

“May is the month of expectation, the month of wishes, the month of hope.



Woodbury Estates 2825 Woodlane Drive



# May 2024 Woodbury Estates



## Our Community Newsletter

### Staff Birthdays

Jamesha R  
May 2nd

### Staff Anniversaries

Jill C - May 2020

Benard E- May 2022

### Residents Birthdays

Mary Kay - May 3rd

Richard J - May 10th



# Woodbury Estates

## Estates Updates and Information



## Meet our New Administrative Assistant



I am Breezy D. I was born in Florida. After that, my family and I traveled the world for the Air Force. I have lived overseas most of my life. My parents retired to Wisconsin in 2001. I met my husband in high school but did not start dating until our 20s. We finally married in 2020 in the park where we had our first date. Now we have our first son, named Jax, who is 15 months old. (The photo is from last fall!) I have worked in retail for the last decade as a craft beer buyer and assistant manager. I was hired over at the Villa and have been with the company for over a year now. I look forward to getting to know everyone!"

## Meet our New Marketing Director



Meet Lisa Zehner, our new Marketing Director at Woodbury Senior Living. Lisa grew her passion for senior care in her previous role as a Life Advisor at Lifespark. Prior to that, she worked in various fields from Managing Production Editor at The Minnesota Daily newspaper, to TBI Employment Specialist, to 911 Dispatcher where she helped deliver 3 babies over the phone (all girls!) Lisa has two children of her own; an 18-year-old daughter, Paige (left in the picture) and a 6-year-old son, Sawyer. In her free time, Lisa enjoys quality time with her family, gardening, crafting, and anything involving the outdoors. She also skates for Minnesota Roller Derby under the name BumbleBeest. Lisa is looking forward to meeting all of the wonderful residents, family and staff at Woodbury Senior Living.

## Meet our Nurse



Woodbury Estates is eager to announce that Sunshine has returned to be our LPN. Please welcome her as you see her around!

## What to do when you are leaving the building for an appointment or outing?

Residents and Families,  
When you are leaving the building for any appointments or independent leisure's, please fill out the time you leave and time you returned in the Sign In/out Clipboard at the front desk. Thank you for your cooperation!

# Estates Community Life

## Monthly Theme: "Mission to May"



Community Life's Monthly theme for May is "Mission to May".

There will be a few programs this month, dedicated to the outer space and our home, Earth. We will be exploring the depths of our Solar System, along with crafts like "Galaxy in a Jar" and also viewing the new technology they use to collect images of the galaxies and stars!

## Resident Spotlight



Meet Georgieann!  
Georgieann was born in East Union, MN and moved to Woodbury in the mid 1990's. Georgieann worked in the food service industry through-out her life. After she retired, Georgieann would spend her time volunteering for her local church, making quilts for 19 years for the homeless. Georgieann loves spending time with her family and grandchildren. She also enjoys doing crafts, Bingo and other card/dice games.  
Welcome to the Estates Georgieann!

## Prescott Outing



The Bus Outing for the Estates will be in Prescott, WI as we enjoy the beautiful scenery, the bus will stop over at Dairy Queen for the residents to enjoy by the river. You may also be able see some Eagles and the Confluence of the Rivers!  
Please let Community Life know if you are interested! The Bus Outing will be on Friday, May 24th. -Weather/Outing is subject to change and will reschedule if so.

## Garden Hours



As the weather starts getting warmer, Community Life will be bringing residents to the outdoors! We encourage everyone to take the opportunity to relax in our garden and soak up the sunshine! It will be on the Activity Calendar as "Garden Hour". As this goes on, encourage your fellow neighbors to join!

## Spiritual Services in May

The Estates will continue to provide Spiritual Services for our Residents. Please reach out to Brittany or Carol if you have any questions regarding Worship Services



### Wednesdays 1st Floor Services

**Wednesday, May 1st**  
**Pastor Anna w/Communion in Chapel**  
**10:45AM**  
 All other Wednesdays, there will be Spiritual Eldercare Worship in the Chapel at 10:45AM

### Thursday 2nd Floor Services

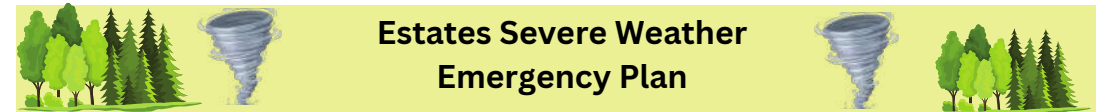
**Every Thursday in May (2nd Floor) Spiritual Eldercare Worship Town Square 11:00AM**  
**The Friends of the Estates will be here for one Thursday, May 16th from 1:00 – 3:00PM**

**Mondays – Catholic Rosary at 9:45AM (2FL)**

**Thursdays - Sprituality Group w/Minister Dee at 2:00PM (2FL)**

#### Reflection

Anyone who has been faced with challenges in their life can turn to serenity prayer. The serenity prayer focuses on four main ideas: serenity, courage, acceptance, and wisdom. One of the main ideas of serenity prayer is acknowledging that there are things out of your control and accepting that as it is. Many of us have come across the well-known blessing written by Reinhold Niebuhr, which has come to be known as the “The Serenity Prayer.”



## Estates Severe Weather Emergency Plan

Emergency Procedure – Severe Weather

There is a public warning siren in the community on Woodlane Drive. The person in charge of the facility shall be alert to signs of approaching bad weather. The weather alert radio will signal when severe weather watch or warnings are in effect.

**A Severe Weather Watch means that conditions are such that a Severe Storm could develop.**

**A Severe Weather WARNING: Storm has been sighted and threatens our Immediate Area.**

#### Severe Weather Watch:

- The receptionist, when on duty or the Nurse on duty shall monitor the weather radio located at the front desk and notify the “Person-in-Charge” of the watch. Scanner and TV will be monitored by “Person-in-Charge” or designated person.
1. All personnel in the building shall be alerted to such a watch warning. The person in charge will announce a Severe Weather Watch over the Walkie Talkies (radios)
  2. The person in charge of the building will instruct staff to do the following:
  3. Get Emergency Kit if flashlights are needed for staff. Emergency kits are located on the Second Floor Nurses Offices (under the desk.) Close windows, drapes, and blinds in the residents’ apartments Check all oxygen tanks in apartments Obtain supplies necessary to protect bed-bound patients

Upon hearing the announcement of Severe Weather Warning, personnel will:

- Close hallway fire doors. Move all non bed-bound residents away from glass areas to nearest safe area. (Bathroom, central corridor, etc.)
- Resident room doors should then be closed. Window drapes and blinds are to remain closed.
- Remove residents from the Day Rooms and Dining Rooms putting residents closer to the lobby area.
- Keep away from glass windows in the entry, dining hall, gather rooms and Town Square.

All bed-bound will be protected with pillows and blankets as needed and turned to face away from windows. Non-Medical Personnel to report to 1st floor lobby for assignments as needed.  
 “ALL CLEAR” will be announced by the Person in Charge. Please return to regular activities.

### Health & Wellness

#### Remember to Hydrate!

As the weather warms up with spring’s arrival, it is especially important to stay hydrated. With aging, the ability to notice thirst may begin to decline. This means that it can be difficult for seniors to drink enough water and prone to dehydration. Drinking water throughout the day is the best way to keep hydrated! A simple way to calculate how much water you need to drink each day is to take half of your body weight, and drink that amount in ounces of water. Dehydration can lead to fatigue, as well as memory loss or poor concentration. You can further your daily water intake by eating foods rich in moisture; such as watermelon and cucumbers!

#### Enjoy the Garden!

Spend time outdoors if you are able to and if weather permits. Spending time outside and soaking up the sun has been shown to boost your mood and improve cognitive health! Moderate exposure to sunlight helps ensure you are receiving proper amounts of Vitamin D, which strengthens bones and reduces risk of hip fractures, stroke and heart attacks. Vitamin D is important for your mind too and can help with depression, insomnia and cognitive function for memory and attention. Estates garden is available to all residents throughout the day for all to relax and enjoy :)



# Estates Gallery

