



Our Community Newsletter

Discover what's going on in our community.

PIRANHA POWER! This season was one for the record books! The Providence Place Piranhas made it all the way to the final four competition in the forklift racing. They finished the regular season undefeated and at the top of their division and ended up finishing 2nd in their division in the final four! This team put in so many hours practicing and building their team chemistry and it shows in the results. Their team goal was to make it to the playoffs and they breezed through that goal!

The Piranhas waste no time in beginning to prepare for the next Spark Challenge. They are hungry for the competition and continue to impress everyone around them with their dedication and skills. Join us every Tuesday at 1:00 starting in mid July as the Piranhas compete in the Grip Games competition. Go Piranhas Go!

Dialysis Center opened in May and has been a great success. Residents enjoy not having to leave the building and enjoy the convenience of being in house. We will also be installing new front doors in the month of July. Please look for signs for the upcoming National Night Out on August 5th.

-Noel Lovas

Happy Birthday!

7/1 Colleen S.—2S

7/4 Maria V. — 2S

7/10 John A.—2N

7/11 Gregory M.—3N

7/12 Annie F.—3S

7/13 Stacey S. - 2S

7/16 Kimberly R.—3S

7/20 Roger P.—3S

7/26 Diane O.—2S

7/26 Robert W.—3N

7/27 Felix G.—3N

7/29 Deon L.—2N





VIRTUAL PROGRAM

ADVENTURES OF BENJAMIN FRANKLIN

PRESENTED BY: ACTORS COMPANY

JOIN BENJAMIN FRANKLIN IN AN INTERACTIVE ONE-MAN SHOW AS HE SHARES HIS LIFE AS A PRINTER, INVENTOR, DIPLOMAT, AND PATRIOT. EXPLORE HISTORY, SCIENCE, AND HUMOR, WITH HANDS-ON RECREATIONS OF HIS EXPERIMENTS!

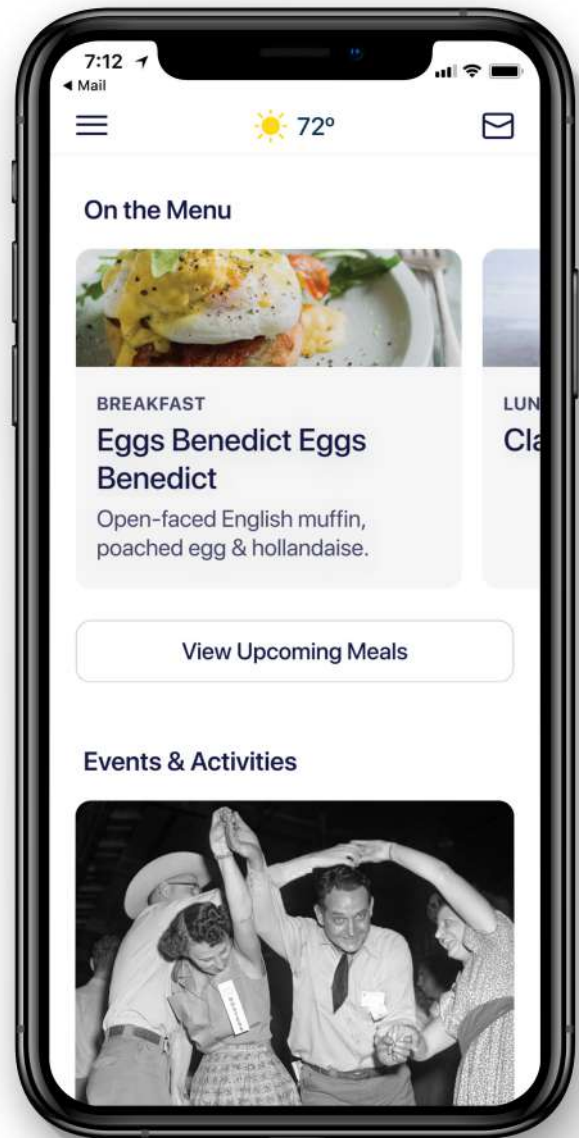
JULY 10TH
2:00PM

One of the highlights of the summer season is the prevalence of music! Our communities burst with opportunities to hear live music, and the summer brings gatherings and occasions with music at the center. Every July, I love hearing a live rendition of “Stars and Stripes Forever” by John Philip Sousa. The piccolo solo toward the end always stirs my spirit and transports me to summers as a child sitting on the grass listening to an orchestra before the fireworks display. This music makes me feel full and alive and free. What are the songs of summer that bring you joy, make you feel alive, or stir in your soul? Why do they carry special meaning for you? What memories do they pull forward? What values or core beliefs do these songs remind you of whenever you hear them?



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 Annual Wellness Visit: More Than a Checkup

Your annual wellness visit isn't just about test results and vital signs. It's about you. It's a chance to pause, reflect, and plan for the year ahead, focusing on what matters most in your life.

Think of this appointment as a check-in on your whole self. You have the chance to talk openly with your provider. Take your time to share how you've been feeling in general—physically, mentally, and emotionally. And talk about any specific concerns, like your memory, mobility, mood, or medications. Do you worry about falling, or are you feeling vulnerable in other parts of your daily life? This is the perfect time and place to ask for advice.

You also might want to consider having this essential conversation with a doctor who truly understands the journey of aging—and how to do it magnificently.

For instance, at Lifespark, our geriatric expert clinicians specialize in caring for older adults. They understand that health is personal, and your needs are unique. With Lifespark Primary Care, you receive:

- Convenient on-site visits—no need to travel; we come to you
- Whole-person care that considers your physical, emotional, and social health
- Expertise in geriatric medicine, ensuring your care plan fits the life you want to live

If care that's built around the needs and priorities of older adults sounds like a good fit for you—and you're not currently with Lifespark Primary Care—consider reaching out to get to know us. Either way ... is it time to schedule your annual wellness visit? Here's to your happiness, health, and vitality!

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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- Kristi 612-238-2581

Director of Community Life- Grace 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

Doulas- Jane and Nell- 612-238-2557

Ombudsman- Brett 651-238-1228

