



## 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



*Age Magnificently*



## Our Community Newsletter

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 APRIL:

- 5 Jackie S
- 10 MaryLou L
- 26 Sandra H

### APRIL 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

“April showers bring May flowers,” many of us may have heard this proverb from our childhood unto now. From the grief and loss of a cold winter comes the lengthening of days and sunlight with the new life of Spring. The season of Lent will end, and the fasting of Ramadan is closing. During the month of April, the Spiritual Care team at Woodbury Health Care Center hopes to join you in the celebration of life and recognition of loss. Join us for bi-weekly Christian services or weekly storytelling and journeying as you are able in April. Chaplains Shari and Austin are available to meet with you as requested during the week. Chaplain Austin can be reached at 651-287-6590

## 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. Next Meeting April 17th.

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.

## News from Nursing

### Sunlight Is the Best Remedy

Happy March Woodbury seniors! I just wanted to say that with the coming warmer days I wanted to discuss a disease called Seasonal Affective Disorder (SAD). In the winter months many people experience depression and sadness associated with the changing of the seasons, but guess what? We have the solution right outside! With the warmer days ahead of us, those affected with Seasonal Affective Disorder should head outside into the sunlight for 20-60 minutes daily. The sunlight is proven to help with the body's natural circadian rhythm and greatly improve the symptoms of Seasonal Affective Disorder. As always, I look forward to seeing you out and about, and remember, get some sunlight  
Joshua D. Bowling RN 651-287-6520

## Executive Director Update

As we transition into month of April, I am delighted to share some updates from our community. Our dedicated staff continues to provide exceptional care and support, ensuring the well-being and comfort of all residents. April brings a sense of renewal and hope, and we look forward to celebrating Easter with joyful activities and festive decorations throughout the facility. Additionally, we are excited to announce upcoming events that will provide enrichment and a sense of community. Together, let's embrace the spirit of April and cherish the moments of warmth and togetherness within our nursing home family.

Mike Karel 651-287-6506

## Integrative Health and Healing

Woodbury Healthcare Center uses a wide array of healing practices to complement other healthcare modalities. These complementary therapies fall outside purely pharmaceutical or surgical treatment and have proven positive results in assisting our residents with their healing and relaxation. Aromatherapy is the use of essential oils to restore balance to the body and emotions through the sense of smell. Hand /Foot massage is the gentle use of touch to massage and sooth muscles and nerve endings to bring about deeper relaxation. Guided imagery uses your imagination to direct your thoughts and is clinically effective in reducing pain, anxiety, promoting sleep and creating a positive environment. We are lucky to have Katie Cook Fjelstad as our Integrative Therapy Coordinator here at HCC.

Please contact Katie at 651-287-6570 if you have any questions.

## Spark Challenges

The Fork lift challenge is back! This time around it will be taking on a different form. As in the end of year challenge, we have an intergenerational competition. Join the Witty Woodchucks for some friendly competition against the other Lifespark communities.

Tuesdays at 1:00 will be our competition day. If you don't want to compete, come and cheer the team on.

Fridays at 1:00 is the weekly recap of all the matches.

All events will be held in the Skyway.

## News From Social Services

Greetings from the social services team!

I would like to spotlight Justine Finken this month. Justine is our LTC social worker and has worked with our team for almost two years. Justine takes pride in getting to know the LTC residents and advocating for their needs. 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

## Update from Aegis Therapies

•\*The Aegis Therapies team enjoyed engaging with our community and reptiles- Claire COTA & Program Manager is smiling through her fears with this snake! Therapy enjoys participating in community enrichment activities and cultivating leisure engagement with our residents.

\*Aegis Therapies celebrated National Employee Appreciation day by sharing a coffee & donut breakfast together. We see one another going above and beyond for our teams & community. Share your appreciation when you see a teammate going the extra distance!

\*Aegis Therapies continues to focus on fall prevention & balance strategies in our community. Our team provides skilled screens to focus on quality of performance and enhance environmental engagement to prevent decline in our aging community. The body was made to move and therapy is a catalyst of fine tuning your ability to engage in your daily activities! See the photos page with Claire and the snake and Therapy National Employee Appreciation.





