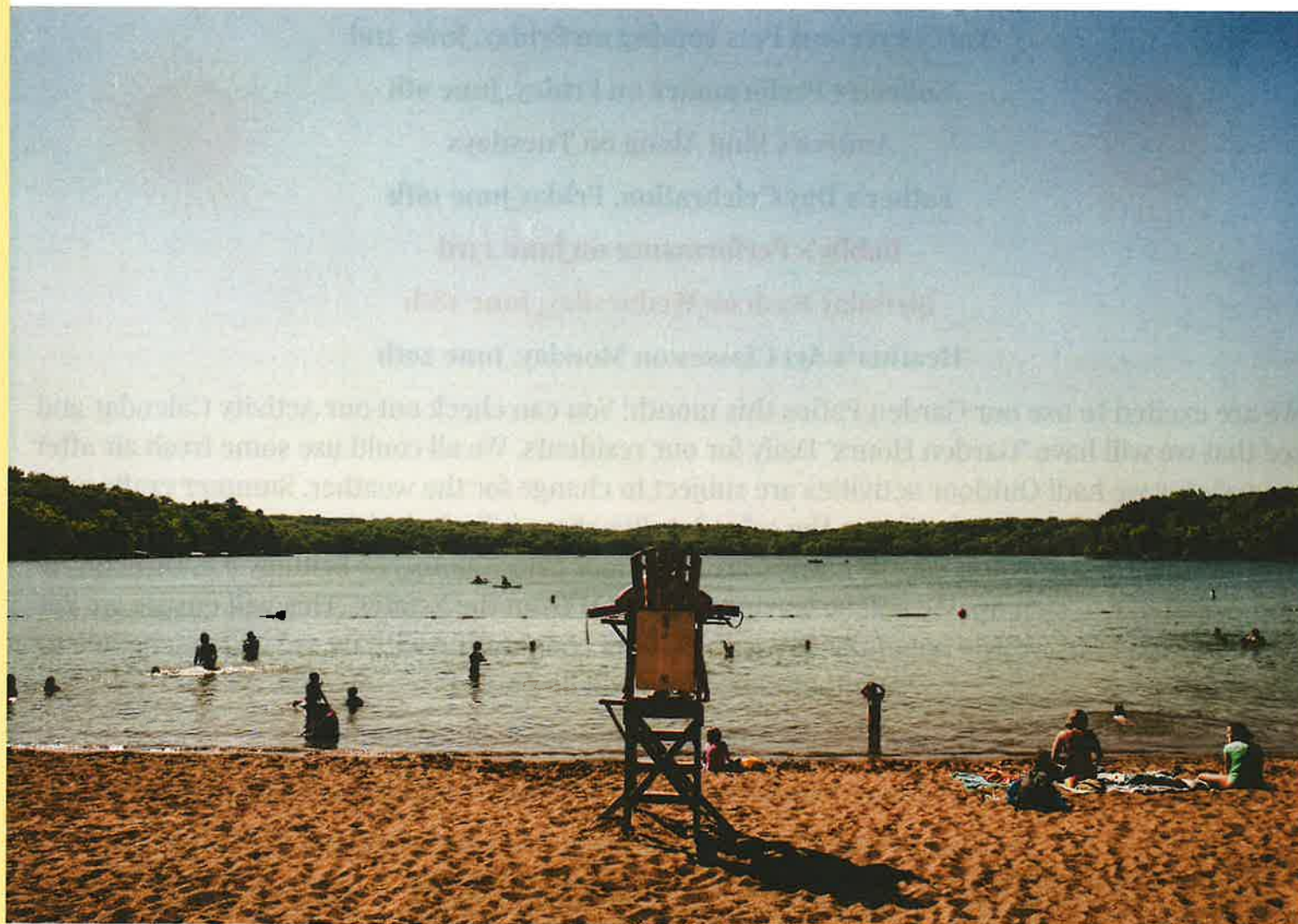


HELLO JUNE! BE A MONTH OF
PEACE & LOVE



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



ESTATES
2825 WOODLANE DR
651-501-2100



Our Community Newsletter June 2023

Staff Birthdays

LORINDA JUNE 3RD

LUOPU JUNE 13TH

AYNALEM JUNE 17TH

GENET JUNE 18TH

SHAGA JUNE 19TH

SAM S JUNE 28TH

DAWN JUNE 28TH

Resident Birthdays

REGINA
JUNE, 3RD

NICK S
JUNE, 15TH

SHIRLEY R
JUNE, 17TH

LOLA J
JUNE, 18TH

DARLENE B
JUNE, 18TH

PAT E
JUNE 29TH

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Housing Manager

June Greetings!

A huge Happy Father's Day to our residents, family members and staff.

Being a father should not be taken lightly. There are many responsibilities that come along with this title, and not everyone can be a father.

My Dad was a very hard worker and taught me the value of being responsible, reliable, and grateful for everything that I have in my life. I miss him dearly but realize that he is with me at all times.

I challenge you to spend some time, thinking about your father. If he is no longer alive, look back at how he influenced your life and what you learned from him.

I realize that not all my memories are positive, yet I have grace knowing that no one is perfect.

Please enjoy the wonderful June weather God has shared with us.

**Thank you,
Lauren Pahnke**

Dad Jokes

1. Did you hear about the red and blue ships that collided? All the sailors were marooned.
2. My neighbor gave me a new roof for free. He said it was on the house.
3. Did you hear about the teenager who failed his driving test? He thought it was a crash course.
4. Where do surfers learn to surf? At boarding school.
5. A duck walks into a bar and buys everyone a round. He tells the bartender, "Put it on my bill."
6. What has a spine but no bones? A book.
7. What do you call a wizard who's good with ceramics? Harry Pottery.
8. Why did Marie Curie stop dating that guy? There was no chemistry.
9. Did you hear about the nurse who didn't want to become a doctor? She didn't have the patients.
10. Why did the tourist feel disappointed upon seeing the Liberty Bell? It wasn't all it was cracked up to be.

Community Life

The sun is shining and the flowers are blooming, time to welcome SUMMER! Community Life has some special events coming up this month of June. Some of our events included;



Tori's Precious Pets coming on Friday, June 2nd

Colleen's Performance on Friday, June 9th

Andrea's Sing Along on Tuesdays

Father's Day Celebration, Friday June 16th

Bobby's Performance on June 23rd

Birthday Bash on Wednesday, June 28th

Heather's Art Classes on Monday, June 29th



We are excited to use our Garden Patios this month! You can check out our Activity Calendar and see that we will have "Garden Hours" Daily for our residents. We all could use some fresh air after our winter we had! Outdoor activities are subject to change for the weather. Summer crafts and an outing to **COMO ZOO** is also on the calendar. *Bus space is limited*, please keep this in mind. If you are intrested in going, please notify Carol (1st Floor Coordinator) or Brittany (CL Director) if you would like to sign up. We will be leaving at 9:30 AM from the Estates. This will ensure we get there ahead of big crowds hopefully! If weather is not cooperating with us, we will reschedule to another date. Signs will be posted.

Hope everyone enjoys and has a safe SUMMER!

Estates CL Director **Brittany Barndollar**- BBarndollar@woodburyseniorliving.com

Estates CL Coordinator **Carol Metzger**- cmetzger@woodburyseniorliving.com



Spiritual Services

"Grief tends to be understood in a narrow set of circumstances: most often a death of a human loved one. To an extent, we have structures in place to address this, such as bereavement leave, memorial services, and grief groups.

However, grief is broader than this. We may experience it when we go through any significant change, even when that change is positive. A graduate celebrates their accomplishments while feeling the bittersweet pang that comes with transitioning to a new school or career. A parent welcomes a new child while grappling with what this means for their identity within their family and outside of it. We do ourselves no favors when we suppress these feelings. If you're a writer, try journaling to work through this. If you prefer to talk things out, seek out a trusted therapist, friend, or community chaplain, to name and grieve these losses. Your losses are real, valid, and you are deserving of support." – Chaplain Carolyn Browender, WSL Associate Chaplain

WSL chaplains are available for you emotional and spiritual care:

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

Chaplain Carolyn Browender: 651-287-6590,
cbrowender@woodburyseniorliving.com



Aging Magnificently

HEALTH POST:

Handy Tips for Stiff and Aching Hands

IF YOU'RE NO STRANGER TO STIFF, PAINFUL, OR WEAK HANDS, YOU'RE IN GOOD COMPANY. ROUGHLY 50 PERCENT OF ADULTS, AGE 65 AND OLDER, EXPERIENCE ENOUGH JOINT PAIN TO MAKE EVERYDAY ACTIVITIES—OPENING A JAR, TURNING A DOORKNOB, SLICING AN APPLE—FEEL AS STRENUOUS AS HAND-TO-HAND COMBAT. TO RELIEVE SYMPTOMS SUCH AS DULL JOINT PAIN OR STIFFNESS IN YOUR HANDS, CLEVELAND CLINIC RECOMMENDS:

- PHYSICAL THERAPY (PT) TO LEARN STRENGTHENING AND STRETCHING EXERCISES.
- HOT AND COLD PACKS (COLD TO REDUCE PAIN AND SWELLING, AND HEAT TO REDUCE STIFFNESS) FOR UP TO 20 MINUTES AT A TIME.
- REGULAR REST PERIODS TO HELP RELIEVE PAIN AND INFLAMMATION IN YOUR JOINTS.
- HEALTHY EATING AND DIABETES MANAGEMENT
- OCCUPATIONAL THERAPY (OT) TO LEARN HOW TO USE TOOLS THAT MAKE DRESSING OR PREPARING FOOD EASIER.

TALK TO YOUR LIFESPARK COMPLETE™ MEDICAL EXPERT ABOUT YOUR JOINT PAIN AND WHETHER YOU'RE A CANDIDATE FOR PT AND OT.

TO LEARN MORE ABOUT LIFESPARK COMPLETE, CONTACT LIFESPARK AT 952-873-7386 OR LSCREFERRALS@LIFESPARK.COM OR VISIT COMPLETE.LIFESPARK.COM.

GETTING TO KNOW OUR STAFF!



Greetings from Woodbury Senior Living, we would like to introduce you to Marlin he has to be the best dressed Housekeeping Director ever hands down!

Good afternoon my name is Marlin. I have the honor to have been chosen to be placed at Woodbury Senior Living Campus. Well just a little about myself. I am a workaholic, committed, loyal, trustworthy, friendly, etc etc. I have been here for two years & counting managing the Housekeeping & Laundry department. I am very private when it comes to my personal life.

Now in my work life you all have most definitely become my personal family. From staff to residents, I do what I can when I can to be at your disposal & or assistance. I have gained many friends from all walks of life here. I do not & I repeat do not plan on leaving no time soon. You would have to throw me out the front door head first (lol). That's just how much I like it here.

Thank you all. Yours humbly grateful....Mr.Marlin

HUMOR PAGE

ESTATES GALLERY

