



# Community Life at Villa

## Socials in the Sun Room

December 6th - Ice Cream Social @ 2:15PM

December 13th - Ice Cream Social @ 2:15PM

December 20th - Christmas Celebration @ 2:00PM

December 27th - December Birthday Party @ 2:15PM

December 31st - New Years Eve Celebration @ 2:00PM

## Entertainment and Specialty Programs

December 2nd - Entertainment: Kent Appeldoorn - 3:00PM in SK

December 5th - LIVE Virtual Program: Active Brain Boosters - 2:00PM in SK

December 9th - Activities w/Woodbury & East Metro Homeschool Students - 9:00-11:00AM in SR

December 9th - Entertainment: Holiday Jazz Trio - 3:00PM in SK

December 12th - Entertainment: Dale Martell Bluegrass Christmas - 2:30PM in SK

December 16th - Aegis In-Service: Christmas Games - 1:00PM in SR

December 17th - Entertainment: Curtis and Loretta - A Victorian Christmas - 3:00PM in SK

December 18th - Entertainment: Brass Quartet - 3:00PM in SK

December 19th - Rob Ellos: The Challenger & Columbia Space Shuttle Astronauts - 3:00PM in SK

December 23rd - Food Shelf - 1:00PM in SR - Registration Required



# 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 December:

- 4th Mary C.
- 5th Mary D.
- 7th Pat A.
- 7th Bea H.
- 10th Dave N.
- 11th Bette R.
- 18th Stella D.
- 20th Margit N.
- 26th Richard M.

### DECEMBER 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



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## Chaplain Corner

December, for a variety of reasons, brings many celebrations. It's a time for honoring traditions and for making new ones! What is something that you always do in December?

Has that tradition changed in more recent years?

Celebrations are an important part of our shared rituals and routines. When we live together in community, we share one another's struggles, to be sure. And we also have the privilege of celebrating together! Since you've come to senior living, have you learned about any of your neighbors' favorite traditions or celebrations?



You just might discover it a blessing to your spirit when you share celebrations. May this be a season of great purpose for you, and may you finish this year knowing the blessings of belonging in community

## News from Nursing

Happy December! As the year comes to a close, nursing would just like to thank you all for letting us help in your care here at the Villa. We enjoy the personal relationships that we have been able to develop with the majority of the residents here, and especially with all the new residents we have added this year.

Just a reminder that care conferences are for you, the resident, to be able to address any concerns with the team in any aspect be it nursing, maintenance, housing, dietary, etc. every 6 months. Before each care conference, you should receive a prompt with questions to think about and address so that you can make the most of your care conference when the time comes.

Take this month to rest and maybe even think of some goals you have for next year and let us know how we can help you achieve them!

## Lifespark Complete: Health Post

### Managing Your Diabetes Without Feeling Deprived

Everyone knows that the “secret” to good health is eating right and exercising more. But what exactly does that look like for Villa residents?

Whether you prefer to cook for yourself or eat with friends in the dining room, you can still enjoy your favorite foods—just in smaller portions. For example, if you're craving something sweet, let yourself enjoy a small piece of chocolate or a cookie—and savor every bite! Make these an occasional treat rather than an everyday habit.

Here are some additional tips for healthy eating:

- Choose whole fruit instead of fruit juice, such as an apple or orange vs. orange juice. Whole fruit is packed with more vitamins and fiber which keeps hunger at bay and helps with regularity.
- Add protein to your breakfast, such as peanut butter, hardboiled egg, lean meat, cottage cheese, or nuts (good fat and protein), to help stabilize blood sugars.
- Go for whole grain foods, such as brown rice or potatoes (with the skin) instead of white rice or white pasta, to add fiber to your diet.
- For dessert, try fresh or frozen berries with a little whipped topping and a few nuts.
- Stay hydrated to help control your blood sugars, reduce hunger, and support kidney function.
- Right-size your portions using the Plate Method developed by the American Diabetes Association (ADA).

Keeping your blood sugars in check is an excellent investment in your independence! Brought to you by your Lifespark COMPLETE team in collaboration with Villa. Learn more at 952-873-7386 or [LSCreferrals@lifespark.com](mailto:LSCreferrals@lifespark.com) or visit [complete.lifespark.com](http://complete.lifespark.com).

## Spark Challenge: Quiz Show

**The Spark Challenge is wrapping up in December. Come participate or cheer us on!**

**Let's Go Woodchucks!**

**The next competition will be the TRYathlon, starting in January. More information to come, end of December.**



## 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.

*December 5th* - Hill Murray School Play: Matilda. Bus loads at 3:15PM. Sign up is open.

*December 6th* - Target. Bus loads at 9:00AM. Sign up starts November 29th.

*December 13th* - North Pole Cafe. Bus loads at 10:20AM. Residents purchase own meal. Sign up opens December 2nd.

*December 19th* - Christmas Lights Drive. Bus loads at 5:30PM. Sign up opens December 5th.

*December 20th* - Cub Foods. Bus loads at 9:00AM. Sign up starts December 13th.

## Social Work Note

### Happy Holidays!

There are many benefits that come with Medical Assistance and Elderly Waiver. To make sure you are utilizing all the benefits please reach out to Amy or your Waiver case manager.

A reminder that we have in house podiatry, dentistry, optometry, and mental health therapy. If you would like more information or to sign up, please contact Amy.

I also wanted to share a great resource for all seniors: Minnesota's Senior LinkAge Line 800-333-2433. They are very knowledgeable about Medicare, Medicaid, and all things senior!

Amy can be reached at 651-204-5256.

## Note from Housing

Hello Villa Family,

**I hope that all of you are doing well and nestled in your warm apartments. The change of weather has come as well as the dusting of snow! Please be extra careful when exiting and entering the building. Beware of black ice as it can be dangerous and very harmful to your health and livelihood if a slip and fall occurs.**

Here are some helpful tips to avoid slip and falls!

**Wear proper footwear.** Be sure you have a pair of lightweight boots with good support. You also can purchase snow grips for the bottoms of your shoes or boots.

**Take your time.** Do not hurry while walking outside. Pay attention to your steps and walk slowly.

**Use assistance.** Always use handrails, a walking stick, your walker or cane when out in winter weather.

**Take small steps.** Small steps, almost from side to side, help you maintain your center of gravity. Take small steps and waddle a bit like a penguin.

**Stay inside.** On days when it is icy and you do not need to go anywhere, stay inside.

**If you do feel yourself falling, don't try to catch yourself with your arms. That can lead to more injuries. Try to take the hit on your buttock or back. After a fall, wait for someone to help you in case you are injured or to avoid subsequent falls. Some people further injure themselves by springing up after a fall instead of waiting for help.**

**Remember to always use your best judgment when out and about in the ice and snow. Be careful and aware of your surroundings, and you will be on your way to a safe and healthy winter.**

**Source; Valerie L. Davis BA,CMA -AED. ( WSL 11/21/2024) Brittney Lair ,P.A. C ( Mayo Clinic 1/16/2024)**



