

Focus on Wellness

We are finally seeing the beautiful signs of Spring and that means getting outside and enjoying the warming weather. Spending time in natural environments can improve your physical and mental health. Some ways we can enjoy these benefits:

- Walking in nature could improve your short-term memory
- Being outdoors has a destressing effect
- Spending time outdoors reduces inflammation & helps eliminate fatigue
- Outdoor experiences may help fight depression and anxiety
- Spending time outside lowers blood pressure

Please enjoy all of our outdoor walking paths and activities. Check your calendar for spring outings!



*Dimensions
of Wellness*

Resident Birthdays

June

Glenn Funk
Matthew Coughlin
Catherine Miller
Ron Toomey
Charles Murphy
Bill Myers
Wilma Jean Myers
Rosemary Polons
Bernadine Tomlinson
Dorothy Ruf



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at www.Facebook.com/ProvPlace.



To sign up to receive this quarterly newsletter and monthly events calendar via email, please contact us to subscribe at Info@Prov-Place.com.



www.Providence-Place.com



Providence Place SENIOR LIVING News

Q2: June 2023

A Note from the Executive Director

June will feature our Father's Day Brunch event and festivities on Sunday the 18th. Please call the front desk to reserve a spot with your loved one.

Be sure to check out the activity calendar to keep up with all our exciting events for the month and to enjoy the spring & summer weather on the patio.

I would like to welcome all new residents and co-workers that have joined us here at Providence Place of Dover – we are glad you are a part of our family. If anyone is interested in joining our Ambassador program, please see Paul in the sales department!

Enjoy the beautiful weather!

Best,
Howard Holben
Executive Director

Highlighted Events

- 4 – **York Revolution Baseball Game Outing** @ 1pm
- 8 – **Grateful Drumming** @ 2pm
- 15 – **Fireside Chat with Howard** @ 2pm
- 18 – **Father's Day Brunch**
Please call reception for reservations
- 27 – **Dementia Support Group** @ 3pm - *Connections*
- 28 – **EdU Presentation: Scams and What to Avoid** @ 2pm

Welcome New Residents

Charles Z.
Shirley S.
Carol B.
Grace K.
Charles B.

