



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 February
Long Term Care Resident
Birthdays:
Kathy F Feb 23rd

*****Birthdays are
celebrated the first
Wednesday of each month
at 2:15pm on the 3rd floor
North Dining Room.
All are welcome to attend**

February 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

Happy February from your chaplains! Chaplain Katie and Chaplain Austin are available for visits per request, and we will see you for our worship services in the skyway on 2/6 and 2/20.

Chaplain Austin will be away from the buildings at the beginning of this month as he welcomes his new baby, and he will return by the second week of February for visits and support. Thank you!

Austin Felber, Spiritual Care Director 501-2111

News from the Director of Nursing

.....Until Next Month

Nicole Sounthala, Director of Nursing 651-287-6520

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.

Executive Director Update

As we step into February, we're reminded of the importance of staying connected and healthy during the winter months. This time of year can be colder and quieter, but it's a great opportunity to focus on taking care of ourselves and one another. Whether it's a chat with fellow residents, a smile from staff, or a quick call to family, small moments of connection can have a big impact on your well-being. February is also a good time to check in with your care team about any health questions or concerns you may have, as we are here to support you. We appreciate each of you and the unique contributions you bring to our community—your strength, resilience, and kindness continue to inspire those around you.

Wishing you all a peaceful and safe February

Mike Karel, Executive Director 651-287-6506

Community Life News

Hello from Community Life....This month's theme is: **Building Legacies-Sharing Wisdom Across Generations**. We have a fun packed calendar with a variety of events to celebrate the month of Feb.. In addition to celebrating Valentines Day with a musical performance from Anna and Chuck, we will welcome, Rob Ellos, Bobbie/Christine, David Jones, Amy/Adams and Sirina (High School Volunteer) to provide various entertainment and Life Long Educational events. All residents are welcome to attend. Community Life will assist you with your needs.

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

Spark Challenges

Time for the TRYathon

Our Competition has started and we have a very large group of individuals attending. We are looking forward to see improvement in strength, endurance and balance .

We are utilizing 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

February is best known for Valentine's Day and chocolate is one of the items that takes center stage.

Chocolate comes in many different varieties, there is cacao, cocoa, cocoa butter, dark chocolate, milk chocolate and white chocolate, to name a few! Do you ever wonder, what is the difference? Is one a better choice than the other? Are there any health benefits from eating chocolate? Lets take a closer look...

What is chocolate?

Cocoa:

- *Is a highly concentrated powder made from chocolate liquor (a paste made from the cocoa bean (the seed of the cacao tree)*

Chocolate:

- *Dark Chocolate - Also known as bittersweet or semisweet. This is cacao mixed with cocoa and sugar.*
- *Milk Chocolate - Cacao & Cocoa mixed with milk powder or condensed milk*
- *White Chocolate - No cocoa solids, just cocoa butter, sugar and milk*

Potential Health Benefits:

Dark Chocolate-

- *is rich in plant chemicals called flavanols that are antioxidants linked to lowering the risk of heart disease*
- *may improve brain blood flow, oxygen levels and nerve function*
- *may help reduce blood pressure*
- *may lower cholesterol*
- *may help with gut health*
- *may help with mood by stimulating endorphins*
- *Is a good source of soluble fiber, iron, zinc, magnesium, copper, manganese, calcium, potassium and traces of vitamins A, E & K*

So, if you want the most nutrients and health benefits from chocolate—choose cacao. If you want fewer calories and some antioxidants - choose dark chocolate cocoa powder that is at least 70-80% cocoa.

Cheers! Christine Hastings Director of Food Services 287-6539

Celebrating Community Life involvement

