



## Community Life at WBHCC

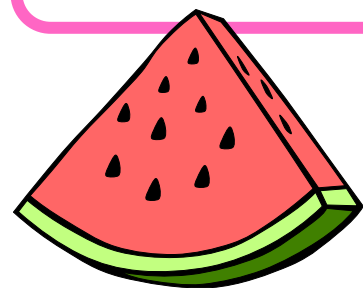
Our Community Life Department offers a wide variety of leisure activities and recreation programs.

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



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 June Long  
Term Care Residents :

3 Sharon G  
17 Eugenia L  
18 Todd S  
21 Karen M  
23 Diane M  
23 Yvonne T  
24 Meridean S

**\*\*\*Birthday's are celebrated  
the first Wednesday of each  
month at 2:15pm on 3N**

### JUNE 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 June from your Chaplains! This month we will be celebrating the Summer months by spending time outside together on some of those beautiful Monday mornings. On the chance of inclement weather, we will continue our Along the Way of Life's Journey program every Monday at 10am indoors. Come explore the states (and beyond!) with Chaplain Austin on Mondays.**

**Austin Felber, Spiritual Care Director 501-2111**

## Laundry/Housekeeping Update

**A clean home is a Healthy Home**

**As we transition into the warmer months HealthCare Services Group is proud to continue servicing the families and community.**

**Sunshine and Fresh air are in full swing, and we're here to help keep everything clean, comfortable and welcoming.**

**While the temperatures rise, pests often seek cool indoor spaces. If you notice any spills, need a refill or have any other housekeeping concerns please don't hesitate to reach out. we're here to help!**

**At Healthcare Services Group, we take pride in our efficiency, thoroughness, and commitment to resident satisfaction. Your comfort and well being are our top priorities and we are honored to be part of your community here on campus.**

**Here's to a clean, bright and joyful season!**

**Sea-C Green, Director of Environmental Services**

## 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 June 18, 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

**State legislative leaders have not yet reached an agreement on the Human Services Budget Bill at the Capitol. As legislators continue working to balance the budget, funding for nursing facilities remains a key issue under discussion. The Senate and Governor continue to support cuts to nursing homes so severe, they could close up to 50 homes across the state. Contact your legislators and tell them that they must stop the cuts to seniors and support common sense Nursing Home Workforce Standards Board reform. It is important for all of us to advocate for the best outcomes of our seniors. Please reach out to Management if you need assistance. THANK YOU**

**Mike Karel, Executive Director 651-287-6506**

## It's time to get outdoors

In the next few days we will be getting our flowers planted and officially opening our patio for the season. As WBHCC we love to go outside whenever the weather is nice. Spending time outdoors offers numerous benefits, including:

**Improved Mental Health:** Exposure to nature can enhance mood, lower anxiety, and reduce the risk of psychiatric disorders.

**Stress Reduction:** Natural environments help lower cortisol levels, leading to decreased stress.

**Enhanced Focus and Attention:** Time spent in nature can improve cognitive functions and attention span.

**Better Sleep Quality:** Natural light exposure helps regulate circadian rhythms, improving sleep.

**Physical Health Benefits:** Engaging in outdoor activities promotes physical fitness and boosts the immune system.

## Spark Challenges

### FORKLIFT COMPETITION

Our Forklift challenge is going strong. We had one of our best games mid May so raised our bar higher. This competition involves driving a remote controlled forklift. It has been so fun to watch the hand-eye coordination and dexterity of our seniors accelerate over time.

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 Skyway. PLEASE JOIN the Woodbury Woodchucks as we continue with our 2025 season.

We will soon be preparing for our next challenge called the GRIP GAMES. Please let anyone in Community Life know if you are interested.

## Kitchen Corner

### Vegetarian Diets

Plant based eating is becoming very popular. There are many types of vegetarian diets, and it can become confusing. What are the differences between vegan, lacto vegetarian, lacto-ovo vegetarian, ovo-vegetarian and pescatarian diets? What are their advantages or risks?

**Vegan Diet** A vegan diet is the most restrictive diet. It consists of only plant foods: fruits, vegetables, beans, grains, nuts, and seeds. Vegan diets exclude all animal products including meat, poultry, fish, eggs, honey and dairy.

**Lacto-vegetarian** A lacto-vegetarian diet excludes meat, poultry, seafood and eggs, but includes dairy products, excludes meat, poultry, and fish, but includes dairy products and eggs. **Ovo-vegetarian** An ovo-vegetarian diet excludes meat, poultry, fish, and dairy products but includes eggs.

**Pescatarians** One of the least restrictive types of vegetarian diets: this diet avoids all meat products but allows fish, and in some cases dairy and eggs.

Many people do not consider this diet a true vegetarian diet.

**Benefits and Risks** Vegetarian diets include a higher intake of vitamins and minerals, fiber and antioxidants. It may reduce the risk of heart disease, diabetes and some cancers. If planned appropriately may also aid in weight loss. Depending on which type of vegetarian diet you choose to follow it can be deficient in protein, omega-3 fatty acids, vitamin A, vitamin D, vitamin B12, calcium, zinc, iron and iodine.

**What types of foods provide protein for the vegetarian diet:** Nuts and seeds

**Beans** Tofu (a food made by coagulating soy milk and then pressing the resulting curds into a solid form. Tofu is a complete protein)

**Quinoa** (a seed of the Chenopodium quinoa plant. It is often mistaken for a grain, but it is a pseudo cereal. Quinoa is a complete protein)

**Seitan** (is composed of gluten, the main protein found in wheat. It has a chewy, meat-like texture and can absorb flavors)

**Oats** (a plant-based source of protein) **Buckwheat** (is a pseudo cereal and a complete protein)

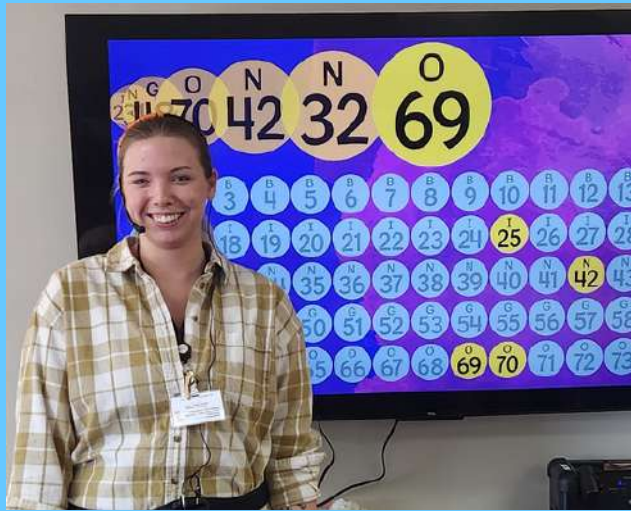
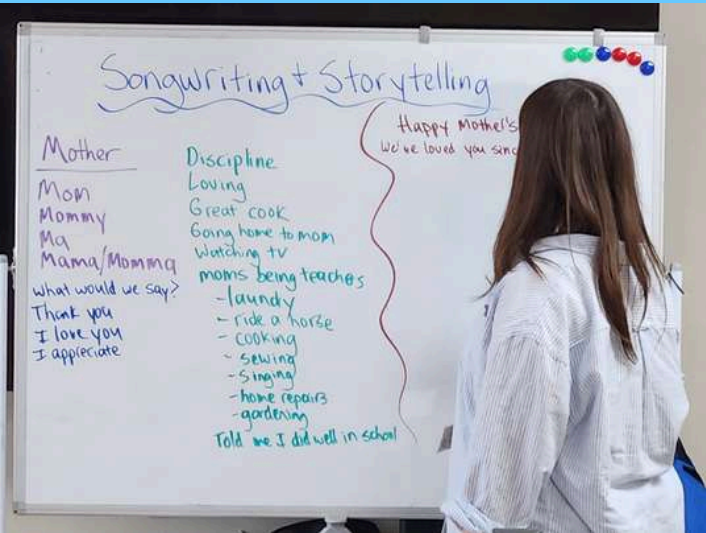
**Hemp seeds** (a seed of the hemp plant, Cannabis sativa. Hemp seeds are a complete source of protein) Plant based eating, "if planned appropriately", is recognized as not only nutritionally sufficient but may also reduce the risk of chronic illness. Appropriate planning is the key to ensuring a balanced diet. It is important to include whole grains, a wide variety of vegetables, and fruits. Replace saturated and trans fats with healthy fats found in nuts, olive oil and canola oil.

Jessica Arrigoni, Director of Food Services 651-287-6539





Happy Mother's day to all  
we loved you since we were small  
Your cooking is the best  
we're taking over so you can rest  
You taught us how to talk  
You taught us how to walk  
You filled the house with lessons  
And gave us many blessings  
Happy mama's day to you  
You're our family's glue  
Our appreciation's true  
And we owe it all to you.



**Community Life Fun**





