



## Our Community Newsletter

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

**The season of change is upon us. Leaves are beginning to change colors and weather is getting colder. Here at Providence Place we have many different fall activities on the schedule to honor the changing times. From art projects to discussions to themed socials, we will be celebrating this time of the year in style. There will be an apple themed birthday party that is sure remind you of autumn in Minnesota. Halloween will be celebrated at the end of the month with a staff costume contest and a party. Bring on the fall activities!!**

No updates this month.

## Happy Birthday!

Rhonda 3S	10/7
Trellis 2N	10/8
Kather 1N	10/8
Yvonne 2S	10/9
Carol S 2S	10/11
Eddie 2N	10/11
Cheryl 2N	10/12
LeAnn 2N	10/12
Spencer 3S	10/14
Loren 1N	10/14
Donald H 2N	10/18
James C 2N	10/22
Richard 2S	10/24
Samuel 3N	10/24
Tina Mari 2S	10/26
William 3N	10/29



VIRTUAL PROGRAM

# *Spooky* ART HISTORY

*presented by: Cleveland Museum of Art*



**OCTOBER 2ND, 2:00PM**

Explore spooky art with goblins, witches, and eerie scenes in works by Goya, Dali, Rosa, and Ryder. Perfect for Halloween or anytime, this art journey dives into the otherworldly!

## Gratitude in Troubled Times (adapted from Chaplain K. McCauley)

We certainly speak often about the importance of gratitude. And yet, so often social distress might hinder our ability feel grateful. Knowing that societal discord is a common occurrence in history, let us turn our attention to the holy people of history to help show us the way of hope and grace.

We see with D. Bonhoeffer in concentration camp WWII, M. Gandhi in British Rule & oppression, N. Mandela in South Africa Apartheid and MLK, Jr's work for civil rights in the United States, that God's grace can be found in unrest. The gratitude we have at these times, comes from knowing that God with us. The Divine Presence is with us, even if at times we might have to look harder, forgive more or abandon our judgement to keep our awareness of this Presence alive and well. But at the end of each day our gratitude will be that we know who we are in the eyes of God and that God walks with us always.

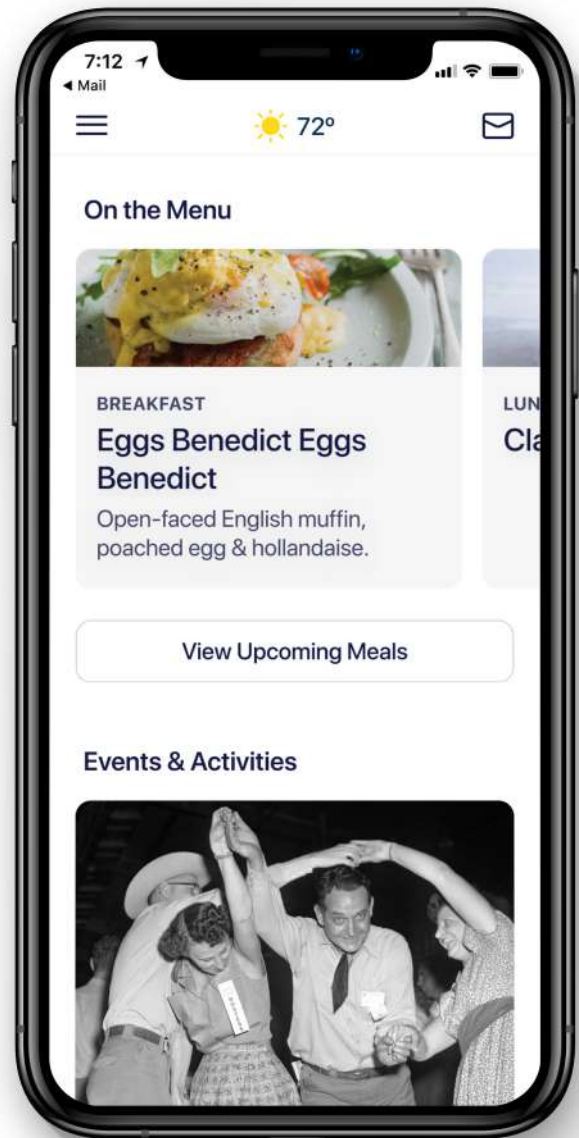




---

## 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!

<b>U</b>	<b>T</b>	<b>X</b>	<b>F</b>	<b>O</b>
<b>O</b>	<b>A</b>	<b>V</b>	<b>W</b>	<b>R</b>
<b>Y</b>	<b>P</b>	<b>M</b>	<b>H</b>	<b>Z</b>
<b>U</b>	<b>I</b>	<b>S</b>	<b>N</b>	<b>C</b>
<b>L</b>	<b>Y</b>	<b>E</b>	<b>I</b>	<b>Q</b>

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

# 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

