



# THE PROVIDENCE POST

## PROVIDENCE PLACE ASSISTED LIVING AND THE GARDENS AT PROVIDENCE PLACE MEMORY CARE

### MOLLY'S MINDFUL MOMENT

#### Mindfulness and the Month of March: Embracing New Beginnings

As we enter the month of March, we are greeted with the promise of spring, renewal, and growth. The days grow longer, flowers begin to bloom, and nature itself seems to embrace a fresh start. March is a perfect time to focus on mindfulness—a practice that invites us to be present, cultivate inner peace, and foster a deeper connection with ourselves and the world around us.

#### March: A Time for Renewal and Growth

March is often associated with themes of renewal and change. As the seasons shift and nature begins its annual transformation, we can also use this time to reflect on our personal growth and make space for new beginnings.

Here are a few ways you can embrace mindfulness this month:

- Celebrate the Arrival of Spring: Take a walk outside and observe the changes around you. Whether it's the sound of birds singing or the sight of buds on trees, Spring invites us to reconnect with nature and find beauty in the present moment.
- Mindful Movement: Whether it's yoga, stretching, or simply taking a short walk, moving with mindfulness helps to connect the body and mind. Focus on each movement, how it feels, and how your body responds. It can be a wonderful way to release tension and embrace the present moment.
- Mindfulness for Self-Compassion: March is a wonderful time to practice self-compassion. Just as nature renews itself, we can renew our hearts and minds by being kind to ourselves. Take a moment each day to speak gently to yourself, acknowledging the effort you put into life's challenges.

As we journey through the month of March, let's embrace the themes of renewal, growth, and mindfulness. By being present in each moment, we open ourselves to new opportunities, deeper connections, and a greater sense of peace. Whether it's through mindful walks, moments of reflection, or simply taking time to appreciate the beauty of the changing season, mindfulness can help us navigate life with more clarity and calm.



**Molly Patton**  
Executive Director

Here's to a mindful and joyful March, filled with the promise of new beginnings!

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**People. Passion. Purpose**

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- The Gardens at Providence Place Memory Care

## ANNIE'S ACTION



**Annie Aquino**  
Providence Place  
Activity Director

Spring is in the air, and so is the excitement for all the fun we have planned this month! March brings a fresh start, longer days, and plenty of opportunities to get out and enjoy ourselves. If I found a four-leaf clover, I'd wish for health, wealth, and happiness—not just for myself, but for all of you! With spring officially arriving on March 20th, I can't wait to see the earth come back to life—flowers blooming, butterflies fluttering, and honeybees buzzing.

As a Louisiana native, Mardi Gras has always been one of my favorite celebrations! I love the music, the colors, the energy—and of course, the good food! Hopefully, I can bring a little Cajun flair to Providence Place this season. Laissez les bon temps roulez!

This month is packed with excitement, including the grand opening of our brand-new shopping boutique! Get ready to browse and shop for some wonderful finds right here at home. We also have many bus trips and fun-filled outings planned, along with new musical acts to keep us entertained and cozy movie nights for those who love to sit back and relax.

March is shaping up to be full of joy, adventure, and great company—I can't wait to spend it with all of you!

## KIM'S KEEP UP

Spring is almost here, and we're ready to soak up the sunshine!

We have plenty of fun activities lined up for the month!

At The Garden's, we'll be sprucing up our small garden with beautiful flowers and veggies. We're also setting up hummingbird feeders on the porch to welcome some little visitors.

I'm gearing up to bring Tokota, my horse, at upcoming events, and I've invited Ernie, the friendly resident donkey, to visit! He's always a favorite with both residents and staff.

I'm truly enjoying my new role as Activities Director and am so grateful for all the support I've received. The Book Club has been a huge success, and I'm looking forward to continuing to bring fresh ideas to enrich our residents' lives. Thank you all for your encouragement—it's been an incredible journey, and I can't wait to see what's next!



**Kim Powell**  
The Gardens  
Activity Director

## JILL'S JOLLY



**Jill Wagoner**  
Marketing Director

Happy March!

March brings so much promise—warmer days, sunny skies, and the earth turning its frost-bitten cheek from winter to the fresh beginnings of Spring. As we welcome the vernal equinox, we'll celebrate National Women's Day on March 8th, Daylight Savings Time on March 9th, and of course, wear our best green for St. Patrick's Day on March 17th. So much to look forward to this month!

Spring breathes new life into us all, filling our days with hope, renewal, and exciting activities. Here's to a wonderful season filled with happiness, laughter, and great times here at Providence Place and The Gardens.



## KWAME'S CUT



**Kwame Berry**  
Dietary Director

March brings longer days, with the sun staying out evenings feel brighter. One of my favorite parts of Spring is watching tulips and daffodils bloom, their vibrant colors create a sense of joy. I love that crisp, refreshing scent the air provides as the earth grows into a new season. Let's embrace this portion of the year, take a moment to enjoy these simple yet beautiful changes that remind us of what Spring will bring.



## MARCH BIRTHDAYS

### Providence Place

2nd Dorothy Hix  
5th Judi Stokes  
19th Deborah Stockton

### The Gardens

5th Nancy Hancock  
**Team Members**  
4th Kwame Berry  
22nd Teresa Reyes

## ROBERT'S REPORT

It's Spring, time to get some fresh air in your apartment. Open your windows, let the breeze flow, and enjoy the clean smell of the season. It's a great way to refresh your space and take in the change of weather.

As always, if you need any help with window adjustments or maintenance, just let me know. Let's enjoy the new season!



**Robert Johnson**  
Maintenance  
Director



**Grace Thomason**  
Executive Assistant

**What type of bow cannot be tied?** A rainbow

**DID YOU HEAR ABOUT THE GARDENER WHO COULDN'T WAIT FOR SPRING?**

He was so excited, he wet his plants!

**What is a Leprechaun's favorite type of music?**

SHAM-ROCK "N" ROLL

GRACE'S GIGGLE

## JESSICA'S JUICE

As March brings warmer weather it's the perfect time to get outside and enjoy. Take a walk in the sunshine! Fresh air boosts mood, supports heart health, and helps reduce stress. Lace up your shoes, take a stroll around the building, and enjoy the Spring breeze. Your body will thank you! Don't forget your water!



**Jessica Mason**  
Director of Nursing

## HOLIDAYS

4th Mardi Gras  
8th International  
Women's Day  
9th Daylight  
Savings Begins  
17th St. Patrick's Day  
20th Spring Begins





## COME JOIN OUR PROVIDENCE PLACE FAMILY!

**Now accepting new residents!**  
 (Assisted Living and Memory Care)  
**Now accepting new team members!**  
 Licensed Practical Nurses - FT/PT/PRN  
 Resident Assistants (Will train) - FT/PT/PRN

## CHECK OUT AND FOLLOW OUR PROVIDENCE PLACE AND THE GARDENS FACEBOOK PAGE

