



Community Life at Villa



Age Magnificently

Socials in the Sun Room

April 2nd - Men's Group Happy Hour @ 3:00PM

April 4th - Ice Cream Social @ 2:15PM

April 11th - Thirsty Thirty: BBQ Smokies @ 2:15PM

April 18th - Springtime Social @ 2:15PM

April 22nd - Ladies' Group Happy Hour @ 3:00PM

April 25th - April Birthday Party @ 2:15PM

Entertainment and Specialty Programs

April 1st - Jackson Medical Mobility Clinic - 2:00-4:00PM in SR

April 3rd - Virtual Program: What's Happening in the Middle East - 2:00PM in SK

April 3rd - Game Night w/WHS Key Club Students - 5:30PM in SR

April 7th - Entertainment: League Aires - 1:30PM in SK

April 8th - Dog Visit by Dora - 10:00AM in SR

April 8th - ASL Class by WHS Students - 3:15PM in SR

April 10th - Entertainment: Dale Martell - 2:30PM in SK***

April 14th - David Jones (Historian): Prohibition - 3:00PM in SK***

April 17th - Entertainment: Tony Rey: Nashville Show - 2:30PM in SK

April 17th - Game Night w/WHS Key Club Students - 5:30PM in SR

April 21st - Community Art Project - 2:00PM in SR

April 21st - Easter and Earth Day Family Feud w/HCC - 3:00PM in SK

April 22nd - Dog Visit by Dora - 10:00AM in SR

April 28th - Food Shelf - 1:00PM in SR - Registration Required

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



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 April:
9th Linda B.
11th Marion C.
16th Susan R.

April 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.



Woodbury Villa | 7008 Lake Road, Woodbury, MN 55125 | (651) 731-5501



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Chaplain Corner

Happy Springtime from your Chaplains! Chaplain Katie and Chaplain Austin will be visiting the Villa 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.



Social Work Note

You may think of a bullying as an issue for youth, but in fact, it happens everywhere, including with seniors at assisted living facilities. Bullying can be direct and indirect. Studies show that most senior-to-senior aggression in facility settings, like ours, is verbal abuse. The bully needs power and control, lacks empathy, and struggles with individual differences.

Examples of bullying include:

negative, critical comments about appearance, personality, etc.

demanding or bossing around a resident

gossiping

participating in cliques that conspire to isolate a resident

dirty looks

passive-aggressive comments

I encourage everyone to take this seriously and report incidents of bullying to staff.

Note from Housing

Hello Villa Residents!

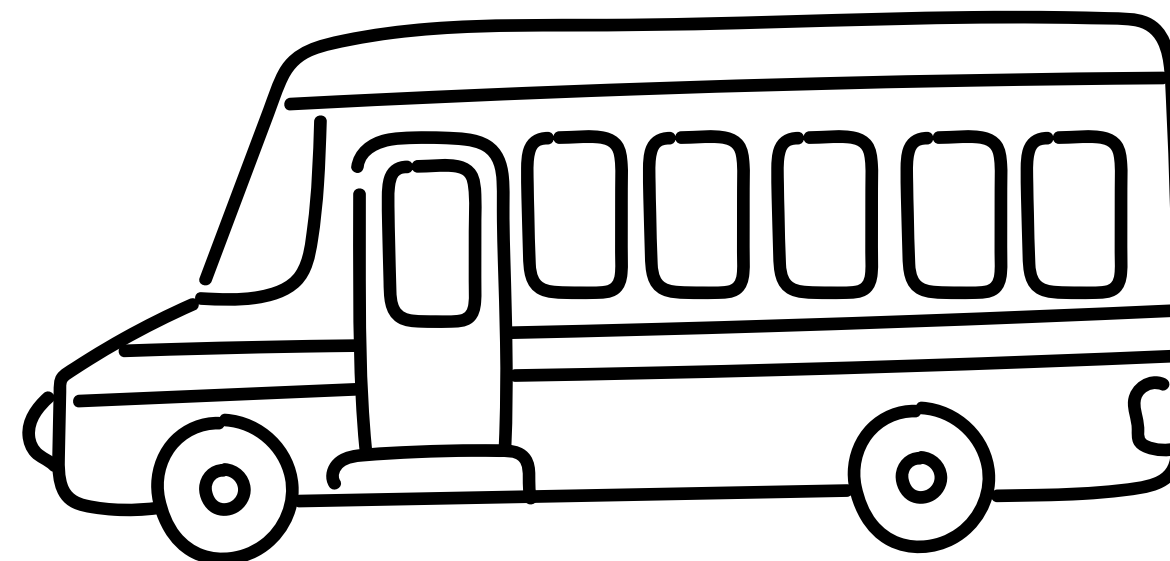
As we welcome the first day of SPRING, I just wanted to share some transportation options with all of you. This is a great time to head out with a small group or individually and utilize these new transportation options. There is a new "On Demand" smaller transit option called METRO MICRO and operates in a smaller Zone here in Woodbury.

Traveling Curb-to-Curb it's a great way to connect to all the great stores and locations in your neighborhood. Below I have also listed an option called METRO MOVE as well. This is a transportation service for anyone on Waiver programs!

The longevity of these services depends on the demand and you requesting them, so take advantage of them and call for a safe efficient ride TODAY!

**METRO MICRO > ON DEMAND > CURB -TO -CURB
651-602-1170**

**METRO MOVE> COMMUNITY BASED WAIVER PROGRAM
651-602-1900**



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.

April 4th - American Legion Fish Fry. Bus loads at 3:00PM. Sign up is open.

Residents pay for own meal. \$20 all you can eat.

April 11th - ALDI. Bus loads at 9:00AM. Sign up opens April 4th.

April 23rd - Panda Express Dine-In. 11:30AM in the Sunroom. Meal order and payment to Community Life by April 21st (order sheets will be passed out on April 7th).

April 24th - TWINS Game. Bus loads at 10:45AM. Residents pay for own food. Sign up is open.

April 25th - Super Target. Bus loads at 9:00AM. Sign up opens April 18th.

April 30th - Feed My Starving Children. Bus loads at 11:20AM. Sign up is open.

News from Nursing

Happy Spring! Warmer weather is finally on its way. Keep up the good work with infection control. There was a bug going around the last few weeks, so thank you to those who wore masks and self-isolated as much as possible to prevent the spread.

Reminder to all: if a family member is having trouble reaching staff on the weekends or non-business hours, please find a staff member to inform them that a family member of yours would like a call back. Staff can get very busy and may not have time to check the nursing station messages very often. They will respond with appropriate timing depending on the urgency of the situation.

Please don't hesitate to contact Jaynie and make an appointment to discuss anything nursing related and remember that resident council is a great time for general comments/concerns to be addressed.

Sudoku

	7			3			1	
1	3	9		8	2		6	
6							8	
7		2						1
			9		4			
8						9		6
	8							5
	5		1	4		2	9	7
	1			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. I have cities but no houses, forests but no trees, and rivers but no water. What am I?
2. What has a neck but no head, and two arms but no hands?
3. I have keys but I can't open any locks. I have a space but no room. You can enter but never leave. What am I?
4. What can travel the world while staying in a corner?



1. A map.
2. A shirt.
3. A keyboard.
4. A stamp.

Spark Challenges



Witty Woodchucks ended the TRYathlon season 4-3! Our team grew in numbers and strength by the end of the season, ending with a new team high score. Great job Woodchucks!

Our next challenge is the Forklift Competition. Team meeting will be on Tuesday, April 1st. Come check out the new challenge!



Volunteer Appreciation

April is Volunteer Appreciation month and we'd like to give a shout out to all of our Community Life volunteers!

Karen - Bingo on Tuesdays
WHS Key Club - Game Nights and Holiday Cards
Pat B. - Rosary Group
Nancy W. - Passing Out Flyers, Bingo, and Movie Nights

Mary D. - Saturday Coffee and Coloring
Jean L. - Villa Librarian
Jackie W. - Passing Out Flyers
Susan R. - Wii Bowling and Movie Nights
Mildred P. - Wii Bowling
Anita B. - Movie Nights
Judy W. - Bible Study
Pat A. - Bingo on Sundays
Diane and Dora - Dog Visits

Thank You



Jackson Medical will be at Woodbury Senior Living on Tuesday, April 1st from 2pm to 4pm to evaluate issues you may have. Please sign up for timeslots beginning at 2:00pm. Sign up through Community Life. Limited Timeslots!!

If there are issues we can fix within your time slot, we will do it for you at no cost. If it is more substantial, we will schedule a time to come back or you can bring it into our Thomas Avenue store for repair.



Transport Wheelchair



Power Wheelchair



Scooter



Evolution Walker

Note that Jackson Medical sells and rents durable medical equipment of all kinds including Scooters, Wheelchairs, Power Lift Chairs, Walkers, Lift Chairs, plus Hospital Beds, or anything you can imagine to make life easier during your Golden transition.

Community Life is happy to announce that we have been gifted tickets to TWINS games this summer!



Please call or come to Community Life office to sign up for one of the games.

Tickets are free! Residents are responsible for purchasing their own food and beverages. There is family friendly pricing for some food and beverage options ranging from \$2-\$5.

**Dates: April 24th, May 21st, June 26th
Game is at 12:10PM. Bus loads at 10:45AM.**

One game per resident (unless open spots are available closer to game date).

Family Friendly Pricing at TWINS stadium

Fountain Soda \$1.99

Popcorn, Peanuts \$2.99

Hot Dog, Soft Pretzel, Bottle Aquafina \$3.99

Ice Cream Novelty \$3.49

Bud/Bud Light Can \$4.99

LifeSpark Complete: Health Post

What to Know About Urinary Tract Infections – Should You Head to the ER?

Urinary Tract Infections (UTIs) are responsible for about 20% of all hospitalizations in older adults according to a report from the National Institute of Health, and they can lead to severe illness if the bacteria spreads into the blood stream causing sepsis.

According to Dr. Nick Schneeman, geriatrician and Chief Medical Officer for Lifespark, as the flu and norovirus continue to linger, it's important to weigh the risks of heading off to the ER. "Often there are other alternatives that bring the urgent care right to you," said Dr. Nick. "For example, residents who are also Lifespark COMPLETE members have access to Urgent Response Services. A quick call to your campus's main office can determine next steps and to see if a Mobile Urgent Responder can come to you for lab draws and testing to rule in or rule out a UTI without having to leave your room." Dr. Nick adds, depending on the severity though, the ER may just be where you should head. It's always good to ask your Lifespark provider or the nurse on staff.

Overall, when it comes to UTIs, Dr. Nick offers a few questions to consider:

- Why are you experiencing reoccurring UTIs in the first place? Understanding the root cause, and if it's really a UTI, should be explored with your primary care provider or geriatric expert. Ensuring the correct diagnosis of a UTI helps you avoid being exposed to the harms of 'overtreatment' which can lead to serious negative outcomes including antibiotic induced colitis, drug resistant organisms, poor appetites, and drug-to-drug interactions.
- Should you always test for a UTI immediately or are there other ways to do this? The key here is accurately testing for a UTI to ensure that's actually what it is. Diagnosing and treating UTIs is more complex than many health professionals who don't specialize in the unique needs of older adults and most people understand. Frequent testing can lead to the discovery of contaminated or colonized bacteria that are not causing a problem. This makes the decision to test or to just go ahead and treat pretty complex. The best reason to consider testing or just offering antibiotic treatment is for dysuria, new burning pain with urination. After that, some good reasons include:
 - Lower abdominal pain
 - New urinary frequency- going to the bathroom more often/urge to go
 - New incontinence or loss of bladder control
 - Unexplained fever, chills, low blood pressure, and decreased level of consciousness with concern for sepsis

The good news is that Lifespark can partner with you to sift through symptoms to find solutions that are unique to you, all from the comfort of your home – no waiting rooms or going to the lab.

Encourage your primary care team to explore the cause of your symptoms to avoid missing something serious. Be vocal asking about what's available to you instead of just going to the ER – your health deserves it.

Villa Community Art Project

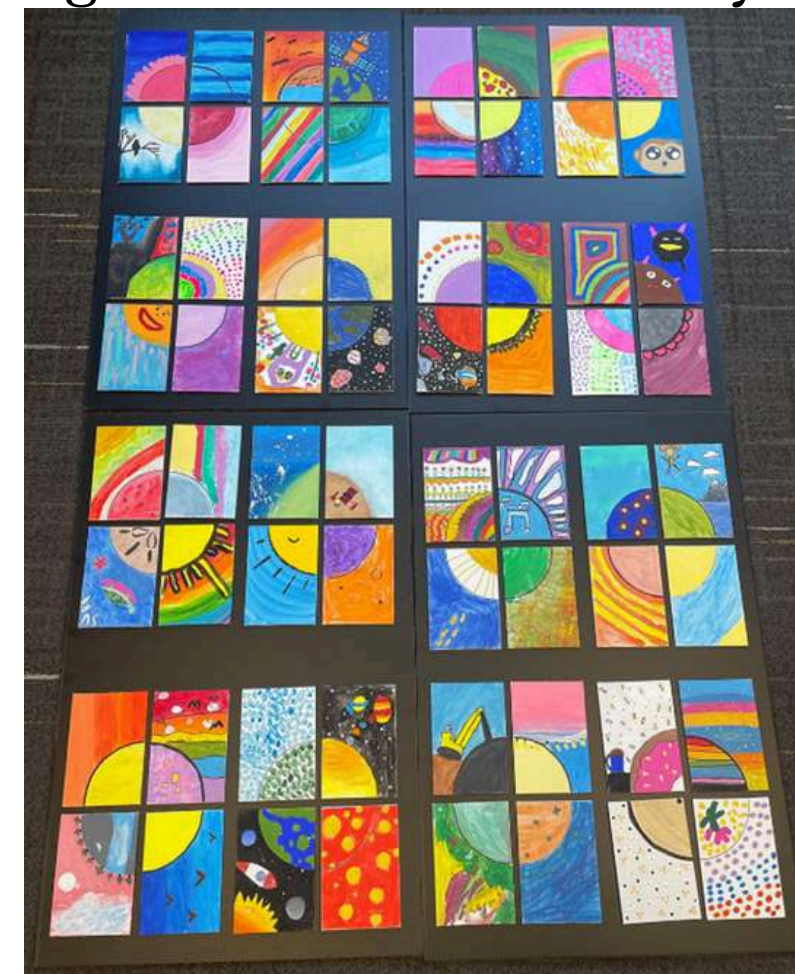
Monday, April 21st

2:00PM in the Sunroom

Participants will be Villa residents and staff, and the WHS Key Club students.

Each participant will be given a 5"x7" piece of canvas with a $\frac{1}{4}$ of a circle drawn onto it, to paint their own artwork. The canvases will then be put together to create a full circle.

You can work on your canvas on your own time or during the scheduled activity time.





Kitchen Corner

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

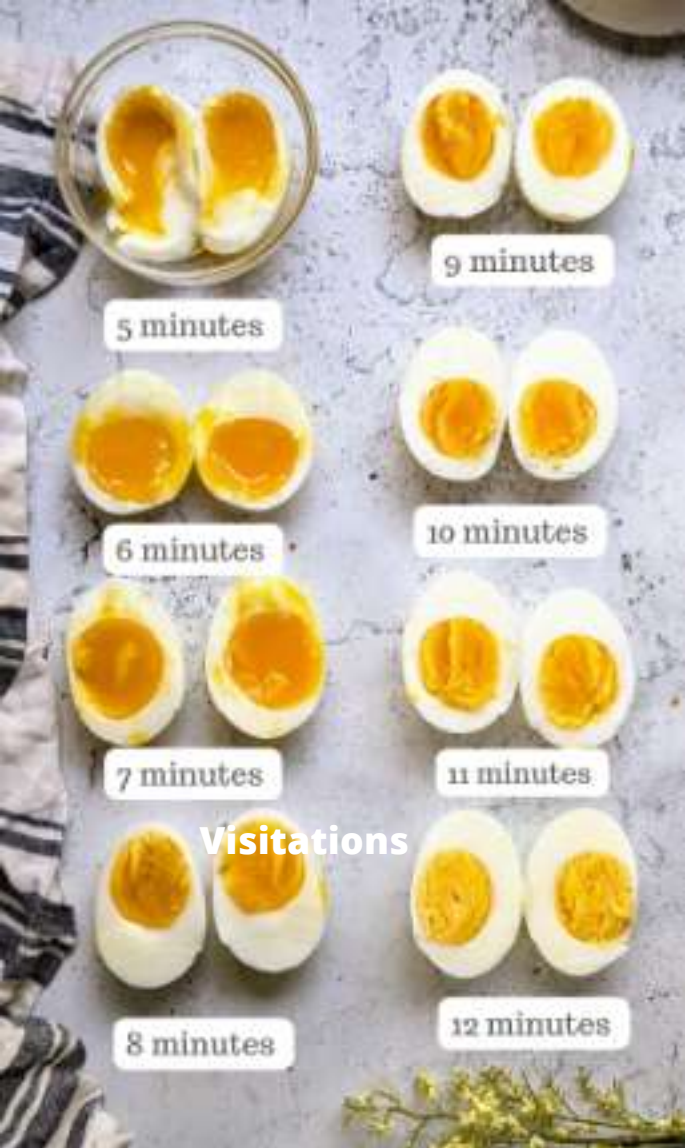
The Incredible Edible Egg!!!

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!

St. Paddy's Day Celebrations



