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Woodbury Estates ~ 2825 Woodlane Drive ~ Woodbury, MN 55033



JULY 2024
WOODBURY ESTATES



OUR COMMUNITY NEWSLETTER

Happy Birthday to YOU!

Jennifer - July 4th

Myrtie - July 10th

Daniel - July 12th

Beverly - July 17th

Kayleen - July 19th



Marty - July 7th

Delores - July 12th

Jean - July 17th

Marlene - July 19th

Mary N - July 26th



Department Contacts

Campus Executive Director
Mike - mkarel@woodburyseniorliving.com
Office: 651-287-6506

Estates Executive Director
Lawfawn Kibble
Office: 651-501-2101

Administrative Assistant (Front Desk)
Breezy - bdeacy@woodburyseniorliving.com
Front Desk - 651-501-2100

Director of Health Services
Bonnie - bjohnson@woodburyseniorliving.com
Office: 651-501-2113

Estates Nursing Station (2nd Floor)
Office: 651-731-2114
RN Nurse (Rita) LPN Nurse (Sunshine)

Community Life Director
Brittany - BBarnDollarwoodburyseniorliving.com
Office: 651-501-2112

Marketing Director
Lisa - lzehner@woodburyseniorliving.com
Office: 651-501-2105

Estates Kitchen
Phone: 651-501-2107

New Directory available at the Front Desk. Ask Breezy if you would like a copy!

Introducing our New Executive Director

I have over 20 years' experience in the Assisted Living Community. I have worn many hats and I have also been on the other end; my grandmother was at Assisted Living Community. For an ice breaker, people always ask what is the most extraordinary thing about me or my life? Well, the answer is I have 20 grandchildren and one due on the day I start at the Woodbury Estates! Looking forward to meeting all residents and families and hoping to see you all at the next resident council meeting or make an appointment for a 1 on 1 visit!

~LaFawn Kibble



Lawfawn Kibble

Pendant Responses and Guidelines

Pendant Procedures

Pendants are activated by pressing the middle Grey button until vibration is felt, and a red light is blinking on the pendant. At the time of activation, the computer puts up the name of the resident, apartment number and location of resident on a computer screen and sends the information to the caregiver's radios. The front desk and the caregivers monitor the calls and respond to the pendant pushes. Our goal is to have the pendants answered within 15 minutes. We encourage residents to call the front desk if they have a need that is considered a non-emergency or as the nursing staff during your normally scheduled services.

Reasons to call the front desk.

You have dropped something and need help to pick it up. (If you have a scheduled service coming up soon, try to wait until the caregiver is with you to ask for assistance.) You need medication from your caregiver. You would like to have your meal delivered. You need to talk to your caregiver about scheduled services. You have a maintenance request. Non-emergency pendant pushes may result in an incidental charge.

Reasons to push your pendant.

You have fallen or someone you are with has fallen. You are sick or having chest pains. You see a fire or another emergency. The pendants are designed for emergency purposes. They are not a call light system. The more residents who push their pendant for non-emergency reasons the longer it takes to answer pendants. Reports are printed after each shift, 7 days a week. These reports are kept in the nursing office and reviewed daily for long pendant times and ask caregivers why the pendants were on so long. We continue to strive to answer pendants in a timely fashion. Residents need to remember that if they have a service scheduled for a specific time, the caregivers have one hour before and up to one hour after to complete that service before it is considered late.

Staff Anniversaries:

Lilbeth - 13 years
Jamad - 2 years
Charles - 2 years

Thank you for your dedication and hard work! - The Estates



FROM OUR CAMPUS CHAPLIN AUSTIN



Happy warm summer from your Spiritual Care team! Chaplain Austin will be available for individual visits at the Estates every Friday during the summer. Beginning this month, Chaplain Austin will be leading a brief, ecumenical Christian worship service in the Estates Chapel every other Thursday. If you're available and willing to join, come along for hymns, Scripture, and a word for your encouragement. If you have any requests to be visited by a chaplain, let your staff know and we will be sure to connect with you.

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Residents, you're invited to celebrate 4th of July with Community Life and enjoy an Ice Cream Sundae Treat! Join us on July 3rd at 2:00 PM on 1st floor patio/garden! **weather permits**

"Under the Sea"

Community Life Monthly theme for July is "Under the Sea". There will be Ocean Slime, Ocean Trivia and Ocean Movies offered in Community Life. Make sure you check your calendars for these programs.



July Birthday Bash!

There 10 resident Birthdays for July!! We will be celebrating on Wednesday, July 17th with all residents invited. The party will be in the 1st Floor Dining Hall at 2:00PM. See you there with CAKE!

OUTINGS

Community Life has "Bus Guidelines" for our outings. Here are some of those guidelines for the summer.

- Temperature or Heat Index of 90 degrees or over.
- Severe Weather
- Air Quality Alerts



We know this may cause frustration when a outing is cancelled, but please be aware that these guidelines are in place for resident and staff safety. CL will reschedule to another future date.

Attendance may also cause cancellations if there are no one "signed up" or interested to go. There should be at least 4 residents interested to go for the Outing to take place.

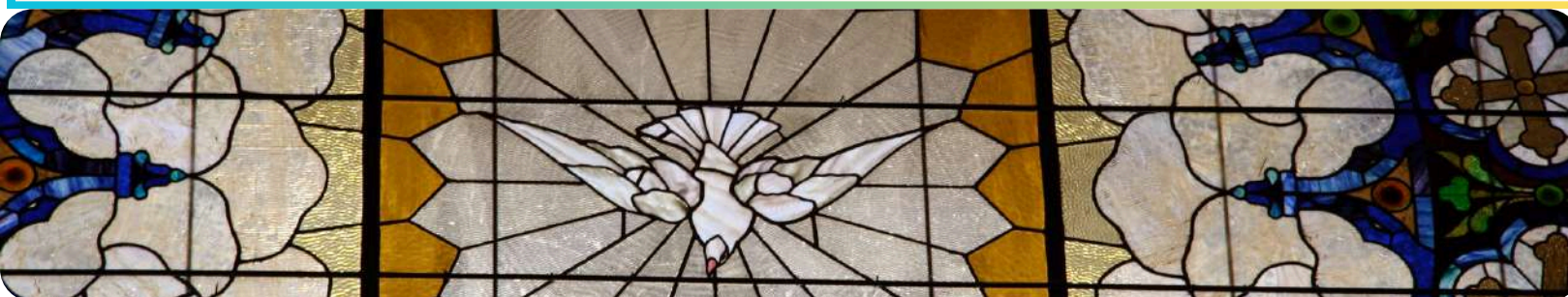


Don't forget to check your Activity Calendars for daily programming!

CHAPLIN AUSTIN WORSHIP SERVICE DATES FOR JULY

Thursday, July 4th at 10:45am - 1st Floor Chapel

Thursday, July 18th at 10:45 - 1st Floor Chapel



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Important Health and Wellness Reminders...

Everyone should be drinking plenty of water in the summer months! Here are some tips to stay HYDRATED!

Set a Daily Water Goal: This can help ensure you're drinking enough water each day. The amount of water needed can vary based on factors like age, sex, weight, and activity level, but a general rule is to aim for 8 glasses of water a day.

Drink Regularly: Don't wait until you're thirsty to drink water. Thirst is an unreliable indicator of hydration in seniors, as the sense of thirst diminishes with age. Make it a habit to drink small amounts of fluids throughout the day.



Carry a Water Bottle: Having water readily available can encourage regular drinking. Consider investing in a reusable water bottle that you can refill throughout the day.



Ensuring proper hydration in seniors can be a challenge, but with the right strategies, it can be achieved.

Half way through the summer! Are you ready for fall?

Sunday, September 22nd

DOG DAYS OF SUMMER!



Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues.

Funny Heat Quotes...

- If you saw a heat wave, would you wave back? .
- If you can't stand the heat, get out of the kitchen.
 - Dear weather, stop showing off, we get it, you're hot!
 - It was so hot today I saw a Robin catching a worm with a potholder
- So hot the chickens are laying hard boiled eggs.
 - Hotter than a Jalepeno's armpit!
 - Hotter than a steel playground at recess
- Hotter than a Hot Pocket in the microwave for 6 minutes!

Estates Gallery

