

MARCH 2026

# THE PROVIDENCE POST

THE OFFICIAL NEWSLETTER OF PROVIDENCE PLACE & THE GARDENS

TRY YOUR LUCK AT PROVIDENCE PLACE & THE GARDENS!



February Recap	1
Molly's Mindful Moment	2
Jill's Jolly	2
Jessica's Juice	3
Growing With Grace	3
Kim's Keep Up	3
Candace's Corner	4
Robert's Report	4
Evan's Empowerment	4
March Birthdays	5
New Neighbors	5
Providence Place Calendar	6
The Gardens Calendar	7
March Announcements	8
March Dates to Remember	8

"Luck is not in your hands, but creating opportunities is." – Unknown

MARCH 2026

## MOLLY'S MINDFUL MOMENT

Dear Residents, Families, and Team Members,

After nearly three years of serving as your Executive Director, I will be moving on to a new professional chapter. This was not a decision I made lightly. It came after thoughtful reflection, and while it is certainly bittersweet, it also feels like the right next step. My last day will be March 6th.

When work begins to feel like family, it becomes much more than a job. This community has meant that to me. Together, we have celebrated milestones, worked through challenges, shared laughter, and built something truly meaningful. The daily greetings in the hallways, the stories exchanged, and the trust we've built are the things I will carry with me.

To our residents, thank you for welcoming me into your home and into your lives.

To our families, thank you for your partnership and trust.

To my leadership team and staff, thank you for your resilience, compassion, and unwavering dedication. The culture we have strengthened together is something I am deeply proud of.

I have complete confidence that the next leader will bring fresh perspective and energy while continuing to nurture the strong values and spirit that make this community so special. The foundation here is solid because of each of you.

And while leadership may change, some things may look familiar for a while — including the color of the walls and the carpet. I know not everyone agreed with those choices, but I suppose that will always be a small reminder of my time here... at least until the next renovation. 😊

Serving as your Executive Director has been an honor I will always carry with me. A part of me will remain here in the relationships built and the memories shared.

With gratitude and warmest regards,

Molly



## JILL'S JOLLY

March has us feeling extra lucky at Providence Place, Carrick Glen, and our new sister community, Rutland Place Independent Living! I'm excited to share that my role has expanded to include supporting Marketing and Sales efforts at Rutland Place as well. There's no greater fortune than helping families navigate their options and find the right place to call home, whether that's independent or assisted living. We are grateful for the trust our community places in us and look forward to a month filled with connection, growth, and new opportunities!





**JESSICA'S JUICE**

Spring is the perfect time for a fresh start! As the weather warms up, take advantage of the sunshine with short daily walks to boost your mood, strengthen your heart, and improve balance. Be sure to stay hydrated, even if it doesn't feel hot outside, and choose light layers to stay comfortable with changing temperatures. Seasonal allergies can also flare up this time of year, so keep windows closed on high pollen days and speak with your healthcare provider if symptoms arise. Finally, enjoy the season's fresh fruits and vegetables—adding colorful produce to your plate supports overall wellness and keeps you feeling your best. Here's to a happy, healthy spring!

**GROWING WITH GRACE**

Happy Spring, everyone! My days at Providence Place as your Activities Director are coming to an end, and it is starting to feel bittersweet about how much I'm going to miss you all. I was only here for a short time, but I have connected so deeply with some of you, and it has been an experience that has deeply impacted me. I will remember it for a very long time. I hope I was able to make an impact on you, too! I hope I made you feel seen, loved, and lighthearted. I am so thankful I had the opportunity to witness and learn from your wisdom, stories, and resilience. I know you will be in good hands with Tierney as Activities Director. I will miss you all, but promise to come back and visit!  
Thank you for everything.



**KIM'S KEEP UP**

March is here, and with it comes the promise of spring--longer days, fresh blooms, and new beginnings. This month, we're focusing on warmth, connection, and meaningful moments that bring comfort and joy to our residents. As the seasons change, we'll be celebrating renewal through sensory activities, music, and nature-inspired experiences. From bright colors to familiar springtime songs, our goal is to spark happy memories and peaceful feelings. March 17<sup>th</sup> is our St. Patrick's Day Party! Wear Green! Enjoy festive snacks, music and smiles. March 24<sup>th</sup> we'll have a Gospel and Hymn sing along. March 31<sup>st</sup> will be our Birthday Celebration with cake, music, and will be a time to honor our special residents. Enrichment Activities like spring crafts and flower arranging are planned for some fun!  
Spring reminds us that every season brings new beauty and hope. See you down the trail,

Kim



## CANDACE'S CORNER



May you be blessed with the luck of the Irish this March. Get ready to wear your green and raise a pint while you search for the elusive four-leaf clover. We'll be planning an Irish themed meal to celebrate St. Patrick's Day with our residents so please look forward to that. We also have a Senior Prom early in the month and we'll be offering fun classic diner food to compliment the themes of the event. The Dietary team would like to congratulate Tanner on his promotion to Food Service Director for our sister location, Carrick Glen. We know he's going to do wonderful things. There's changes on the horizon and as we head towards Spring, let us embrace new opportunities, chances for growth and discovery, and good food.

## ROBERT'S REPORT

Spring is upon us! Time to open those windows and get some fresh air circulating throughout our community! If you need assistance opening your bedroom windows, please let me or another staff member know, and we will be happy to help!



## EVAN'S EMPOWERMENT



During the big ice storm last month, residents enrolled in EmpowerMe's 360 care coordination services were able to utilize our 24/7 physician hotline and telehealth urgent care appointments to stay safe and warm while accessing the care they needed. They also continued to have access to our therapist-led touchpoints and check-ins. This program nationwide continues to show 30% fewer falls, 30% fewer ER visits and 27% fewer hospitalizations. We are seeing an 8.8/10 satisfaction score from our residents and a 9.8/10 score from our executive directors, directors of nursing/wellness and family members. If you're not enrolled in EmpowerMe 360 – this is the month to March right down to room 400 and let's talk more about it! It is covered by Medicare and most major insurance plans.

# **MARCH BIRTHDAYS**

## **THE GARDENS**

3/03 Brent Davis  
3/30 Stephanie Chambers

## **PROVIDENCE PLACE**

3/01 Virginia Sue Hall  
3/02 Dorothy Hix  
3/05 Judi Stokes  
3/19 Deborah Stockton

## **EMPLOYEES**

3/04 Kwame Berry  
3/09 Annaliese Barshaw  
3/15 Brianna Jaramillo  
3/25 Whitney Redmond

# **MEET YOUR NEW NEIGHBORS**

## **PROVIDENCE PLACE**

Jean Brown  
Carolyn Jarrett

# Providence Place March Calendar

## MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Horse Protection Day Happy Birthday, Virginia!</p> <p>3:00 Music with Fred</p>	<p>National Banana Cream Pie Day Happy Birthday, Dorothy!</p> <p>9:30 Exercise with Chris and Word Games 10:30 Trivia 1:00 BINGO 2:30 Resident Council Meeting</p>	<p>National Anthem Day Happy Birthday, Brent!</p> <p>9:30 Exercise with Chris and Word Games 10:30 Worship with Rev. Vogtner 1:00 Scenic Bus Ride 4:30- 6:30 Senior Prom</p>	<p>National Sons Day Happy Birthday, Kwame!</p> <p>9:30 Exercise with Chris and Word Games 10:30 Trivia 3:00 Board Games</p>	<p>National Scam Protection Day Happy Birthday, Judi!</p> <p>9:30 Exercise with Chris and Word Games 10:30 Scrabble 1:00 BINGO</p>	<p>National Oreo Day</p> <p>9:30 Exercise with Chris and Word Games 11:00 Out to Lunch 3:00 Movie</p>	<p>National Be Heard Day</p> <p>Rest and Relaxation</p>
<p>Daylight Savings Time</p> <p>3:00 Music with Fred</p>	<p>National Meatball Day Happy Birthday, Annaliese!</p> <p>9:30 Exercise with Chris and Word Games 1:00 BINGO 5:00 Gabe Steel Drums</p>	<p>National Napping Day</p> <p>9:30 Exercise with Chris and Word Games 10:30 Worship with Rev. Vogtner 1:00 Scenic Bus Ride</p>	<p>National Johnny Appleseed Day</p> <p>9:30 Exercise with Chris and Word Games 1:00 Walk in the Park 3:00 Shopping Boutique</p>	<p>National Plant a Flower Day</p> <p>9:30 Exercise with Chris and Word Games 10:30 Flower Planting 1:00 Community Auction with Robert 3:00 BINGO</p>	<p>National Good Samaritan Day</p> <p>9:30 Exercise with Chris and Word Games 10:30 Charades with Chris 3:00 Movie</p>	<p>National Butterfly Day</p> <p>Rest and Relaxation</p>
<p>National Quilting Day Happy Birthday, Briannal</p> <p>3:00 Music with Fred</p>	<p>National Panda Day</p> <p>9:30 Exercise with Chris and Word Games 1:00 BINGO</p>	<p>St. Patrick's Day</p> <p>9:30 Exercise with Chris and Word Games 10:30 Worship with Rev. Vogtner 1:00 Scenic Bus Ride 2:30 St. Patrick's Day Party 3:30 Movie</p>	<p>National Sloppy Joe Day</p> <p>9:30 Exercise with Chris and Word Games 2:00 Kitchen Meeting 3:00 Birthday Party</p>	<p>National Nurses Day Happy Birthday, Deborah!</p> <p>9:30 Exercise with Chris and Word Games 10:00-12:30 Blood Drive with Blood Assurance 1:00 BINGO</p>	<p>World Storytelling Day</p> <p>9:30 Exercise with Chris and Word Games 10:30 Cornhole with Chris 1:00 "And Then..." Game 3:00 Movie</p>	<p>National Memory Day</p> <p>Rest and Relaxation</p>
<p>National Health Care Rights Day</p> <p>3:00 Music with Fred</p>	<p>National Puppy Day</p> <p>9:30 Exercise with Chris and Word Games 10:30 Cornhole 1:00 BINGO 3:00 Cody Campbell Music</p>	<p>National Cocktail Day</p> <p>9:30 Exercise with Chris and Word Games 10:30 Worship with Rev. Vogtner 1:00 Scenic Bus Ride 3:45 Dean Music</p>	<p>National Equal Pay Day</p> <p>9:30 Exercise with Chris and Word Games 1:00 Nail Salon 3:00 Shopping Boutique</p>	<p>Epilepsy Awareness Day</p> <p>9:30 Exercise with Chris and Word Games 10:30 Scrabble 1:00 BINGO 2:00 Delores Hershey Music</p>	<p>National Scribble Day</p> <p>9:30 Exercise with Chris and Word Games 3:00 Movie</p>	<p>National Black Forest Cake Day</p> <p>Rest and Relaxation</p>
<p>National Vietnam War Veterans Day</p> <p>3:00 Music with Fred</p>	<p>National Take a Walk in the Park Day</p> <p>9:30 Exercise with Chris and Word Games 10:00 Walk in the Park 1:00 BINGO</p>	<p>National Prom Day</p> <p>9:30 Exercise with Chris and Word Games 10:30 Worship with Rev. Vogtner 1:00 Scenic Bus Ride</p>	<p style="text-align: right;"><b>Providence Place</b></p>			

# The Gardens March Calendar

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Family visits Activities table Crosswords Color pictures Fidgets Puzzles Books Bible study with Butch	1 10:00 Pledge 10:15-10:45 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration time 1:00-2:30 quiet time 2:45-3:30 balloon toss 3:45-4:30 word scramble 4:30-5:30 supper/hydration time 6:00-7:00 tv or movie in living room	2 10:00 Pledge 10:15-10:45 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration time 1:00-2:30 quiet time 2:45-3:30 ball bounce 3:45-4:30 clover leaf craft 4:30-5:30 supper/hydration 6:00-7:00 tv or movie in living room	3 10:00 Pledge 10:15-10:45 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration time 1:00-2:30 quiet time 2:45-3:30 ball bounce 3:45-4:30 clover leaf craft 4:30-5:30 supper/hydration 6:00-7:00 tv or movie in living room	4 10:00 Pledge 10:15-10:45 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration time 1:00-2:30 quiet time 2:45-3:30 ball bounce 3:45-4:30 word trivia 4:30-5:30 supper/hydration 6:00-7:00 tv or movie in living room	5 10:00 Pledge 10:15-10:45 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 corn hole 3:45-4:30 this day in history 4:30-5:30 supper/hydration 6:00-7:00 tv or movie in living room	6 10:00 Pledge 10:15-10:45 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time & <b>Winston</b> visit 2:45-3:30 bowling 3:45-4:30 Bible trivia 4:30-5:30 supper/hydration 6:00-7:00 tv or movie in living room	7 Family visits Activities table Crosswords Color pictures Fidgets Puzzles Books
Family visits Activities table Crosswords Color pictures Fidgets Puzzles Books	8 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration time 1:00-2:30 quiet time 2:45-3:30 4 across 3:45-4:30 backward words 4:30-5:30 supper/hydration time 6:00-7:00 tv/movie in living room	9 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration time 1:00-2:30 quiet time 2:45-3:30 dice 3:45-4:30 mix and match words 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	10 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration time 1:00-2:30 quiet time 2:45-3:30 Jenga 3:45-4:30 triple treat trivia 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	11 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration time 1:00-2:30 quiet time 2:45-3:30 Bingo 3:45-4:30 finish the name 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	12 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration time 1:00-2:30 quiet time 2:45-3:30 Bingo 3:45-4:30 finish the name 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	13 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration time 1:00-2:30 quiet time 2:45-3:30 head to toe game 3:45-4:30 craft time with Kkim 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	14 Family visits Activities table Crosswords Color pictures Fidgets Puzzles Books
Family visits Activities table Crosswords Color pictures Fidgets Puzzles Books Bible study with Butch	15 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 corn hole 3:45-4:30 word scramble 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	16 10:00 Pledge 10:15-10:45 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 balloon tennis 3:45-4:30 match the word picture 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	17 10:00 Pledge 10:15-10:45 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 hungry hippo game 3:45-4:30 march craft 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	18 10:00 Pledge 10:15-10:45 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 Noodle fun 3:45-4:30 craft time 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	19 10:00 Pledge 10:15-10:45 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration time 1:00-2:30 quiet time 2:45-3:30 Balloon fun 3:45-4:30 crossword 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	20 10:00 Pledge 10:15-10:45 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 marble race 3:45-4:30 finish the simile 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	21 Family visits Activities table Crosswords Color pictures Fidgets Puzzles Books
Family visits Activities table Crosswords Color pictures Fidgets Puzzles Books	22 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/ hydration 1:00-2:30 quiet time <b>Cody Jenson</b> 2:45-3:30 bowling 3:45-4:30 finish quotes of the Bible 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	23 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 kickball 3:45-4:30 finish the name combination 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	24 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 Noodle fun 3:45-4:30 craft time 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	25 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 balloon fun 3:45-4:30 crossword 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	26 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 4 across 3:45-4:30 Bingo 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	27 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 4 across 3:45-4:30 Bingo 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	28 Family visits Activities table Crosswords Color pictures Fidgets Puzzles Books
Family visits Activities table Crosswords Color pictures Fidgets Puzzles Books	29 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 football toss 3:45-4:30 name that tune 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	30 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 kick ball 3:45-4:30 supper/hydration 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	31 10:00 Pledge 10:15 exercise 10:45-11:00 orientation of the day 11-12 lunch time/hydration 1:00-2:30 quiet time 2:45-3:30 kick ball 3:45-4:30 supper/hydration 4:30-5:30 supper/hydration 6:00-7:00 tv/movie in living room	Activities are subject to change			Family visits Activities table Crosswords Color pictures Fidgets Puzzles Books

# **MARCH ANNOUNCEMENTS**

Keep an eye on the calendars for any additions or changes that may be made this month!

## **MARCH DATES TO REMEMBER**

- March 2<sup>nd</sup> - National Read Across America Day
- March 3<sup>rd</sup> - Lunar Eclipse
- March 3<sup>rd</sup> - What If Cats and Dogs Had Opposable Thumbs Day
- March 10<sup>th</sup> - International Day of Awesomeness
- March 14<sup>th</sup> - Pi (3.14) Day
- March 16<sup>th</sup> - National Panda Day
- March 17<sup>th</sup> - Saint Patrick's Day
- March 20<sup>th</sup> - International Day of Happiness
- March 22<sup>nd</sup> - National Goof Off Day
- March 25<sup>th</sup> - Manatee Appreciation Day