



Community Life at Villa



Age Magnificently

Socials in the Sun Room

October 4th - Oktoberfest Celebration @ 2:30PM

October 11th - Ice Cream Social @ 2:45PM

October 18th - Thirsty Thirty: Teriyaki Meatballs @ 2:15PM

October 25th - October Birthday Party @ 2:15PM

Entertainment and Specialty Programs

October 1st - Entertainment: Michael Riddle - 2:30PM in SK

October 2nd - Aegis In-Service: Active Aging Week - 2:00PM in SR

October 3rd - LIVE Virtual Program: The Rat Pack - 2:00PM in SK

October 8th - Dog Visits - 10:00AM in SR

October 10th - Entertainment: Senior Sax - 2:30PM in SK

October 17th - Entertainment: Mark Stillman - 2:30PM in SK

October 17th - Rabbit Visits - 6:00PM in SR

October 21st - Entertainment: Amy and Adams - 3:00PM in SK

October 22nd - Rob Ellos Presents: Florida Manatees - 3:00PM in SK

October 24th - Snake Discovery: Leapin' Lizards - 2:30PM in SK

(Sponsored by the Witty Woodchucks)

October 28th - Dog Visits - 10:00AM in SR

October 28th - Food Shelf - 1:00PM in SR - Registration Required

October 29th - Halloween ScaryOke w/HCC - 2:30PM in SK

October 30th - Halloween Party - 2:30PM in SK

October 31st - Balloon Artist - 2:00 in SK



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 October:

5th Donna S.

6th Steve S.

9th Gail B.

14th Bill K.

15th Marie W.

18th Don G.

20th Joyce O.

22nd Kathy T.

26th Jackie W.

OCTOBER 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.

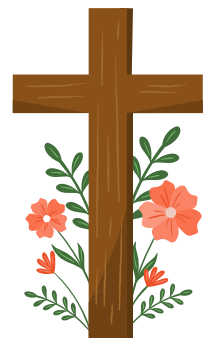


Woodbury Villa | 7008 Lake Road, Woodbury, MN 55125 | (651) 731-5501



Woodbury Villa | 7008 Lake Road, Woodbury, MN 55125 | (651) 731-5501

Chaplain Corner



Every plan must have a beginning and an end. The power of a thoughtful plan begins at the end with the destination in mind. The one who plans thoughtfully asks questions like, but not limited to the following:

- What is the purpose?
- What needs to be accomplished?
- What are the obstacles to overcome?
- How does one get the knowledge, skills, and resources to succeed?

A well-thought-out plan is like a manual that provides information on how to best use a particular product. The manufacturer of a product does not have to be physically present with the consumer to operate the article. Manuals are manufacturers' thoughtful plan. The power in this is that others can read the plan of the producer and succeed.

The best part of the power of a thoughtful plan is not the accomplishment of the individual(s) that "planned the work and worked the plan!" It is when others benefit from a plan that was well-thought-out! The one who plans well must focus on the benefits of others. The greatest part of any individual's plan is that others are served!

News from Nursing

Happy fall! Hopefully most of you are feeling well at the start of flu and cold season. Just a reminder that washing your hands is SO IMPORTANT to stop the spread of bacteria and viruses. Please be advised that when you are feeling under the weather, opt to stay home for a few days through the worst of the symptoms. We all can do our part!

On another note, we want to be giving the best care possible so if you have any comments, concerns let us know by filling out the grievance forms in the lobby and turning it in to Jaynie, Valerie or Amy. If you have any shout outs or appreciations for certain staff members, please also fill out a form! We would like to know what more we can do to make you feel at home and taken care of.

Lifespark Complete: Health Post

What to Know About Urinary Tract Infections – Is Testing Causing More Harm Than Good?

Urinary Tract Infections (UTIs) are responsible for about 20% of all hospitalizations in older adults according to a report from the National Institute of Health, and they can lead to severe illness if the bacteria spreads into the blood stream causing sepsis.

According to Dr. Nick Schneeman, geriatrician and Chief Medical Officer for Lifespark, urine testing for seniors is a very complex topic and frequent testing leads to frequent "discovery" of contaminated or colonized bacteria that are not causing a problem," said Dr. Nick. "This makes the decision to test or to just go ahead and treat pretty complex." Dr. Nick adds that the best reason to consider testing or just offering antibiotic treatment is for dysuria, new burning pain with urination.

After that, some good reasons include:

- Lower abdominal pain
- New urinary frequency- going to the bathroom more often/urge to go
- New incontinence or loss of bladder control
- Unexplained fever, chills, low blood pressure, and decreased level of consciousness with concern for sepsis

Without the right diagnosis, attributing UTIs as a root cause can lead to serious negative outcomes including antibiotic induced colitis, drug resistant organisms, poor appetites, and drug-drug interactions.

If your primary care is suggesting testing for a UTI, be sure they understand what your main symptoms are. If they do not align with good reasons to test or treat for a UTI, explore what other causes could be causing your symptoms to avoid missing something serious or be harmed by antibiotic over-treatment. Nobody wants to miss serious UTIs and sepsis. But decisions to test and treat are complex in seniors. The good news is that Lifespark can partner with you to sift through symptoms to find solutions that are unique to you, all from the comfort of your home – no waiting rooms or going to the lab.

Social Work Note

Election day is Tuesday, November 5. Have you registered to vote since moving to Woodbury Villa? Do you need to need to request an absentee ballot? There are both online and paper options. You can go to <https://mnvotes.sos.mn.gov/voterregistration/index/> to have an absentee ballot for every future election or see Amy for the paper version.

Upcoming Outings and Dine-Ins

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

October 4th - Target. Bus loads at 9:00AM. Sign up is open.

October 7th - Fall Leaf Drive. Bus loads at 1:00PM. Sign up is open.

October 11th - Feed My Starving Children. Bus loads at 11:20PM. Sign up is open.

October 18th - Gasthaus Bavarian Hunter Restaurant. Bus loads at 10:15AM. Sign up is open. Residents purchase own meal.

October 25th - Aldi. Bus loads at 9:00AM. Sign up starts October 18th.

Spark Challenge: Quiz Show

How It Works: Again, this year the Spark Challenge teams will be multigenerational! Each team is encouraged to involve team members of all ages to help your team to victory. Each team will attend a Deep Dive session With Dr. Bill on Tuesdays. Wednesdays will be the competition day. Each team will complete a Physical Test and a Quiz. Ask your Community Life Director for more details.



The season is set to begin:

10/8 – Rule book review (Team Meeting)

10/9 – Scrimmage

10/15 - Regular season will start

Note from Housing

Hello Villa Residents!

This is a reminder to make sure that you all are following safety measures after hours and early in the morning. Please remain mindful of the individuals you are opening the door for! It is imperative that our community stays safe and well informed, as the weather changes people that don't belong in our community may try and enter. If you are questioning if someone belongs here, please, please don't open the door. Reach out to a staff member and let them open the door.

Thank you for all your help keeping our community safe.

Sudoku

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

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!

