



## *A Note from the Executive Director*

Happy Fall!

We have some amazing events coming up at our community and we invite everyone to join. We will be hosting our next Sunday Brunch on October 13<sup>th</sup> along with an open house starting at 10:30am. All are welcome, please call reception to reserve your spot!

We will be hosting our annual vaccine clinic on October 17<sup>th</sup>, Flu/COVID vaccines will be available. Please sign-up with your nursing team.

Our monthly Dementia Support Group is going strong with the next meeting on October 31<sup>st</sup> @ 6pm (our November and December meetings will be shifted to the 3<sup>rd</sup> Thursday due to the holidays).

Our new Veterans recognition wall is being designed - please let Cindy know if your loved one is a veteran and we would love to include everyone on the wall.

Other festivities include our fall wreath making (10/4) and pumpkin painting (10/17).

*Best,*

*Cynthia Martin*  
*Executive Director*

## *Highlighted Events*

**4 - Fall Wreath Making**

@ 12:30pm

**13 - Sunday Brunch + Open House**

@ 10:30am (*Open House 10a-2p*)

*Families Welcome!*

**17 - Vaccine Clinic**

**31 - Dementia Support Group**

@ 6pm

Every Tuesday @ 2:30pm:

**Circle of Friends**

## *Welcome New Residents*

Ralph Schwalm

Michael Prime

Harvey Troup

Susan Reiter



# Focus on Wellness

As we step into Fall, the shorter days and cooler temperatures can sometimes lead to feelings of sadness or loneliness. Take this time to find ways to focus on your own wellness by staying connected to your community and loved ones through the following:

- Reflect on your own needs
- Reach out to family members you don't see often
- Join a club or hobby group at your community and make time for activities you enjoy
- Enjoy local, seasonal produce in our dining programs
- Volunteer your time to give back

*Check your activities calendar and highlight items of interest to you - and feel free to invite your friends & family to join!*



## Resident Birthdays

### October

1 - Norma Fetterolf  
8 - Joan Shade  
21 - Olena Boyer  
26 - Daisy Groy

### November

1 - Bernice Wetzel  
3 - Susan Reiter  
4 - Harvey Troup  
5 - Bruce Boyer  
11 - Mary Lontz  
15 - Anneliese Moghul  
29 - Shirley Swope

### December

8 - Donald Martin  
9 - Geraldine Schneck  
28 - Robert Wagner



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at [www.Facebook.com/ProvPlace](http://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](mailto:Info@Prov-Place.com).



**[www.Providence-Place.com](http://www.Providence-Place.com)**