



Our Community Newsletter

Discover what's going on in our community.

There is a lot to be thankful for this month. The weather is starting to to change and the fall colors are popping. We are taking time this month to show our gratitude and be thankful for all we have.

This month we honor our verterans, those who served our country and those who made the ultimate sacrifice for our freedom. We say thank you and will be honoring our veterans with a Veterans day breakfast. Also make sure to check out our Wall of Honor as we update it with our current vertrans' pictures.

We are excited to have our new Business Office Manager begin in the building. Nate will be officing out of room 126.

-Noel

Happy Birthday!

11/1 David N
11/8 Robert P
11/8 Harrison K
11/10 Jacquelyn F
11/12 Betty G
11/18 Carol H
11/19 Sueann H
11/21 Gregory N
11/22 Jeffery H
11/26 Velvet F
11/27 Terry S





VIRTUAL PROGRAM

U.S. ARMY IN YELLOWSTONE

PRESENTED BY:
WYOMING VETERANS
MEMORIAL MUSEUM

Wonderland's Soldiers:
The United States Army
in Yellowstone National
Park, 1886-1916" explores
the Army's time
managing and operating
Yellowstone National
Park.

NOVEMBER 6TH
2:00PM

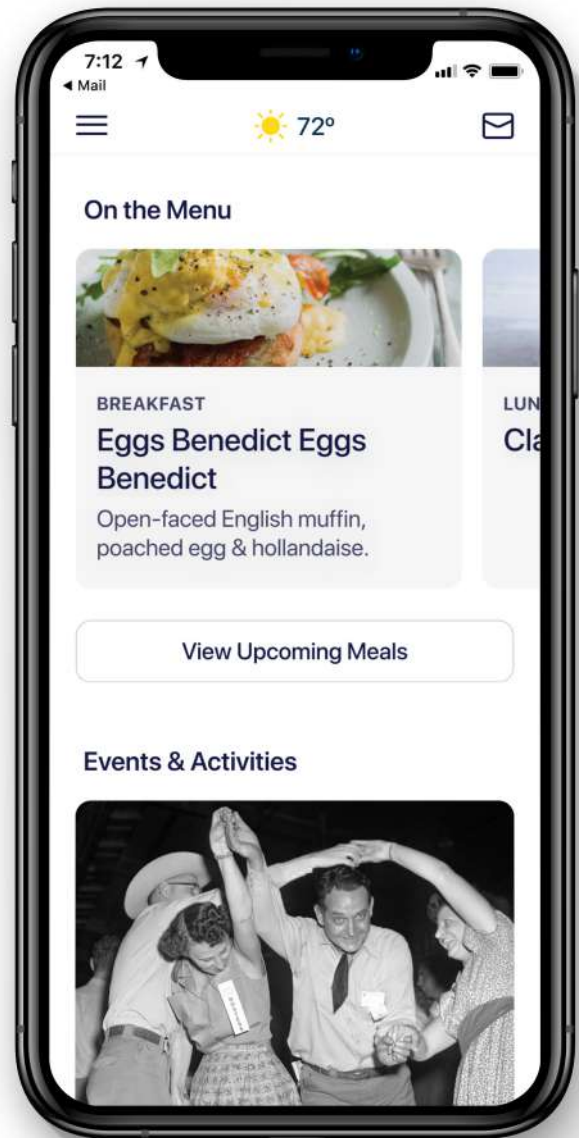
excerpts from A Prayer for Veterans Day by David
Abernathy

Our God and God of our ancestors, we ask for your blessings for America's veterans, the dedicated men and women who have served our country in uniform, and for all those who serve today. Let those who made the ultimate sacrifice for the cause of freedom rest in peace, honored by a grateful nation. Heal those injured in service to our country, whether their wounds are of body, mind or spirit. Remember the parents, partners, children, other family and friends of all who served: the ones who sacrificed alongside them, missed them when they served far away, and bore the heavy burden when they were wounded or gave their lives for our country. May it be Your will also that we strive every day to give our veterans and servicemembers the greatest possible reward for their service – a world secure in freedom and at peace. And let us say Amen.



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!

How Many Words Can You Find?

Using the letters in the game box, how many words can you create with 3 or more letters?

A	E	D	F
L	Y	E	S
O	N	G	V
B	T	D	S

1

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3

15

4

16

5

17

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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- 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

Doulas- Jane and Nell- 612-238-2557

Ombudsman- Brett 651-238-1228

