



# 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
Rose C. ....	Resident Care Director
Nancy B. ....	Beechwood Resident Care Director
Ranilla J. ....	Engagement Director
Tabitha J. ....	Marketing Director
Mark C. ....	Culinary Director
Brian A. ....	Facilities Director



## Ellen Ochoa

Engineer Ellen Ochoa is a hero who made history as the first Hispanic woman to go to space aboard the Space Shuttle Discovery. She would later go on to become the first Latina director of the Johnson Space Center.

## September 2024



## Message From Our Executive Director - Tom Karnes

### The September Equinox

The September equinox (September 22), also known as the autumnal equinox, is a significant event in Earth's orbit around the sun. The equinox marks the beginning of autumn in the Northern Hemisphere and spring in the Southern Hemisphere. To celebrate, invite friends and family for a seasonal gathering. Prepare a menu featuring fall-inspired dishes or host a Fall Harvest-themed potluck. Enjoy autumnal food and beverages, and don't forget to carve or decorate pumpkins together!

## 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)



### Residents doing their weekly balance training!

The goal of balance exercises is to improve their stability.



### Monthly Birthday Celebration party! Cheers to another fabulous year of life.



### PH Residents lunch trip to Clam Box.



Yoga has mental, emotional, physical, and physiological benefits. Fantastic way for our residents to lower their stress levels.



### Music with Heart Group brought a lot of joy and memories to our residents.



### BINGO TIME! PH residents enjoying their favorite game.



### PH residents meditating and relaxing their minds and bodies.



### Spiritual Group with Sister Carlotta.



## A Figure of Speech

*Phrase:* Can of corn

*Meaning:* In baseball, a fly ball that is easily caught by an outfielder

*Origin:* Play-by-play announcers calling baseball games still use this phrase today, though it likely originated in the 19th century. At that time, clerks at grocery stores would use a hooked stick to knock canned goods off high, hard-to-reach shelves. The item would fall easily into the clerk's apron or a basket, just like a fly ball dropping effortlessly into an outfielder's glove.



When it is hot, why not cool down with some ice pops outside in PH's beautiful courtyard with friends?



PH residents feeding the mind, body and soul in Spiritual Group with Sister Carlotta.



Ballroom dancing and stretching with a professional instructor.



Beechwood residents engaging their regular daily morning exercise and music therapy, keeping their bodies and minds active.



Welcome! In August 2024, Tabitha Jones joined PH as the new Sales/Marketing Director. She comes with over 13+ years of experience in Assisted Living, Independent Living and the Memory Care industry. Her dedication and passion for assisting seniors into ALF is unmatched. She goes above and beyond to make each resident and their family comfortable with the transition. In her free time, Tabitha enjoys spending time with her two sons Tashim & Tariq, and their cat, Lala. She also enjoys roller skating to great music!



Celebrating our previous Marketing Director; all the best on her new venture.



Beechwood Residents joining AL Residents for our weekly Happy Hour enjoying drinks, snacks, and music!

## 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 **Tabitha Jones** if you have any questions.

**Tabitha Jones, Marketing Director**  
Providence House Assisted Living  
617-731-0505, ext. 203

## Resident Meeting

The monthly Resident Meeting is scheduled on Tuesday, September 24th, 2024, at 2:30 PM in the Dining Room.





# Enjoy *Autumn*



.....  
*Join Us as We*  
**WALK TO END**

**ALZHEIMER'S**