



# 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!

Happy Birthday January Long Term Care Resident bdays:

- 2 Kevin F
- 4 Claudia G
- 5 Susan L
- 9 Jack G
- 11 William L
- 16 Patty O
- 19 Anna S
- 19 Maryanne W
- 27 Kevin P
- 31 Renee S

### January 2025

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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## Chaplain Update

**This January in the Health Care Center, Chaplains Katie and Austin will focus on the theme of newness of life. With the new year approaching, we will explore new places and states in our “Along the way of life’s Journey” program, new messages in our Christian worship service around renewal, and as always chaplains are available to visit with you 1:1 and accompany you during your stay.**

**Happy new year everyone**

**Austin Felber, Spiritual Care Director 501-2111**

## 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 February 19, 2025**

**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

**Hello, my name is Nicolle Sounthala, I am the director of nursing. I started about a month ago and have had the pleasure of meeting many of you already. I would like to take a minute to share a little about myself with you. I have been in healthcare for 24 years in many different roles and settings. I have roughly 7 years' experience as a director of nursing in transitional care and long-term care. I obtained my Bachelor of Science in nursing degree from Metropolitan State university. I love education and learning. My most recent endeavor was obtaining my board certification in gerontology and board certification in pediatric intensive care (I did some time in cardiovascular intensive care). I have 4 beautiful children of a wide range of ages and 2 dogs. We love staying active outdoors when we can and watching a good movie. I am passionate about great customer service, listening, and communication so my door is always open. I look forward to getting to know everyone better and I thank you dearly for allowing me to be a part of this amazing community.**

**Nicole Sounthala, Director of Nursing 651-287-6520**

## Community Life News

We have moved into our new Activity Room on 3rd fl and it has been such a great addition. Our programs have been very well attended and groups are so much fun when our community comes together. CL staff and volunteers to assist in reminding/inviting and escorting residents to and from the location as well as the many events hosted in the skyway.

We have already planned many special events already for January with the theme "WHERE MUSIC MEETS THE SOUL". Please take note of the weekly activity calendars on the bulletin boards and available to you in your rooms (bins with calendars are on each floor). We look forward to a 2025 New Year with our Woodbury Healthcare center family.

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

## Spark Challenges

### Time for the TRYathon

January means that we start a new year with the spark challenge.

This quarter we will be using the "whizzer" (pedometer) for walking or marching, AND both the arm and leg crack. This competition is a fun way to be involved in your community here, get exercise and engage in healthy competition. There is room for everyone; even if you want to just be a fan or cheerleader. Our team meeting will take place on January 9th at 1pm in the skyway. Competitions are Tuesdays and Thursdays at 1pm. PLEASE JOIN the Woodbury Woodchucks as we enter our 2025 season.

All events are held in the skyway.

## Dietary Tips for the Holiday's

*With extra celebrations, comfort foods and treats, the holidays can oftentimes bring unwanted weight gain. Below are some tips to stay healthy and on track, while still enjoying the holiday season.*

### **Start Each Meal with Water-**

Focus on drinking at least one 8-ounce cup of water before each meal and snack and continue to drink throughout your meal. Numerous studies have shown that drinking water before meals can result in consuming less calories at those meals. Water helps fill up a portion of your stomach and provides a sense of fullness, so not as much food is needed to feel satisfied. Plus, drinking water instead of calorie-laden beverages like soda or alcohol can save you 100+ calories per cup!

### **Make Half of Your Plate with Vegetables-**

Filling half of your plate with vegetables such as greens, cauliflower, peppers, zucchini, cucumber, carrots, celery, broccoli and tomatoes can help you stay on track this holiday season. You can enjoy larger portions of these lower calorie vegetables while filling up and nourishing your body with nutrients and fiber. Fiber can also help you stay fuller longer!

### **Pair Protein with Every Meal-**

Include a good source of protein with each meal. Protein sources like chicken, fish, lean beef, eggs, tofu, beans, lentils, nuts, seeds and low-fat cheeses keep you feeling fuller and satisfied for hours. Portion sizes should be about ¼ of your plate, or the size of the palm of your hand.

### **Limit Eating When Not Feeling Hungry-**

When pressed with large portions of holiday foods, it can be challenging to not overeat. Before reaching for a handful of chips or cookies, ask yourself if you are truly feeling hungry. If the answer is no, try enjoying a cup of tea, coffee or water. You can even distract yourself by catching up with a friend or family member.

### **Check-in with the Scale-**

Weighing yourself weekly can help keep you on track through the holiday season, and the year. Be sure to weigh yourself in the morning, just after waking up.

**Cheers! Christine Hastings Director of Food Services 287-6539**





