



Community Life at Villa

Interactive LIVE Virtual Programs

Live and interactive presentations that connect you with museums, national parks, experts, and authors to cover a variety of lifelong learning subjects.

In the Skyway each month we will explore a different topic.

Thursday, May 2nd at 2:00PM in the Skyway

May's Topic: Labor History - Hardball and Handshakes

Presented by: National Baseball Hall of Fame

Friday Socials in the Sun Room

May 3rd - Cinco de Mayo Party at 2:15PM

May 10th - Mother's Day Social at 2:15PM

May 24th - Memorial Day Social at 2:15PM

May 31st - May Birthday Party at 2:15PM

Entertainment and Specialty Programs in the Skyway

May 7th - David Jones Historical Presentation: Charles Lindburgh - 3:00PM

May 14th - Karaoke Party with HCC - 3:00PM

May 16th - Music by Sam Purviance - 2:30PM

May 21st - Game Competition with HCC - 3:00PM

May 28th - MN Zoomobile - 2:30PM (Sponsored by the Witty Woodchucks)

May 30th - Music by Tony Armstrong - 2:30PM



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 May:

5th Annie P.

15th Mildred P.

22nd Mary W.

26th Tom M.

26th Hanna W.

30th Norm L.

MAY 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

Change and Hope in Community

“What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others” (Nelson Mandela - 1918-2013).

Nelson Mandela was the former South African President and a courageous leader who dedicated his life to ending Apartheid, and building a free, multiracial, and democratic South Africa. Mandela was instrumental in tearing down the oppressive regime of South Africa and laying the foundation for democracy. He fought for equality and freedom for all people. Arrested and imprisoned for 27 years for fighting for freedom, Mandela refused to give up the struggle or give into hate. Mandela fought against apartheid, but he also fought for something better: a better world, in which freedom, justice and dignity for all peoples were respected. Released from prison in 1990, he negotiated to end Apartheid in South Africa, bringing peace to a racially divided country, and leading the fight for human rights around the world. He didn't only live life, Mandela lived his life and made the difference for others.

Is there a necessity for change in the community you live in or work? Do you see the possibility of change? What role are you playing to make a difference in the lives of others?

News from Nursing

We want to remind everyone about our pendant policy.

All residents should be WEARING their pendants at all times.

Pendants should not be placed in purses or attached to walkers/wheelchairs. Please ensure that the pendant is on you at all times. Either on your wrist or on a lanyard around your neck. Wearing your pendant is crucial to ensure that it is reachable if an emergency arises.

Thank you all for your cooperation! Please let us know if you have any questions.

Lifespark Complete

Let's Get Physical: Staying Active and Independent

Unless your goal is to run a 10K, physical exercise doesn't need to be exhausting. The goal is to keep your joints limber, build muscle strength, maintain a healthy weight, and slow down the loss of lean muscle mass.

Going for walks in your neighborhood, down the hall, or even around your living room all count as exercise. Ditto working with a stretchy band or lifting objects, such as soup cans, a laundry detergent jug, or bags of cat food. Both walking and weight resistance get your blood moving and keep the muscles engaged. If you feel a little sore the next day, that just means your muscles got a good workout. Keep at it and the soreness will go away.

Here are some easy ways to incorporate physical activity into your everyday life:

- Stand up and sit down five times during each TV commercial break.
- Do bicep curls using water bottles or soup cans when you're watching TV.
- Do leg lifts while watching TV or talking on the phone.
- Walk around the living room, down the hall, or in the stairwell.

Bottom line, staying active can help you live a happier, healthier, more independent life! Brought to you by your Lifespark COMPLETE team in partnership with Woodbury Villa. To learn, contact Lifespark at 952-873-7386 or LSCreferrals@lifespark.com or visit complete.lifespark.com.

Hear from Housing

Hello All! With the dining room moving up to the skyway we wanted to send out a couple of reminders.

Dining will move to the skyway on 5/1 after breakfast. Policies in general with the move will not change. Dining will remain open seating and we will host each meal at the same time. We ask that if you would like an alternative to eat that you are still ordering so ahead of time, 2 hours before meal service. We also ask that if you are getting your meal to go that you bring your own Tupperware.

We will be reviewing services and will offer additional services and escorts up to the third floor for those who may need it. Please let us know if you have any questions.

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.

May 2nd - Hill Murray Play: The Pirates of Penzance. Bus loads at 3:00PM. Sign up is open.

May 3rd - Taco Bell Dine-In. Residents pay for own meal. Sign up is open.

May 9th - TWINS Game. Bus loads at 10:45AM. Residents pay for own food. Sign up is open.

May 10th - Cub. Bus loads at 9:00AM. Sign up starts May 3rd.

May 24th - Target. Bus loads at 9:00AM. Sign up starts May 17th.

May 29th - WWII Aircraft Museum. Bus loads at 1:00PM. Sign up starts May 15th.

Spark Challenges

Our new competition is forklift racing. This competition improves hand-eye coordination, mental acuity, and mood while reducing social isolation.

Competition has begun and the Witty Woodchucks pulled out a win during the first week!

Competitions are on Tuesdays at 1 with the Weekly Recap on Fridays at 1. Practices scheduled throughout the week, and residents are welcome to practice outside of those times as well.

Social Work Note

We are addressing the need for optometry services at the Villa and bringing in in-house services! If you would like to fill out a consent form to see the eye doctor, please contact Amy (651-204-5256).

Why don't optometrists use tape measures? They're really good at eyeball-ing it.

Many folks living in an assisted living facility eventually require Medical Assistance (MA) to help pay for their rent. If you find yourself quickly approaching that threshold, please reach out to Amy with questions or to help you get started enrolling in MA. MA is a program administered by the county and funded by the federal and state government. It pays for medical care for individuals and families who can no longer afford it. There are eligibility requirements for the program. Washington county will assess your eligibility, but they are in high demand and will only be able to schedule assessments 4 months out.

Sudoku

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

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!

