



# Community Life at Villa

## **\*\*NEW\*\* Interactive LIVE Virtual Programs**

Live and interactive presentations that connect you with interesting people in amazing places through video conference. Current programs connect with museums, national parks, experts, and authors to cover a variety of lifelong learning subjects. Participants are able to submit questions throughout the program for the presenter to answer, making the experience much more different from merely watching a documentary.

In the Skyway each month, on the first Thursday at 2:00 (unless otherwise noted), we will explore a different topic.

**March's Topic: *It's Our War, Too! American Women in WWII***

**Presented by: The National WWII Museum**

### **Specialty Programs in the Skyway**

March 1st - Activities with East Metro Home School Students at 9:30AM

March 12th - Snake Discovery: Snake, Rattle and Roll at 2:30PM (Sponsored by the Witty Woodchucks)

March 21st - Music by Bobbi and Christine: B'Cause at 2:30PM

### **Girl Scout Cookies For Sale!**

Wednesday, March 13th from 3:00-4:00 in the Lobby

The Girl Scouts will be putting up a stand at Villa for residents, staff and families to purchase. They will also be providing pre-order forms days prior to their arrival.

Check it out and hope to see you there!



Woodbury Villa | 7008 Lake Road, Woodbury, MN 55125 | (651) 731-5501



# Age Magnificently



## **Our Community Newsletter**

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

### **Lets Celebrate!**

We honor and celebrate the residents who have a Birthday in the month of March:

2nd Chuck G.

6th Dale W.

6th Lee C.

11th Rachael K.

26th Judy H.

### **MARCH 2024**

On behalf of the staff at Woodbury Villa, 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

"I understand once again that the greatness of God always reveals itself in the simple things." - Paulo Coelho

When you consider your own spiritual journey, have you experienced sacred moments or holy encounters in the simple things? What brings a smile to your face when you see it? Who brightens your day with a simple word of greeting? What scripture or poem or song brings peace to your soul? These are the simple things. May we recognize them with gratitude.

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, Chaplain Shari is here to serve you in ways that are supportive for you. To request an appointment - call 651-501-2111.



## News from Nursing

### HIPAA

HIPAA stands for Health Insurance Portability and Accountability Act of 1996 and is a federal law that requires the creation of national standards to protect sensitive patient health information from being disclosed without the patient's consent or knowledge.

The Privacy Rule protects all "individually identifiable health information" held or shared, in any form: electronic, paper, or oral. This means that staff can't share any information regarding specific residents to anyone else but that resident and their POA's. This law also protects staff; we can't share their personal and protected information either. This law was created to protect you. It keeps us from sharing your personal and private/sensitive information with anyone else.

## Lifespark Complete

### **Health Post: Playing for Fun**

*All claims to the contrary—and there are legions of them—there's no definitive data to prove that brain games result in long-term cognitive improvement. Still, if you enjoy Sudoku, Scrabble, Mahjong, Boggle, chess, crosswords, bridge, or the newest entry to the mix, Wordle, you should absolutely keep playing!*

*But if games aren't your jam, look for something that fits your personality and interests. If you love to read, consider joining or starting a book club. If you want to dust off your Spanish, German, or French, check out local conversation groups or start one of your own. For art aficionados, the Twin Cities is a hot-bed of art museums and galleries, many with free or discounted admission, audio-described tours, and lectures.*

*Bottom line, whatever activity you choose, if it stimulates your mind, heart, and spirit, it's the right one for you. And if you need some guidance on finding your passion, your Lifespark Life Manager is here to help.*

*Brought to you by Lifespark COMPLETE in partnership with Woodbury Villa. To learn more, contact Lifespark at 952-873-7386 or [LSCreferrals@lifespark.com](mailto:LSCreferrals@lifespark.com) or visit [complete.lifespark.com](http://complete.lifespark.com).*

## Note from Housing

Hello Villa Residents and Families, I hope you are all taking advantage of this warmer weather. We have had some exciting things happening at the Villa! Amy our social work designee has started, and she is currently learning the ropes and getting trained in. She will slowly greet and meet you all. Amy will have a case load within the Villa of residents she will be helping. This list will be composed of residents qualifying for her assistance based on need and determined by management. Please let me know if you have any questions.

During Cara's absence, we have regional nurses, Jenny and Lily, coming in to assist. We are still working to fill her position and hope the right fit comes our way. Anything you have reached out to Cara for in the past you can bring to me, and we will work to get you the information you are looking for.

Please let me know if you have any questions. - Annie R.

## Upcoming Outings and Dine-Ins

### Signing Up For Outings or Dine-Ins

To sign up for an outing or dine-in, please call Sam (651-731-5509) or Kim (651-731-5508), leave a note at our office in the game room, or you can stop by the office to talk to us.

*March 1st* - American Legion Fish Fry. Bus loads at 3:15PM. \$18 for all you can eat (cash or card when we get there). Sign up is open.

*March 8th* - Dollar Tree. Bus loads at 9:00. Sign up starts March 1st.

*March 20th* - Treasure Island Casino. Bus loads at 8:45AM. Sign up starts March 1st.

*March 22nd* - Target. Bus loads at 9:00AM. Sign up starts March 15th.

## 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.**

## Meet Our Social Worker



Hello! My name is Amy Buechler (beek-ler). I've spent the past six years working in early childhood education, screening for and teaching preschoolers social/emotional, speech, and overall development. I have a bachelor's degree in sociology from South Dakota State. Go Jacks! I have lived in Hastings for the past nine years with my husband and two daughters. We are always busy with dance, soccer, or swimming!

I look forward to working with all of you!

## Sudoku

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

Sudoku is played on a grid of 9x9 spaces. Within the rows and columns are 9 "squares" (made up of 3x3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

GOOD LUCK!

