



# 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.

In addition to providing a weekly calendar of events, the CL Team goes knocking door to door to invite and escort residents to programs. The Community Life team loves when you join in. 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.

Contact C.L. at 651-287-6544 with any questions



Woodbury Health Care Center | 7012 Lake Rd, Woodbury, MN 55125 | (651) 735-6000



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

## Lets Celebrate!

We honor and celebrate our Long Term Care Residents who have a Birthday in the month of March:

- 6 Esther S
- 11 Barb D
- 12 Alice S
- 15 Roslyn S
- 16 See Y
- 17 Laura P

## MARCH 2024

On behalf of the staff at Woodbury Health Care Center, 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 Corner

“Both Christian and Muslim religions have great observances occurring in March: Ramadan begins March 11th and Holy Week for Christians is March 24 - 31st. Chaplains will offer dates to our Muslim staff as they fast in observance of Ramadan. For Holy Week, please refer to the March calendar for both Catholic and non-denominational Lenten and Holy Week worship services available at the Skyway this month. As always, Chaplains Shari and Austin here to serve you in ways that are supportive for you. To request an appointment - call 651-501-2111.”

## Resident Council News/Chef Talk

Resident Council meetings are open for all residents to attend. The meetings are held in the 2N Dayroom and begin at 2:00pm the 3rd Wednesday of every other month. Attending this meeting is a great way to hear updates taking place at Woodbury HealthCare center, activity programs/events planning, and brainstorming on ways to make your stay at WBHCC the best. It is also a time to review both residents' rights and quality of life areas. Hope to see you all there.

Our Chef talks take place on the 3rd Friday of every other month at 10:30am. This meeting is with the Dietary Director and focuses on ways we can enhance the dining experience. The next meeting is Friday March 15th 2024.

## News from Nursing

Greetings WHCC residents Director of Nursing Joshua here! These past couple weeks I have been watching our very own Whitty Woodchucks participate in the Spark Challenge TRYathlon! Watching them reminded me to stress the importance of daily exercise! Currently the Center for Disease Control (CDC) recommends 150 minutes a week which can be broken up to something like 30 minutes a day for 5 days of the week! The CDC states “Regular physical activity is vital for healthy aging because helps delay, prevent, or manage many costly, chronic diseases.” I would like to point out if you’re looking to increase your daily activity, we would love you to join the Whitty Woodchuck team to assist in those goals of physical activity!  
Joshua D. Bowling RN 651-287-6520

## Executive Director Update

As we say goodbye to winter and welcome the arrival of spring, I am pleased to share with you the exciting happenings at our nursing home for the season ahead. With the changing of the seasons comes a renewed sense of energy and we are committed to ensuring that this spring is filled with enriching experiences. From stimulating activities to outdoor adventures, we have planned a variety of opportunities for you to embrace the beauty of this time of year. Whether it's enjoying a leisurely stroll in the fresh air or participating in one of our themed events, there is something for everyone to enjoy. We look forward to the end of winter and to the beginning of the Spring season. Warm regards, Mike Karel 651-287-6506

## Community Life

Community Life/Activities started out in full force with the new year. We have been experimenting offering new/diverse programs on the calendar and they have been well received. Our Time Slips creative writing team has already published 5 stories with more to come. It's so fun to see the creativity of the residents coming out. As seniors, we are trying to change negative perceptions that takes place around us regarding aging. Our focus and new program, "Aging Magnificently" has been instrumental in turning negative attitudes into positive ones. For instance, starting the day with positive affirmations: "I'm Outstanding" brings brightness into an entire room. Activity programs are open to all resident's. We encourage you to participate. If you dont like the program, you can leave at anytime. Please contact Kathy at 651-287-6544 if you have any questions.

## Spark Challenges

The TRYathlon is back! Join the Witty Woodchucks for some friendly competition against the other Lifespark communities.

Tuesdays at 1:00 will be the Whizzer (use a pedometer to accumulate miles).

Thursdays at 1:00 will be the Arm Crank and Leg Crank (accumulate distance by turning it's main crank with hands/arms and feet/legs).

Fridays at 1:00 is the weekly recap of all the matches. This will be held in the Skyway.

## News From Social Services

Greetings from the social services team!

Our new social service designee, Tiffany Hanson, joined our team this month. Tiffany lives in Red Wing, MN. In her free time, she loves spending time with her three children watching them play hockey and gymnastics. She will be working mostly with the TCU residents. Tiffany and I office together in the lower level.

A reminder to all residents to let staff know of concerns or grievances as soon as possible as possible. You may always talk to a member of the social service team directly by asking staff to let us know to come see you, or you may call us at the numbers provided below.

Rachael Traeger, Director of Social Services Phone: 651-287-6531

Justine Finken, LTC social worker Phone: 651-287-6533

Tiffany Hanson, SS Designee Phone: 651-287-6594

Thank you! -Rachael Traeger SS Director

## Update from Aegis Therapies

- Warm welcome to Hannah PTA and Carrie PTA. Both clinicians bring an assortment of skills to support our community with therapy services.
  - Aegis Therapies provides Group Therapies to support our communities social, leisure and physical needs with seasonal & individualized interventions- February we hosted a Valentines themed group that enlightened the value of leisure engagement in a social setting to empower growth in our community.
  - Additional team members are planned to join our team in March- a growing therapy team aligns with our community needs & Aegis mission to Inspire, Impact and Innovate for the wellness of others
- If you have any questions, contact Alex Hahler at 651-287-6529









