

Be the change you wish to see in the World!



Woodbury Estates | 2825 Woodlane Drive, Woodbury, MN 55125 | (651) 501-2105



*ESTATES*



## Our Community Newsletter

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

### STAFF BIRTHDAYS

*Jamad*  
*January 1st*

*Charles*  
*January 8th*

*Ahmira*  
*January 14*

*Seble*  
*January 16th*

### RESIDENT BIRTHDAYS

DAVID C  
JANUARY  
26TH

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# WOODBURY ESTATES

## Celebrating our new Estates Residents and Staff!



### Recent Move-ins:

Lorraine H Apartment 203  
John & Rita S. Apartment 101  
Lorraine H Apartment 203  
Karen G Apartment 121

### Staff Anniversaries

Lauren Pahnke- January 3rd (2 years)

Sara Jelde - January 31st (2 years)

**HAPPY HOLIDAYS TO OUR RESIDENTS & FAMILIES  
FROM OUR ESTATES STAFF!**



## Sudoku- try it out...

### How to play...

A classic Sudoku has nine boxes, each subdivided into nine cells, for a total of 81. The goal is to fill in each of the cells with a number from one through nine. The digits must be placed so that each appears only once per row, column and box.

### Did you Know...

Doing crossword puzzles, Sudoku games, jigsaw puzzles and other games that rely on logic, math, word and visuospatial skills are great ways to increase brainpower. These types of games require multiple cognitive abilities, which challenges your brain and improves processing speed and memory.

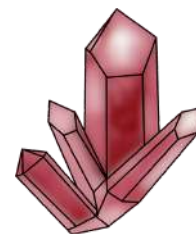
			2					9
	6	3		7		5		
9	8					7		4
				9	3			5
3						6		
	4	9	5		2			
			4				8	6
4	1	6		8	9		5	7
5	9		6	2	7		3	1

## FUN FACTS ABOUT JANUARY!

**January is  
National  
Hot Tea  
Month**



**January's  
Birthstone -  
Garnet.**



**The heaviest snowfall in the world was recorded  
in Japan on January 12, 1999, when 647.7  
inches of snow fell in one hour.**

**The name of the  
full moon  
occurring in  
January is the  
wolf moon.**



**The carnation is  
a symbol for the  
month of  
January.**



**January got its  
name from the  
Roman god  
Janus.**



**First  
Immigrants  
landed on Ellis  
Island on  
January 1,  
1892.**





# SPIRITUAL SERVICES

## Managing Grief and Heartache

Perhaps this season you have experienced greater heartache from grief than usual. January can be a particularly bleak month too. Here's some information you may find helpful. Know that your chaplains are here for you for further support:

***“In order to get through grief, you must allow yourself to grieve.”***

As you journey through grief, it can feel like your life will never again feel normal. While the grieving process never truly ends, there are some ways you can preserve your well-being, reaching a place where you can once again feel peace.

The most important thing to remember is that grief has a timetable all its own—and often, it will take up to a year or longer before you begin to feel like your normal self. Allow grief to work itself out without trying to rush it.

Grief has its own pace. Ultimately, though, it's important to give voice to your pain, and the best way to do that is to find someone you feel safe talking to—either a close friend, family member, or the members of a grief support group. Take time to reminisce, laugh and cry. Self-Expression can be a healthy way to deal with stress and grief, and there are several forms this can take like journaling and drawing.

Maintaining mental and emotional health will also require you to attend to your physical well-being, and that includes exercise. Physical activity strengthens emotional health.

Good nutrition is just as important.

More than anything else, be patient with yourself. Grief is a natural way to deal with traumatic events, and you're not going to feel like your old self again right away. Allow some grace as you take things one day at a time, working out your grief at the pace that seems right to you.

***“Blessed are those who mourn, for they shall be comforted.”***

***Rev. Jeff Bergman Senior Living Chaplain***

Your chaplain team is here to support you in your joys and sorrows. Take care!  
Chaplain Shari 651- 501-2111



# ESTATES COMMUNITY LIFE

2024

***Happy New Year to our Estates Community!***

In 2023, Community Life and Residents had spent quality time together and made meaningful connections. We are hoping for the same the year of 2024! Please view our Activity Calendars for dates & times for daily activities. We encourage your participation and enjoy your presence at the Estates!

***“True enjoyment comes from activity of the mind and exercise of the body; the two are ever united!” - Wilhelm von Humboldt***

**HERE ARE SOME “HIGHLIGHTS” FOR THE JANUARY ACTIVITY CALENDAR!**

***Monday, January 8th - “Pop Up” Library (Chapel) - 1:30PM***

***Wednesday, January 10th - Randy’s Performance -(2nd FL) - 2:00PM***

***Friday, January 12th - “Happy Hour” (1st FL) - 1:00PM***

***Tuesday, January 16th - Ice Cream Social (2nd FL) - 2:00PM***

***Friday, January 19th - Chick-Fil-A Takeout - 12:00PM (Lunch)***

***Tuesday, January 23rd - Bobby’s Performance (2nd FL) - 10:30AM***

***Friday, January 26th - “Birthday Bash” (1st FL) - 1:30AM***

***Monday, January 29th - Heather’s Art Class (2nd FL) - 10:30AM***

***Let’s have a great month!***

***Brittany Barndollar - CL Estates Director 651-501-2112***





