



# 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. A special thank you to Fairview Partners for sponsoring many of our special events.

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



# April!

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 March  
Long Term Care Resident

Birthday's:

5 Jackie S

7 Robert N

7 Janet W

26 Sandy H

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

### APRIL 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.

Woodbury Healthcare Center | 7012 Lake Rd, Woodbury, MN 55125 | (651) 735-6000

## Chaplain Update

Happy Springtime from your Chaplains! Chaplain Katie and Chaplain Austin will be visiting the Healthcare Center for our monthly groups and gatherings in April, and this month we will be honoring those who have passed away this year in our bi-annual service of remembrance. Our Memorial Service will be held on Thursday, April 24th in the Skyway at 10:00am. All are welcome to attend and honor our former and fellow residents.

Austin Felber, Spiritual Care Director 501-2111

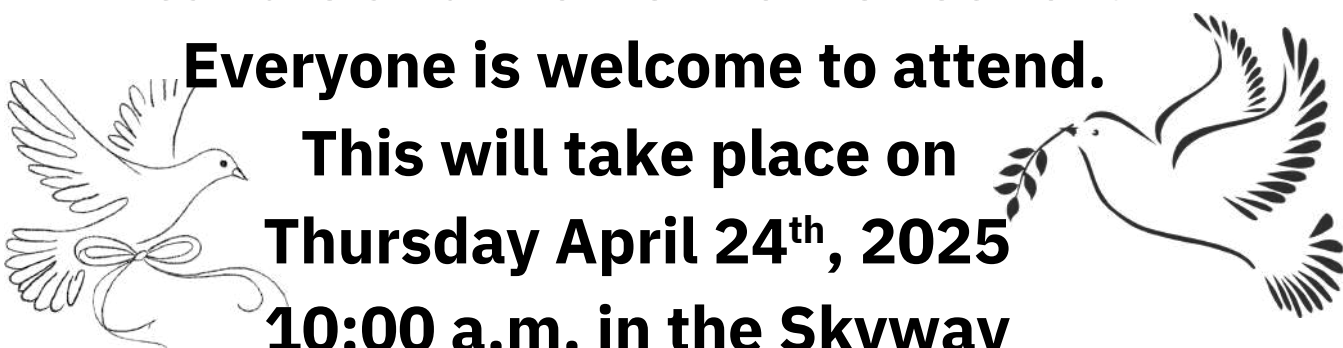
## In Loving Memory.....

We will honor those of friends who have passed away this last quarter. Each life shared here in our facility has touched us.

We will honor individuals by lighting a candle and moment of reflection.

Everyone is welcome to attend.

This will take place on  
**Thursday April 24<sup>th</sup>, 2025**  
**10:00 a.m. in the Skyway**

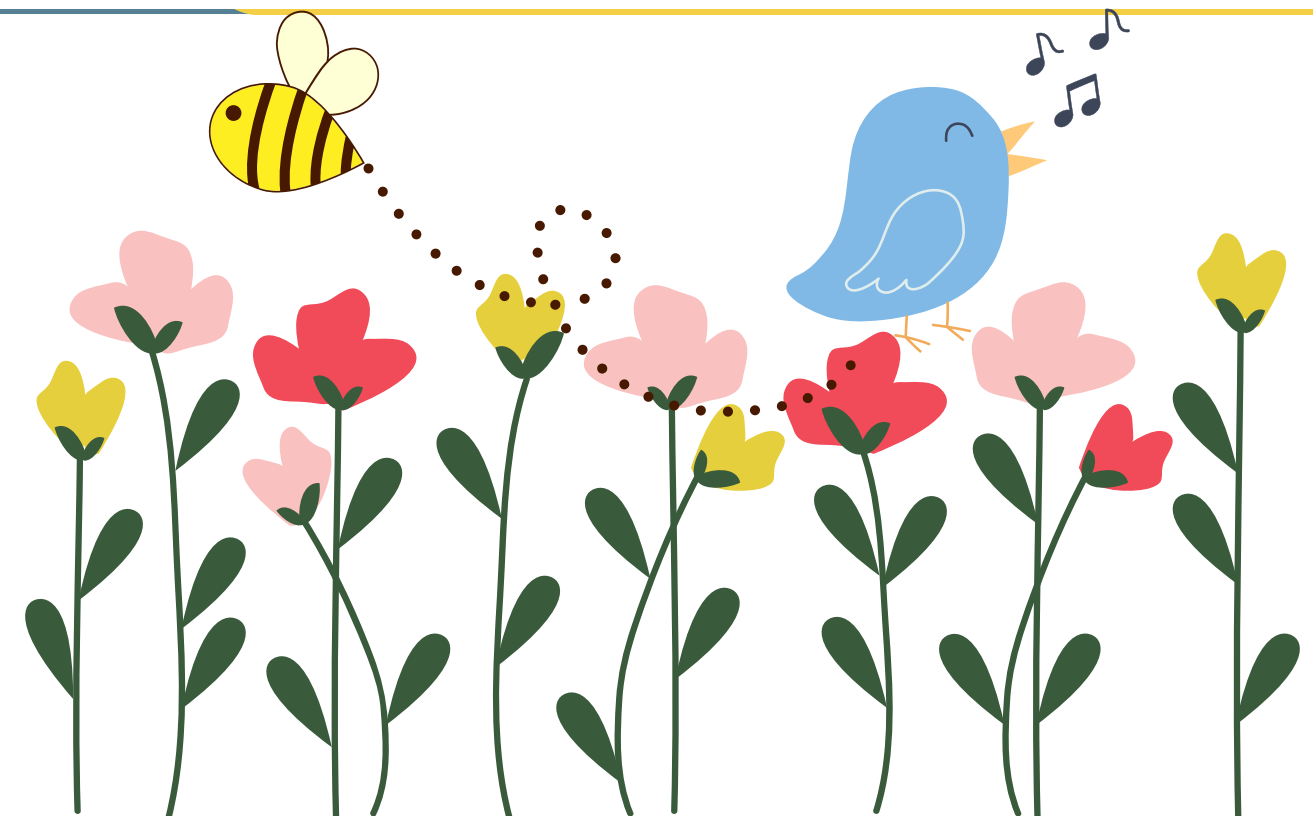


## Resident Council News/Chef Talk

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 April 9th, 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.

## HAPPY SPRING EVERYONE



## Community Life News: THANK YOU VOLUNTEERS

Hello from Community Life.....This month's theme is: Community Engagement and Volunteering. We would like to express our gratitude to our wonderful volunteers that we could not live without. On our photo page, we highlighted the volunteers that have offered countless hours of their time to make the lives of our residents bright. Thank you Shari, Kerry, Hazel, Summer, Mary Jo, Srina , Sue , volunteers from St Ambrose Church, and others who share in dedication of service not on a regular basis. April is National Volunteer Month. Please be sure to thank our volunteers when you see them. WE THANK YOU

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

## Spark Challenges

### FORKLIFT COMPETITION

Our Forklift challenge will soon be underway with our first scrimmage on 4/15. This involves driving a remote controlled forklift.

We'd sure love if any family or grandkids want to join. This competition is a fun way to be involved in your community here, and engage in healthy competition. There is room for everyone; even if you want to just be a fan or cheerleader. Competitions are every Tuesday at 1pm over in the Villa Sunroom. PLEASE JOIN the Woodbury Woodchucks as we continue with our 2025 season. Please let anyone in Community Life know if you are interested.

## Dietary Tips for the Holiday's

### **Easter Eggs - Did you know?**

*People have historically given each other eggs at spring festivals to celebrate the new season. Eggs represent new life and rebirth. The origin of the Easter egg hunt comes from Germany. In German Lutheran tradition the Easter egg hunt is linked to the Easter Bunny or the Easter Hare. Custom indicated the hare would bring a basket of brightly painted eggs for all the good children, and these would be hidden around the house and garden for them to find.*

### **The Incredible Edible Egg!!!**

**Protein:** Eggs are a high-quality Protein. Eggs contain all the essential amino acids and are easy to digest. Eggs contain 6 gm of high-quality protein per large egg. Near half the egg's protein is in the yolk.

### **Fitness:**

*The high-quality protein in eggs is essential for building and maintaining muscle mass.*

### **Eggs contain many vitamins and minerals:**

**Iron-** carries oxygen to the blood.

**Vitamin A-** helps to maintain healthy skin and eye tissue. Assist In night vision.

**Vitamin D-** Strengthens bones and teeth.

**Vitamin E-** A great antioxidant.

**Vitamin B12-** Helps to keep nerve and blood cells healthy. Protects against a certain type of anemia known as cobalamin deficiency.

**Folate-** Helps to produce and maintain new cells. Helps to prevent folate deficiency anemia.

**Selenium-** Works with Vitamin E to act as an antioxidant. Lutein and zeaxanthin- Helps to maintain good vision and may help to reduce the risk of age-related eye diseases.

**Choline-** Plays a role in brain development and function.

**Fat-** Eggs contain 11 grams of fat 2/3rd of which is unsaturated. All the fat is found in the egg yolk. Eating healthy on a budget. Eggs are a very affordable, high-quality protein.

### **How to make the Perfect Hard Boiled Egg:**

1. Start by filling a pot with water. The pot should be big enough to give the eggs room to breathe and to cover them with at least an inch of water.
2. Bring to a boil, then lower to a rapid simmer and lower the eggs gently.
3. Soft-boiled eggs, cook for 5 minutes for a very runny yolk or up to 7 for a barely set yolk.
4. Hard-boiled eggs, cook for approximately 10-14 minutes for a bright yolk (10 minutes for medium sized eggs, 12 minutes for large eggs and 14 minutes for extra large eggs).
5. After cooking is completed transfer them to an ice bath.
6. Gently peel away the shell and enjoy

# THANK YOU VOLUNTEER'S

