



# Providence House Assisted Living

180 Corey Road • Brighton, MA 02135 • (617) 731-0505

## MEET THE TEAM

Tom K. ....	Executive Director
Jarred G. ....	Assistant Executive Director
Angie A. ....	Resident Care Director
Rose C. ....	Asst. Resident Care Director
Ranilla J. ....	Engagement Director
D'Evereux F. ....	Marketing Director
Mark C. ....	Culinary Director
Brian A. ....	Facilities Director



### Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.

Why was the donkey annoying his friend?  
It was April mules' day.

## April 2024



### Message From Our Executive Director - Tom Karnes

#### National Poetry Month

Launched by the Academy of American Poets in April 1996, National Poetry Month is a special occasion that celebrates poets' integral role in our culture and that poetry matters. Over the years, it has become the largest literary celebration in the world, with tens of millions of readers, students, K-12 teachers, librarians, booksellers, literary events curators, publishers, families, and—of course—poets, marking poetry's important place in our lives.

I challenge you to write a poem and to share it with me! I will read poems submitted to me at the next Resident Meeting. But, I promise all contributors will be anonymous.

**Resident Resources:**

PACE- (617) 533-2400

Metro Cab- (617) 782-5500

[Vouchers]

Boston Cab- (617) 536-5010

[Vouchers]

Bay State Cab-

(617) 566-5000

The Ride- (844) 427-7433

Hair Salon- Open Tues. & Fri.

10:30am-4:00pm

PH Store- Open Mon.-Thurs.

9am-1pm (located at the front desk)



**NATIONAL ARBOR DAY**

Trees afford us many pleasures. In the spring, their buds let us know warmer weather is on the way. Their summer leaves provide ample shade on a hot day. Have you ever joyfully jumped into a pile of crisp colorful leaves in the fall? And in the winter, tree branches offer shelter to wildlife for our viewing pleasure. Each year in April, National Arbor Day encourages us to celebrate and plant trees. The observance takes place each year on the last Friday in April.



Cooking can help stimulate senses and elevate one's mood. Smell and taste have the power to bring up vivid memories. Meals are a social activity.



Designing and creating your own handbags using eco-friendly materials brings more meaning to your pieces.



Providence House residents enjoying some bowling activity.



Dance is a feasible alternative to traditional physical activity. It is beneficial for increasing self-trust, self-esteem, maintaining a healthy body weight, enhancing quality of life, and contributing to individual well-being and it positively influences social connectedness.



It's always a party when these friends come together at happy hour.



Keeping score during a game of ring toss provides opportunities to practice counting, addition, and even measuring distances.

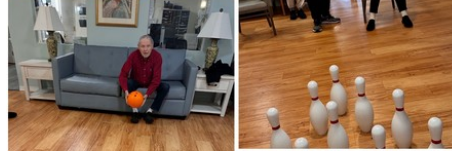
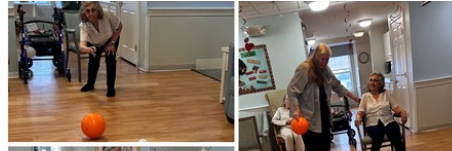
Bingo increases social engagement, allows for reflection and memory recall, and improves hand-eye coordination.



St. Patrick craft decoration.



The aroma of baking group is therapeutic. Baking helps to stimulate our senses and to increase the level of feel-good endorphins.



Here in Beechwood, the residents enjoy their morning routine group exercising and as the saying goes, "If you don't use it, you lose it."

## A Message From the Board

### GOOD FRIENDS MAKE GREAT NEIGHBORS: RESIDENT REFERRAL PROGRAM

Imagine how nice it would be to have some of your friends living here with you at Providence House. I am sure you have already mentioned to friends how happy you are here in your new home! A personal referral is the best and most effective way to promote and advertise Providence House. Providence House residents will receive \$3,000 as a thank-you for each referral made resulting in a signed residency agreement. Please see D'Evereux Fondren if you have any questions.

**D'Evereux Fondren**  
Marketing Director  
Providence House Assisted Living  
617-731-0505, ext. 203



The monthly Resident Meeting is scheduled on Tuesday, April 2, 2024, at 2:30 PM in the Dining Room.



CELEBRATE

*Earth* DAY  
APRIL 22