



Providence Place

SENIOR LIVING

News

Q2: May 2024

A Note from the Executive Director

I would like to take a moment to introduce myself! My name is Cynthia Martin, and I am an RN and Certified Dementia Practitioner with many years of experience in senior care. I was born and raised in the south, Alabama and Louisiana, so you will hear a bit of an accent. I relocated to PA four years ago to join this wonderful Providence Place family. Prior to joining the Pine Grove team, I worked at our home office as Director of Clinical Services providing support for our clinical teams at all 7 communities. I chose to transition from that role so that I can have more direct contact with our residents and families and assist in growing our Memory Care offerings in Pine Grove.

We have several events in May and hope that you will join us! We are hosting our **Family Meeting on May 8th at 7pm**. We will be discussing therapy and pharmacy offerings and our management team will be present for a Q&A session.

Mother's Day: On May 8th at 2pm there will be a Mother's Day Tea, May 9th at 2pm we are having a Mother's Day Social, and on May 12th at 2pm is the Church of God service honoring mothers. We would love to have you join in any of these celebrations.

We will be offering PAC (Positive Approach to Care for dementia) training for residents and families on May 13 or 14 at 6pm. Our presenter will be Holly Hanley, Executive Director of Memory Care. If you are interested in joining a session, please call reception to RSVP.

Quickly approaching is our Summer Bash! **Save the Date: June 8th @ 11am-3pm**. Stay tuned for details, and yes, I will be in the dunk tank 😊

We continue to offer the Monthly Dementia Caregiver Support Group at our Pottsville campus and hope that you will join us.

Please feel free to reach out to me at any time with any questions or concerns at the campus or on my cell phone at 318-613-7865.

Cynthia Martin

Executive Director

Highlighted Events

8 - **Mother's Day Tea @ 2pm**

8 - **Family Meeting @ 7pm**

9 - **Mother's Day Social @ 2pm**

13 or 14 - **Dementia Care EdU: for**

families & residents @ 6pm

15 - **EdU Presentation: The Benefits of Exercise @ 10am**

22 - **Courtyard Hot Dog Roast & Cornhole Tournament @ 2pm**

Welcome New Residents

Daisy G.

Mary H.

Lynne K.

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!



Resident Birthdays

June

Fern Krause
Albert Schneider
Mary Evelyn Trinkle
James Smith
Alice Kimmel
Marilyn Herb
Catherine Dinko



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