



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!

We honor and celebrate our Long Term Care Residents who have a Birthday in the month of October. At time of printing, we have no October Birthdays. So a blanket Happy Birthday October!

October 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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News from the Director of Nursing

Dear Residents and families,

As we embrace the vibrant hues of October, I wanted to share some news and reminders .

This month let's talk about a common but often overlooked condition: Vitamin D Deficiency. As the days get shorter and we spend less time in the sun, it's crucial to understand the importance of Vitamin D: Why It Matters: Vitamin D is essential for bone health, immune system function, and mood regulation. Deficiency can lead to issues like osteoporosis, increased risk of falls, and even depression.

Symptoms: Look out for fatigue, bone pain, muscle weakness, and mood changes.

Prevention: While sunlight is the best source, dietary supplements and foods like fatty fish, egg yolks, and fortified dairy products can help. We encourage everyone to discuss their vitamin levels with our healthcare team.

Health and Safety Information

Flu Season Prep: With flu season approaching, our staff will be offering flu vaccinations. Please let us know if you'd like to receive one.

Hydration: Remember, staying hydrated is just as important in cooler weather. Ensure you're given a water pitcher or enjoy our flavored water choices.

A Moment of Thanks:

I want to take a moment to thank our dedicated staff for their continuous care and commitment. Their efforts ensure our community remains a warm, safe, and engaging place.

Let's make this October memorable with joy, learning, and community spirit. If you have any suggestions or need assistance, my door is always open.

Warm regards,

Joshua D Bowling, RN 651-287-6520

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.

Executive Director Update

Until next month.....

Mike Karel, Executive Director 651-287-6506

Community Life News

Hello everyone,

It's hard to believe that Fall has arrived. It feels like our residents were just planting our flowers. Time marches on! We have a full calendar of October Special events: Entertainment with Michael Riddle, the Senior Sax's , Amy & Adams and Oktoberfest with Mark Stillman. Active Aging: your never to old to Rock! Snake Discovery will visit once again and a special show about Florida Manatees with Rob E. With Halloween, we will do Scary-Oake (aka: Karoake in costume with Halloween songs) and Amazing Balloon Artist show. We will have adult learning about the Rat Pack as well as get our Brains in gear for the spark challenges. Please refer to poster on elevators, walls and activity calendars for specific times, dates and locations. Looking forward to a fun Fall

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

Spark Challenges

We are ready to embrace the final Spark Challenge of the year.

This competition is called the QUIZ SHOW however it encompasses utilizing both our bodies and our brains.

We will be reading/studying 4 books on how to Age Magnificently! We will read and study on big screen together Monday's at 1pm. Tuesdays at 1pm, we will zoom with Dr. Bill

Thomas who will review the highlights of the book.

Wednesday's we will compete with a physical challenge and then a QUIZ on the book materials. EVERYONE can join.

All events will be held in the skyway.

News From Social Services

Until Next Month.....

Please contact Leilani with any questions 651-287-6531

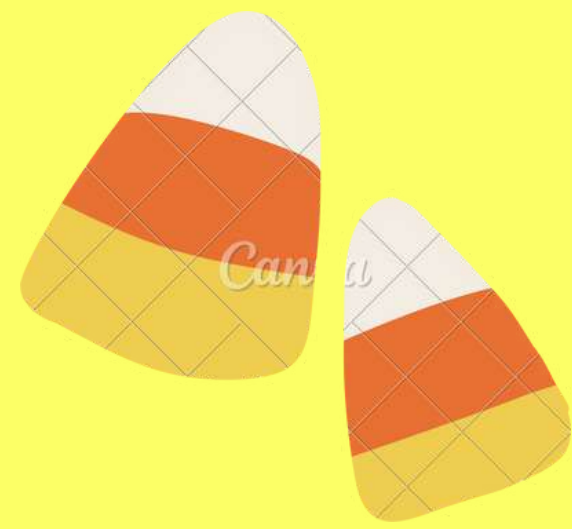
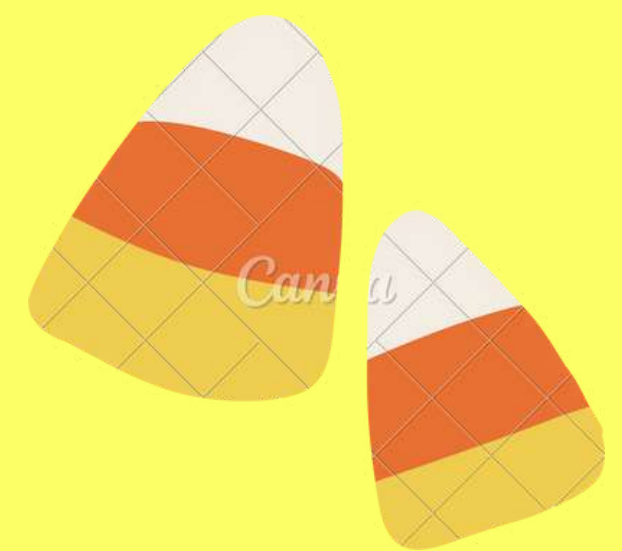
Casual for a Cause Fundraiser

Just a reminder to everyone that CASUAL WEDNESDAY's support a local Animal Shelter called Humble Hounds. Jeans are ONLY PERMITTED if you purchase and WEAR the sticker ("Casual for a Cause").

Stickers can be purchased for \$2.00 each at any time from the receptionist and must be worn to show support. If not, you are expected to be in your uniform and comply with company dress code.



**TRICK
OR
TREAT**



Match the October fun