



Providence Place

SENIOR LIVING

News

Q2: June 2024

A Note from the Executive Director

My how times flies! It has truly been a joy getting to know the wonderful residents at Providence Place of Pine Grove. I love to hear their stories and updates on things happening with families. I have also had the pleasure of meeting many sons, daughters, spouses, grandchildren, and even a few great-grandchildren. I do enjoy these interactions and fostering a family feel at our community. I hope that each of you feel like part of a larger family and enjoy your visits to the campus. We are continuing to welcome new residents, as you visit or move about the community, please stop and say hi.

Please join us for our highly anticipated our Summer Bash - which will be held on **June 8th @ 11am-3pm**. Food, activities and fun for the entire family! Please RSVP to reception asap.

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

I would also like to encourage feedback on methods that we may be able to put into place to make this feel more like your home. Please feel free to visit with me at any time for suggestions. There is also a suggestion box in the front lobby to the right of the elevators. I'm looking forward to another great month in Pine Grove 😊

Cynthia Martin
Executive Director

Highlighted Events

4 - **Tatted Dads Social** @ 2pm

8 - **Summer Carnival** @ 11am-3pm

Families & Friends welcome!

12 - **Father's Day Entertainment**
@ 2pm

19 - **Resident Conversation with**
David Leader @ 3pm

26 - **Courtyard Science: Unpoppable**
Bubbles @ 2pm

Welcome New Residents

Mary L.

Ferne F.

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
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