



Community Life at Villa



Socials in the Sun Room

- May 2nd - Ice Cream Social @ 2:15PM
- May 7th - Men's Group Happy Hour @ 3:00PM
- May 9th - Mother's Day Social @ 2:15PM
- May 16th - National Pizza Party Day @ 2:15PM
- May 23rd - Memorial Day Social @ 2:15PM
- May 27th - Ladies' Group Happy Hour @ 3:15PM
- May 30th - April Birthday Party @ 2:15PM

Entertainment and Specialty Programs

- May 1st - Virtual Program: Real Stories From the Oregon Trail - 2:00PM in SK
- May 5th - Dragons Wynd Presentation: Pollinators - 2:00PM in SK***
- May 8th - Entertainment: Amy and Adams - 2:30PM in SK***
- May 8th - Game Night w/WHS Key Club Students - 5:30PM in SR
- May 12th - Twin City in Home Medical Supply Clinic - 2:00PM in SR
- May 13th - Dodge Nature Center: Hens and Roosters - 2:30PM in SR***
- May 15th - Entertainment: Todd Anderson as Neil Diamond - 2:30PM in SK
- May 15th - Game Night w/WHS Key Club Students - 5:30PM in SR
- May 19th - Food Shelf - 1:00PM in SR - Registration Required
- May 20th - Rob Ellos Presents: I Know What Really Happened to Amelia Earhart - 3:00PM 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 May:

- 5th Vern J.
- 5th Annie P.
- 13th Dwayne O.
- 15th Mildred P.
- 17th Christine C.
- 22nd Mary W.
- 26th Tom M.
- 30th Norm L.

May 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 Spring from Chaplains Austin and Katie!

This May we are going to be present in the Villa for 1:1 visits and programming per our typical schedule.

Join us on the 1st and 3rd Thursdays of each month in the Skyway at 10:00am for a Christian worship service.

We have been enjoying our time every other Tuesday morning with you for Coffee & Donuts with the chaplain(s) at 9:15am in the Sunroom! Join us for treats and conversation.

The 3rd Wednesday of each month we meet in the Sunroom for our monthly Grief Support Group. Find help and healing for the hurt of a loss.



Note from Housing

Greetings Villa Residents,

SPRING: A Lovely reminder of how **BEAUTIFUL** change can really be.

There are few things that have changed at the Villa. As you all know, we have had a change in staff recently and with Amy's departure, Jaynie and I are balancing our schedules and workflow to be available to address **some** of your concerns and business matters. In that regard, we have established

OFFICE HOURS, the available times will be:

MONDAY, WEDNESDAY, FRIDAY 1- 3 PM

As independent and assisted living residents, we may be empowering you and your family representatives to address some of your concerns moving forward, however, please know that we are always here to facilitate and help in the best way possible.

Emergency Preparedness: This month at resident council we will be addressing emergency preparedness and going over a few scenarios that could affect us here at the Villa. We will also have a handout for you and your family to review.

I would also like you to know, that there is a form for credit card and ACH Authorization- this is an option to have your rent or monthly statement pulled automatically out of your accounts and will be in your mailboxes with your statements. If you receive EW assistance, please note that: **The Housing Support Rate will increase from \$1170 to \$1192.**

I will see you around the neighborhood!

Warm Regards,
Valerie L. Davis

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.



May 1st - Hill Murray School Play: Six. Bus loads at 3:15PM.
Sign up is open.

May 2nd - Basic Needs Thrift Store. Bus loads at 10:00AM. Sign up opens April 25th.

May 5th - Taco Bell Dine-In. 11:30AM in the Sunroom. Meal order and payment to Community Life by April 1st (order sheets have been passed out).

May 16th - Dollar Tree. Bus loads at 9:00AM. Sign up opens May9th.

May 21st - TWINS Game. Bus loads at 10:45AM. Residents pay for own food. Sign up is open.

May 30th - Walmart. Bus loads at 9:00AM. Sign up opens May 23rd.

Sudoku

		6		4				
			6					2
9		4			8			1
2	4		3		9	8	7	
	7			5			9	
	5	9	8		1		2	3
4			1			7		8
8					6			
				8		5		

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. The more you take, the more you leave behind. What am I?
- 2. How many times can you subtract the number 5 from 25?
- 3. You see a boat filled with people, yet there isn't a single person on board. How is that possible?
- 4. What can't talk but will reply when spoken to?
- 5. The more of this there is, the less you see. What is it?



- 1. Footsteps.
- 2. Once, because after you subtract 5 from 25 it becomes 20.
- 3. All the people on the boat are married.
- 4. An echo.
- 5. Darkness.

Spark Challenges: Forklifts



Our next 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.



Social Work Note

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.



Residents/Family Members • Case Managers
Nurses • PT/OT Care Team

MONDAY, MAY 12TH
Informational Educational Seminar
WOODBURY SENIOR LIVING

PRESENTATION STARTS AT 2:00PM IN THE SUNROOM

TREATS AND A PRIZE DRAWING!

HAVE MEDICAL INSURANCE? REMEMBER TO BRING YOUR INSURANCE
CARDS WITH YOU!

We will be bringing in Diabetic Shoes and equipment for you to test drive!
Many other items may be covered by your insurance!



Presented by Andy Solomonson: (763) 913-9770

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: 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: Urgent Response Services

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.

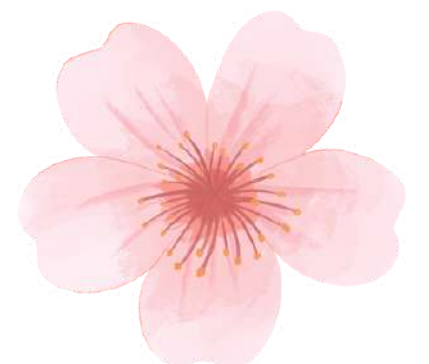
News from Nursing

Happy May! We are glad to be done with the norovirus outbreak and appreciate everyone's cooperation to help prevent the spread.

As we transition into this next part of the year without Amy, we are doing some restructuring in staff and some of our processes. Not to worry, nursing is still here to help with communicating with case managers, medication concerns and insurance information. In order to best utilize our time, Jaynie and Valerie will institute "office hours" to be able to be more present and in the right place to help with concerns. Monday, Wednesday and Friday we will try our best to be available from 1-3pm if you have any questions or concerns. Hopefully, we can come up with a solution in about 15 minutes and that way we can talk to multiple people if they need it.

While we like to make sure to help everyone with their concerns, we also have many other daily, weekly and monthly tasks to complete that require set focus to complete timely. Catherine can help you with any concerns with new orders from providers and any urgent nursing needs, but if your need is not urgent, please call the nurses' station to find out the best time to come down to see her. If you have to leave a message, she will return it as soon as she can.

Family and residents alike please feel free to reach out to Jaynie by phone or email, as that will also be a very effective way of communication and gives a good receipt of the problem so she can reference. She will get back to you by the next business day. We will be adding another nurse to the team shortly, so stay tuned. We appreciate your help and understanding during this time of transition.



Spark Challenges: TRYathlon Pizza Party



Witty Woodchucks celebrated the TRYathlon season with a pizza party! Competitors also received a certificate and the team's new shirts.



Kitchen Corner



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. 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 bone mineral density.

