



## Community Life at Villa

### Socials in the Sun Room

March 7th- Thirsty Thirty: Meat, Cheese and Crackers @ 2:15PM

March 11th - Shamrock Shakes @ 2:30PM

March 14th - Girl Scout Cookie Social @ 2:00PM

March 17th - St. Patrick's Day Social @ 2:15PM

March 28th - March Birthday Party @ 2:15PM

### Entertainment and Specialty Programs

March 4th - ForeverWell Program by YMCA - 2:00PM in SR

March 6th - LIVE Virtual Program: American Women During the American Revolution - 2:00PM in SK

March 6th - Game Night w/WHS Key Club Students - 5:30PM in SR

March 11th - Dog Visit by Dora - 10:00AM in SR

March 13th - Entertainment: Robert Bozaich - 2:30PM in SK\*\*\*

March 20th - Entertainment: Steve Rosa - 2:30PM in SK

March 20th - Game Night w/WHS Key Club Students - 5:30PM in SR

March 24th - Food Shelf - 1:00PM in SR - Registration Required

March 25th - Dog Visit by Dora - 10:00AM in SR

March 27th - History and Haunting of the Emerald Isle - 2:30PM in SK\*\*\*

March 31st - Painting Class w/Heather - 1:30PM in SR\*\*\*

\*\*\*Programs sponsored by Fairview Partners.



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 March:  
*4th Chuck G.*  
*11th Rachael K.*

### March 2025

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

Happy March from Chaplain Katie and Austin!

This month we will be observing Ash Wednesday during our Christian worship services the first week of March. Chaplain Katie and Chaplain Austin will be providing ashes for those who practice this Christian tradition at the beginning of the season of Lent. If you are unable to attend the services, please let a staff member know if you would like to receive ashes. Thank you!

“For you are dust, and to dust you shall return.”



## News from Nursing

Happy March! Nursing would like to remind residents that staff is not at liberty to discuss any information about other residents, medical or personal. We appreciate any reported safety concerns, but we cannot follow up or speak about an ongoing situation. You will need to discuss it with the resident themselves if they choose to share that information with you. We understand that your intentions are good, but resident information is protected by HIPPA laws and they are in place for good reasons! Thank you for your understanding and looking out for your fellow residents ☺.

Spring is around the corner, but as we know, Minnesota winters can drag on, and viruses can still spread! Keep up the good handwashing and self isolation if you have a bug.

## Note from Housing

Hello Villa Residents! I hope that you all are staying warm and being mindful of cold weather conditions when going out!

This month I have a very important announcement that every resident should be mindful of moving forward. We have complaints about how recycling items are being discarded. It is very important to make sure you are discarding recycling items correctly. Boxes, any plastic items, cans etc. **SHOULD NOT** be in garbage bags and placed in recycling bin or large recycling dumpster. When they are placed in the recycling bin or large dumpster, they should be loose. When they are not, we are being charged by the bag. Please ensure that you are discarding correctly.

Now for some good news! If you play Bingo, the stakes just went up! We will have an increase in cash winnings in some of the next upcoming sessions and we want to pay homage to our dearly departed Hanna Wiebold and her family for making this possible.



## 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.

*March 12th* - Treasure Island Casino. Bus loads at 8:45AM. Sign up is open. Residents pay for own gambling and lunch.

*March 14th* - Walmart. Bus loads at 9:00AM. Sign up opens March 7th.

*March 21st* - Woodbury Theater Movie Matinee: Snow White. Time TBD.

Residents pay for ticket and snacks. Sign up opens March 7th.

*March 28th* - Cub Foods. Bus loads at 9:00AM. Sign up opens March 21st.

## Social Work Note

You've all been patiently waiting to see the podiatrist! Please be patient a bit longer. In-House Podiatry does not have a set date to return to the Villa. As soon as I know the date, I will post it for all to see. If you'd like to be added to the list to see the podiatrist, dentist, or optometrist, now is the time. Please see Amy to sign up.

Amy Buechler  
651-204-5256  
Woodbury Villa lobby



## Sudoku

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

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!

## Riddles

1. Which fish costs the most?
2. A cowboy rode into town on Friday. He stayed for three nights and rode out on Friday. How is this possible?
3. I add 5 to 9 and get 2. The answer is correct, so what am I?
4. What has many rings but no fingers?
5. I sometimes run, but I can't walk. What am I?



1. A goldfish.
2. His horse's name is Friday.
3. A clock. When it is 9 a.m., adding 5 hours would make it 2 p.m.
4. A phone.
5. A nose.



## LifeSpark Complete: Health Post

### ***Skin TLC: The Care and Feeding of the Body's Largest Organ***

Skin is just a few millimeters thick, yet it's the largest organ of the body, covering an area of roughly 20 square feet. Its primary purpose is to protect our insides from microbes, toxins, and other environmental elements, but it also helps regulate body temperature and allows us to experience the world through nerve endings.

To do its job well, skin needs to stay hydrated, but with age, skin tends to become thinner and drier, the result of factors that can include too much time in the sun, not drinking enough fluids, the natural loss of oil and sweat glands, certain medications, smoking, and Minnesota's notoriously dry winters and air-conditioned summers. Fortunately, there are steps you can take to protect your skin. As recommended by the American Academy of Dermatology:

- Wash with a gentle, fragrance-free soap\*, using warm (not hot) water, and keep baths and showers short.
- Apply a fragrance-free moisturizer\* right after bathing and throughout the day.
- Use a humidifier when the air feels dry.
- Wear gloves while doing housework and gardening.
- Use sunscreen (SPF 30 or higher) and protective clothing on sunny and cloudy days.

\*Ingredients that can help reduce dryness include glycerin, hyaluronic acid, and lanolin.

For more guidance on how to protect your skin, talk with your Lifespark COMPLETE primary care provider. To learn, contact Lifespark at 952-873-7386 or [LSCreferrals@lifespark.com](mailto:LSCreferrals@lifespark.com) or visit [complete.lifespark.com](http://complete.lifespark.com).

## Kitchen Corner

Every March 17th countries around the world celebrate St. Patrick's Day in observance of the death of St. Patrick - the patron saint of Ireland. He is credited for bringing Christianity to Ireland. St. Patrick did not wear green, ironically his color was "St. Patrick blue." Green became associated with St. Patrick's Day after it was linked to the Irish independence movement in the 18th century.

*Traditional Irish St. Patrick's Day meals include:*

Corned Beef & Cabbage, Boiled Potatoes, Irish Soda Bread, Irish Apple Cake

Ironically, there isn't any corn in corned beef and cabbage. The name refers to the large grains of salt historically used to cure meats - also known as "corns."

World's Best Irish Soda Bread

Ingredients:

1 3/4 cups buttermilk

1 large egg (optional, see note)

4 1/4 cups all-purpose flour, plus more for your hands and counter

3 Tablespoons granulated sugar

1 teaspoon baking soda

1 teaspoon salt

5 Tablespoons unsalted butter, cold and cubed

1 cup raisins (optional)

Instructions:

1. Preheat oven & pan options: Preheat oven to 400°F. Use a regular baking sheet and line with parchment paper or a silicone baking mat (bread spreads a bit more on a baking sheet), or use a seasoned 10-12 inch cast iron skillet (no need to preheat the cast iron unless you want to), or grease a 9-10 inch cake pan or pie dish. You can also use a 5-quart (or higher) Dutch oven. Grease or line with parchment paper. If using a Dutch oven, bake the bread with the lid off.
2. Whisk the buttermilk and egg together. Set it aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a pastry cutter, a fork, or your fingers. Mixture is very heavy on the flour but do your best to cut in the butter until the butter is pea-sized crumbs. Stir in the raisins. Pour in the buttermilk/egg mixture. Gently fold the dough together until the dough is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.
3. Transfer the dough to the prepared skillet/pan. Using a very sharp knife or bread lame, score the dough with a slash or X about 1/2 inch deep.
4. Bake until the bread is golden brown, and the center appears cooked through, about 45-55 minutes. Loosely tent the bread with aluminum foil if you notice heavy browning on top. For a more accurate test, the bread is done when an instant read thermometer reads the center of the loaf as 195°F (90°C).
5. Remove from the oven and allow bread to cool for 10 minutes, and then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads.
6. Cover and store leftover bread at room temperature for up to 2 days or in the refrigerator for up to 1 week. We usually wrap it tightly in aluminum foil for storage.



# Spark Challenge: TRYathlon

Tryathlon events are designed so people with a wide range of physical and cognitive abilities can participate. Teams compete head-to-head in three events weekly and compile their scores to accumulate miles reached over the competition period!

**Weekly Competitions Tuesdays and Thursdays, and Weekly Recaps Fridays at 1:00 in the Skyway!**

