlight, and connection—can help your brain release natural feel-good chemicals like serotonin and endorphins. And the good news? Improving your sense of well-being can be enhanced with tiny, consistent choices you make.

- Step outside. Natural sunlight helps your body make Vitamin D, which supports a healthy mood. Even five minutes outdoors or near a sunny window can help.
- Move your body. A few stretches, a hallway walk, or dancing to music that makes you happy can lift your spirits.
- Enjoy an energizing snack. Add something nourishing to your diet now and then. A handful of nuts, a few berries, or a little piece of dark chocolate can help fuel your brain and body.
- Try a two-minute reset. Close your eyes, and inhale slowly through your nose for a count of four. Hold that breath for four more. Then exhale through your mouth for six. You'll see the difference! Just a few rounds will calm you.
- Plan for things to look forward to or revisit something you used to love. "Today, I'm going to..." What will it be? Even a small activity—like reading a magazine, taking out your paint set, calling a friend, or attending a performance—can add structure and lift to your day.

If you find yourself feeling down too often, be brave and talk to someone. Just like you would for concerns over your physical health. Your Lifespark primary care team is a great resource. Mental health is a big part of Aging Magnificently.

Staff Phone Directory

Front Desk 612-238-2500

Executive Director- Noel 612-238-2566

Asst. Executive Director- Nick 612-238-2564

Director of Nursing- Ellen 612-238-2504

Asst. Director of Nursing- Nnenna 612-238-2574

Director of Social Services- Kirsten 612-238- 2509

Social Worker- Kaylin 612-238-2501

Social Worker- Rashonna 612-238-2578

Social Worker- Kristi 612-238-2581

Director of Community Life- Brett 612-238-2538

Food Service Director- Gretchen 612-238-2542

Dietician 612-238-2529

Director of Housekeeping- Tricia 612-238-2514

Director of Maintenance- Steve 612-238-2539

Chaplain Liza and Jared- 612-238-2563

Douglas- Jane and Nell- 612-238-2557

Ombudsman- Brett 651-238-1228

