

Tis the Sea-sun for Sunshine and Shoreline



Woodbury Estates ~ 2825 Woodlane Drive ~ Woodbury, MN 55033



AUGUST 2024
WOODBURY ESTATES



OUR COMMUNITY NEWSLETTER

Happy Birthday to YOU!

PHYLLIS
AUGUST 6TH

MARY C
AUGUST 11TH

SUSAN
AUGUST 21ST

GAIL
AUGUST 24TH



BARNES
AUGUST 28TH

General Information



STAFF ANNIVERSARIES

JAMESHA - 2023



AHMIRA - 2023



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

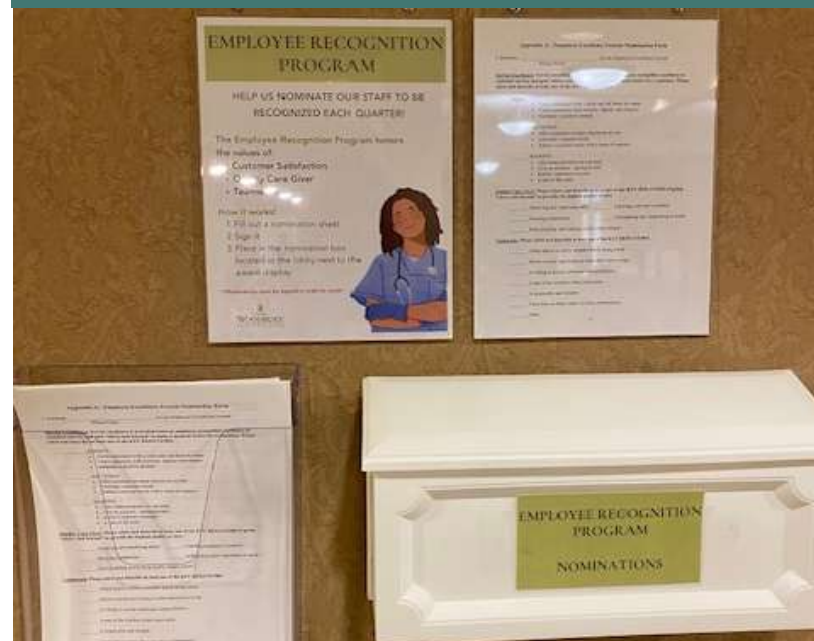
GETTING TO KNOW OUR STAFF...

Have you seen the form "Getting to know our Staff" in the front Lobby??? Breezy will show you where they are located and encourage everyone to check it out! The form includes staff hobbies and general information for our Residents and Families to get to know Estates Staff!

Check out our "Superstar Station" Next to the Dining Hall on the 1st Floor. This is where we recognize our employees and all the great work they do!



EMPLOYEE RECOGNITION PROGRAM LOCATED OUTSIDE OF LISA'S OFFICE (MARKETING DIRECTOR) BY THE 1ST FLOOR LOBBY.



DANGERS IN SUGAR IN OLDER ADULTHOOD

~**HARMFUL EFFECTS WORSEN WITH AGE**
CONTINUING TO EAT FOODS WITH LOTS OF ADDED SUGAR WILL LEAVE LESS ROOM IN YOUR DIET FOR HIGH-NUTRITIONAL VALUE FOODS. WEIGHT GAIN AND TYPE 2 DIABETES CAN RESULT, AMONG OTHER CONDITIONS.

~**USELESS CALORIES**
THE AVERAGE AMERICAN CONSUMES 17 TEASPOONS EACH DAY.

~**SUGARY DRINKS**
MAKE UP A WHOPPING 47 PERCENT—ALMOST HALF—OF ALL ADDED SUGAR CONSUMED IN THE UNITED STATES, ACCORDING TO THE 2015 DIETARY GUIDELINES FOR AMERICANS. THIS GROUP INCLUDES SODA, SWEETENED COFFEE AND TEA, FRUIT DRINKS THAT ARE NOT 100 PERCENT FRUIT JUICE, AND SPORTS AND ENERGY DRINKS.



Health and Wellness Reminders...

REMINDER TO RESIDENTS FAMILY AND STAFF, PODIATRY WILL BE HERE AT THE ESTATES ON Monday, **AUGUST 12TH**. From 9:00AM-12:00PM



American Red Cross

Blood Services

Friday, August 23rd

Woodbury Senior Living (Estates) will be hosting a Blood Drive for the Woodbury community, Staff and Residents to donate blood.

The Red Cross will be in the Estates from 10:00AM to 4:00PM. Please call 1-800-733-2767 to request a spot.

American Red Cross Note: Donors needed! Come give blood in August for \$20 Amazon.com Gift Card by email.

See rcblood.org/Help



FROM OUR CAMPUS CHAPLIN AUSTIN



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 chapel at 10:45am. This is an ecumenical Christian service for encouragement and prayer. Chaplain Austin will be available each week for individual visits as requested.

ESTATES MEMORIAL SERVICE

ESTATES WILL BE DOING OUR MEMORIAL SERVICE ON THURSDAY, SEPTEMBER 19TH AT 10:45AM. WE WILL BE HONORING OUR RESIDENTS AND LOVED ONES WHO HAVE PASSED RECENTLY. CHAPLAIN AUSTIN WILL BE LEADING THE SERVICE, AND EVERYONE IS WELCOME!



COMMUNITY LIFE'S MONTHLY THEME FOR AUGUST IS: ISLANDS



THEMED ACTIVITIES INCLUDE; BEACH/TROPICAL CRAFTS, TRIVIA, FACTS AND OUR BIRTHDAY BASH WILL BE A LUAU!! WEAR SOMETHING TROPICAL!

RESIDENT SPOTLIGHT



Ione is one of our Estates Residents and we are excited to put her in the Spotlight! Here are some fun facts and hobbies about

IONE

Ione was born in Cook, Minnesota and her pride and joy are her daughters! She also has lived in New Jersey while her husband worked on movie sets! How COOL IS THAT!

Ione is a beautiful painter and has her paintings hung up in her apartment on display. Ione also enjoys reading in her free time here at the Estates and LOVES visiting with others. Ione has a heart of gold, please don't hesitate to say hi to our great friend!

COMMUNITY LIFE UPDATES

HAPPY AUGUST TO OUR FRIENDS AND FAMILY OF THE ESTATES! THIS MONTH IN AUGUST, COMMUNITY LIFE WILL BE BUSY MAKING SURE EVERYONE ENJOYS THE REST OF THE SUMMER WITH DAILY ACTIVITIES AND SOME END OF SUMMER PARTIES! PLEASE CHECK YOUR CALENDARS DAILY FOR UPCOMING EVENTS!

VOLUNTEERS IN AUGUST

WE CURRENTLY HAVE 2 COMMUNITY VOLUNTEERS ASSISTING COMMUNITY LIFE WITH PROGRAMS. COME AND VISIT WITH MARY AND HER MOM, ANNE WITH CRAFTS ON WEDNESDAY MORNINGS ON THE 1ST FLOOR! ALSO, WE WILL BE COMBINING BOTH FLOORS ON THURSDAY AFTERNOONS FOR "BIG BINGO" WITH ANOTHER VOLUNTEER FROM OUR CAMPUS. PLEASE WELCOME BOTH MARY'S TO OUR BUILDING AND HOPE EVERYONE PARTICIPATES IN OUR DAILY ACTIVITIES! ON WEDNESDAYS, WE WILL HAVE CAITLYN HELPING 1ST FLOOR ACTIVITIES UNTIL AUGUST 20TH. PLEASE ALSO GIVE HER A WARM WELCOME TO THE ESTATES :)

REMINDERS FOR UPCOMING EVENTS:

**-PODIATRY VISITS 08/12
-DOLLAR TREE OUTING 08/21
-FRIDAY PERFORMERS 08/09,08/16
-BIRTHDAY LUAU 08/28**

Estates Gallery

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