



# Community Life at Villa

## Socials in the Sun Room

August 1st - Ice Cream Social @ 2:15PM

August 6th - Ladies' Group Happy Hour @ 2:00PM

August 8th - Thirsty Thirty: BBQ Smokies @ 2:15PM

August 15th - Root Beer Float Social @ 2:15PM

August 22nd - Thirsty Thirty: Veggies and Dip @ 2:15PM

August 25th - Men's Group Happy Hour @ 2:30PM

August 29th - August Birthday Party @ 2:15PM

## Entertainment and Specialty Programs

August 3rd - Music by MN Chorale - 2:30PM in SK

August 4th - Dragon's Wynd: Beneficial vs. Naughty Bugs - 2:00PM in SK\*\*\*

August 5th - Music by Chuck & Friends - 2:30PM in SK

August 7th - The Incredible Life of John B. Jones - 2:00PM in SK

August 11th - Mark Irving: Horse Jockey - 2:30PM in SK

August 13th - David Jones: Statue of Liberty (rescheduled from July) - 3:00PM in SK\*\*\*

August 14th - Music by Dale Martell - 2:30PM in SK\*\*\*

August 19th - MN Zoomobile - 2:30PM in SK\*\*\*

August 21st - Music by Russell Schmidt - 2:30PM in SK

August 25th - Food Shelf - 1:00PM in SR - Registration Required

August 26th - Carpenter Nature Center: Animals of St. Croix - 2:30PM in SK\*\*\*

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



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



*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 August:

- 1st Elaine L.
- 12th Janie C.
- 29th Clarice W.
- 31st Nancy W.

### AUGUST 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.

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## Chaplain Corner

Happy Summer from Chaplains Austin and Katie!

This August we are going to be present in the Villa for 1:1 visits and programming per our typical schedule. 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. Our Grief Group will continue this month--all are welcome to join in conversation and reflection.

## News from Nursing

Happy August!

We hope you are enjoying your summer and getting outside when the weather permits. Be mindful of air quality alerts and dangerous temperatures, as we may still have many hot days ahead of us. Remember to stay hydrated!

We would like to welcome Hollie Skara to the team as our new resident specialist. Madi Bates will be the Executive director from an operational standpoint, but Hollie and Jaynie will help with day-to-day billing/housing/nursing questions. We appreciate your patience as Hollie learns the ropes. Leontine has been a great help on the nursing assessment side and is an excellent RN for any nursing needs as well.

Lets soak up the last of the summer and enjoy the heat while we still can!





Upcoming Outings and Dine-Ins

To sign up for an outing or dine-in, please call Sam (651-731-5509) or Melissa (651-731-5508), stop by our office for a visit, or leave a note at our office in the game room.



August 5th - National Night Out in Hudson. Bus loads at 3:45PM. Meal will be provided. Sign up is open.

August 8th - Dollar Tree. Bus loads at 9:00AM. Sign up starts August 1st.

August 12th - Stillwater Concert in the Park: Fiddle and Flannels (blend of classic country and lively Irish jigs). Bus loads at 4:00PM. Picnic meal provided. Sign up is open.

August 15th - KFC Dine-In at 11:30AM in the Sunroom. Meal order and payment to Community Life by August 13<sup>th</sup> (order sheets passed out at end of July).

August 19th - Let's Go Fishing. Bus loads at 8:15AM. Fishing from 9-11AM with a picnic lunch after. Sign up opens August 5th.

August 22nd - Walmart. Bus loads at 9:00AM. Sign up starts August 15th.



Riddles

- 1. I bring you power. I steal your secrets. I give you air. What am I?
- 2. What's long and thin, covered in skin; red in parts, and put in tarts?
- 3. Before Mount Everest was discovered, what was the highest mountain on Earth?
- 4. Why does a surgeon cover their mouth when performing surgery?
- 5. You live in a one story house made entirely of redwood. What color would the stairs be?



- 1. I'm a plant.
- 2. Rhubarb.
- 3. Mount Everest.
- 4. If their eyes were covered, they wouldn't be able to see!
- 5. What stairs? You live in a one-story house.

Sudoku

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

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!

## Lifespark Complete: Health Post

### 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.

## 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.

**Madi Bates is our new Executive Director. She can be reached at [mbates@woodburyseniorliving.com](mailto:mbates@woodburyseniorliving.com) or 651-466-1011.**



## Kitchen Corner: Top Diets for Seniors to Boost Health and Wellness

### The Mediterranean Diet

The Mediterranean diet is often lauded for its heart-healthy benefits and has consistently been ranked one of the best diets for seniors. This eating plan is rich in fruits, vegetables, whole grains, and healthy fats, such as olive oil. Fish and lean poultry provide essential proteins, while nuts and legumes offer additional nutrition.

*Benefits:* Reduces risk of heart disease, improves brain function, Lowers cholesterol levels.

### The DASH Diet

Developed to combat hypertension, the DASH (Dietary Approaches to Stop Hypertension) Diet emphasizes the reduction of sodium and the intake of nutrient-rich foods such as fruits, vegetables, and low-fat dairy. It's a great option for seniors aiming to manage blood pressure and support overall heart health.

*Benefits:* Lowers blood pressure, supports heart health, Promotes better kidney function.

### Flexitarian Diet

The Flexitarian Diet combines the best of vegetarianism and the flexibility to enjoy meat occasionally. This approach allows seniors to reap the benefits of a plant-rich diet without completely cutting out their favorite meats.

*Benefits:* Increases nutrient intake from a variety of food sources, offers flexibility and sustainability, Supports heart health.

### Balanced Diet and Nutrient Necessities

A balanced diet that caters to the specific needs of seniors also includes essential nutrients that support bone health, immune function, and energy levels. These include: *Calcium and Vitamin D:* Crucial for bone health. *Vitamin B12:* Important for nerve health and cognitive function. *Omega-3 Fatty Acids:* Support heart and joint health.

While choosing a diet plan, consulting with healthcare providers or dietitians can ensure that all nutritional needs are met without compromising individual health conditions or medications.

### Senior-Friendly Food Tips:

Opt for whole foods over processed options, Stay hydrated with plenty of water, Practice portion control to avoid overeating.

## Spark Challenges: Grip Games



Forklift season has ended, with the Woodchucks completing the season 4-3. We celebrated with a team pizza party!

The new competition this quarter is the Grip Games. The goal is to pump as many liters of water as possible as a team.

**Check us out in the Skyway at 1:00PM.**

**Tuesday Competitions**

**Thursday Practices**

**Friday Weekly Recaps**



