

## 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



## ***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 in the month of August

- 1 Jody J
- 8 David S
- 12 Betty W
- 18 John A
- 26 James J

### **August 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.

## Chaplain Corner

On behalf of Spiritual Care at Woodbury Senior Living, may your Summer be full of sun and blessings!

Join in-person Christian worship services led by Chaplain Austin on the 1st and 3rd Thursdays each month in the Skyway at 10am. This is an ecumenical Christian service for encouragement and prayer. Chaplain Austin will be available each week for individual visits as requested

Chaplain Austin can be reached at 651-287-6590

## End of Life Doula

**Hi, my name is Kim Ketteiman. I am the new certified End of Life Doula here at the HCC. I volunteered at a hospice home for 10 years before completing my education program to earn my Doula Certification. It is the best job I have ever had, and I am so grateful to be here. I am a non-medical part of our care team and I enjoy working alongside and supporting them whenever I can. As a doula, I will work with residents on hospice and others in need of my assistance. I provide companionship, emotional support and education about preparing for the end of life. I am also trained in grief support and legacy writing. Soon we will have an area designated in the lobby to honor those who have passed away.. A notice of their passing and a beautiful basket beside it with a votive will be lit for seven days in their memory.**

**Sincerely, Kim Ketteiman 651-287-6532**

## News from Nursing

Hello again Woodbury Healthcare Center Residents! I have been pleased to see so many of you enjoying outdoor time on the patio! Just a gentle reminder to always use sunscreen for prolonged outdoor time, even if it looks cloudy you can still get sunburned! We have recently started up the Grip games again which take place in the Skyway on Tuesdays and Thursdays. Please, if you're interested and able to join, we would love to see you during the games! If that doesn't suit your interests, think of other ways to increase your daily activity! See you around soon! Joshua.

Joshua D. Bowling RN 651-287-6520

## Executive Director Update

Dear Residents,

The staff at the Woodbury Health care Center work hard to make sure you are comfortable and well taken care of. Your feedback is important to us, so if you have any thoughts, concerns, or suggestions, please don't hesitate to share them. We are always here to listen and make improvements to enhance your experience.

Woodbury Senior Living has a wonderful Community Life Department I. Take advantage of the variety of activities and social gatherings they work hard to organize and be sure to get outside and enjoy the patio.

Mike Karel 651-287-6506

## Community Life News

We've had a fun and busy summer despite the raindrops. Our outdoor garden areas have never looked so good thanks to mother nature.

I'd like to mention 2 new members to the Community Life Team: Victoria Erickson and Ruth Lindquist! We are thrilled to have them join our WBHCC family and look forward to their experience and quality of life they bring.

Continue to watch the activity calendars for everyday and special events ahead.

Please contact Kathy with any questions: 651-287-6544.

## Spark Challenges

**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

Hello everyone at Woodbury Health Care Center! My name is Leilani Buck and I serve as the Social Services Director. Thank you for welcoming me into this community and sharing your smiles with me.

Leilani is a Hawaiian name, and it means Sweet Heavenly Flower. The name Leilani has her own song titled Sweet Leilani sung by Bing Crosby. With a Hawaiian name, I was born and raised in Iowa, which is "Heaven on Earth", (but found below Minnesota).

Leilani Buck, Director of Social Services Phone: 651-287-6531

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## Welcome our new ED Intern

*Hello everyone! My name is Kaylee Tauferner, and I am the new Administrative Intern from UW-Eau Claire. I am from Wisconsin and have one younger sister. I love spending time with my friends and family, reading, and being outside. Before going to college, I was a figure skater for 13 years. I love being able to help others in any way I can! I am here for a little less than a year and I am very excited to be here and get to know everyone!*









