

Community Life at WBHCC

Our Community Life Department offers a wide variety of leisure activities and recreation programs. We strive to fulfill program opportunities within the Wellness Wheel which is comprised of the 7 Domains of Wellness. These domains include: Physical, Social, Emotional, Spiritual, Intellectual, Environmental, and Vocational. Some of you may enjoy programs in one area and not another, and others enjoy it all. We provide a weekly calendar of events for you to look at and plan. The Community Life team loves when you join in and prior to programs, will come knocking on your doors to invite, encourage, and escort you so that you may attend. Come for an entire program or leave anytime you want. There are NO rules for participation. We hope to enrich your lives and keep you active.



Woodbury Senior Living | 7012 Lake Road, Woodbury, MN 55125 | (651) 735-6000



Age Magnificently



Our Community Newsletter

Discover what's going on in your neck of the woods.

OCTOBER BIRTHDAY'S

Happy Birthday to the resident's celebrating their September special day:

4 Barb B

20 Jackie F

21 Mary D

Birthday parties are held the 1st Wed of each month at 2:15 2nd floor.

OCTOBER 2023

On behalf of the staff at Woodbury HCC we would like to welcome you to our facility and thank you for trusting us with your care. We strive to create an environment that can feel like a home away from home. We are committed to providing you with the best care possible while you are with us.

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Chaplain's Corner

Give Yourself Grace

We've all heard the golden rule, "Do unto others as you would have others do unto you."

While it's important to show grace to others, we also need to find ways to shower grace on ourselves. Showing grace to yourself means that you practice self-compassion, understanding, acceptance, and forgiveness of self. Giving yourself grace is a choice. Giving yourself grace takes practice, but it can heal you and bring you deep peace and joy.

Whatever grace looks like for you today – give it to yourself! Let go of the things you do not have control over. Instead, do what brings you inner-self peace and joy. Make a list. Then, do one thing today from that list that will put joy in your heart and bring peace to your soul. - Rev. Carol Skjegstad, Senior Living Chaplain

Share Your Care: Be a Volunteer

We are excited to be ramping up our volunteer program! Join us in making memories and spreading joy at Woodbury Healthcare Center by volunteering your time in any number of areas from activities, reception, one to one visits with our residents, pet therapy and host of other opportunities. Contact us through our Careers and Volunteers tab of our website or give us a call at 651-287-6544.

Resident Council News/ Chef Talk

At our meeting in August, we discussed our upcoming special events. Residents got to meet the new 2nd floor Nurse Manager Jodi as well as talk with the DON. The meetings are held in the 2 North Dayroom and begin at 2:00 pm. All resident's are welcome to attend. Our next meeting is **10/18/2023 at 2pm**.

This is a great way to hear updates taking place at Woodbury Healthcare Center, activity programs and events/planning, and brainstorming on ways to make your stay at WBHCC the best. It is also a time to review both resident rights and quality of life areas. Hope to see you all there.

Our Chef talks will continue on the 3rd Friday of each month. This meeting is with the Dietary Director and focuses on enhancing the dining experience. Everyone is welcome. **Next Meeting 11/17/2023 10:30 a.m**

Resident Updates

Going on an outing

If you will be leaving the building for any amount of time, we ask that you please sign-out on the station AND sign back in when you return. Thanks

Veterans Wall

If you have not done so, please submit your picture to be featured on our Veteran's Wall.

Reminders for Visitors

Face Masks are Optional.
Visitors should NOT enter the community if they have:

*Current Covid symptoms:

fever, sore throat, cough or shortness of breath.

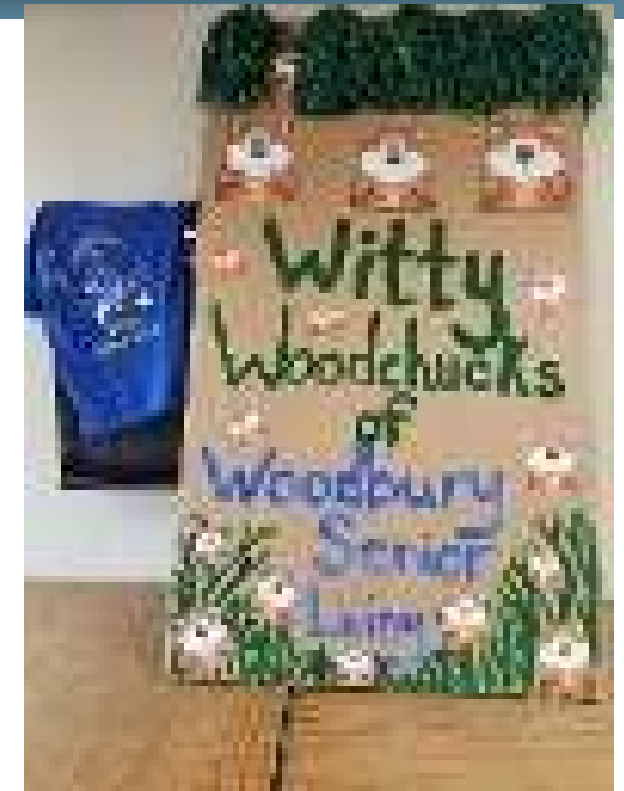
Had contact with a person that tested positive for Covid-19 in last 10 days **OR** Had Covid-19 infection in past 10 days

Welcome ED Intern Megan

Hi, I'm Megan Miller, the current Administrative Intern. I'm currently a senior at the University of Wisconsin-Eau Claire majoring in Healthcare Administration to become a licensed Nursing Home Administrator. At Woodbury Senior Living I am finishing my senior year doing a 50-week residency that started in June 2023. I have been working and doing rotations in different departments learning about each position here. I was even a resident for a day. I am from Prior Lake Minnesota where I currently now live with my twin sisters, brother, and parents while on residency. I am looking forward to the coming months and learning more about senior care.

Spark Challenge is coming

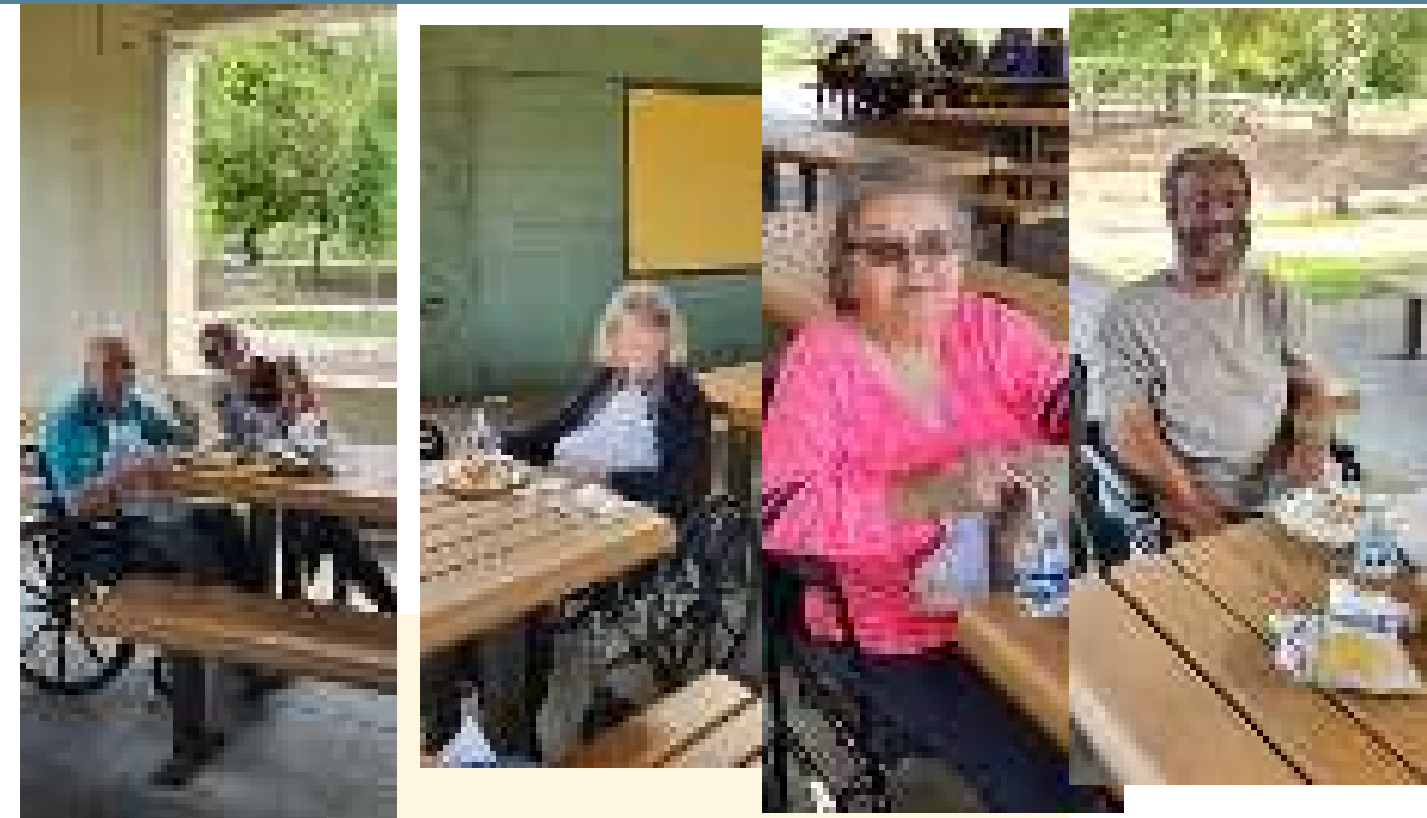
Our last and final challenge for 4th quarter is the Spark Challenge. This will be a combination of both cognitive quiz challenges pair with a physical challenge that we did the previous quarters. All resident's are encouraged to join in the fun. Congrats as well to Grip Game participants. The team ended up the quarter strong.



Wii Game and Wheel of fortune



PICNIC IN THE PARK



A note from Chaplain Austin: My name is Austin Felber, and I am happy to be with you! I recently worked one year as an oncology Chaplain Resident at Methodist Hospital, and this is my first experience with senior living communities. In the beginning of the pandemic, I graduated from Bethlehem Seminary with a Master's Degree in Theology and Greek, and earlier I graduated from Bethel University in 2017. I live in Eagan, MN with my wife and ten-month-old daughter. I am originally from Monticello, MN and have lived in the Twin Cities most of my life. I enjoy reading mystery novels, playing guitar, and running for fun. On the weekends I work as a personal trainer at a local gym, and I love everything fitness and nutrition. I'm eager to get to know you during my time here and will always welcome a conversation.

State Fair Day at Woodbury Healthcare Center

