



Administrator

Janet White

Associate Administrator

Eric Goodlock

Office Manager

Tasha Cummings

Life Enrichment Director

Kaylee Todd

Ash Building RCM

Toni Nocera

Cedar Building RCM

Mary Stager

Dogwood Building RCM

Marriane Dyre

Elm Building RCM

Kanika Steele



Ginny S.
September 9th



Delores H.
September 15th



James C.
September 16th



Lou Ann S.
September 22nd

Psalm 147:3
“He heals the brokenhearted and binds up their wounds.”

Remembering September 11, 2001



We will be taking a moment of silence for those
lost at 8:46am in the activity room.

INFORMATION REGARDING FAMILY VISITS

Outdoor visits will be offered Monday thru Friday at designated times. Visiting areas will be identified and in these areas, all social distancing guidelines and markers must be followed. This will allow us to properly screen visitors, offer hand sanitizer, and disinfect the seating areas in between visits.

The available visiting times are as follows:

9:30am-10:30am

10:45am-11:45am

1:00pm-2:00pm

2:15pm-3:15pm

3:30pm-4:30pm

You **MUST** call the facility and speak with Kaylee or Eric in advance to set up a time to visit. Please call 24 hours in advance so we can prepare staff. If you'd rather sign up for your time you can use this website: <https://www.signupgenius.com/go/10CoD4FAEAC2BA3FAC25-family>

When you arrive a staff member will bring the resident outside to the designated area.

You **MUST** remain 6 feet away from resident and you **MUST** have a mask on throughout the entire visit.

You will be required to fill out our Health Evaluation form and have your temperature taken. If you start to experience symptoms after a visit, please notify us within 48 hours of your visit.

Please limit the amount of visitors to 1-2 people per scheduled visit.

If appropriate, we ask the resident to also wear a face mask.

If you have been in contact with someone suspected of COVID-19 or have any symptoms, please refrain from visiting. Our first priority is keeping our residents safe.

We know that this has been difficult on everyone, especially the residents here at Park Place. We trust that with everyone's cooperation and compliance with the above guidelines, we will then be able to continue offering the outdoor visits.

If you have any questions, please don't hesitate to contact me or Eric at 269.388.7303. I can also be reached on my cell at 269.823.2859 or my email at Kaylee.Todd@baruchsls.org

Warm Regards,

Kaylee Todd

Life Enrichment Director

MOVIE MATINEE LINE-UP

The Help: Friday September 4th at 2:15pm

**Willy Wonka and the Chocolate Factory:
Friday September 11th at 2:15pm**

**Christopher Robin: Thursday September
17th at 2:00pm**

**Chitty Chitty Bang Bang: Friday September
25th at 2:00pm**



SEPTEMBER DEVOTIONAL



Pause. Breathe. Begin Again.

There is a phrase I have been drawn to when I am feeling overwhelmed and stressed that helps me slowly come back to myself...

Pause. Breathe. Begin Again. I heard this phrase from a former professor of mine, and it was something I could not get out of my head.

Even simply saying the phrase slowly to myself a few times was and is

calming. I find myself coming back to this phrase as we continue

through this pandemic, not only as a practice that is helpful to me

personally, but also as a spiritual practice to be shared with our resi-

dents. So what does it mean to Pause. Breathe. Begin Again, and how is this practice helpful to us

during this season we are all in? Pause. I heard a pastor friend of mine once say, “Distraction is the

curse of our age. The desperate need today is not for a number of efficient people, or busy people,

but for present people.” We cannot be present with ourselves, God or our neighbor without pausing

and taking time to notice and take inventory of our thoughts, feelings, worries, etc. The act of paus-

ing is a defiance against busyness and distraction, allowing us to “...be still and know that I am

God” (Psalm 46:10). When we pause, we can recognize our anxieties and worries and turn those into

prayers to God, “...casting all your anxieties on him, because he cares for you. Be sober-minded; be

watchful...” (1 Peter 5:7-8). As we take time to pause and notice these things, our hearts are free and

have more room to “...give thanks to God in all circumstances...” (1 Thess. 5:18), leaning in and pon-

dering more on all the blessings we do have, which helps us breathe again. Breathe. In a book titled

“Atomic Habits” by James Clear, the author talks all about the science of creating healthy habits and

breaking bad habits. One of the ways to begin good habits, he says, is not the length of time you do a

habit but how consistently you do it. He suggests that to start a good habit, do it no more than 2

minutes per day coupled with a healthy habit you already do. Once we begin practicing pausing, be-

ing still and taking inventory of our hearts and minds as well as our blessings, we can begin to cou-

ple it with our breathing for a short 2 minutes per day...breathing in slowly through our nose and

slowly exhaling out of our mouths. We can even add scripture to our breathing as a practice that

dates back centuries to the desert mothers and fathers, breathing in “The Lord is my Shepherd” and

exhaling “I lack for nothing” (Psalm 23). Breath and spirit often mean the same thing in the Hebrew

scriptures, and so we pause and then breathe, recognizing our spirit is alive, because of “...he who is

in you...” (1 John 4:4). Begin Again. This phrase is simply grace. Grace for ourselves given to us by

God and grace for others that we share. When we pause and breathe, we allow ourselves to become

present with ourselves and with God, which then allows us to receive the grace we so desperately

need in order to extend our grace and presence to others. My prayer for you and our residents is that

you may pause; breathe; and begin again.

Chaplain Clint