



## 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



Valentine's Day

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  
February Long Term  
Care Residents!**

**Feb 23 Henry T**

**\*\*\*Birthday's are  
celebrated the first  
Wednesday of each  
month at 2:15pm on 3N**

### **February 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

As the End-of-Life Doula here at WHCC I just want to take this opportunity to thank our entire staff for the care they provide for our residents. If I do not say it enough, please know that I appreciate each one of you. This includes, our aides, our nurses, our community life staff, our housekeeping staff, our maintenance staff, dietary, social workers, and please forgive me if I am not including someone. I am honored to work with our residents who are nearing the end of their life. Often when I am sitting vigil with a resident, staff will come to share their memories of the residents and allow themselves a moment to say goodbye. When one of our residents passes, it is a tradition to have a short butterfly sendoff ceremony that gives staff an opportunity to take a short pause in their day to honor the residents that they have gotten to know and care for, and staff members will show up to pay their final respect if their schedule allows. Feeling so grateful to be here and best wishes for all in 2026.

Kim Ketteman, 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 have start our 2026 Tryathlon Competition. This quarter focuses on physical strength, endurance, and balance. We expect to have a good season.

Our first scrimmage was a great success. We hope to beat our score each week. 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 place every Tuesday and Thursday at 1:00pm in the skyway! Come and have some fun !

## Executive Director Update

I am honored and excited to share that I have returned to the Woodbury community as the new Executive Director on January 5th. This role is especially meaningful to me because this community is not just where I work it's where I've grown and learned. I was previously the intern, assistant executive director at Woodbury. Most recently was an Executive Director at Birchwood Senior Living in forest lake before returning here. Woodbury has always held a special to me and I am truly grateful for the opportunity to give back to the community that has shaped me both personally and professionally. Being able to serve residents, families, and staff I know, and care makes me excited for the future.

I am looking forward to continuing to reconnect with familiar faces and to meeting new ones as we move forward together. Thank you for the warm welcome I have already received. I am truly happy to be back and to continue the important work of serving this community.

With gratitude, Megan Miller 651-287-6505  
(see photo of Megan in photo section)

## Housekeeping Laundry Update

Hello from Environmental Services, Just few reminders about clothing: Many of you received new clothes for Christmas and/or with the cold weather, have switched over to winter wear. Before sending them down to the laundry for washing, make sure to have them labeled. Any staff member can help you with this. We will get them labeled and returned to you ASAP. In a building this size with so many residents, unmarked clothing is easy to get lost. We do not want that to happen so we need your help. Thanks in advance for this. If you are missing something, please let us know and we will be sure to keep a look out for it.

Thanks for allowing us to care for you.

## Chaplain Update

In times of chaos and difficulty, it feels extra important for me to ground myself in kindness. Every major religious tradition that I know of values kindness and compassion. For instance, in Islam, there is a hadith (saying by the Prophet Mohammed), "Every act of kindness is a sadaqah (charity)." In Buddhism, one of the most important virtues is metta, or loving-kindness. In Judaism, the teaching to "love your neighbor as yourself" is found in the Torah, which Christians adopted and carried forward as the first five books of the Old Testament. Whatever your religious background is, I encourage you to consider how you might lean into kindness—in all times, and especially in difficult times. May the God of your understanding be with you at every step.

Chaplin 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

March 20<sup>th</sup>, 2026

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.

## Nutritional Services Update

### Strawberry Valentine Chex

- 4-6 cups Rice Chex cereal
- 1 8- oz bag Strawberry Candy Melts OR
- 1 bag of white chocolate baking chips {12 oz} AND
- 1 box of Strawberry Creme Jell-O Pudding\*\* (pudding NOT gelatin!)
- Valentine's M&M's and/or Sprinkles

#### Instructions

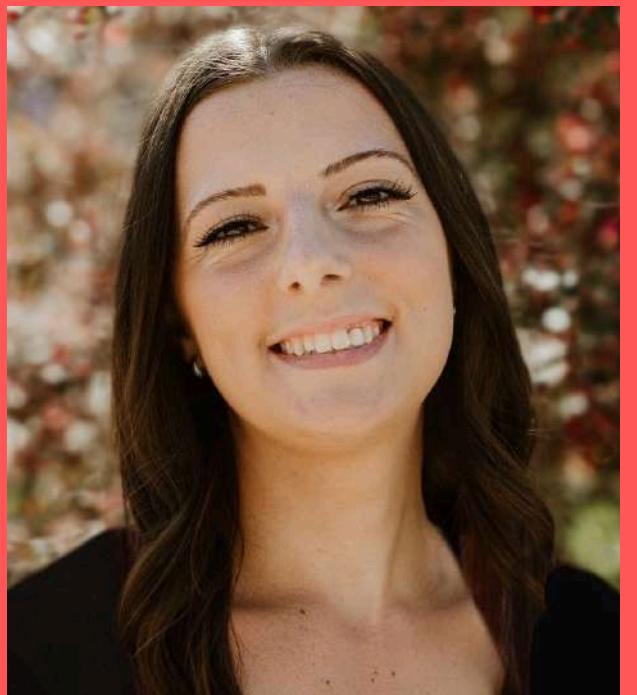
1. Measure out Chex cereal into a large bowl. Note: if you're using the Strawberry Candy Melts, you'll use 4 cups of cereal. If you're using the white chocolate chips + pudding mix, you'll use 6 cups of cereal.
2. Pour chocolate into a small glass dish. Add 1/2 tsp shortening, if desired, to help the chocolate coat the cereal easier. Microwave for 1 minute 20 seconds. Let sit in the microwave for 3 minutes. Remove and gently stir. If chocolate loses its shape and looks smooth, it's done. If not, return to the microwave in 15 second increments, letting it sit for 2-3 minutes each time, until melted and smooth.
3. If you used White Chocolate Chips + Pudding Mix: Add 4 TBSP of the strawberry creme pudding into the white chocolate and stir gently until smooth. Add 2 drops of red food coloring, if desired.
4. Pour the chocolate mixture over the Chex cereal and stir gently to coat.
5. Transfer cereal mixture to a large piece of wax paper. Sprinkle with M&M's and Valentines sprinkles, if desired. Let cool to set. Break pieces and store in an airtight container to save. Candy can be made up to 3-4 days ahead, if desired. It saves well!

SEE PHOTO OF THIS ON PHOTO PAGE

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

*Megan Miller, ED*



**Strawberry Valentine Chex Mix**

