

THE PROMISE OF SPRINGS ARRIVAL IS
ENOUGH TO GET ANYONE THROUGH THE
BITTER WINTER



Woodbury Senior Living | 7012 Lake Road, Woodbury, MN 55125 | (651) 501-2105



ESTATES
2825 WOODLANE DR
651-501-2100



Our Community Newsletter March 2023

Staff Anniversaries

Dawn Hyland
8 years!

Therese Kolden
4 years!

Happy Birthday to YOU...

LORRAINE P 03/03

SARA K 03/17

JUDITH M 03/26

DONALD W
03/30



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Housing Manager

March Greetings from Woodbury Estates!

Wishing all our Irish residents and families a Happy St. Patrick's Day!

The good thing about March, is that Spring is on its way. A sure sign of spring is Daylight Savings time which begins on Sunday, March 12. Don't forget to spring ahead.

I would like to share that the dining room on first floor will have new tables, chairs, and artwork by May. We are also getting bids to redo the dining room on Memory Care. This will include removing the current wallpaper and repainting the walls, ordering new tables and chairs, and purchasing artwork. I hope to have this completed by June 1st. I will keep you updated with the progress.

I would like to encourage family members to please plan to do spring cleaning of your relatives' apartment. Please go through clothing and take out items that no longer fit or are worn. If you bring in new items, please make sure that you mark them with the resident's name. Many of the apartments are overflowing with furniture and items that are no longer used or needed. The clutter becomes an obstacle for staff to provide care and to fit mechanical lifts in the apartments. Emergency personnel also need to be able to get into the apartments to provide service. Please plan to come in to evaluate your loved one's apartment by May 1st. If I notice concerns with apartments, I will be contacting families.

Please feel free to email or call me to discuss any issues or concerns.

Blessings, Lauren Pahnke

Community Life

Spring is almost here! Time to put away the shovel and start embracing springtime! Community Life is looking forward to having more outings and colorful activities in March. Fingers are crossed for NO MORE SNOW!
activities/outings are still permitted by weather

Residents will be having a St. Patricks Day Party and Entertainment coming from Bobby & Christine. Along with daily activities such as exercise, crafts, games, group discussions, reading groups and more!

Attention all readersCommunity Life reached out to our local library and will be having a "Pop Up" Library coming to the Estates Monday, April 3rd. This event will take place the 1st Monday of every month. You will need to sign up for a Library card before checking out books. They will be able to do this right here at the Estates!

Hope Everyone has a great month of fun festivities! See ya soon Spring!



Community Life Director

Brittany Barndollar

BBarndollar@woodburyseniorliving.com

651-501-2112



Celebrating 10 years of Integrative Wellness

We're celebrating the 10-year anniversary of the Integrative Health and Wellness program at Woodbury Senior Living this spring! Many of you have enjoyed Katie's visits to offer massage and essential oils, or a just short check-in visit to see how you're doing. On

Tuesday, March 7th our Community Life and Integrative Health and Wellness teams will be hosting a Spring Spa event from 1 - 3 pm in the "Sun Room" 2nd Floor. Residents are invited to come and refresh with a neck or hand massage, an Oshibori towel (moist, hot towel), some conversation, music and refreshments. We have a lot of fun at spa events and whether you have a tight neck or achy shoulders or no aches and pains at all, we invite you to join us to celebrate 10 years of our program and the anticipated return of spring in Minnesota. We'd love to see you!

-Rachel Trelstad-Porter



Spiritual Services

March Religious Observances

There are two significant religious seasons for many members of the WSL community this month:

Ramadan (expected to begin March 22) – Muslims fast from dawn to dusk during this month of deepened reflection, prayer, and charitable giving, which this year is expected to end on April 21. The Spiritual Care team is providing dates in staff break rooms for those who are fasting for Ramadan, while supplies last.

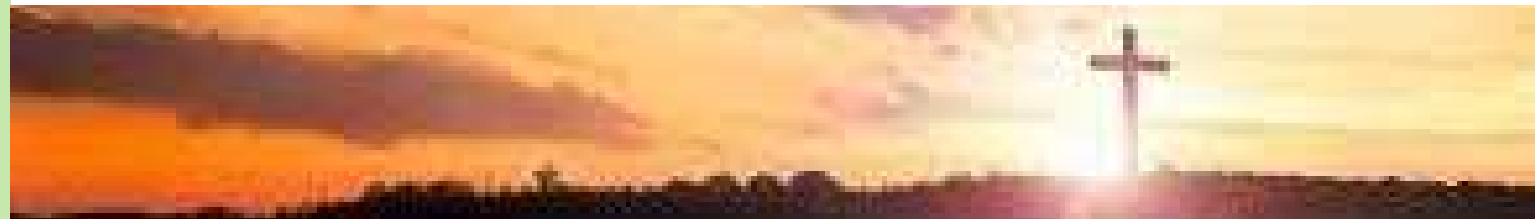
Lent (begins February 22 for Western Christians, February 27 for Eastern Christians) – Lent is a time of repentance, prayer, and exploring new spiritual practices leading up to Holy Week and Easter, which falls on April 9 for Western Christians and April 16 for Eastern Christians. Chaplain Shari and Chaplain Carolyn will incorporate this into regular WSL worship and Bible studies.

Our chaplains are here for you to provide spiritual and emotional support. Call or email us or ask a staff person to contact us:

Campus Chaplain Shari Howell: 651-501-2111, showell@woodburyseniorliving.com

Associate Chaplain Carolyn Browender: 651-287-6590,

Reminder to all Estates residents, Worship Services will be held on 2nd Floor on Sundays at 10:45 am until further notice. This area provides more space for our residents.



Did you know...

- The term “spring fever” refers to a both psychological and physiological symptoms associated with the arrival of spring, including restlessness and daydreaming. While the exact cause is unclear, scientists believe that increased light and more exercise influence hormone levels.
- Every year, allergies constitute over 17 million outpatient office visits, mostly in the spring and fall.
- Holidays that occur in *spring* include Easter, Passover, April Fool’s Day, Earth Day, Arbor Day, Mother’s Day, Father’s Day and Cinco De Mayo
- When the dandelions bloom early in spring, there will be a short season. When they bloom late, expect a dry summer.



*For glad Spring has begun,
And to the ardent sun
The earth, long time so bleak,
Turns a frost-bitten cheek.*
- Celia Thaxter, American poet
(1835–94)



Aging Magnificently

Relaxation Techniques: An Antidote to Stress

Stress is an all-too-common human condition. Work, kids, bills, illness—all potential sources of stress throughout adulthood. While many of these stressors disappear in retirement, older adults often face new stresses, such as isolation, changes in health, loss of a loved one, and moving to a new home.

Whatever the trigger, chronic stress can take a toll on your body, resulting in symptoms that range from insomnia to high blood pressure. While medication may be appropriate for certain health conditions, relaxation techniques, or meditation, can be effective in reducing chronic stress, improving sleep, boosting a sense of wellbeing, lowering blood pressure, and potentially improving memory.

Spend a few minutes every day doing some form of relaxation, and you’re almost guaranteed to feel less stressed. To get started, try these two simple relaxation techniques.

Body scan

- While sitting or lying down, close your eyes.
- Starting with your toes, focus on one body part at a time.
- What sensations can you detect? Pressure? Temperature? Pain?
 - If your mind begins to wander, gently bring it back.
- When you reach the top of your head, start back down.

Breath counts

- Sit or lie comfortably with your eyes closed.
- Slowly count to 4 as you breathe in through your nose.
 - Hold your breath for another 4 counts.
- Release your breath through your mouth as you count to 8.

• Repeat for 10 breaths.

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ESTATES GALLERY



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