

Community Life at Villa

Socials in the Sun Room

February 14th - Valentine's Day Social @ 2:15PM

February 21st - Thirsty Thirty: Fried Rice and Orange Chicken @ 2:15PM

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

Entertainment and Specialty Programs

February 6th - LIVE Virtual Program: Homesteading for Freedom - 2:00PM in SK

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

February 7th - WICKED Movie Matinee - Beverage and Snack Provided - 1:00PM in SK

February 10th - David Jone's Historical Presentation: Lincoln Assassination - 3:00PM in SK***

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

February 12th - Giant Candyland w/HCC - 2:30PM in SK

February 13th - Entertainment: Amy and Adams - 2:30PM in SK***

February 20th - Entertainment: Bobbie and Christine - 2:30PM in SK

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

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

February 24th - Valentine's Day Family Feud w/HCC - 3:00PM in SK

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

February 25th - Rob Ellos Presents: Amazing Sharks - 3:00PM in SK***

***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

February:

13th Jean L.

15th Joanne F.

15th Al P.

17th Sandy C.

22nd Kaz B.

25th Ken S.

28th Pat M.

February 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 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. Our monthly grief support group will continue reading through Good Grief this month.



If you would like a copy of this, let a chaplain know. Thank you!

News from Nursing

As our recent Covid outbreak comes to a hopeful close, let's remember to still be masking if you feel ill and staying in your apartment if you can help it. There is more than just Covid going around. Remember to wash your hands frequently as well.

Just a reminder that if you feel you need some medical assistance, call the staff so that they can contact a nurse for you if it is after hours or a weekend. If you do not have Lifespark as your provider, keep in mind that we usually can't contact your primary provider on the weekends or after hours. If you are interested in switching to Lifespark, please talk to Jaynie, Catherine or Amy and we can help you fill out the necessary forms and let you know if your insurance will work with that provider.

Stay warm!

Note from Housing

Hello Villa Family!

FLU AND COVID- 19: WHAT YOU SHOULD KNOW

Flu and COVID -19 Are illnesses caused by viruses that can spread through the air. Did you know?

- People who are 65 and older, and have certain medical conditions like lung disease, obesity, diabetes, or heart disease; or who have a weakened immune system are more likely to get very sick or need hospital care from flu and COVID 19?
- Everyone 6 months and older should get this season's flu and COVID -19 vaccines
- Flu and COVID-19 vaccines keep your symptoms mild if you do get infected
- Prevention is ALWAYS the best option vaccines can help you risk less and do more!

DEPARTMENT OF HEALTH SERVICES MINNESOTA (2025)

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!

Competitions Tuesdays and Thursdays at 1:00 in the Skyway!



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.

February 11th - Savers. Bus loads at 9:30AM. Sign up is opens February 4th.

February 14th - Andiamo Dine-In. 11:30AM in the Sunroom. Meal order and payment to Community Life by February 11th (order sheets will be passed out on February 3rd).

February 19th - Science Museum and Omnitheater. Bus loads at 9:30AM. Free admission but residents are responsible for own food and beverage purchases. Sign up opens February 5th.

February 28th - Super Target. Bus loads at 9:00AM. Sign up opens February 21st.

Social Work Note

Social Services is here to provide ongoing support and assistance to you, as a resident of Woodbury Villa. I can help with accessing community resources, care planning, and emotional support.

Please don't hesitate to reach out:

Amy Buechler
651-204-5256
Woodbury Villa lobby



Sudoku

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

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. I'm not a blanket, yet I cover the ground; a crystal from heaven that doesn't make a sound. What am I?
2. The more you take, the more you leave behind. What am I?
3. Why is Europe like a frying pan?
4. What do the letter "t" and an island have in common?
5. What is the longest word in the dictionary?
6. What starts with T, ends with T, and has T in it?



1. Snowflake
2. Footsteps
3. Because it has Greece at the bottom.
4. They're both in the middle of water.
5. A teapot.

Valentine's Day

Candy, flowers, heart-shaped notes—what's not to like about Valentine's Day? This sweet celebration, which happens every year on February 14, is all about spreading the love.

ROMANTIC RULE BREAKER

The holiday we know today got its name from a man named Valentine. While a few different stories are told about what he did to inspire the holiday, many people believe he's celebrated for his role as a Roman priest who helped couples secretly get married. As the story goes, Emperor Claudius II of Rome—who reigned from the year 268 A.D. to 270 A.D.—banned marriage because he thought unmarried men made better soldiers. Valentine thought this was unfair and decided to break the rules and perform marriages anyway. He kept the ceremonies quiet, but he was eventually caught and later killed on February 14 of the year 270 for defying the emperor. Right before he died, Valentine supposedly wrote the first-ever "valentine" to his jailer's daughter, with whom he'd fallen in love. Later, in the 5th century, Pope Gelasius I declared the day of his death as St. Valentine's Day.

ANCIENT MATCHMAKERS

The celebration surrounding this day has roots in an ancient pagan festival that started centuries before Valentine was even alive. Held in Rome each February, part of the event focused on bringing new couples together.

During the festivities, it's said that boys drew the names of girls from a container. The pairs would stay together during the festival, and some would get married when the festival was over. After Pope Gelasius I created St. Valentine's Day, the festival turned into a Christian celebration that focused on the saint. The Catholic Church doesn't recognize St. Valentine's Day on its calendar anymore, but people throughout the world still celebrate the day.

CHANGING TRADITIONS

Valentine's Day traditions have evolved a lot over the years. For example, in the Middle Ages—which lasted from the 5th to 15th centuries in Europe—people started exchanging handmade cards with love notes inside. Today billions of dollars are spent on Valentine's Day cards and gifts each year around the world.

In a tradition that's also tied to the Middle Ages, South African women actually wear their hearts on their sleeves ... sort of. Girls pin the names of their crushes on their shirtsleeves, sometimes revealing themselves as secret admirers to their sweethearts. No matter how you celebrate Valentine's Day, one thing's for sure: This is one totally aww-some holiday.



LifeSpark Complete: Health Post

Get Social in 2025 – It's Good for Your Health

Our need for social connections is as basic a need as eating. Yet, 1 in 3 adults reports chronic loneliness and the implications for seniors are staggering. According to the Centers for Disease Control and Prevention (CDC), social isolation can be as big a health risk as smoking 15 cigarettes per day.

To be clear, social isolation and loneliness aren't the same. Social isolation is related to how many people you interact with on a regular basis whereas loneliness is the feeling when close connections are lacking. An important distinction because people can feel lonely in a crowd. Understanding and approaching each of these is important to better health.

Here's why:

- **Having meaningful purpose could help you live longer.** Positive feelings (happiness) have been associated with reduced inflammatory and cardiovascular response to stress, significantly reducing the risk of heart attack.
- **People with a high sense of purpose** are less likely to have a stroke, heart attack, or coronary artery disease requiring a stent or bypass surgery. That's according to Dr. Randy Cohen, a cardiologist at Mount Sinai St. Luke's-Roosevelt Hospital in NYC. In fact, having a meaningful purpose in life has been shown to dramatically reduce risks for dementia too.
- **Talk with your primary care provider if you are feeling lonely or disconnected.** Lifespark focuses on what matters to each person with our complete senior health approach and makes that a big part of our discovery process. Talk with your team or your primary care about ways to approach these feelings and what you can do about them.

As you plan for 2025, we encourage you to include socializing more as a goal. Spark Performances are a great way to get socially active, and there are plenty of roles to explore! Not only will it be good for your health it will add a fun spark to the year ahead.

Kitchen Corner

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?

Chocolate comes from the tropical evergreen Cacao tree. It grows in the rainforests of the Amazon, western Africa and tropical Asia. It grows about 24-40 feet tall, with leaves up to 12" in length. A tree takes 4 years to mature to produce fruit, which are elongated pods that take about 6 months to ripen. Each pod contains 20-60 seeds of cocoa beans, that are harvested from October-February and May-August.

Cacao:

- Cacao Beans: whole, raw bean. Contains fiber, fat & protein
- Cacao Nibs: Beans that have been cut into edible pieces that resemble chocolate chips, they contain the same nutrition as cacao beans
- Cacao Paste, Butter & Powder are other ways it can be processed.

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.

