



THE PROVIDENCE POST

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

MOLLY'S MINDFUL MOMENT

"Aging is not lost youth but a new stage of opportunity and strength." – Betty Friedan

Welcome to July!

Summer is in full swing and July brings a beautiful blend of sunshine, celebration, and the simple joy of being together. It's a month marked by warm breezes, bright blooms, and time spent connecting with friends, family, and community.

Let's take a moment to enjoy all that July has to offer—and remind ourselves to savor each day, one breath at a time.

Interesting Facts About July

- July was named after Julius Caesar in 44 B.C.
- Its birthstone is the ruby, symbolizing love, energy, and passion.
- The larkspur is July's flower, representing positivity and an open heart.
- July is often the hottest month of the year in the Northern Hemisphere—perfect for sipping iced tea and relaxing in the shade.

Self-Care Tips for the Summer Season

1. Hydration is key – Keep water nearby and flavor it with lemon, cucumber, or mint for a refreshing twist.
2. Stay sun-safe – Light clothing, wide-brim hats, and a bit of sunscreen go a long way.
3. Eat light, eat bright – Enjoy fresh fruits and veggies; watermelon, berries, and garden tomatoes are at their peak!
4. Move gently – A short walk in the morning or evening helps with circulation and lifts the spirit.
5. Connect with others – Social interaction keeps the mind sharp and the heart full.



Molly Patton
Executive Director

And, please save the date for Friday, August 15th, and join us for "Give Where You Live: A Night of Grace & Giving", benefiting Senior Living Ministries. This will be an uplifting evening celebrating community, compassion, and the legacy of care. Enjoy heavy hors d'oeuvres, inspiring entertainment, and a curated silent auction, all in support of our mission to honor and uplift seniors and our staff through faith-filled living. Learn more about SLM on Pg 6. Whether you come to bid, to laugh, or simply to share in fellowship, your presence helps create a lasting impact right here at home.

Stay well. Stay connected. Stay you.

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People. Passion. Purpose

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ANNIE'S ACTION



Annie Aquino
Providence Place
Activity Director

Hello July!

We've officially made it to the heart of summer, and it's a beautiful time to slow down, soak up the sunshine, and enjoy the little things that make each day special. Whether it's a morning coffee on the patio, a favorite song that brings back memories, or a good laugh with friends, these are the moments that matter.

This month we've got a mix of new ideas and familiar favorites lined up. Some activities will get us moving, others will keep us laughing, and a few might even surprise you! As always, participation is encouraged, but never required-Just come as you are.

Keep an eye on the calendar posted around the building and check in with Annie for details. There's something for everyone, and we love seeing your smiling faces!

Stay cool.

Annie

KIM'S KEEP UP

This July, as fireworks light the skies and flags wave proudly in the breeze, we're reminded of the incredible gift of freedom-something we hold close to our hearts here in our memory care community.

We have a lot of fun things happening this July: Bus rides to the barn to see Tokota and his buddies. Kim's niece is bringing the cheer team from Gladeville Middle to brighten our day, and lots of fun crafts and games for the 4th of July!

I am reminded that while our residents may be navigating memory challenges, they continue to enjoy a life full of meaning, connection, and joy. As Activities Director I strive daily to keep them happy and living their lives to the fullest. My goal is to help them feel secure and live their best life! I am so blessed daily to be able to come and be part of their world.

I'll see you down the trail.

Kim



Kim Powell
The Gardens
Activity Director

JILL'S JOLLY



Jill Wagoner
Marketing Director

This July, we celebrate more than just our own nation's independence-we celebrate the freedom to live life to the fullest in a warm, welcoming senior living community! From backyard BBQs and festive fireworks, to meaningful conversations and shared laughs, life at Providence Place is filled with joy, connection, and peace of mind.

Jill



Robert Johnson
Maintenance
Director

ROBERT'S REPORT

The summer is heating up, and refrigerators are going to be working overtime. If you need any work done on your fridge, please let me know!

JESSICA'S JUICE

It's officially summertime, so we need to make sure we are all staying hydrated and cool. Stay out of direct sunlight, and if you must go out make sure you're taking water and sunscreen with you.



Jessica Mason
Director of Nursing

JULY BIRTHDAYS

Providence Place

1st Russ Sheehan
7th Angela Campopiano
8th LeAnn Merrill
10th Debbie Pickett
12th Yon Boilard

The Gardens

1st Debbie Poirier
6th Ray Hudnall
9th Dottie Dill
10th Lilyane Shapard
16th Ann Ross

Team Members

1st Robert Johnson
9th Betsy White
21st Jill Waggoner
23rd Julie Stephens

Dear Residents,

I wanted to take a moment to let you know that I'll be stepping away from my role as your Dietary Director. This has been more than just a job to me—it's been a true joy getting to know each of you and being a part of your daily lives. From shared meals to shared laughs, these moments have meant so much to me. While I may be moving on, please know that you'll always have a special place in my heart. I'm incredibly grateful for the memories we've made together and the trust you've shown me. Thank you for allowing me to serve you—it's been an honor. Wishing you continued comfort, care, and plenty of good meals ahead!

With heartfelt appreciation,
Kwame.

KWAME'S CUT



Kwame Berry
Dietary Director

I'd love to use this month to introduce you to my favorite book, *Promise Me Sunshine* by Cara Bastone. This story will have you believing in love again. The book follows Lenny who recently lost her childhood best friend to cancer. Lenny is in limbo, unable to carry on with her life without Lou. That is until she meets Miles Honey who makes it his mission to help her live again. Following a bucket list that Lou made before she died, Miles helps Lenny cross each item off her list, and in doing so, brings Lenny closer to something she never knew she was missing: Love.

TIERNEY'S TOMES



Tierney Heisinger
Executive Assistant

June Recap!



Meet Your New Neighbors!



JULY 2025

PROVIDENCE PLACE

Happy Birthday, Rachel!
 8:30 Exercise with Chris
 9:30 Bible Study
 10:30 Bible Study
 10:45 Exercise with Corinne
 10:50 Church with Friends
 1:00 Spanish with Steve
 2:00 Spanish with Steve
 2:00 Spanish with Steve

Free + Free

Happy Birthday, Rachel!
 8:30 Exercise with Chris
 9:30 Bible Study
 10:30 Bible Study
 10:45 Exercise with Corinne
 10:50 Church with Friends
 1:00 Spanish with Steve
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 2:00 Spanish with Steve

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Free + Free

Providence Place July Calendar

ACTIVITIES 30% OFF TO CELEBRATE 80 YEARS OF PROVIDENCE PLACE

July Gardens Calendar

July 2025								
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
The Gardens Activity Calendar		HAPPY BIRTHDAY 1 DEBBIE! 9:30 Pledge of all egia nce 9:30 exercise with Kim	9:30 Pledge of all egia nce 2 9:30 exercise with Kim 10:30 Bible study 1:00 Trivia 2:00 Jenga 3:00 tv and quiet time	9:30 Pledge of all egia nce 3 9:30 exercise with Kim 10:30 paint by number 1:00 cheer team	9:30 Pledge of all egia nce 4 9:30 exercise with Kim 10:30 4th of July paint 12:00 porch chat 1:00 Steve and Fran music hour 9:30 pledge of	Visit with families 5 10:30 choir bells Puzzles and games availabl e		
		HAPPY BIRTHDAY 6 RAY! BIBLE STUDY WITH BUTCH	9:30 pledge of all egia nce 7 9:30 exercise with Kim 10:30 Bingo 1:00 documentary and snack 2:00 riddles 9:30 pledge of	9:30 pledge of all egia nce 8 9:30 exercise with Kim 10:30 who said it? 1:00 scenic bus ride 2:30 Puzzles 3:30 movie and quiet	HAPPY BIRTHDAY 9 DOTTIE! 9:30 Pledge of all egia nce 9:30 exercise with Kim 10:30 Bible study 1:00 trivia HAPPY	9:30 pledge of all egia nce 10 9:30 exercise with Kim box 1:00 Scenic bus ride 2:30 Ice-cream on the	all egia nce 11 9:30 exercise with Kim 10:30 Trivia 10:30 out to lunch outback 1:00 music trivia 9:30 pledge of	Visits with families 12 Puzzles and game s
		Visits with families 13 Puzzles and games and movies	all egia nce 14 9:30 exercise with Kim 10:30 Bingo 2:00 this and that 3:30 movie and quiet	9:30 pledge of all egia nce 15 9:30 exercise with Kim 10:30 today this hap pened 1:00 scenic bus ride 3:00 movie 9:30 pledge of	BIRTHDAY ANNI 9:30 Pledge of all egia nce 9:30 exercise with Kim 10:30 Bible Study 1:00 Matching game	9:30 pledge of all egia nce 17 9:30 exercise with Kim 10:30 name that show 1:00 Jenga 2:30 Goodwill bus 9:30 pledge of	9:30 exercise with 18 Kim 10:30 slime time 10:30 out to lunch Red Lobster 1:00 how it was made 25	Visits with families 19 Puzzles and game s Movies
		BIBLE STUDY WITH BUTCH 20 Puzzles and games	9:30 pledge of all egia nce 21 9:30 exercise with Kim 10:30 craft 1:00 games and puzzles 2:00 music with 9:30 pledge of	all egia nce 22 9:30 exercise with Kim 10:30 mix and match game 1:00 scenic bus ride 2:00 Dean Patrick 9:30 pledge of	9:30 pledge of all egia nce 23 9:30 exercise with Kim 10:30 name that tune 1:00 this and that game 2:00 porch chat 9:30 pledge of	all egia nce 24 9:30 exercise with Kim 10:30 Puzzles with Kim 1:00 craft 2:30 Scenic bus ride	9:30 pledge of all egia nce 9:30 exercise with Kim 10:30 football toss 10:20out to lunch Log ans	Visits with families 26 Puzzles and game s Movies
		Puzzles games and movies 27	all egia nce 28 9:30 exercise with Kim 10:30 word scramble 1:00 charades 2:00 craft 3:30 movie and quiet	all egia nce 29 9:30 exercise with Kim 10:30 4 across game 1:00 scenic bus ride 2:30 puzzles 3:30 quiet time	all egia nce 30 9:30 exercise with Kim box 1:00 this day in hist ory	9:30 pledge of all egia nce 31 9:30 exercise with Kim 10:00 craft time 12:00 who said it 2:30 scenic ride/ice-cream treat	Activities are subject to change	

SENIOR LIVING MINISTRIES

Doing Good for Those Who Do Good.

Senior Living Ministries (SLM) was founded in 2002 by Gary and Ricki Keckley to care for and support beloved residents and dedicated staff of Goodworks Unlimited managed communities, including Providence Place Senior Living.

SLM provides financial awards through our two individual, ongoing initiatives: our CARES Program and our THANKS Program.

The CARES PROGRAM mission is to subsidize monthly rent for struggling long-term residents (3+ years) and aid with emergency financial distress staff. SLM has covered medical bills, rent, car payments, insurance coverage, and funeral expenses.

The THANKS PROGRAM mission is to spread joy and say thanks to the staff who work daily with your loved ones in our communities. Donations are doubled with annual year end matching to spread joy at the holidays.

Learn more at SrLivingMinistries.org



Give Where You Live!
At Providence Place, we offer two programs that say "Thanks!" to the members of our community! All donations are 100% tax-deductible and donor directed.

Scan to
donate today!

