



# Community Life at Villa

## Socials in the Sun Room

*November 1st - Ice Cream Social @ 2:15PM*

*November 8th - Thirsty Thirty: Pizza @ 2:15PM*

*November 15th - Pie Social @ 2:15PM*

*November 22nd - Thanksgiving Celebration @ 2:15PM*

*November 29th - November Birthday Party @ 2:15PM*

## Entertainment and Specialty Programs

*November 4th - Entertainment: Mark Johnson - 3:00PM in SK*

*November 6th - Jackson Medical Mobility Clinic - 2:00PM in SR*

*\*\*Sign up for one of the time slots to have them look at your mobility device. Think of it as a free tune up!*

*November 7th - LIVE Virtual Program: Eleanor Roosevelt - 2:00PM in SK*

*November 11th - Veterans Day Ceremony - 2:15PM in SK*

*November 11th - Entertainment Robert Bozaich - 3:00PM in the SK*

*November 12th - Dog Visit by Dora the Husky - 10:00AM in SR*

*November 14th - David Jones: Washington Monument - 3:00PM in SK*

*November 18th - MN Zoomobile - 2:30PM in SK*

*November 21st- Entertainment: Bobbi and Christine B'Cause - 2:30PM in SK*

*November 25th - 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 November:

1st Fran B.

3rd Marie W.

18th John K.

20th Elayne S.

30th Mary Lou J.

### NOVEMBER 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



## A Posture of Gratitude

“Start each day with a positive thought and a grateful heart.” Roy T. Bennett  
What are you grateful for? Many of our traditions respond to the end of the harvest season. Our days grow shorter, and the daylight becomes so precious as we celebrate and give thanks to the light as it dances off the beautifully colored leaves this time of the year. Thanksgiving, Hanukkah, and Christmas are some of the holidays that remind us to give thanks for the gifts of light, life, and love that have been given to us.

During this time of year, we hopefully have an opportunity to pause at times and reflect on the things for which we are grateful. Maybe you would like to try one of these ideas to think about and share gratitude. For gratitude can be expressed in a journal entry at the end of the day and sharing a couple of things that you are grateful for. We can also share gratitude by writing a thank-you-note or in a conversation with a loved one or those around you, or even silently acknowledged in moments of quiet thought or prayer.

Practicing gratitude can improve relationships, sleep, self-esteem, inner strength, and both mental and physical health. Our lives can be filled with sorrow and joy, but as we encounter the mysteries of our lives, we are called to cultivate joy by finding more and more ways to be grateful for the large and especially small gifts in our lives.

# News from Nursing

Happy November! As it's officially the holiday season, just a reminder to keep washing your hands! No need to be sick if you can prevent it.

**Nursing would like to spotlight two of our staff members, Catherine and Marie, for their 10 years of service here at the Villa. We are so fortunate to have them here and would like to thank them for all that they do and their commitment to the residents here.**

If you see them, please feel free to let them know you appreciate them. Lastly, if you acquire any bedrails or anything attached to your bed to help you in and out, please let Jaynie know. Per your lease agreement, they will need to pass inspection for state standard.

# Lifespark Complete

## Age Magnificently with Lifespark COMPLETE

Lifespark COMPLETE brings together everything Lifespark has to offer — a complete senior health system, a dedicated Life Manager to guide and advocate for you and your family, an in-home medical expert who specializes in the unique needs of older adults, and full coordination of services and resources, brought right to your door. And it’s all available to you at no additional cost through participating health plans.

To get started with Lifespark COMPLETE, call 952-873-7386, email [LSCreferrals@lifespark.com](mailto:LSCreferrals@lifespark.com) or visit [complete.lifespark.com](https://complete.lifespark.com) or visit [complete.lifespark.com](https://complete.lifespark.com).

# Social Work Note

Holidays can be the backbone of our relationships – highlights in the histories of our lives. They are traditions that serve as the foundations for many families. But because of these ties, mental health professionals note an increase in depression for seniors during the holidays.

“Statistics show that two million of the 34 million Americans age 65 and older suffer from some form of depression,” said Mike Homan, family clinical care coordinator with Behavioral Health Services. “Notably, only three percent receive treatment. It is important to remember that depression is a medical illness that can be treated with medication and/or psychotherapy, and that the prognosis of older individuals is excellent when they seek treatment for this disorder.”

5/31/2024 <https://www.osfhealthcare.org/blog/holidays-and-senior-depression/>

Please contact Amy (651-204-5256) to schedule in house mental health therapy or would like assistance finding a psychologist.



# 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.

*November 8th* - Walmart. Bus loads at 9:00AM. Sign up starts November 1st.

*November 12th* - Golden Corral Dinner Buffet. Bus loads at 3:30PM.

Residents purchase own meal. \$16.69 for buffet. \$2.99 for beverage. Sign up is open.

*November 21st* - MN History Museum. Bus loads at 3:30PM. Free admission night! Sign up starts November 4th.

*November 22nd* - Dollar Tree. Bus loads at 9:00AM. Sign up starts November 15th.

# 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.



# Note from Housing

Hello Villa Residents!

Just a soft reminder to everyone that space heaters are not allowed in your apartments. Please have them unplugged and stored out of the unit. The boilers are working, and the heat is back on and running great!

I would also like to address the dumping of food on the rocks and smoking in front of the building. Both are lease violations and can result in lease terminations! Although we love to watch the critters play and run about, feeding them can result in unwanted guests in our community! Let us welcome all of our new residents and guests by respecting the no smoking policy. Smoking is allowed in designated areas only .

# Sudoku

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

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!



