



# 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 November:

- 1 Mary Z
- 6 Vernon P
- 6 Janet F
- 9 Ted G
- 23 Ron M

### **November 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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## THANKFULNESS



***Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some.***

***Charles Dickens***

## 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 December 18th, 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.

## News from the Director of Nursing

Dear Residents of Woodbury Healthcare Center,  
As I prepare to turn the page to the next chapter of my life, I find myself reflecting on the incredible journey we've shared together at Woodbury. It's with a heavy heart yet a profound sense of gratitude that I share my farewell. Over the past year and a half, it has been an honor to serve as your Director of Nursing. Our time together has been filled with moments of joy, challenges, and countless memories that I will cherish forever. I've watched our community grow, not just in size but in spirit, resilience, and love. One of the highlights of my tenure has been the Spark challenge. Each month, we gathered to celebrate the smallest victories including residents taking their first steps after recovery. Being the cheerleader at these events was not just part of my job; it was a joy. Seeing each of you light up with pride and accomplishment always gave me a "spark" of happiness and reminded me why I chose this path. Karaoke days, too, have been a cornerstone of our communal life. Singing alongside each of you, whether it was a classic hit or a nostalgic tune, created bonds that went beyond mere words. The laughter, the off-key notes, and the pure, unadulterated fun we had were moments of pure magic. These sessions weren't just about the music; they were about connection, laughter, and a shared sense of life's beauty. Our facility has always been more than just a place of care; it's a home where memories are made. Each activity was a celebration of life, health, and the human spirit. I want to thank each of you for allowing me to be part of your lives. To the residents, your strength and resilience have taught me more about life than I could ever teach you about health. Woodbury will always hold a special place in mine. I am confident that the spirit of care, community, and celebration will continue to thrive here. Thank you for the laughter, the tears, the highs, and the lows. May each day here continue to be filled with love, joy, and the same vibrant spirit that has defined our time together. With all my gratitude.

Joshua D Bowling Director of Nursing

## Community Life News

We have welcomed Fall into full swing. Please make sure to check the bulletin boards and/or weekly activity calendars for events. We will always come and invite/escort you to programs as well. We have over 25 special events planned through the end of the year and its the most enjoyable when our audience is full. this time of year, we turn our clocks ahead and have a lot more darkness. Attending activity programs and being engaged in the community, helps bring the light in. We look forward to sharing the fun with you.

## Spark Challenges

The SPARK CHALLENGE is up and running.

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! 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

We are happy to announce the addition of 2 new social workers at WBHCC. Kimberly Newkirk and Ava Holmstadt. At this time, Kimberly oversees our long-term care residents and Ava assists Leilani with TCU caseload. Both ladies make a great contribution to the Social Service Department Team and look forward to assisting you during your stay with us.

Please contact the Social Service Director, Leilani, with any questions 651-287-6531

## Halloween fun







