



# THE PROVIDENCE POST

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

### MOLLY'S MINDFUL MOMENT

#### Mindful Moment: Embracing Times of Reflection

As we step into April, we are reminded of the beauty of renewal and the quiet power of reflection. The number 25, often seen as a quarter of a century, invites us to pause and celebrate the milestones we've reached—especially in the later seasons of life. Just as the earth awakens in April, so too do we have the chance to refresh our spirits, setting intentions for personal growth and connection. Whether it's planting new seeds of kindness or simply enjoying the fresh air, this season encourages us to honor both the wisdom we've gained and the fresh opportunities before us.

In this mindful moment, let's celebrate the unique journeys of those in senior living, finding joy in both the quiet moments and the moments of change that April offers. Just like the number 25 symbolizes a chapter full of growth, let us embrace this season of renewal with open hearts and a grateful spirit. Further delving into the number 25, we can find that it symbolizes:

- A quarter of a century of life, a quarter of century of a marriage, a quarter of a century of a job, a quarter (25 cents)



2000 - 2025

OR...

... a quarter of a century of loving and caring for our residents and their families! Ironically, GoodWorks Unlimited became official on April 1, 2000, but it is no April Fool's joke! Over the last 25 years, approximately 8,000 people have trusted us with their lives and their well-being. What a privilege it has been and will continue to be a blessing and honor to care for those who cared for us. Thank you to all who have come through our doors as staff, residents or families. Together, we will continue this special ministry for another 25 years!



**Molly Patton**  
Executive Director

### INSIDE THIS ISSUE

Molly's Mindful Moment	1
Annie's Action	2
Kim's Keep Up	2
Jill's Jolly	2
Grace's Giggle	3
Kwame's Cut	3
April Birthdays	3
In Loving	
Memory Of	3
Robert's Report	3
Jessica's Juice	3
25 <sup>th</sup> Anniversary	4

**People. Passion. Purpose**



- (615) 758-4800
- providenceplaceseniorliving.com
- molly@pplacemj.com
- Providence Place Senior Living
- The Gardens at Providence Place Memory Care

## ANNIE'S ACTION



**Annie Aquino**  
Providence Place  
Activity Director

Spring has officially sprung, and we're soaking up the sunshine! April showers bring May flowers, and we've got plenty of fun to keep us busy, rain or shine.

Get ready for some friendly (and delicious) competition with our Great Staff Bake-Off! Our team will be whipping up sweet treats, and you'll get to taste and vote for your favorites.

We're heading out on shopping trips to Goodwill, Five Below, and other fun spots—so get your lists ready! And don't forget, every Friday we're dining out at some favorite local spots like Cracker Barrel, Demos', and Uncle Bud's.

Join Jill, Molly, and me for our weekly singalongs, and hop on the bus for our scenic rides to enjoy the beautiful springtime views. Mike from Cornerstone Caregiving will be back to test our knowledge with lively trivia sessions, and we're keeping things fun with weekly themed dress days—think pajamas, camo, and more!

April wraps up with our exciting Auction on April 30, so start saving up your bingo bucks! And of course, we're celebrating Easter a bit early with a special Easter Egg Hunt!

There's so much to look forward to, and I can't wait to share it with all of you!

## KIM'S KEEP UP

Yay!!!!

Spring is finally here and we are so excited to be able to get outdoors now and enjoy the beautiful weather.

We have a lot planned this month. With the spring weather we are wanting to spend all the time we can outside soaking up the sunshine, which will bring many outdoor activities! We are looking to start planting in our garden area.

Be looking for Ernie the donkey to start making visits now that it is warmer and his journey to us won't be so cold.

We also have a new book that we will be starting for our Book Club.

I am really excited that the weather has warmed up so I can start taking trail ride's with Tokota. A bit about this heart horse of mine. He is a Paint... His Mother was a Walking horse and his daddy was a Racking horse which gave us Tokota, so he is a true gaited horse. His Great Grandfather was a Champion Jumper and no I do not jump with him... However, we have won several Blue Ribbons at many of his shows which I am super proud of. I hope everyone has an amazing April and a wonderful Easter!



**Kim Powell**  
The Gardens  
Activity Director

## JILL'S JOLLY



**Jill Wagoner**  
Marketing Director

Happy April,

To everyone who is reading this newsletter. May joy find you, laughter sing with you, and good health bless you each and every day of April.

We are so happy to have each of you in our community.

We count each resident as a blessing.

As the weather warms, I look forward to greating you in our favorite outside spaces, rocking, and talking as friends.

Let's embrace this spring season with fresh opportunities to learn, grow, and love each other.

## GRACE'S GIGGLE



**Grace Thomason**  
Executive Assistant

**What is a flowers favorite kind of pickle?**  
A DAFFODIL-DILL

It's allergy season again?  
**YOU'VE GOT TO BE POLLEN MY LEG**

**WHY DID THE BIRD GO TO THE FLOWER SHOP?**  
**it wanted to pick up some chicks**



## APRIL BIRTHDAYS

### Providence Place

1st Betty Henson  
26th Joyce White

### The Gardens

1st Martha Jane Cook

### Team Members

4th Kwame Berry  
22nd Teresa Reyes

## IN LOVING MEMORY OF

**Bob Thompson**  
**Gloria Baird**

## KWAME'S CUT

Spring is here and we are looking forward to all it will bring. I am excited for our new spring/summer menus that will be coming out soon. With these new menus I am hoping to include many new meals, especially items that have been requested. Don't forget that you are always able to change your meal. Ring the doorbell and we'll meet you there. Happy April!



**Kwame Berry**  
Dietary Director

## ROBERT'S REPORT



**Robert Johnson**  
Maintenance Director

We have some exciting news; we have teamed up with RetirementTV to offer a well-rounded bulk cable package for the residents' rooms and public common areas.

After a lot of due diligence, I feel very confident in their ability to provide clear programming, customer service and consistency. You will continue to receive a wide variety of channels, including a community channel where you can tune in on a daily basis to view announcements, activities, menus, and updates as to what's happening in the community. This change will happen on June 1<sup>st</sup> - so stay tuned!

## JESSICA'S JUICE

It's April and the weather is beautiful! This spring season is my favorite as it brings joyful days watching my kids play baseball/t-ball.

This weather is the perfect time to get out in the sun. Let's sit on the porch and enjoy the view. Don't forget to stay hydrated!



**Jessica Mason**  
Director of Nursing

# SPRING



**GoodWorks Unlimited became official on April 1, 2000.**

Over the last 25 years, approximately 8,000 people have trusted GoodWorks Unlimited with their lives and their well-being to our family of properties. It has been a privilege that will continue to be a blessing and honor to care for those who cared for us.

Thank you to all who have come through our doors as staff, residents and families.  
Together, we will continue this special ministry for another 25 years!

