

"OCTOBER IS THE MONTH THAT TEACHES US THAT CHANGE CAN BE BEAUTIFUL."



Woodbury Estates ~ 2825 Woodlane Drive ~ Woodbury, MN 55033



OCTOBER 2024
WOODBURY ESTATES



OUR COMMUNITY NEWSLETTER

HAPPY BIRTHDAY TO YOU!

JAMES - OCTOBER 1ST

NICHA - OCTOBER 9TH

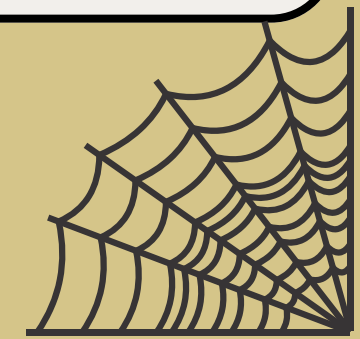
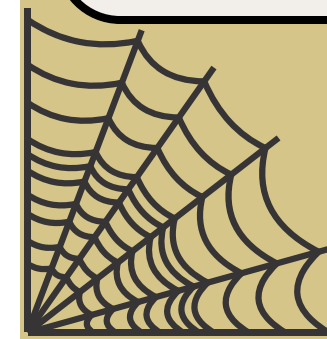
GERRY - OCTOBER 2ND

SUSAN P - OCTOBER 11TH

ALANA - OCTOBER 7TH

EILEEN - OCTOBER 24TH

SHARON - OCTOBER 15TH



General Information



STAFF ANNIVERSARIES

Aynalem - 6 years

STAFF BIRTHDAYS

Audrey L - October 8th



Executive Director

Happy Fall,

It was so fantastic to see so many residents and families enjoying the barbeque last month. We are looking forward to doing more fun events in the future.

In September, we held a tenant education session on emergency preparedness and what residents should do in the variety of events. We are excited to get our clinical team fully staffed. By November, the Estates will have nursing 7 days a week on site. During the week the nursing coverage will be 6am to 7pm. This change of coverage will be great for our residents and also staff to have extra support on the weekends also. We have several HHA's starting in October also. We are building a strong team, to ensure our residents are taken care of at the highest level. I will leave you with a quote, "We are not where we want to be, but we are also not where we used to be."

-Bonnie Johnson (Executive Director)



Are you registered?

Registration Deadlines 2024

By Mail (received by 5pm on **October 15**)

In Person during Early Voting

Sep 20th- Nov 4th

In-Person at voting locations on Election

Day

November 5th (Polls are Closed)

Need Help??

Amy (Social Service Designee) OR

Brittany (Community Life Director)

Call 651-501-2112



Absentee Ballots

In Minnesota, any registered voter can request to get a ballot by mail. Fill out the mail ballot application and mail or return it in person to your local election office.

What should I do if I don't get my ballot?

If you don't receive your ballot in the mail, then contact your local election office OR your contact at your facility. (Estates)

How do I return my ballot?

Read the instructions carefully on how to mark and return your ballot.

You can return your ballot by mail or by visiting a dedicated drop off location.

Find a ballot drop off location near you.

If you choose to return your ballot by mail, the United States Postal Service (USPS) recommends that voters mail their completed ballots at **least one week before the due date**. Find a USPS location near you.

What do I need to do if I've moved?

What's on your ballot depends on where you live, so your voter registration is tied to your exact address. **If you've moved, you need to re-register with your new address.**

Spiritual

HELLO FROM CHAPLAIN AUSTIN! THIS MONTH WE HAVE AN EXCITING ANNOUNCEMENT:

OUR NEW CHAPLAIN KATIE IS JOINING US BEGINNING THE FIRST WEEK OF OCTOBER. KATIE IS AN EXPERIENCED CHAPLAIN AND WILL BE A WONDERFUL ASSET TO OUR TEAM AT WOODBURY SENIOR LIVING. YOU CAN EXPECT TO SEE KATIE ALONGSIDE AUSTIN IN PROGRAMMING AND ONE-ON-ONE VISITS! THANK YOU

OCTOBER WORSHIP SERVICE DATES FOR OCTOBER WITH CHAPLAIN AUSTIN

Wednesday, October 3rd 10:45 in the Chapel

Wednesday, October 17th 10:45 in the Chapel



MEDICARE ANNUAL ENROLLMENT – CHOOSING A HEALTH PLAN THAT VALUES QUALITY OVER QUANTITY

It's that time of year again for Medicare's Annual Enrollment Period (AEP) where you can learn about and switch plans. Dr. Ben Bache-Wiig admits he has recently joined the ranks of Medicare recipients and his 30+ years of experience as a primary care physician, including Lifespark's Executive Medical Director, working with seniors has given him an eye-opening front seat to what seniors should think about.

“Decades ago, primary care physicians were given the time to get to know their clients, build long-term, trusted relationships with them, and follow them from clinic to hospital to rehab—wherever their care took them. That model of care doesn't exist any longer,” said Dr. Bache-Wiig. “Instead, we have a fragmented, a la carte services model that's especially challenging for people who need ongoing care.”

His advice: “Health plans look pretty good on paper, so the key is to look for the extras you might need in the future.” One of the most important extras, particularly for people with ongoing medical needs, is coordination of care. It's the difference between a Medicare Advantage plan with a Lifespark option and one without.

Here are a few other tips:

- **Determine the services you want and need before choosing your plan.** Various plans offer different benefit packages such as fitness club membership and transportation coverage or look for specialized plans that offer more of what you do need such as vision, dental, or added prescription coverage.
- **Check the in-network providers.** For any health plans you are evaluating, make sure your physicians and primary care are in-network providers. Some medical providers like Lifespark Health offer additional services under partnering Medicare Advantage plans (Lifespark COMPLETE).
- **Consider Lifespark COMPLETE.** This service brings together a full spectrum of senior health services for a single, home-based, more coordinated experience. In addition to proactive, in-home senior-savvy medical expertise, Lifespark COMPLETE now offers the option for in-home urgent care to help avoid long waits in the ER. This specialized service is available on this campus.
- **Already have Lifespark COMPLETE?** Be sure you keep it. Check any plan you are considering ensuring it offers access to Lifespark COMPLETE's concierge level health services at no additional cost.

Learn More:

Lifespark COMPLETE Virtual Webinar

Thursday, October 10 OR Tuesday, November 19

Free and open to Lifespark residents and their loved ones

6:00 pm CT Register at Lifespark.com/LSC-2024



RESIDENT SPOTLIGHT!



Our New “Resident Spotlight” for the month of October is.... MILLIE!

Millie just moved to the Estates last month and already has made friends with residents and staff! Millie is from Brooten, Minnesota and her favorite Hobby is shopping for FASHION! She also used to knit, Crochet, and Sing! She was very active in her Church Choir and is a devoted Christian to this day.

Millie is a lovely lady, and we are so happy to have her here at The Estates!

-Here is a quote from our Millie -
~Always make sure that your colors coordinate and



add one piece of jewelry! ~



Thank you, Millie for being you and in the SPOTLIGHT!

UPCOMING EVENTS! (IN ORDER)

- ”POP UP” LIBRARY
- VAN NIXON PERFORMANCE
- MILES SAXOPHONE PERFORMANCE
- SCENIC OUTING (FALL COLORS)
- SINGO
- PUMPKIN CARVING WITH STUDENTS
- PUMPKIN “GARDEN WALK”
- HEATHER’S ART CLASS
- HALLOWEEN BASH!



- SIGN UP FOR BUS OUTINGS: CALL BRITTANY 651-501-2112 OR IN PERSON.
- WALMART OUTING
 - SCENIC DRIVE OUTING

Reminder:

Monthly Meetings

-Chef's Talk is Friday, October 11th at 10:30AM

-Resident Council Meeting is on

Tuesday, October 29th at 10:00AM

THERE WILL ALSO BE POSTINGS IN THE LOBBY.

Estates Gallery

Estates Gallery

