



Our Community Newsletter

Discover what's going on in our community.

Our very own Providence Place Piranhas have been competing in the new and improved Grip Games. This year the Grip Games are played a little differently and the Piranhas have been quick to adapt to using the Power Loops instead of the Power Tower. The Piranhas team goal is to get better every week and so far they are crushing that goal. Every week they are pumping more liters than the week before. Come cheer on the Piranhas in the last part of their season on Tuesdays at 1pm. Go Piranhas!

No updates this month.

Happy Birthday!

Rise K	9/3
Juanita D	9/6
Joy H	9/6
Susan S	9/6
David F	9/8
William J	9/8
Linda P	9/9
Don B	9/11
Brian W	9/11
John E	9/15
Mark R	9/17
Dawn M	9/17
Candy M	9/20
Geraldine K	9/20
Wendy S	9/23
Kelly M	9/24



VIRTUAL PROGRAM
BIRDS OF ALASKA

PRESENTED BY:
ALASKA SEALIFE CENTER



SEPTEMBER 4TH
2:00PM

Alaska's diving seabirds, like puffins and murres, fly and dive in Arctic waters. Learn how they stay warm, catch fish, and adapt to their habitat. Featured birds: puffins, auklets, guillemots, and more!

Our deepest calling is to grow into our own authentic self-hood, whether or not it conforms to some image of who we ought to be. As we do so, we will not only find the joy that every human being seeks--we will also find our path of authentic service in the world. -Parker J. Palmer

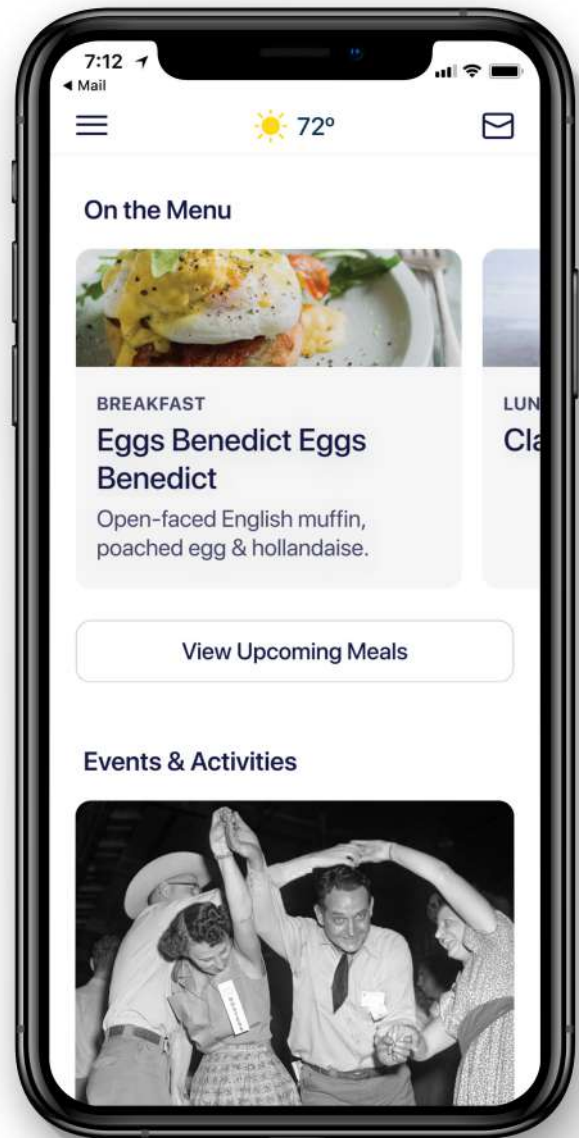
September marks another turn of the seasons, and another milestone for our children and grandchildren and great-grandchildren as they begin another year of studying, learning, teaching, and growing. We have been there, year after year, discovering more and more about our own authentic selves – what brings us joy, where our gifts are strongest, and what we desire for ourselves, the people we love, and our neighbors.

If you were asked today to describe your authentic self in 5 words, which words would you choose? How might those words help you see the ways you live in this community with purpose and service?



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

Social Worker- Kasey 612-238-2578

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

Douglas- Jane and Nell- 612-238-2557

Ombudsman- Brett 651-238-1228

