



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!

Happy Birthday for LTC
month of July

- 10 Barbara M
- 13 Cheryl L
- 15 Janice G
- 18 Leonard R
- 20 Rebecca S
- 22 Virginia S
- 22 Julie B
- 23 Mary J

JULY 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

In July the sun abounds, and the days are long! This summer we are intentionally spending more time outside and in the sun for your wellbeing. In the Christian tradition, Jesus encourages his followers to “consider the birds of the air,” and “the lilies of the field” (Matthew 6). Being outside can easily tend to your spirit! Join along with Chaplain Austin outside on Monday mornings at 10am as you are able. If you would like to be seen by a chaplain during the week, let your staff know and we will be happy to visit with you when available.

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 August 14th, 2024

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

Hello Woodbury residents! DON Joshua here wanting to remind you why its important to continue hobbies of things that you love to do! Recent studies show us that those residents who keep hobbies like gardening, knitting, adult coloring books, board games, audio books, exercise, and creative writing significantly help reduce feelings of depression. So, when you go this month make sure to start up your old hobbies or even find a new one! As always, I will be around the building and available if you have any questions about your healthcare here!

Joshua D. Bowling RN 651-287-6520

Executive Director Update

As July unfolds here at the Woodbury Health Care Center, we're enjoying the summer season with open arms. We hope you're enjoying the sunshine and the opportunities to relax. This month, we'll be celebrating Independence Day on the 4th with a special recognition of our nation's history and a festive atmosphere. We look forward to coming together as a community to honor this important day. If there's anything you need or if you have any questions, our staff is here to help.

Mike Karel 651-287-6506

Aegis Therapy Update

Hi! My name is Jordane White, I am the new Director of Rehab here at Woodbury Senior Living!

I am an Occupational Therapist by trade and have been in leadership for the past 3-4 years. I love enhancing the lives of the aging adult community and empowering therapists to deliver the best care possible. My family and I moved from Nebraska to Minnesota last October and have been loving it! I have three young kiddos and will be having our fourth baby at the end of this summer. It's been great here at Woodbury so far and I look forward to getting to know everyone!

Spark Challenges / Community Life

The Grip Games are back! This competition measures the grip strength of our residents by measuring how much water we pump in a timed interval. Join the Witty Woodchucks for some friendly competition against the other Lifespark communities from around the state.

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!

Just a reminder that the Social Services team is here to assist you with your transition and needs. As a department, we are in the midst of a transition ourselves.

We have a new Director: Leilani Buck who has just joined us. Welcome. As always, Justine is here too and together our new team is formed. We look forward to serving you.

Leilani Buck 651-287-6531

Justine Finken, LTC social worker Phone: 651-287-6533

Update from New Horizons Dietary Dept

New Menu's are here: The Spring/Summer will go live on Monday 5/27/24! This menu focuses on fresh seasonal fruits & vegetables, grilling outside on the BBQ, composed salads (like pasta salad & potato salad), entree salads and sandwiches.

Hot weather is upon us, and it is important to stay hydrated! Infused Water's will be available in 4 different flavors to keep your thirst quenched. Flavors include: Tropical Mango, Blueberry Pomegranate, Strawberry Kiwi and Watermelon.

Christine Hastings : 651-287-6539



Happy Independence Day.....



