



Our Community Newsletter



Happy
Birthday
dear David C
on January 26th

From the Executive Director

Happy 2025! I hope everyone had a fantastic holiday season. I am super excited for all that is to come this year! I have officially taken on the Director of Health Services role along with my Executive Director role which keeps me busy; however I have a great nursing team and my new Assistant Executive Director, Shelly to help out. I would not be able to do it without them. Shelly joined us the first full week of January. We also have a new Community Life staff that has just joined the team. We have one more Community Life position to fill. We will then be able to offer activities from 8 am to 8 pm 7 days a week. I do believe that will make a positive impact on the residents.

Our goal is to keep everyone as healthy as possible and there are so many viruses around outside of the community. We would ask that you do not come and visit when you are not feeling well or have cough/fever. Over the holiday, our building did have an outbreak of Covid. Visitors, residents and staff did an amazing job stopping the spread,. We no longer have people with COVID in our building and those that got COVID had mild symptoms.

As mentioned above, I do keep busy; However, I will always make time to help in any way I can. Do not hesitate to reach out.

Bonnie Johnson, Executive Director

A Message from Chaplains Austin & Katie

Happy new year from your Spiritual Care team, Chaplains Katie and Austin! This month we will be hosting Christian worship services on the 1st and 3rd Thursday of January, and our theme will focus on the newness of life and around the new year. If you would like to visit with a chaplain, let your team know and we will be happy to connect with you soon.



Hello Everybody!

My name is Shelly B. I am the new Executive Director Assistant.

Here are some fun facts about me.

- I was born and raised in Stillwater, Minnesota
 - I currently live in Newport, Minnesota
 - I have 5 brothers and sisters
 - I have two kids
 - I have worked in the Woodbury HCC for 43 years
 - My favorite hobbies are swimming, reading, walking and traveling.
- I look forward to meeting everyone!



Healthy Eating Tips from Dining Services

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 $\frac{1}{4}$ of your plate, or the size of the palm of your hand.

Photo Gallery



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. 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.

