



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. Each month we will explore a different topic.

Thursday, August 1st at 2:00PM in the Skyway

July's Topic: Ford's Theatre and the Lincoln Assassination

Presented by: Ford's Theatre

Socials in the Sun Room

August 2nd - Ice Cream Social @ 2:15PM

August 9th - Island Breeze Bash @ 2:30PM

August 23rd - State Fair Celebration @ 2:30PM

August 30th - July Birthday Party @ 2:15PM

Entertainment and Specialty Programs

July 13th - Public Safety Campus Presentation by the City of Woodbury
- 2:30PM in SK

August 15th - Entertainment: Kent Appeldoorn - 2:30PM in SK

**August 22nd - Snake Discovery: Reptiles Around the World -
2:30PM in SK (Sponsored by the Witty Woodchucks)**

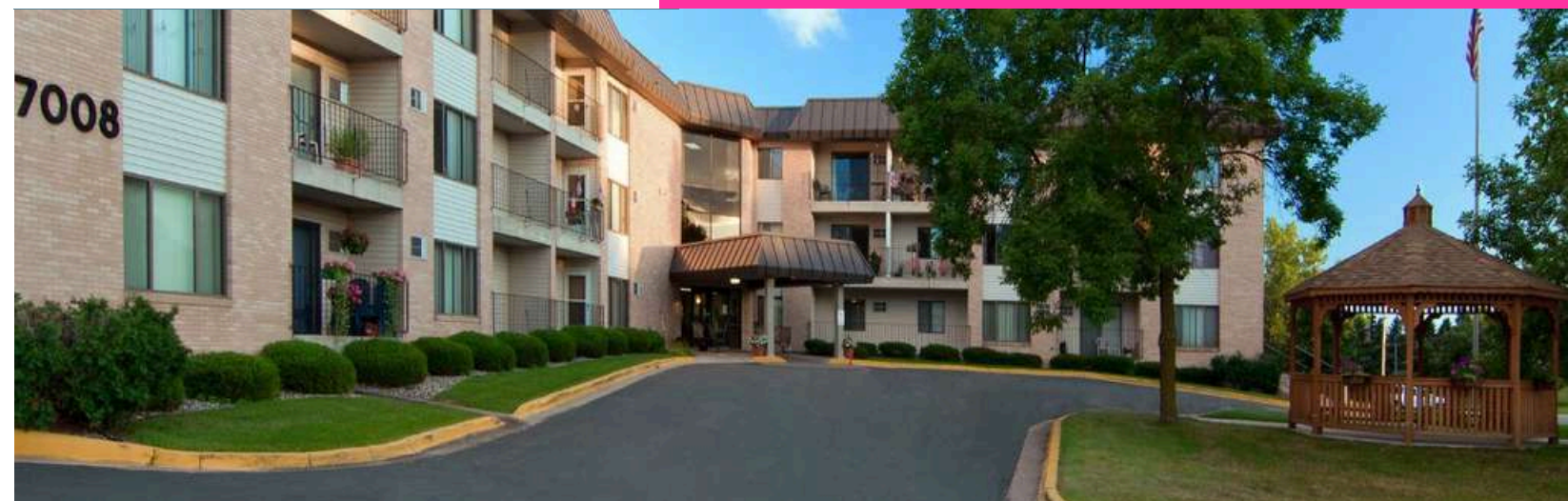
August 26th - Food Shelf - 1:00PM in SR - Registration Required



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 August:

1st Elaine L.

12th Janie C.

29th Clarice W.

31st Nancy W.

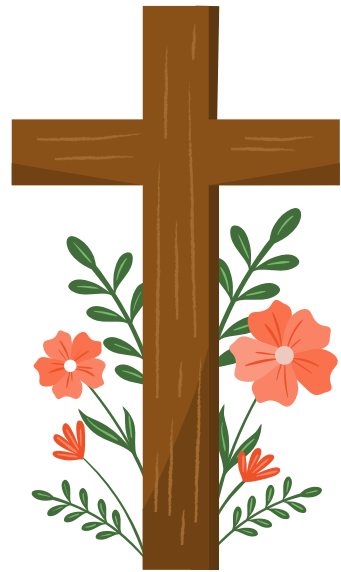
AUGUST 2024

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



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.

News from Nursing

Nursing would like to remind everyone that COVID is having a surge right now in the area. If you are having any symptoms, please request a test and wear a mask out of your apartment while you are feeling ill. If you don't have any feel free to ask for a couple to use. Our goal is to keep everyone as healthy as possible and stop some unnecessary spread. It will be good practice for the upcoming flu/respiratory illness season! That being said, if you see a member of staff that goes above and beyond, please let Jaynie, Amy or Valerie know! We love to recognize our employees for the great jobs that they do.



Lifespark Complete: Health Post

Staying Mobile and Independent is Literally Beneath You!

Your feet are like loyal workhorses, dependably performing their duties while demanding little in return. But like all living things, your feet deserve a little TLC (tender loving care), especially as they age. Here's why: ignoring a seemingly minor foot issue—an inflammation, blister, ingrown toenail, or splinter—can lead to more serious health problems.

Here are six tips to help your feet "age magnificently"!

1. Keep them clean. Quick wipe-downs with washcloth, soap, and warm water can help prevent infections and gives you a chance to give your feet a once-over.
2. Moisturize your feet. Cracked skin can leave your feet open to infection, so moisturize them with lotion. Vaseline doesn't moisturize but it can prevent moisture loss.
3. Trim your toenails. An overgrown nail isn't just painful, it can also cause you to limp. If you need help trimming your nails, talk to your Lifespark COMPLETE provider.
4. Make sure your shoes fit. Tight or ill-fitting shoes can cause blisters and make it painful to walk. Ask a shoe expert to measure your feet and help you find you a pair that fits.
5. Get a foot work-up. Ask your advanced practice provider to check your feet for calluses, bunions, corns, discolored toenails, and hammer toes.
6. Watch for swelling. Circulation problems can cause swelling in the calves and feet. Talk to your primary care provider if you notice any changes.

Take care of your feet and there's no telling where they'll take you!

Brought to you by your Lifespark COMPLETE team in collaboration with Woodbury Villa. Learn more at 952-873-7386 or LSCreferrals@lifespark.com or visit complete.lifespark.com.

Note from Housing

In the event of a Tornado emergency, it is Woodbury Villa's priority to keep residents safe and without harm. All residents will have a safe place to go and or shelter in place.

Responding to a Tornado emergency includes:

1. Alerted by tornado "watch" via National Weather Service on TV or Radio.
2. If a tornado has been sighted safety measures will be taken immediately.
3. All residents will be moved into hallways or interior rooms with NO windows
4. Staff will remain in rooms with residents for the next course of action and assurance.

Upcoming Outings and Dine-Ins

To sign up for an outing or dine-in, please call Sam (651-731-5509) or Caitlyn (651-731-5508), stop by our office for a visit, or leave a note at our office in the game room.

- August 6th* - National Night Out Hudson Concert in the Park. Bus loads at 3:45PM. Meal will be provided. Sign up is open.
- August 8th* - KFC Dine In at 11:30AM in the Sunroom. Residents purchase boxed meal. Payment and order due August 5th.
- August 9th* - ALDI. Bus loads at 9:00AM. Sign up starts August 2nd.
- August 13th* - Stillwater Concert in the Park and Picnic. Bus loads at 4:00PM. Meal will be provided. Residents pay for any items from vendors. Sign up is open.
- August 14th* - TWINS Game. Residents pay for own food.
- August 16th* - Woodbury Theater Movie Matinee: It Ends with Us. Time TBD. Residents pay for ticket and snacks. Sign up starts August 5th.
- August 19th* - Fishing Trip and Picnic. Bus loads at 10:30AM. Meal will be provided. Sign up is open.
- August 23rd* - Walmart. Bus loads at 9:00AM. Sign up starts August 16th.

Spark Challenges

We are off with the Grip Games!
Teams of four work together using a Power House to pump water while competing against another Senior Living community.
Teams compete for the highest number of gallons of water they pump each season.
The Grip Games brings gamification to combined grip strength.
Join us in the Skyway!
Competitions: Tuesdays at 1:00PM
Practices: Thursdays at 1:00PM
Weekly Recaps: Fridays at 1:00PM



Social Work Note

If you are needing assistance in any way, please reach out to Amy, Social Work Designee, at 651-204-5256. There are many social service programs available through the state and county that may be able to help.

We offer in-house dental, optometry, podiatry, and mental health therapy at the Villa. There are also primary care physicians that see residents in-house: Lifespark, M Health Fairview, and HealthPartners.

Please see Amy if you'd like to have any of your doctoring to be more convenient!

Sudoku

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

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!

