



## *A Note from the Executive Director*

Happy Spring!

Our new nursing office is now complete and serving our community well - we also expanded our employee area for more space for training, which is wonderful for our memory care campus.

We will be hosting quite a few exciting events in the coming weeks, so please mark your calendars for the following:

- Senior Prom on May 8<sup>th</sup> - *Seaside Soiree* theme
- Mother's Day Lunch and Tea + Cookies Event on May 10<sup>th</sup> @ 3pm
- Father's Day Brunch on June 21<sup>st</sup>

We would also like to extend a welcome to some new residents who are joining us from our Pottsville community. We are excited to get to know you better.

A welcome also to our new Housekeeping manager, Brittany W. Please say hi when you are out and about.

See you on the patio,

*Julie Wallace*  
Executive Director

## *Highlighted Events*

- 2 - **Kentucky Derby Festivities**
- 5 - **Community Meeting @ 10am**
- 5 - **Cinco De Mayo Festivities**
- 8 - **Senior Prom: Seaside Soiree @ 4-6pm**
- 10 - **Mother's Day Brunch and Tea & Cookies**
- 11 - **Garden Club: Spring Planting @ 12:30pm**
- 28 - **Dementia Support Group @ 6pm**

## *Welcome New Residents*

Anne Bohrman  
Carmella Breen  
Lenore Ollar  
Maryann Lazarski  
John Lazarski





## Put a Little Spring in Your Step!

We are finally seeing the beautiful signs of spring, and that means getting outside to enjoy fresh air and sunshine! Spending time outdoors can positively impact your physical and mental health. Here are some ways you can enjoy these benefits:

- Walking in nature can improve short-term memory
- Simply being outdoors reduces stress/has a destressing effect
- Spending time outside reduces inflammation & helps eliminate fatigue
- Outdoor activity may help fight depression & 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

### May

1 - Leona Kintzel  
 10 - Anna Marie Babinsky  
 13 - Randall Schwalm  
 13 - Charlotte Klinger  
 13 - Marlene Updegrave  
 17 - Arlene Moyer  
 24 - Michael Prime  
 27 - Richard Merkel

### June

7 - Mary Evelyn Trinkle  
 10 - June Seiler  
 15 - Marilyn Herb  
 15 - Susan Richcrick  
 15 - James Light  
 17 - Jerome Mucha  
 21 - Catherine Dinko  
 26 - Jacqueline Ross  
 28 - William Hoffman

## Get in Touch...

*Community Main Line:*  
(570) 345-4999

*Nurse On-Call:*  
(570) 621-8689



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)**