

OCTOBER 2025

THE PROVIDENCE POST

THE OFFICIAL NEWSLETTER OF PROVIDENCE PLACE & THE GARDENS



NATIONAL ASSISTED LIVING WEEK!



FUN & GAMES AT PROVIDENCE PLACE & THE GARDENS

September was full of fun and games during our National Assisted Living Week! We had themed days such as Safari Day and Wizard of Oz Day! Our residents and staff had a big time dressing up and playing games such as a bull ring toss for Western Day and bean bag throwing! We also created some fun arts and crafts like miniature messages in a bottle for Life's a Beach Day and painting our own maracas for Fiesta Friday! We can't wait to see what next year's adventure brings!

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"Anyone who keeps the ability to see beauty never grows old." - Franz Kafka

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MOLLY'S MINDFUL MOMENT

As the leaves turn golden and the crisp air rolls in, October brings a season of change and new beginnings. Our community is celebrating fall with festive décor, cozy gatherings, and plenty of opportunities to enjoy each other's company. From apple treats to pumpkin crafts, it's the perfect time to soak in all the joys this colorful season has to offer.

October is also filled with fun and quirky designated days that we'll be recognizing throughout the month. We'll kick things off with World Smile Day (October 4), enjoy something sweet for National Dessert Day (October 14), and share a little seasonal fun for National Pumpkin Day (October 26). Of course, Halloween on October 31 will bring costumes, treats, and laughter for all! And a special highlight—October 27 is National Black Cat Day, which is extra close to my heart this year.

To honor the day, I'd like to share a little personal joy with you all—I have welcomed a new kitten, Matilda, who happens to be a sweet black kitty. Matilda may even make a surprise appearance in the community one day, but if not, please enjoy her photo and know she'll be sending her purrs and well-wishes our way!

This October, I am reminded of how thankful I am to be part of this community. The seasons remind us of life's many changes, and with each one, I see your kindness, strength, and the joy you bring to one another. It is an honor to serve you and walk alongside you in this journey. Thank you for making our community not just a place to live, but truly a family.

Warmly,
Molly



JILL'S JOLLY

As summer draws to a close, the days at Providence Place are filled with laughter, companionship, and the gentle joy of friends—both human and furry. Residents share stories, strolls and smiles, while my Golden Doodle, Fletch, never fails to brighten the day with his playful visits. There's a special magic in these moments, reminding us that friendship, love, and simple joys make our community feel like home, no matter the season!



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CANDACE'S CORNER



October marks the beginning of the Fall season. The nights get longer; the days get shorter; you'll want a sweater in the morning and be sweating by the afternoon. Fall is one of the hardest seasons to dress for but it does bring with it its own unique flavors. Produce that is in season this time of year includes winter squashes, pumpkins, apples, kale, sweet potatoes, brussels sprouts, mushrooms, beets, cranberries and so much more. Expect to see an increase in cozy soups, warm cobblers and pies, and an uptick in pumpkin spice as our menu morphs to reflect the season.

Healthy Food Tip: Fresh Fruit is available on request. The variety may vary but we will strive to have some on hand whether its fresh bananas, apples, clementines, or diced melons etc. So feel free to ask for some at your next meal or knock on our door to request as a snack and add some fiber and vitamins to your diet.

ROBERT'S REPORT

If you need any work done or assistance with something maintenance-related, please utilize the clipboard on my office door. Simply put the date, your name and/or room number and what you need done, and I will get to it as soon as possible.

If you need help filling out the clipboard, please let Tierney know at Reception or one of the techs and they will be able to assist you.



EVAN'S EMPOWERMENT



We are in our 4th year of offering outpatient therapy services on site at Providence Place and The Gardens and it has been our pleasure to meet such wonderful residents and families. In addition to physical, occupational and speech therapy we are excited about the EmpowerMe 360 care coordination program here at Providence Place. Care coordination is a collaborative process that ensures residents receive comprehensive healthcare services and involves organizing resident care activities, sharing information among team members, care staff, and family members, and aligning wellness plans to improve health outcomes, enhance communication, and reduce gaps in care. Residents enrolled in EmpowerMe 360 have 24/7 access to our team of physicians via phone or telehealth for back-up or urgent needs. We are excited to keep the wellness going as we head into Fall 2025! For more information you can e-mail escher@empowerme.com or call 301-275-4440.

Golden Giving



Providence Place's new Resident Reward Gifting Program is here!

Residents play games and participate in fun activities for "Bingo Bucks," but now they can choose other small goodies!

We're now accepting donations from family and community members to help stock our prizes!



Suggested Items



- Snack Cakes
- Candy bars (Halloween candy for trick-or-treating too!)
- Individual chip bags
- Small canned sodas or drinks
- Fuzzy Socks
- Hand lotions and lip balms

OCTOBER ANNOUNCEMENTS

When visiting your loved one, please make sure you sign in and out at the round table in the lobby of Providence Place or the desk at The Gardens.

If you are taking your loved one out of the building, please make sure you also sign them in and out.

OCTOBER DATES TO REMEMBER

Oct. 1st - International Coffee Day

Oct. 4th - National Cinnamon Roll Day

Oct. 7th - National Inner Beauty Day

Oct. 16th - World Cat Day

Oct. 17th - National Pasta Day

Oct. 21st - National Apple Day

Oct. 26th - National Pumpkin Day

Oct. 31st - Halloween

RESIDENT ROUTINGS



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