



## 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



**December**

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  
December Long Term  
Care Residents !  
The month is full of  
birthday's. Please see  
Community life Section  
tor the list  
\*\*\*Birthday's are  
celebrated the first  
Wednesday of each  
month at 2:15pm on 3N**

### **December 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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## End of Life Doula

In honor of our community residents who have passed we choose to honor them with the lighting of a memorial candle. This is located on a console to the right of the front door as you enter the HCC front doors.

The loved one's names and the candle remain illuminated for a week after their passing. We feel the resident's memory and their light continues to shine after they are gone so it is a our way to show our gratitude for the time they spent with us here.

Kim Kettelman, EOLD 651-287-6532

## Spark Challenges

We are finishing up our last Spark Challenge of the year. As this is being written, the Woody Woodchucks are currently in 3<sup>rd</sup> place.

We've had a really strong quarter so far and have beaten our own record each week. We are impressed by how seriously the team takes the Life Guard Lessons from Dr Bill. Our team listens to the lessons live each week, and then they take the link and form study groups later that night and the following morning,. Their hard work has paid off. They usually score 100% on the quiz each week.

This challenge combines both education/intellect and physical activity and the Woodchucks have certainly proven to be great in ALL areas and have learned the true Life Guarding Lessons. Way to go team. Good luck the last couple weeks of the season.

## Community Life

Wow: December is full of birthday's. Such a popular month we will recognize our Long Term Care Resident's here. TCU we will post outside your room.

**DECEMBER :**

5- Ione F 6- Ree S 6- Shane M 11-Mary A  
13-Joe C 15-Marnita C 18-Mike S 19-Dorothy M  
23-Tom W 24-Todd A 25-Barb G 30- Scott B



*Happy Birthday*

Kathy Dunleavy, CLD 651-287-6544



## Nutritional Services Update

Ingredients for a Perfect Pecan Pie (keep no longer than 4 days in refrig)

- 1 whole unbaked pie crust 1 cup granulated sugar
- 3 Tbsp. brown sugar 1/2 tsp. salt
- 1 cup light corn syrup 1/3 cup melted salted butter
- 3 whole eggs, beaten 3/4 tsp. vanilla
- 1 heaping c. chopped pecans
- 1. First, prepare your pie crust and place it in a 9-inch pie pan.
- 2. Preheat the oven to 350°F.
- 3. In a bowl, stir together the granulated sugar, brown sugar, salt, corn syrup, butter, eggs, and vanilla.
- 4. Pour the chopped pecans into the bottom of the unbaked pie shell. Pour the syrup mixture over the top of the pecans.
- 5. Cover the top and crust lightly/gently with foil. Bake the pie for 30 minutes. Remove the foil, then continue baking for 20 minutes, being careful not to burn the crust or pecans. Note: The pie should not be overly jiggly when you remove it from the oven! If it shakes a lot, cover it with foil and bake for an additional 20 minutes or until set. The required baking time seems to vary widely with this recipe. Sometimes it takes 50 minutes; sometimes it takes 75! 6. Allow to cool for several hours or overnight. Serve in thin slivers.

Jessica Arrigoni, Food services director: 651-287-6539

## Chaplain Update

**Happy holidays from your chaplains! Chaplain Peregrine and Chaplain Austin will be available for 1:1 visits throughout this month, and we will celebrate the holiday season with one another in our services throughout December. As you consider your traditions and hear some familiar holiday hymns, our spiritual care team is here to support you and hopes for a warm, welcoming season. Happy holidays and merry Christmas for those who celebrate!**

**Austin and Peregrine 651-501-2111**

## Resident council News/Chef Talk

**Resident Council meetings are open for all residents to attend. The meetings are held in the 3S Dayroom and begin at 10:30am 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 will be on Wednesday Dec 17, 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.**

## Housekeeping Laundry Update

**Just a friendly reminder now that we are transitioning from warm to cold weather, if you purchase new clothes or notice your clothing is not marked, please make sure to send down to laundry. We have a lot of people that live here and do huge loads of laundry, so it is very important that your clothing items are labeled with your names. This will help assure it gets back to you after washing. If you have any questions, feel free to ask.**

**SeaC 651-287-6537**

## Nutritional Services Update

**Eggnog recipe**

- **Step 1. Beat egg yolks:** Beat egg yolks until thick and pale yellow. Gradually beat in some sugar until dissolved.
  - **Step 2. Cook until thickened:** Bring milk, some cream, and a bit of nutmeg to a simmer in a small saucepan. Whisking constantly, stream the warm milk into the egg mixture. Return to the saucepan and cook over medium heat, stirring constantly, until slightly thickened and at 160°F. Pour into a bowl and stir in liquor if using. Cover and chill.
  - **Step 3. Beat egg whites:** Before serving, beat egg whites to soft peaks. Add remaining sugar and whip to firm peaks. Fold into chilled base.
  - **Step 4. Whip cream:** Whip remaining cream to stiff peaks, and fold all or half into eggnog, using the rest as garnish if desired.
  - **Step 5. Garnish and serve:** Garnish with nutmeg and serve.
- Don't forget you can always spice it up with some bourbon, rum, cognac, and/or brandy.**

**Jessica Arrigoni, Food services director: 651-287-6539**

