

# HUMOR PAGE

LOLA

BY TODD CLARK



Just need to add the bow...



Purrfect!



JUST WHAT IS TAKING HER SO LONG? SHE ONLY WENT UPSTAIRS TO CHANGE...



Happy Mother's Day!

@iizcar

offthemark.com

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MARK CLARK

# ESTATES GALLERY





## Spiritual Services

Change and growth that makes a difference!

"What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others" (Nelson Mandela - 1918-2013).

Nelson Mandela was the former South African President and a courageous leader who dedicated his life to ending Apartheid, and building a free, multiracial, and democratic South Africa. Mandela was instrumental in tearing down the oppressive regime of South Africa and laying the foundation for democracy. He fought for equality and freedom for all people. Arrested and imprisoned for 27 years for fighting for freedom, Mandela refused to give up the struggle or give into hate. Mandela fought against apartheid, but he also fought for something better: a better world, in which freedom, justice and dignity for all peoples were respected. Released from prison in 1990, he negotiated to end Apartheid in South Africa, bringing peace to a racially divided country, and leading the fight for human rights around the world. Mandela didn't only live life, he lived and made the difference for others.

How can you change things so you make a difference in the lives of others? (Hint: a smile can be a great way to start!)

-Rev. Johnny Russell, Senior Living Chaplain

Finally, spring is upon us and we look forward to change and growth outside our doors in nature as well as inside our hearts!

Your chaplains are here to support you with spiritual and emotional needs as always:

Chaplain Shari Howell: 651-501-2111, [showell@woodburyseniorliving.com](mailto:showell@woodburyseniorliving.com)

Chaplain Carolyn Browender: 651-287-6590, [cbrowender@woodburyseniorliving.com](mailto:cbrowender@woodburyseniorliving.com)



## Aging Magnificently

Let's Get Physical: Staying Active and Independent

Unless your goal is to run a 10K, physical exercise doesn't need to be exhausting. The goal is to keep your joints limber, build muscle strength, maintain a healthy weight, and slow down the loss of lean muscle mass.

Going for walks in your neighborhood, down the hall, or even around your living room all count as exercise. Ditto working with a stretchy band or lifting objects, such as soup cans, a laundry detergent jug, or bags of cat food. Both walking and weight resistance get your blood moving and keep the muscles engaged. If you feel a little sore the next day, that just means your muscles got a good workout. Keep at it and the soreness will go away.

Here are some easy ways to incorporate physical activity into your everyday life:

- Stand up and sit down five times during each TV commercial break.
- Do bicep curls using water bottles or soup cans when you're watching TV.
- Do leg lifts while watching TV or talking on the phone.
- Walk around the living room, down the hall, or in the stairwell.

Bottom line, staying active can help you live a happier, healthier, more independent life!

Brought to you by your Lifespark COMPLETE™ team in partnership with The Estates To learn, contact Lifespark at 952-873-7386 or [LSCreferrals@lifespark.com](mailto:LSCreferrals@lifespark.com) or visit [complete.lifespark.com](http://complete.lifespark.com).



## WOODBURY SENIOR LIVING BLOOD DRIVE

*Spring Into Life*

**Give Blood**

**American Red Cross will be coming to Woodbury Senior Living for the blood drive on May 24th from 9:00 AM- 3:00 PM**

**Health Care Center (Skyway)**





## Housing Manager

May Greetings from Woodbury Estates!

Wishing a blessed and Happy Mother's Day to all the ladies who currently reside at Woodbury Estates. You are important to us, and we honor you during the month of May.

I have been notified that our new dining room furniture for assisted living will be delivered any day. I am excited to move out the old furniture and change the look of our dining room. I continue to find art work, clocks and decorations to improve the dining room atmosphere. Please let me know your thoughts.

As the nice weather approaches, we will be opening up our outdoor patio areas. Please take advantage of encouraging your loved ones to sit outside and enjoy the fresh air and soak in some sunshine.

Blessings,  
Lauren Pahnke  
Executive Director

## INFORMATIONAL NOTICE

### Initiate the Elderly OR CADI Process

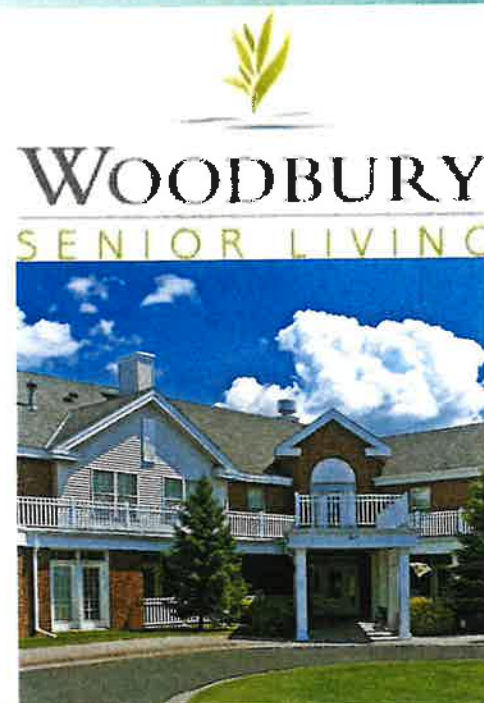
- Will you run out of money in 3-4 months?
- If so, you need to call Washington County now.  
651-430-6484

#### OPTION 2

- Request the application "Medical Assistance for Long-Term Care."
- Fill out the application and provide all proofs as soon as possible and return it to the county.
- Until approved by DHS, you are still private pay; and each statement must be paid in full.

\*\*Online payment options are available- send me an email for the details.

To discuss further contact Tom 651-287-6585



## Community Life

Welcome May to the building,

Its Springtime and we are ready to get outside to soak up the sun. Residents will be getting outside more on our patios as the temperature slowly rises. You will be seeing "In the Garden" on the monthly calendars so all residents will be able to enjoy our beautiful garden. We will also be doing some gardening and picking out some flowers for the patio areas very soon. There will also be more activities that are spring theme in our May Calendar such as spring/holiday crafts, trivia's, Social Gatherings and more.

CINCO DE MAYO- MAY 5TH (2:00 PM) HOLIDAY TRADITIONS, PINATA AND MARGARITAS (ALSO NON ALCOHOLIC BEVERAGES)

ITS ALMOST MOTHER'S DAY! WE WILL BE CELEBRATING ALL MOTHERS IN THE BUILDING. EVERYONE IS WELCOME TO COME JOIN US ON THE 1ST FLOOR DINING HALL FOR SOME FINGER FOOD AND BEVERAGES FOR SOCIALIZING.

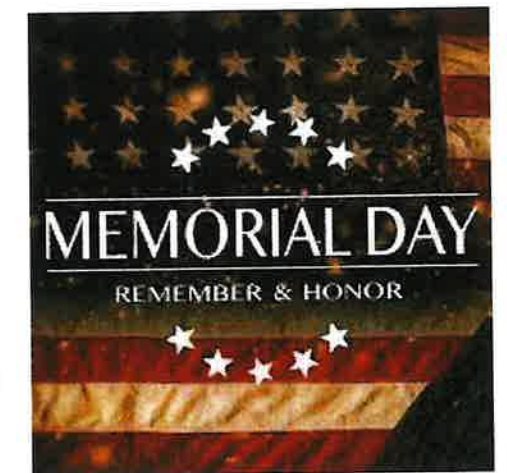
THIS WILL BE HELD ON FRIDAY, MAY 12TH @ 2:00 P.M. DRESS TO IMPRESS- AND DON'T FORGET YOUR SUN HATS!

MEMORIAL DAY REMEMBRANCE WILL BE IMPORTANT DAY FOR THE ESTATES. IN HONOR OF REMEMBERING THOSE WHO SACRIFICED THEIR LIVES FOR OUR FREEDOM. JOIN US ON MAY 26TH FOR A MOMENT TO REMEMBER THESE MEN AND WOMEN. WE ALSO WILL BE CELEBRATING LOVE ON THIS DAY, WE HAVE A SPECIAL ANNIVERSARY TO ACKNOWLEDGE... JIM & PAT'S 40TH WEDDING ANNIVERSARY! WE WILL BE HAVE COFFEE AND CAKE FOR EVERYONE TO ENJOY.

There will be more performances and a Art Class for the month of May. Please to continue to check out the monthly calendars for programs. Also, please keep in mind that activities are subject to change daily. (Weather permitted)\*\*\*\*

Thank you and have a great May!

Community Life Director- Brittany Barndollar 651-501-2112





"INSPIRATION COMES FROM WITHIN YOURSELF. ONE HAS TO BE POSITIVE. WHEN YOU'RE POSITIVE, GOOD THINGS HAPPEN." - DEEP ROY



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

  
**WOODBURY**  
SENIOR LIVING

**ESTATES**  
**2825 WOODLANE DR**  
**651-501-2100**



## Our Community Newsletter May 2023

### Staff Birthdays

*Maria G*  
*May 13th*

*Deb B*  
*May 23rd*



### Resident Birthdays

**LARRY H**  
**MAY 3RD**

Come  
join us to  
celebrate Larry's  
Birthday on May 5th  
on the 1st Floor  
Dining Hall.

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