



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 May Long Term Care Residents :
We have so many to celebrate in May. Please see next sections for individual names.

*****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**

MAY 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 Spring from Chaplain Austin and Chaplain Katie! This May we may be able to spend more time outside together—be on the lookout for our Monday morning 10am gatherings outside. Chaplain Austin will join us when we are able to enjoy the weather, and this will be in lieu of our Along the Way of Life's Journey program when the weather permits. Chaplains Austin and Katie are available for 1:1 visits if requested as well throughout the month of May.

Austin Felber, Spiritual Care Director 501-2111

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.

Happy Birthday May

May is the most popular month here at WBHCC for resident Birthday's. We'd like to wish these folks a very happy and special day:

Richard W Marci D Karen M
David Susan S, Mary M
Peter R Pat T-W
Sharon P Jill W Robert W
Andre B Tim J Alfred C

Dietary Update

Salsa is a low-calorie, nutritious condiment that offers a big boost of bright flavors to many dishes. While many varieties of salsa are made from different ingredients, the most common is tomato-based with onions, peppers, garlic, and cilantro.

A 2-tablespoon (35.7-gram) serving of salsa provides 12 calories, 0.5 grams of protein, 2.4 grams of carbohydrates, and 0 grams of fat. Approximately 77% of salsa's calories are from carbs. Salsa is relatively low in calories, fat, and protein, but it still manages to offer a good mix of vitamins and minerals.

Fiber Rich: Salsa contains fiber, which aids digestion, promotes regularity, and can help you feel full and satisfied. Antioxidant Powerhouse: Many varieties of salsa, especially those made with tomatoes and peppers, are rich in antioxidants like lycopene and vitamin C. These antioxidants help protect your cells from damage and may reduce the risk of chronic diseases

May Protect Against Metabolic Syndrome - Oxidative stress is an underlying cause of the metabolic syndrome. Lycopene has been shown to counteract the effect of oxidative stress and its risk factors.⁴ May Prevent Prostate Cancer, due to the high lycopene content, salsa may help prevent prostate cancer. Lycopene has been shown to have protective effects against prostate cancer.

May Help Decrease Blood Pressure- Potassium contained in salsa may help balance sodium and lower blood pressure.⁵ But it shouldn't be your sole source of potassium.

May Aid Bone Health- Salsa contains some calcium and magnesium, which are essential for bone health. The potassium in salsa also aids bone health by neutralizing acids that might negatively affect

Lifespark: Importance of mental Health

Your Good Mood is More Than Just a Pleasant Feeling. It's Important!

Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy, and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days. But there are lots of easy ways to bring yourself back up again.

Activities that bring you joy—like movement, sunlight, and connection—can help your brain release natural feel-good chemicals like serotonin and endorphins. And the good news? Improving your sense of well-being can be enhanced with tiny, consistent choices you make.

- **Step outside.** Natural sunlight helps your body make Vitamin D, which supports a healthy mood. Even five minutes outdoors or near a sunny window can help.
- **Move your body.** A few stretches, a hallway walk, or dancing to music that makes you happy can lift your spirits.
- **Enjoy an energizing snack.** Add something nourishing to your diet now and then. A handful of nuts, a few berries, or a little piece of dark chocolate can help fuel your brain and body.
- **Try a two-minute reset.** Close your eyes, and inhale slowly through your nose for a count of four. Hold that breath for four more. Then exhale through your mouth for six. You'll see the difference! Just a few rounds will calm you.
- **Plan for things to look forward to or revisit something you used to love.** “Today, I’m going to...” What will it be? Even a small activity—like reading a magazine, taking out your paint set, calling a friend, or attending a performance—can add structure and lift to your day.

If you find yourself feeling down too often, be brave and talk to someone. Just like you would for concerns over your physical health. Your Lifespark primary care team is a great resource. Mental health is a big part of Aging Magnificently

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.

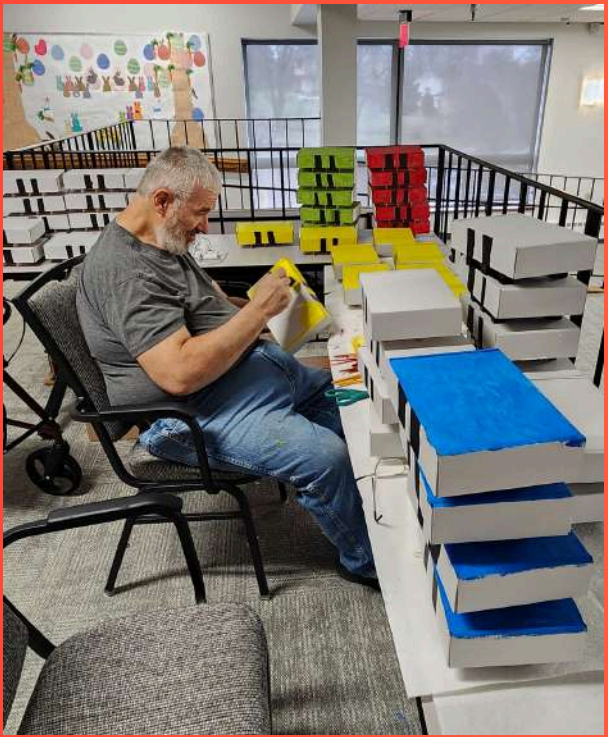
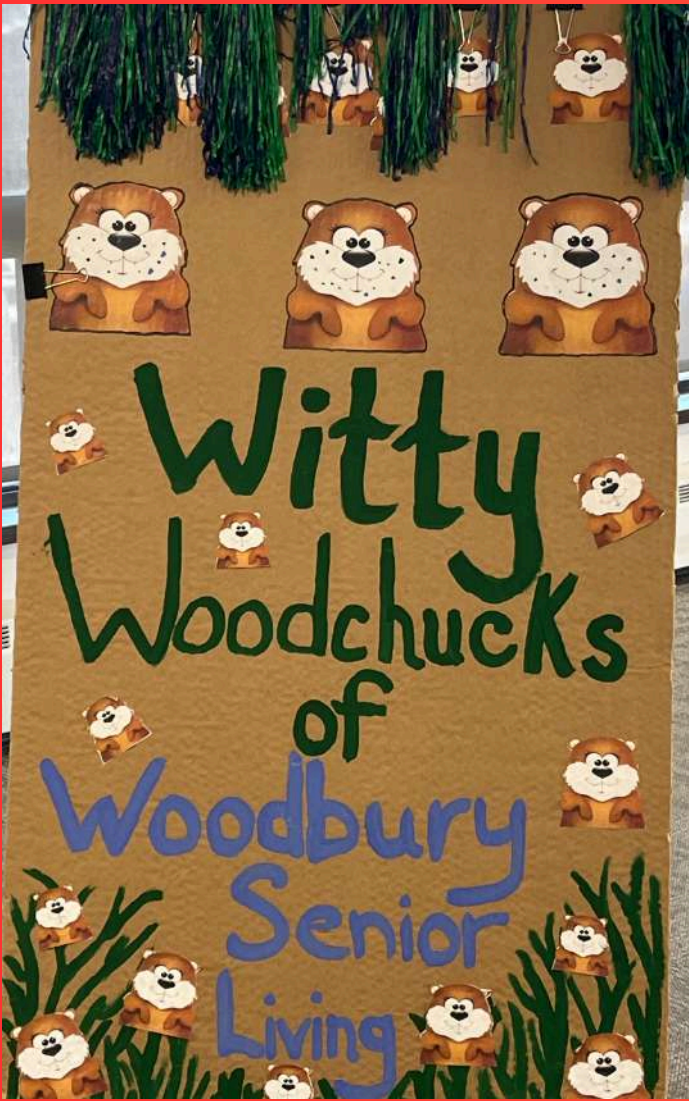
We ‘d sure love if any family or grandkids want to join. This competition is a fun way to be involved in your community here, and engage in healthy competition. There is room for everyone; even if you want to just be a fan or cheerleader. Competitions are every Tuesday at 1pm over in the Skyway. PLEASE JOIN the Woodbury Woodchucks as we continue with our2025 season. Please let anyone in Community Life know if you are interested.

Dietary Salsa receipe

How to make the Perfect Salsa
Fresh Salsa Ingredients

Fresh Roma tomatoes – use the nice and red ones, avoid anything soft.
Canned tomatoes – I like to use canned in addition to fresh because it gives the salsa a better consistency.
Fresh cilantro – cilantro adds key flavor, don’t omit this!
Jalapeno – this adds a nice kick. If you don’t like heat you can replace it with 1/4 cup chopped bell pepper, or omit.
Red onion – yellow onion can be used here as well.
Green onion – if you don’t want to buy both kinds of onions you can omit the green onions and add just a little more red onion.
Garlic – it may seem small but garlic packs a flavorful punch. Only use fresh garlic here for best flavor.
Lime – this really brightens up the salsa.
Chili powder and cumin – I don’t always add these but they’re a nice addition if you have them on hand.
Sugar – just a touch balances out the acidity of the tomatoes and lime.
Salt and pepper – the salsa would taste flat without the salt and the pepper adds a light kick.
Instructions
Combine all ingredients in a food processor and pulse in 1 second bursts until all ingredients are finely chopped.
Serve with tortilla chips. Note that salsa always tastes best after it's been refrigerated for a few hours, so if time allows let the flavors marinate together before serving.
Store in refrigerator up to 1 week.

Jessica Arrigoni
Campus Food Service Director 651-287-6539



WAY TO GO WITTY WOODCHUCKS!