

FEBRUARY 2026

# THE PROVIDENCE POST

THE OFFICIAL NEWSLETTER OF PROVIDENCE PLACE & THE GARDENS

LOVE IS IN THE AIR AT PROVIDENCE PLACE & THE GARDENS!



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"Those who love deeply never grow old; they may die of old age, but they die young." -Arthur W. Pinero

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## MOLLY'S MINDFUL MOMENT

As we step into February, I want to take a moment to share how thankful I am for our entire community—our residents, families, and our amazing team.

January's snow and ice storm challenged us all, and what stood out most was how everyone came together. Our staff went above and beyond—coming in during difficult conditions, staying overnight, working extra shifts, and supporting one another to ensure residents were safe and well cared for. Families showed patience and trust, and residents met the disruption with grace. I am also incredibly proud of our Memory Care team for welcoming residents from our sister community in Nashville, Barton House, when they were without power. The compassion and teamwork shown during that time truly reflected who we are.

Just prior to the storm, we completed our state survey. There are rarely perfect surveys, and the items identified were minimal and did not impact resident safety or overall care—a testament to the consistency and dedication of our team. That speaks volumes. Surveys don't measure kindness, teamwork, or resilience—but if they did, this team would exceed every benchmark.

February invites us to enjoy the cozy side of winter—warm meals, familiar routines, and time spent together indoors. Thank you to our residents for making this place feel like home, to our families for your continued trust, and to our staff for the heart you bring every day. I am truly proud to be part of this community.

With gratitude,  
Molly



## JILL'S JOLLY

February is a wonderful time to learn more about what makes our community so special. I truly enjoy welcoming families for tours, answering questions, and walking alongside them as they explore senior living options with care and transparency. If you know someone who could benefit from the comfort, security, and vibrant lifestyle our community offers, I would be honored to be a trusted resource. Referrals from our residents and families mean so much to me, and I sincerely appreciate the confidence you place in our community.



### JESSICA'S JUICE



Caring for your heart is important at every age, and small daily habits can make a big difference. Staying active with gentle movement like walking or stretching helps keep the heart strong, while choosing nutritious foods supports healthy blood pressure and cholesterol levels. Equally important is staying socially connected—sharing laughter, joining activities, and managing stress all contribute to a healthier heart and a happier life.

### GROWING WITH GRACE

Happy February, everyone! I'm looking forward to the celebrations we have planned this month. We are doing a Valentine's Day Family Night on Friday, February 13<sup>th</sup>, which will feature a live harp player and photo booth, along with a tasty pasta dinner. We will also be throwing a Mardi Gras party later in the month! There will be various new activities for us to do this month, including new games, volunteer activities, bus rides to new destinations, and maybe even a fishing trip at the end of the month. I hope you all get the rest and rejuvenation you deserve as the winter season progresses. I'm ready for spring and to do all of these activities with you.



### KIM'S KEEP UP

February is a month that invites us to slow down, reflect, and celebrate the many forms of love that surround us. As Winter lingers our hearts stay warm through shared moments, laughter, and meaningful connections.

We have a lot going on this month, so make sure you check your calendar daily for the fun activities we have planned! This month we are focusing on activities that encourage creativity, connection, and joy: Valentine's Day card making, music and memory moments, gentle movement and chair exercises, and lots of laughter.



I know Tokota and I are ready for some sunshine and trail rides.

See you down the trail!  
Kim

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## CANDACE'S CORNER

The weather may be cold outside, but the kitchen is working hard to prepare warm dishes and serve them hot. Chili has been a popular request, along with soups and stews in general so we will be adjusting the menu to accommodate resident requests.

With unpredictable or hazardous weather conditions, I'd like to reassure our residents that the kitchen maintains a healthy stock of emergency food items in the case of natural disaster and that there are multiple plans in place to ensure no one goes hungry in the unlikely event of a disaster.



We are making weekly menus available once more but as a disclaimer, please be aware that these menus are subject to change without notice, the menus posted outside the kitchen will be far more accurate.

Please be aware that any condiments you bring to the dining room; the staff is not responsible for. If we find an item that requires refrigeration or is past its "use by" date; we will have to discard it to avoid a food safety hazard. Thank you for your understanding.

## ROBERT'S REPORT

Keep your eyes to the skies!

Due to ongoing freezing weather, please keep an eye on any strange dark spots or water marks on your ceilings in your rooms. If you see any discoloration, please let me know as soon as possible!



## EVAN'S EMPOWERMENT



Happy February, Providence Place! This month we will watch the Winter Olympics on television live from Milan, Italy. I hope it gets everyone in the spirit to get active and moving. The Olympians will display peak athleticism and fitness, but your goals should just be to within the norms for your age group. This helps to prevent falls, injuries and hospitalizations. EmpowerMe Wellness in room 400 administers tests such as the 30 Second Chair Stand Test, Berg Balance Assessment, the Saint Louis University Mental Status Exam, the Modified Barthel Index and the Timed Up and Go amongst others. These tests can show if you are below average, above average, or just right as regards to your functional capabilities, balance, strength and cognition. Find your competitive spirit this month and strive to be the best you can be. Afterall, Spring is just around the corner. If you want to try out one of our assessments – stop on by and let's chat!

# FEBRUARY BIRTHDAYS

## THE GARDENS

2/8 Janet Norris

## PROVIDENCE PLACE

2/14 Susan McClain

## EMPLOYEES

2/1 Kristen Smith  
2/11 Alyssa Barrett  
2/13 Cheyanne Davis  
2/20 Becky Crisp

# MEET YOUR NEW NEIGHBORS

## PROVIDENCE PLACE

Raj Mahajan  
Barbara Cummings

## THE GARDENS

MaryAnn Dotson

# IN LOVING MEMORY

Wanda Lightsey

# Providence Place

# February Calendar

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| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|---|--|--|--|---|
| National Freedom Day<br>Black History Month<br><br>3:00 Music with Fred   | 1 National Hedgehog Day<br>9:30 Exercise with Chris<br>10:30 Word Games / Trivia<br>1:00 BINGO<br>3:00 Shopping Boutique<br>4:00 Card Games | 2 National Golden Retriever Day<br>9:30 Exercise with Chris<br>10:30 Worship with Rev. Vogtner<br>1:00 Scenic Bus Ride<br>2:30 Card Game Lessons<br>3:30 Trivia                     | 3 Rosa Parks Day<br>9:30 Exercise with Chris<br>10:30 Word Games / Trivia<br>1:00 Cornhole<br>3:00 Charades<br>4:00 Card Games                                   | 4 World Nutella Day<br>9:30 Exercise with Chris<br>10:30 Resident Council Meeting<br>1:00 BINGO<br>2:30 Card Game Lessons<br>4:00 Scrabble                             | 5 National Wear Red Day<br>9:30 Exercise with Chris<br>10:30 Card Games / Word Games<br>1:00 Trivia<br>2:00 Hallmark Quartet<br>3:00 Board Games           | 6 National Rose Day<br>Rest and Relaxation<br>Self – Guided Activities                          |
| Super Bowl Sunday<br><br>3:00 Music with Fred                             | 8 National Pizza Day<br>9:30 Exercise with Chris<br>10:30 Scrabble<br>1:00 BINGO<br>3:00 Card Games<br>5:00 Gabe Steel Drums                | 9 National Umbrella Day<br>9:30 Exercise with Chris<br>10:30 Worship with Rev. Vogtner<br>1:00 Bus Ride (Barnes & Noble)<br>2:30 Card Game Lessons<br>4:00 Charades                 | 10 National Inventor's Day<br>Happy Birthday, Alyssa!<br>9:30 Exercise with Chris<br>10:30 Word Games/ Trivia<br>1:00 20 Questions Game<br>3:00 Dice/ Card Games | 11 National Hug Day<br>9:30 Exercise with Chris<br>10:30 BINGO<br>1:00 Community Auction w/<br>Robert<br>2:30 Card Game Lessons<br>4:00 Board Games                    | 12 National Kiss Day<br>9:30 Exercise with Chris<br>10:30 Scrabble<br>1:00 Cornhole<br>3:00 Movie<br>4:30-6:30 Valentine's Family Night                    | 13 Valentine's Day<br>Happy Birthday, Susan!<br>Rest and Relaxation<br>Self – Guided Activities |
| Susan B Anthony Day<br><br>3:00 Music with Fred                           | 15 President's Day<br>9:30 Exercise with Chris<br>10:30 Word Games/ Trivia<br>1:00 BINGO<br>3:00 Cody Campbell Music<br>4:00 Card Games     | 16 Mardi Gras (Fat Tuesday)<br>9:30 Exercise with Chris<br>10:30 Worship with Rev. Vogtner<br>1:00 Scenic Bus Ride<br>3:00 Mardi Gras Party   | 17 Ash Wednesday<br>9:30 Exercise with Chris<br>10:30 Scrabble/ Board Games<br>1:00 Nail Salon<br>2:30 Card Game Lessons<br>4:00 Scrabble                        | 18 National Confession Day<br>9:30 Exercise with Chris<br>10:30 Word Games/ Trivia<br>1:00 BINGO<br>2:30 Card Game Lessons<br>3:00 Shopping Boutique                   | 19 World Day of Social Justice<br>Happy Birthday, Beckyl!<br>9:30 Exercise with Chris<br>11:00 Out to Lunch<br>2:00 Trivia<br>3:00 Board Games/ Card Games | 20 National Card Reading Day<br>Rest and Relaxation<br>Self – Guided Activities                 |
| World Thinking Day<br>Happy Birthday, Sophie!<br><br>3:00 Music with Fred | 22 National Tennis Day<br>9:30 Exercise with Chris<br>10:30 Word Games/ Trivia<br>1:00 BINGO<br>3:00 Shopping Boutique<br>4:00 Card Games   | 23 National Tortilla Chip Day<br>9:30 Exercise with Chris<br>10:30 Worship with Rev. Vogtner<br>1:00 Scenic Bus Ride (Fishing<br>Trip)<br>2:30 Card Game Lessons<br>3:45 Dean Music | 24 National Clam Chowder Day<br>9:30 Exercise with Chris<br>10:30 Word Games/ Trivia<br>2:00 Kitchen Meeting<br>3:00 Card Games/ Board Games                     | 25 National Pistachio Day<br>9:30 Exercise with Chris<br>10:30 Brain Games with Sharon<br>Powell<br>1:00 BINGO<br>2:00 Delores Hershey Music<br>3:00 Card Game Lessons | 26 Polar Bear Day<br>9:30 Exercise with Chris<br>10:30 Dice/ Card Games<br>1:00 Cornhole<br>2:00 Birthday Party<br>3:00 Trivia/ Charades                   | 27 National Floral Design Day<br>Rest and Relaxation<br>Self – Guided Activities                |

# The Gardens

# February Calendar

Activities are subject to change

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| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |    |  |   |  |  |  |    |
|--|--|--|---|--|--|---|----|--|---|--|--|--|----|
| One on one visits throughout the day such as puzzles, reading, coloring, and socializing | Groundhog Day<br>10:00Pledge<br>10:15exercise<br>10:30what's in the box<br>11-12lunch<br>1:00friend's color picture<br>2:30-3:30 quiet time<br>3:40puzzles<br>5:00supper<br>5:30tv/bedtime preparation | Bubblegum Day<br>10:00 Pledge<br>10:15 exercise<br>10:30 name that tune<br>11-12 lunch<br>1:00 Scenic Bus Ride<br>2:30-3:30 quiet time<br>3:40 puzzles<br>5:00 supper<br>5:30 tv/bedtime preparation                                   | Homemade soup day<br>10:00 Pledge<br>10:15 exercise<br>10:30 mind movement<br>11-12 lunch<br>1:00 Bingo<br>2:30-3:30 quiet time<br>3:40 puzzles<br>5:00 supper<br>5:30 tv/bedtime preparation | Weather person day<br>10:00 Pledge<br>10:15 exercise<br>10:30 mind movement<br>11-12 lunch<br>1:00 mix and match<br>2:30-3:30 quiet time<br>3:40 crossword puzzles<br>5:00 supper<br>5:30 tv/bedtime preparation         | Arbor Day<br>10:00 Pledge<br>10:15 exercise<br>10:30 mind movement<br>11-12 lunch<br>1:00 Arbor Day trivia<br>2:30-3:30 quiet time<br>3:40 color page Arbor tree<br>5:00 supper<br>5:30 tv/bedtime preparation | Valentine's Color picture<br>Tv and relaxation<br>Family and friend's visits<br>One on one activities throughout the day such as puzzles, reading, coloring and socializing   |    |  |   |  |  |  |    |
| Super Bowl LX<br>Family visits<br>Church on tv   | 8  | Umbrella Day<br>10:00Pledge<br>10:15exercise<br>10:30mind movement<br>11-12lunch<br>1:00friend's color page<br>1:30karaoke with Kim<br>2:30-3:30 quiet time<br>3:40puzzles<br>5:00supper time<br>5:30tv/bedtime preparation            | 9   | Inventors Day<br>10:00Pledge<br>10:15 exercise<br>10:30 this and that<br>11-12 lunch<br>1:00 Scenic Bus Ride<br>2:30-3:30 quiet time<br>3:40 Umbrella Picture<br>5:00 supper<br>5:30 tv/bedtime preparation              | 10   | Lincoln's Birthday<br>10:00Pledge<br>10:15 exercise<br>10:30 what's in the box<br>11-12lunch<br>1:00mad gab game<br>1:30craft with Kim<br>2:30-3:30 quiet time<br>3:40puzzles<br>5:00supper<br>5:30tv/bedtime preparation | 11 | WEAR RED<br>10:00Pledge<br>10:15 exercise<br>10:30 childhood memories trivia<br>11-12 lunch<br>1:00 Bunco<br>1:30 Heart craft<br>2:30-3:30 quiet time<br>3:40 dominoes<br>5:00 supper<br>5:30 tv/bedtime preparation | 12  | 13   | 14   |  |    |
| Cupcake Decorating with Ivy<br>2-4 pm<br>Church on tv<br>Family visits                   | 15   | Presidents Day<br>10:00Pledge<br>10:15exercise<br>10:30President trivia<br>11-12lunch<br>1:00 Bingo<br>1:30President color page<br>2:30-3:30 quiet time<br>3:30puzzles<br>5:00supper time<br>5:30tvtime/bedtime preparation            | 16  | Mardi Gras Day<br>10:00 Pledge<br>10:15 exercise<br>10:30 Mardi Gras trivia<br>11-12 lunch<br>1:00 Scenic Bus Ride<br>2:30-3:30 quiet time<br>4:30-6:00 Family Night with Amy "through their eye's" speaking to families | 17   | ASH Wednesday<br>10:00Pledge<br>10:15 exercise<br>10:30 mind movement<br>11-12lunch<br>1:00Scrap book time<br>2:30-3:30 quiet time<br>3:40puzzles<br>5:00supper<br>5:30tv/bedtime preparations                            | 18 | 19   | Cherry Pie Day<br>10:00Pledge<br>10:15 exercise<br>10:30 word in a word<br>11-12 lunch<br>1:00 Bingo<br>2:00 Music with Delores Hershey<br>3:30-4:30 quiet time<br>5:00 supper<br>5:30 tv/bedtime preparation | 20   | One on one activities throughout the day such as puzzles, reading, coloring and socializing<br>Family and friends visits | 21   |    |
| One on one visits throughout the day such as puzzles, reading, coloring, and socializing | 22   | Aviation Day<br>10:00 Pledge<br>10:15 exercise<br>10:30 mind movement<br>11-12 lunch<br>1:00 which came first game<br>1:30 karaoke with Kim<br>2:30-3:30 quiet time<br>3:40 puzzles<br>5:00 supper time<br>5:30 tv/bedtime preparation | 23  | 10:00 Pledge<br>10:15 exercise<br>10:30 mind movement<br>11-12 lunch<br>1:00 Scenic Bus Ride<br>2:30-3:30 quiet time<br>3:40 puzzles<br>5:00 supper<br>5:30 tv/bedtime preparation                                       | 24   | 10:00 Pledge<br>10:15 exercise<br>10:30 mind movement<br>11-12 lunch<br>1:00 word scrambles<br>1:30 karaoke with Kim<br>2:30-3:30 quiet time<br>3:40 puzzles<br>5:00 supper<br>5:30 tv/bedtime preparation                | 25 | Fairy Tale Day<br>10:00 Pledge<br>10:15 exercise<br>10:30 mind movement<br>11-12 lunch<br>1:00 name the princess and prince<br>2:30-3:30 quiet time<br>3:40 puzzles<br>5:00 supper<br>5:30 tv/bedtime preparation    | 26  | Polar Bear Day<br>10:00 Pledge<br>10:15 exercise<br>10:30 mind movement<br>11-12 lunch<br>1:00 Bingo<br>2:30-3:30 quiet time<br>3:40 puzzles<br>5:00 supper<br>5:30 tv/bedtime preparation | 27   | One on one activities throughout the day such as puzzles, reading, coloring and socializing<br>Family and friends visits | 28 |

# FEBRUARY ANNOUNCEMENTS

Join us for our assisted living community Valentine's Day Family Night on Friday, February 13<sup>th</sup>, from 4:30 - 6:30 pm at Providence Place Assisted Living. Enjoy live entertainment, a delicious pasta dinner, and a fun photo booth! Come and spread the love to our residents!

For our community at The Gardens, please join us for our Family Night on Tuesday, February 17<sup>th</sup> from 4:30 - 6:30 pm in Memory Care. We will have a special guest from the "Through Their Eyes" program coming to speak to loved ones about the program. Light refreshments will be provided.

# FEBRUARY DATES TO REMEMBER

- Feb. 1-28th: Black History Month
- Feb. 3<sup>rd</sup>: Carrot Cake Day
- Feb. 4<sup>th</sup>: Homemade Soup Day
- Feb. 7<sup>th</sup>: Ice Cream for Breakfast Day
- Feb. 8<sup>th</sup>: Super Bowl Sunday
- Feb. 9<sup>th</sup>: National Pizza Day
- Feb. 14<sup>th</sup>: Valentine's Day
- Feb. 17<sup>th</sup>: Random Acts of Kindness Day
- Feb. 20<sup>th</sup>: National Cherry Pie Day
- Feb. 26<sup>th</sup>: National Chili Day