

Community Life at Villa

Socials in the Sun Room

June 13th - Father's Day Social @ 2:00PM

June 16th - Ladies' Group Happy Hour @ 3:00PM

June 20th - Summer Social @ 2:15PM

June 23rd - Men's Group Happy Hour @ 2:00PM

June 27th - June Birthday Party @ 2:15PM

Entertainment and Specialty Programs

June 2nd - Carpenter Nature Center: Raptors - 2:30PM in SK***

June 5th - Virtual Program: American West Art and Artifacts - 2:00PM in SK

June 6th - Movie Matinee: Nonnas (beverage and snack provided) - 2:00PM in SK

June 9th - Entertainment: Michael Riddle - 2:30PM in SK***

May 10th - Line Dancing - 3:00PM in SK

June 11th - Pop-Up Doll Museum - 10AM-4PM in SK

June 12th - Creature Features: Critter Categories - 3:00PM in SK***

June 17th - Travel Day to Spain w/Melissa - 2:00PM in SK

June 19th - Entertainment: Bobby B'Cause - 2:30PM in SK

June 23rd - Food Shelf - 1:00PM in SR - Registration Required

June 23rd - Giant Candyland w/HCC - 3:00PM in SK

June 24th - Sustainable Safari - 2:30PM in SK***

June 30th - Dragons Wynd Presentation: Pollinators - 2:00PM in SK***

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



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 June:

2nd Ila L.

3rd Dale H.

12th June T.

29th Linda T.

30th Norm H.

June 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.

Chaplain Corner

Happy June from your Chaplains!

This month we will continue our monthly Grief group, bi-weekly Christian worship services, and our two-times per-month Bible study with our resident Judy going through the Lord's Prayer.

If you would like a one-to-one visit with a chaplain, let your care team know and Chaplains Austin and Katie will be sure to visit. Thank you!



News from Nursing

Happy June! Summer is already here, believe it or not. As you have probably noticed, we have quite a few new residents in the building. If you haven't already, please try to introduce yourselves and invite them to your favorite activities.

As a community, we have suffered more than a few losses recently. As a nursing staff, we are right there with you. Grief support group is available with Chaplin Austin every third Wednesday of the month at 2pm in the Sunroom, if anyone is interested. It can be a great way to work through whatever you may be feeling, even if you just go to listen.

Try to get outside a little bit every day (weather permitting) as everyone is usually a little low on vitamin D this time of the year. However, if you plan for longer sun exposures, please use sunscreen or wear protective clothing so that you don't burn!



Upcoming Outings and Dine-Ins

To sign up for an outing or dine-in, please call Community Life, stop by the Community Life office for a visit, or leave a note at the office in the game room.



LET'S GO
FISHING



June 11th - Como Zoo Concert in the Park: Innocent Reggae Band (Roots Reggae). Bus loads at 4:15PM. Picnic meal provided. Sign up is open.

June 13th - Walmart. Bus loads at 9:00AM. Sign up opens June 6th.

June 16th - Let's Go Fishing. Bus loads at 8:15AM. Fishing from 9-11AM with a picnic lunch after. Sign up opens June 2nd.

June 18th - Applebee's Dine-In 11:30 in the Sunroom. Meal order and payment to Community Life by June 16th (order sheets will be passed out the beginning of June).

June 26th - TWINS Game. Bus loads at 10:45AM. Residents pay for own food. Sign up is open.

June 27th - Cub Foods. Bus loads at 9:00AM. Sign up opens June 20th.



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!

Rebus Puzzles

TRAVEL

CCCCCCC

FAST

T
O
W
N

EYE
EYE

father

- 1. Travel overseas.
- 2. Breakfast.
- 3. Downtown.
- 4. Eyeshadow.
- 5. Steppfather.

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.

Community Information

Looking for more convenient services? We have podiatry, dentistry, mental health therapy and optometry that are on site throughout the year. Please let staff know if you'd like to register.

Needing transportation? Metro Mobility and Metro Micro are two great options. Metro Mobility requires an application process with a primary doctor's approval. You can find the application online or get it from a staff member. The Woodbury area Metro micro service is a door-to-door service that uses ADA-accessible minibuses and doesn't require an application. You can call 651-602-1170 to book a ride or download their app.

Looking for a more convenient way to see a primary provider? Three different primary providers visit the Villa, weekly. We have providers from Lifespark, M Health Fairview, and HealthPartners. Please let staff know if you'd like to sign up or for more information.

Financial questions? It may be time to apply for Medical Assistance and Elderly Waiver if you are within a couple of months from a total of \$3000 in assets. Applications for MA-LTC are online or you may call the Senior LinkAge line (800) 333-2433) to request one be sent to you. You will also need to call Washington County (651-430-6422 option 1)for a MnChoices assessment.

LifeSpark Complete: Medication Reviews

What's in Your Medicine Cabinet? Time for a Review!

As we age, our bodies change—and so does the way we process medication. What worked well five or ten years ago might be too strong for you now or no longer needed. That's why a regular medication review with your primary care provider or pharmacist is so important.

Think of it like a fall cleaning for your health. You and your provider look at all the meds you're taking. You might just realize that certain changes could make life simpler and safer.

A little preparation can help make that conversation go more smoothly:

- Make a complete list of everything you take—including pills, patches, creams, inhalers, and injections. Don't forget over-the-counter meds, supplements, and herbal remedies.
- Write down the details for each one: name, dose, how often you take it, and why.
- Bring your list to your appointment or bring the actual medications with you.
- Mention recent changes in how you feel—energy, balance, digestion, sleep. Some of those symptoms might be related to medication side effects or drug interactions.
- Choose where you want to do your review. Your primary care provider knows your full health history and how your medications fit into the bigger picture of your care.

Your medication list might not change after your review. And that's good news. It gives you the peace of mind that you've been on the best path all along. If they do need to change, then you've done the right thing by taking this step to actively manage your health.

If you have other questions about medication reviews, your Lifespark primary care team is a great resource. Life is an amazing and precious thing. Live it well!

Spark Challenges: Forklifts



Our current challenge, Forklift Competition, is under way. Join us in the Skyway at 12:50 on Tuesdays for competitions, Thursdays for practices, and weekly recaps on the competition on Fridays .



