



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 this month:

- 5 Alex T
- 7 Marci D
- 19 Memrie G
- 21 Patricia T-W
- 21 Jill W
- 22 Robert W
- 29 Alfred C

May 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

“Springtime is refreshing for all of us! Spiritual care can often mean refreshing yourself with the environment around you in healing ways. As you spend time outside this month and enjoy the weather, I invite you to reflect on the ways our world and surroundings may be healing and rejuvenating for you.

During the month of May, only Chaplain Austin is available to you. He is present Monday, Wednesday, and Thursday each week. If you have any pertinent spiritual care requests, please let your care team know.

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 is June 19th ..

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. Meeting is 5/17.

News from Nursing

May Memorial

Greetings Woodbury Healthcare Center residents, Joshua here! I wanted to remind you that the 27th is Memorial Day! With Memorial Day coming I'm reminded that we should also take time out of this month to memorialize all the wonderful residents who have been here with us. When you're taking that moment to remember, please feel free to share and talk about your feelings with others! I think it is always best to share about our mental health. Take time out of your day and share with others how you're feeling. If you feel like you would like to talk to a professional, we can make referrals at any time! Always remember, you are not alone in your mental health journeys!

Joshua D. Bowling RN 651-287-6520

Executive Director Update

Dear Residents, Families, and Staff,

As we welcome May, we're anticipating exciting events ahead. With the arrival of warmer weather, Nurses Month, and Mother's Day, there's much to look forward to. Let's embrace the changing season and enjoy outdoor activities. For Nurses Month take a moment to recognize the dedicated efforts of our nursing team. Their hard work ensures our well-being, and we're truly grateful for their commitment. Additionally, let's honor the mothers in our lives on Mother's Day, expressing our appreciation for their love and support.

Mike Karel 651-287-6506

Community Life Update

Greetings everyone from Community Life!

Our Community Life Team continues to offer a wide range of recreation/activity programs. An updated calendar of events is available each week and posted in the elevators and bulletin boards on the units. Highlighted posters of special events are posted as well. In May we have our Birthday Celebration, Baseball Hall of Fame, Charles Lindberg presentation, Oshibori/Aroma Therapy, Time to Shine Mom's pampering day, Celebration Tuesday with Joe, Entertainment with both Sammie P and Tony A, Root beer float party, Spa day and a very special visit from the MN Zoo mobile. In addition, as weather permits, we hope to start out outdoor patio and gardening visits. Please contact Kathv at 651-287-6544 if you have any questions.

Spark Challenges

The Fork lift challenge is back! This time around it has taken 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. Congrats to the team for starting out strong. 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!

- This month, I will spotlight myself! My name is Rachael Treager, and I have been with the social services team here at Woodbury for over four years now. I started as the TCU social worker, and then took the Director of Social Services role in 2022. I still primary work with the TCU residents. In my free time, I love completing jigsaw puzzles, spending time with my family and friends, and going on walks with my dog Wilma..**

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

Kim is a therapy success story! She has been an inspiration for our department and community. She made all things possible through her determination to return to the community and live independently. A true inspiration!

• Impact Innovate Inspire- Aegis leads to be the most clinically focused therapy provider for our community. Our OT department specializes in lymphedema services with focus on healthy skin integrity, management of edema and custom garments. SEE THERAPY PHOTO INCLUDED



