



## Our Community Newsletter

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

**Goodbye 2025 and hello 2026!**

**There are lots of fun things to look forward to in 2026. We are starting the year off with another season of the TRYathlon for the Providence Place Piranhas team. Tuesday and Thursdays at 1pm will be the competition times.**

**Also coming up in January, we are going to be celebrating the Winter Carnival. There will be games, trivia, art crafts and a Winter Wonderland party.**

Please remember that you are dressing for the occasion while out of the building. We do offer hats and gloves for those in need with the front desk. As winter weather arrives, please keep an eye out for any snowy or icy areas on our grounds. If you notice spots that need attention, kindly notify staff so we can address them promptly. - Nick Abernathy

## Happy Birthday!

1/1 Margaret B  
1/5 Marianne N  
1/5 Susan L  
1/12 Ed E  
1/15 Kathryn P  
1/19 Jimmie G  
1/20 Mary M  
1/21 Willian F  
1/22 Emily S  
1/24 Charles V  
1/25 Fannie S  
1/25 Jonathan R  
1/26 Pam M  
1/29 Melvin R  
1/30 Tom M



**LIFE**



VIRTUAL PROGRAM:

**“A MOMENT IN TIME”**

**- REMINISCE WITH RELEVANCE**

PRESENTED BY: PHOTAVIA

JAN 2ND AT 2PM



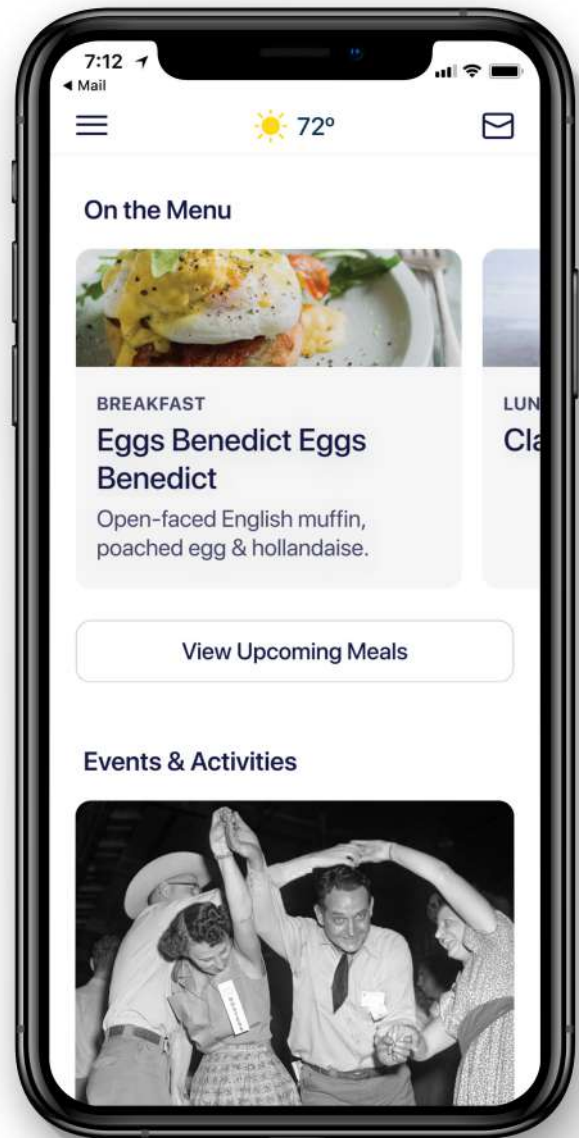
**A new year can be a time of joy and celebration, as we look back on all that has been and look forward to what lies ahead. At the same time, we may find ourselves carrying heaviness as we reflect on feelings of loss, loneliness, or worry about the future. This is part of being human – experiencing complicated and sometimes contradictory feelings. A wise person somewhere once said that when we share our joys we multiply them, and when we share our sorrows, we divide them. Living in community together affords us many opportunities to share our stories and memories, as well as to make new memories and build new stories together. In this new year, whatever has been and whatever will be, may you find companions among you who will receive your story. May you also be blessed as you receive the stories of others. May we find acceptance, affirmation, and belonging in community.**



---

## 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!

Name: \_\_\_\_\_

# HAPPY New Year!



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

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



January  
clock  
family  
balloons  
festive

countdown  
party  
confetti  
resolutions

parade  
memories  
fireworks  
midnight  
streamers

# 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- 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- 651-238-1228

