

**HAPPY HAPPY HAPPY  
NEW YEAR! NEW YEAR! NEW YEAR!**

## 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



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 January  
Long Term Care Residents!**

**1-Mary G, 2- Kevin F,  
4-Claudia G, 5-Sue L,  
9-Jack G, 11- Bill L,  
17- Patti O, 19-Anna S,  
21-Joe S, 27-Kevin P**

**\*\*\*Birthday's are celebrated  
the first Wednesday of each  
month at 2:15pm on 3N  
(except on the 7<sup>th</sup> for  
January)**

### January 2026

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

**Hello everyone, I wanted to take this moment to say how honored I have been this past year to care for so many loved ones at the end of their life. I have been deeply touched by resident, and family connections and witnessed the beautiful care our team here at Woodbury Healthcare Center delivers.**

**I am here Monday -Thursdays 8-4:30 if you have questions about my role or want to talk with me.**

**Wishing you all a Happy New Year**

**Kim Kettelman, EOLD 651-287-6532**

## Spark Challenges

**Congratulations to the Woody Woodchucks. During the 4<sup>th</sup> quarter Spark Challenge (which included both a physical test and certifying the residents/staff as lifeguards, we made it to the Final Four. We are so proud of the progress we made throughout the quarter, each week beating our previous week score. Thanks as well to all the staff that competed as well during this intergenerational event.**

**We are now getting into gear to begin our 2026 Tryathlon Competition. This quarter focuses on physical strength, endurance, and balance. We expect to have a good season. A reminder that all residents are welcome. Some prefer to compete, others like to cheerlead, watch the other team for strategy etc. There is something for all. Competitions will begin mid January and take place every Tuesday and Thursday at 1:00pm in the skyway!**

## Executive Director Update

**I wanted to share with the everyone that I'll be leaving my role as Campus Executive Director at Woodbury Senior Living, with my last day being January 2, 2026. I'm incredibly grateful for the staff, residents, experiences, and opportunities that have shaped the last ten years here. Thank you to everyone who has been a part of my journey, and I wish all the residents at the Woodbury Health Care Center the best in 2026.**

**Sincerely, Mike Karel Executive Director**

**Director of Nursing**

**.....until Next Month**

**Nicole Sounthala , Director of Nursing 651-287-6520**

## Chaplain Update

To all of my friends and beloved residents, I am grateful for each of you. Thank you for all the honest conversations, joyful songs, and shared moments you've given to me over the past three years. Though I do not know exactly which day will be my last here at Woodbury, I will be stepping into a new position with Lifespark in January. The good news is that I will be visiting regularly throughout the year and will be overjoyed to get to see you again when I come. I am happy to have gotten to know you and learn from you in these seasons of life. I am eager to introduce you to your next Chaplain, and you will find he is eager and happy to get to know you just as I do. Blessings to you all this season!

Austin Felber 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

Housekeeping and Laundry Department

We are excited to share some positive updates from our housekeeping and laundry departments as we begin the new year.

As we move into 2026, you may notice some new faces around the community. We have welcomed new team members to our housekeeping staff, and they are eager, motivated and ready to learn. Our team is committed to providing supportive, thorough, and reliable service while assisting daily housekeeping and laundry needs. Thank you for your continued patience and kindness as our staff grows and trains. We look forward to serving you and helping keep our community clean, comfortable, and welcoming.

Director of Environmental Services: SeaC 651-287-6537

## Nutritional Services Update

What foods are in season in January?

Depending on the climate and region, foods that are in season in January can vary. However, below is a general list of items that are in season during winter months.

- Root vegetables: Carrots, sweet potatoes, potatoes, parsnips beets, and turnips.
- Winter greens: Leafy greens such as spinach, kale, and chard are abundant in colder climates.
- Winter squash: Butternut squash, acorn squash and spaghetti squash.
- Brussel sprouts: These mini cabbage-like vegetables are often in season throughout winter.
- Pears: You'll find several varieties at the supermarket and farmers market as they are harvested in the fall and continue to be available in the winter months.
- Citrus fruits: Oranges, tangerines, grapefruit, limes and lemons are particularly abundant in January.

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



*Fun with Community Life!  
Opening hunting season  
triggered a “turkey shoot”  
which then turned into our  
Community Life staff as Deer  
nerf shooting targets.  
Residents practiced their  
dexterity, hand -eye  
coordination and were  
determined to hit the moving  
target. PS: They succeeded*

