

## 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.



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 January.

4th Hildegard H.

5<sup>th</sup> Gary H.

7<sup>th</sup> Margo L.S.

16<sup>th</sup> Joyce G.

### **JANUARY 2026**

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

A new year can be a time of joy and celebration, as we look back on all that has been and look forward to what lies ahead. At the same time, we may find ourselves carrying heaviness as we reflect on feelings of loss, loneliness, or worry about the future. This is part of being human – experiencing complicated and sometimes contradictory feelings. A wise person somewhere once said that when we share our joys we multiply them, and when we share our sorrows, we divide them. Living in community together affords us many opportunities to share our stories and memories, as well as to make new memories and build new stories together. In this new year, whatever has been and whatever will be, may you find companions among you who will receive your story. May you also be blessed as you receive the stories of others. May we find acceptance, affirmation, and belonging in community.

## Note from Housing

Happy New Year Villa Residents!

I hope you all have had a wonderful holiday season! It was great seeing all the fun celebrations and events in December; it made for a great month!

As you have all noticed, the construction project for the common spaces and lobby has been going strong! Don't the floors and carpeting look amazing? They will finish up the floors and then work on painting. We cannot wait for the finished project, it'll be amazing!

I also wanted to let you all know that I am now the Executive Director for both The Villa and The Estates so I will be splitting my time between the two buildings. If I'm at The Estates, the staff will know how to get ahold of me if needed and I can always come back. I don't yet have a set schedule of where I'll be when but will try to get that soon!

I hope 2026 is the best year yet for you all and I'm looking forward to continuing to get to know all of you! It's been a blessing so far!

- Anna DeCorsey

## Meet Our Director of Health Services: Andrea



Hello! My name is Andrea Carroll and I am the new Director of Health Services for the Villa. I have been a Registered Nurse for just over a decade and worked the last 8 years as a Nurse Manager for an in-home care company. I am very excited to get to know everyone in this wonderful community.

I have two children, a son who is a college freshman and a daughter who is a sophomore in HS. In my free time, I enjoy listening to music, reading, doing puzzles, watching some TV and learning new things like languages/cultures and skills. I also love to bake and feel everyday needs laughter in it.





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.



January 2nd - Walmart. Bus loads at 9:00AM. Sign up starts December 26th.

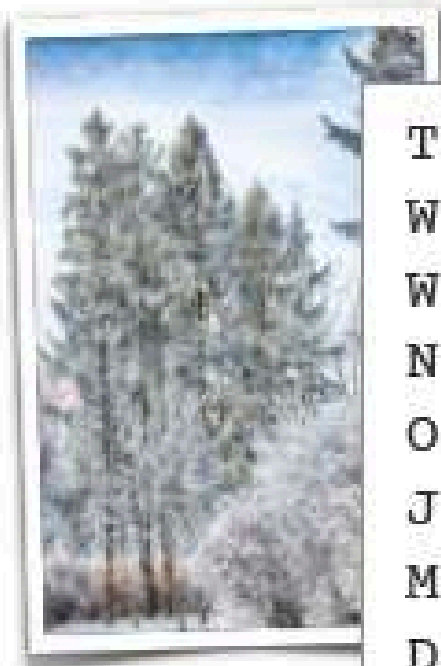
January 16th - Cub Foods. Bus loads at 9:00AM. Sign up starts January 9th.

January 21st - Treasure Island Casino. Bus loads at 8:45AM. Sign up starts January 7<sup>th</sup>. Residents pay for gambling and meal.

January 28th - ALDI. Bus loads at 9:00AM. Sign up starts January 21st.

Searching for January

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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| W | T | E | N | R | A | G | H | Y | U | U | K | C | B | A |
| W | A | H | O | T | T | E | A | I | U | K | V | M | Y | N |
| N | V | T | A | U | S | T | R | A | L | I | A | D | A | Y |
| O | O | B | E | E | T | A | Z | J | E | R | T | C | D | R |
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| M | M | O | T | Q | B | Q | K | I | C | N | S | L | R | T |
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|---------------|----------------|--------------|
| AQUARIUS      | GARNET         | SEA GOAT     |
| AUSTRALIA DAY | GLOVES         | SLEDDING     |
| CALENDAR      | HOT TEA        | SNOWMAN      |
| CARNATION     | JACKET         | SWEATER      |
| FIRST         | MARTIN L. KING | WATER BEARER |
| FREEZING      | NEW YEAR'S DAY | WINTER       |

# Lifespark Complete: Health Post

## Get Social in 2026 – It's Good for Your Health

Our need for social connections is as basic a need as eating. Yet, 1 in 3 adults reports chronic loneliness and the implications for seniors are staggering. According to the Centers for Disease Control and Prevention (CDC), social isolation can be as big a health risk as smoking 15 cigarettes per day.

To be clear, social isolation and loneliness aren't the same. Social isolation is related to how many people you interact with on a regular basis whereas loneliness is the feeling when close connections are lacking. An important distinction because people can feel lonely in a crowd. Understanding and approaching each of these is important to better health. Here's why:

- Having meaningful purpose could help you live longer. Positive feelings (happiness) have been associated with reduced inflammatory and cardiovascular response to stress, significantly reducing the risk of heart attack.
- People with a high sense of purpose are less likely to have a stroke, heart attack, or coronary artery disease requiring a stent or bypass surgery. That's according to Dr. Randy Cohen, a cardiologist at Mount Sinai St. Luke's-Roosevelt Hospital in NYC. In fact, having a meaningful purpose in life has been shown to dramatically reduce risks for dementia too.
- Talk with your primary care provider if you are feeling lonely or disconnected. Lifespark focuses on what matters to each person with our complete senior health approach and makes that a big part of our discovery process. Talk with your team or your primary care about ways to approach these feelings and what you can do about them.

As you plan for 2026, we encourage you to include socializing more as a goal. Spark Performances are a great way to get socially active, and there are plenty of roles to explore! Not only will it be good for your health it will add a fun spark to the year ahead.

# Community Life at Villa

## Socials in the Sun Room

*January 2nd* - Ice Cream Social @ 2:15PM

*January 12th* - Ladies' Group Happy Hour @ 2:15PM

*January 16th* - Thirsty Thirty: BBQ Smokies @ 2:15PM

*January 23rd* - January Birthday Party @ 2:15PM

*January 27th* - Men's Group Happy Hour @ 2:15PM

*January 30th* - Ice Cream Social @ 2:15PM

## Entertainment and Specialty Programs

*January 5th* - Washington County Pop-Up Library - 3:00PM in SR

*January 6th* - Rob Ellos: Amazing Dolphins - 3:00PM in SK\*\*\*

*January 8th* - A Moment in Time: A Curated Collection of LIFE Magazine Images - 2:00PM in SK

*January 8th* - Game Night w/WHS Key Club Students - 5:45PM in SR

*January 9th* - Wicked: For Good Movie Matinee - 1:00PM in SK

*January 13th* - Spirit Song Choir Radio Show - 3:00PM in SK

*January 15th* - Music by Bobby and Christine - 2:30PM in SK

*January 21st* - LifeSpark Annual Memorial Service - 2:00PM in SK

*January 22nd* - Journey Audiology Hearing Screenings - 9:00AM in SR  
(Sign up is required - limited time slots).

*January 22nd* - Music by Dale Martell - 2:30PM in SK\*\*\*

*January 22nd* - Game Night w/WHS Key Club Students - 5:45PM in SR

*January 26th* - Monthly Food Shelf - 1:00 in SR (RSVP Required).

*January 26th* - Painting w/Heather - 2:00PM in SR\*\*\*

*January 29th* - Woodbury Lutheran Kitchen Band - 2:30PM in SK

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

## Kitchen Corner

### 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.

## Spark Competitions

**The Spark Challenge has come to an end. The Witty Woodchucks ended the season with a 5-2 record and made it into the final four! Unfortunately, they didn't advance to the World Championship, but we are proud of how far they got! Great season Woodchucks.**

**Our new competition is the TRYathlon. TRYathlon events are designed so people with a wide range of physical and cognitive abilities can participate. Teams compete head-to-head in three events weekly and compile their scores to accumulate miles reached over the competition period!**

**TRYathlon Team Meeting  
Monday, January 12th  
1:00PM in the SK**

**Scrimmage on the 13<sup>th</sup> and 15<sup>th</sup>  
Competition Season starts on the 20<sup>th</sup>**

**Let's Go Woodchucks!!!**



