



# Community Life at Villa

## Socials in the Sun Room

December 2nd - Ladies' Group Happy Hour @ 2:00PM

December 3rd - Men's Group Happy Hour @ 2:15PM

December 5th - Ice Cream Social @ 2:15PM

December 12th - Ice Cream Social @ 2:15PM

December 19th - Christmas Celebration @ 2:15PM

December 26th - December Birthday Party @ 2:15PM

December 31st - New Year's Eve Party @ 2:15PM

## Entertainment and Specialty Programs

December 1st - Music by Chuck and Anna - 2:00PM in SK

December 4th - WHS Choir Concert - 9:30AM in SK

December 4th - Arctic Wolves - 2:00PM in SK

December 8th - Mark Irving: Jockey Presentation - 2:30PM in SK

December 11th - Music by Curtis and Loretta - 2:30PM in SK\*\*\*

December 14th - MN Chorale Concert - 4:00-4:30PM in SK

December 15th - Music by Chuck and Friends - 2:30PM in SK

December 16th - Rob Ellos: Apollo to the Moon - 3:00PM in SK

December 18th - Kevin Dooley: Ventriloquist - 2:30PM in SK

December 19th - St. Ambrose Carolers Throughout the Building - 10:45AM

December 22nd - Monthly Food Shelf - 1:00 in SR (RSVP Required).

December 23rd - Christmas in Krakow - 2:00PM in SK

December 29th - Holiday SINGO: Music Bingo - 2:00PM in SK



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



\*\*\*Program 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 December.

5<sup>th</sup> Mary D.

7<sup>th</sup> Pat A.

18<sup>th</sup> Stella D.

20<sup>th</sup> Margit N.

26<sup>th</sup> Richard M.

### DECEMBER 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.

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



## Chaplain Corner

“When I was young, I admired clever people. Now that I am old, I admire kind people.” -Rabbi Abraham Joshua Heschel

Chances are as you read this newsletter, patience may be running thin. It's the holiday season, where no matter your faith tradition, there is a holiday – a Holy Day - you are likely preparing for. And perhaps you, or the people you love, are worried about what is not getting done or grieving about what can never be done again like it was in years past.

Whenever patience runs thin, kindness can run even thinner. Especially toward ourselves. Remember this Holy Day season that you are enough. The gifts, the food, the merry festivities - they are fine, but even without any of those, you and your loved ones are enough. Know this: You are so loved just as you are. Go love others just as they are. Shower them with patience and kindness this season.

Peace be with you!

## Meet Our Executive Director: Anna

My name is Anna DeCorsey and I am your new Executive Director here at The Villa! I have over 20 years experience in long term care. Funny story, I actually started my career at the Health Care Center here at Woodbury Senior Living. I moved on to be the Community Life Director at one of our sister facilities, Providence Place for a number of years. I have experience in Health Care Centers as well as Assisted Living Communities and have a passion for working with older adults. I am so excited to be back on this campus as it feels like home to me! I'm looking forward to getting to know all of you!

When I'm not working, you'll find me spending time with my family, playing ALL the outdoor games, watching sports (my kids and professional sports go Packers!) and spending the summer weekends at our seasonal campsite. I have a husband and two boys who keep me busy at home. When you get to know me, you'll learn that I love to laugh and joke around with everyone!



## News from Nursing



**The change of weather has come as well as the dusting of snow! Please be extra careful when exiting and entering the building. Beware of black ice as it can be dangerous and very harmful to your health and livelihood if a slip and fall occurs.**

Here are some helpful tips to avoid slip and falls!

**Wear proper footwear.** Be sure you have a pair of lightweight boots with good support. You also can purchase snow grips for the bottoms of your shoes or boots.

**Take your time.** Do not hurry while walking outside. Pay attention to your steps and walk slowly.

**Use assistance.** Always use handrails, a walking stick, your walker or cane when out in winter weather.

**Take small steps.** Small steps, almost from side to side, help you maintain your center of gravity. Take small steps and waddle a bit like a penguin.

**Stay inside.** On days when it is icy and you do not need to go anywhere, stay inside.

**If you do feel yourself falling, don't try to catch yourself with your arms. That can lead to more injuries. Try to take the hit on your buttock or back. After a fall, wait for someone to help you in case you are injured or to avoid subsequent falls. Some people further injure themselves by springing up after a fall instead of waiting for help.**

**Remember to always use your best judgment when out and about in the ice and snow. Be careful and aware of your surroundings, and you will be on your way to a safe and healthy winter.**

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.



December 4th - Hill Murray School Play. Bus loads at 3:15PM. Sign up is open. We will be back after evening mealtime so your meals will be delivered to your apartments.

December 5th - Super Target. Bus loads at 9:00AM. Sign up starts November 28th.

December 16th - North Pole Cafe for lunch. Bus loads at 10:15AM. Sign up starts December 2nd.

December 18th - Christmas Lights Drive. Bus loads at 5:00PM. Sign up starts December 4th.

December 19th - Dollar Tree. Bus loads at 9:00AM. Sign up starts December 12th.

Searching the Christmas Tree



ANGEL	CANDY CANES	LIGHTS	STAR
BAUBLE	DECORATION	ORNAMENTS	TINSEL
BELLS	GARLAND	POPCORN	SNOW
CANDLES	GREEN	PRESENTS	TWINKLE

# Lifespark Complete: Health Post

## Eating Healthy Over the Holidays Without Feeling Deprived

Everyone knows that the “secret” to good health is eating right and exercising more. The holidays though bring sugary, sweet treats to the table and that can be hard to turn down. If you’re a diabetic or on a limited diet, here are a few tips to add in a few healthier options with those delicious desserts.

If you’re craving something sweet, let yourself enjoy a small piece of chocolate or a cookie —and savor every bite! Make these an occasional treat rather than an everyday habit.

Here are some additional tips for healthy eating:

- **Choose whole fruit instead of fruit juice**, such as an apple or orange vs. orange juice. Whole fruit is packed with more vitamins and fiber which keeps hunger at bay and helps with regularity.
- **Add protein to your breakfast**, such as peanut butter, hardboiled egg, lean meat, cottage cheese, or nuts (good fat and protein), to help stabilize blood sugars.
- **Go for whole grain foods**, such as brown rice or potatoes (with the skin) instead of white rice or white pasta, to add fiber to your diet.
- **For dessert, try fresh or frozen berries** with a little whipped topping and a few nuts.
- **Stay hydrated** to help control your blood sugars, reduce hunger, and support kidney function.
- **Right-size your portions** using the Plate Method developed by the American Diabetes Association (ADA).

Choosing your food wisely is an excellent investment and one way to Age Magnificently this holiday season!

# 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. Information flyers found in the Villa lobby.

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.



# Kitchen Corner: Eggnog Recipe

## Ingredients:

- 4 large eggs, separated
- 1/3 cup, plus 1 Tbsp. granulated sugar
- 2 cups whole milk
- 2 cups heavy cream, divided
- 1/2 tsp. freshly grated nutmeg, plus more for garnish
- 1/3 cup bourbon, brandy, cognac, or rum, or to taste (optional)



## Directions:

### Step 1: Combine egg yolks and sugar

Beat the egg yolks until thick and pale yellow in a medium-size bowl with a mixer set to high speed. Gradually add 1/3 cup sugar and continue beating until the sugar dissolves.

### Step 2: Simmer milk mixture and combine with egg mixture

Stir together the milk, 1 cup cream, and 1/2 teaspoon nutmeg in a small saucepan. Bring just to a simmer over medium heat. Whisking constantly, add the warm milk mixture to egg yolk mixture in a slow, steady stream. Pour into the saucepan and cook over medium heat, stirring constantly with a heat-proof spatula until the mixture thickens slightly and reaches 160°F.

### Step 3: Chill eggnog

Pour into a bowl or pitcher. Stir in the liquor, if using. Cover and refrigerate until chilled.

### Step 4: Fold in egg whites

Just before serving, beat the egg whites to soft peaks in a medium-size bowl with a mixer set to high speed. Add the remaining 1 tablespoon sugar and beat to firm peaks. Fold into the chilled base mixture.

### Step 5: Fold in whipped cream

Beat the remaining 1 cup cream to stiff peaks, and then fold into eggnog. (Alternatively, fold half the whipped cream into the chilled base and spoon the rest on top as garnish.)

### Step 6: Serve

Serve chilled, garnished with nutmeg.

# Spark Challenges: Quiz Show

**The Witty Woodchucks are on a roll! We have one more week of competition before the Final Four and World Championship Games.**

**Our season record is currently 4-2. Come cheer us on in hopes of getting into the Final Four!**

**Wednesday, December 3<sup>rd</sup> 1:00PM in the Skyway**





