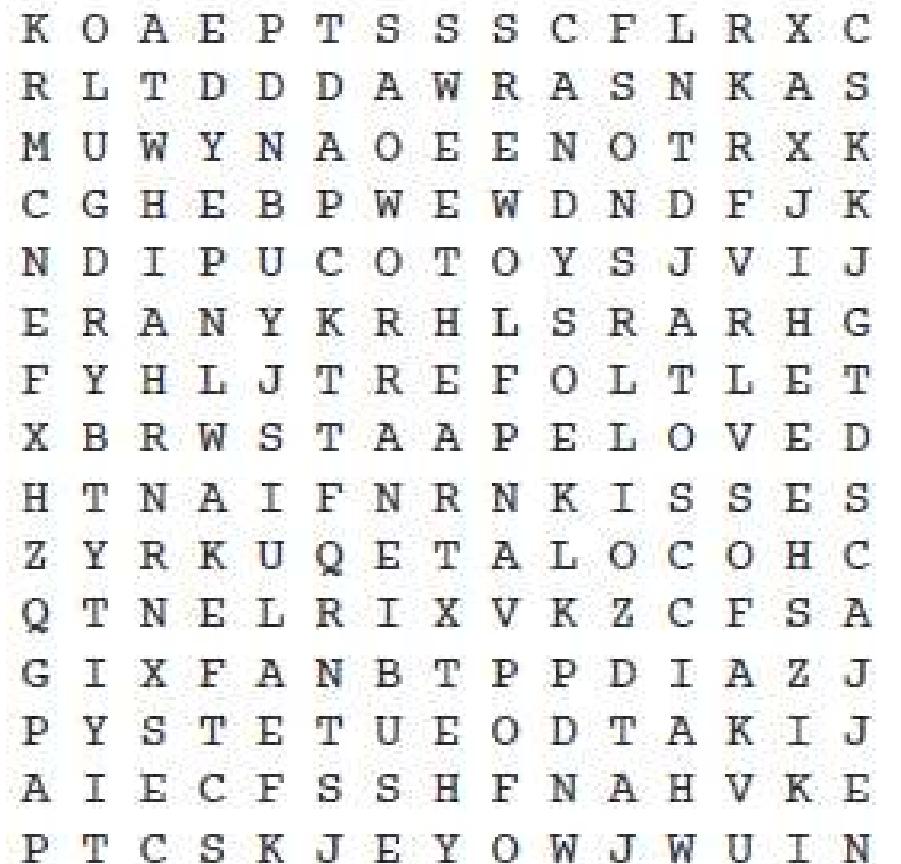


Be My Valentine

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



ARROW
CANDY
CARDS
CHOCOLATE
CUPID
FEBRUARY
FLOWERS
FRIENDS



GIFTS
KISSES
LOVE
PINK
RED
SWEETHEART
TREATS
VALENTINE

WOODBURY
SENIOR LIVING

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 February.

7th Dorothy J.
13th Jean L.
15th Joanne F.
15th Al P.
17th Sandie C.
28th Linda H.
28th Pat M.

FEBRUARY 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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Note from Housing

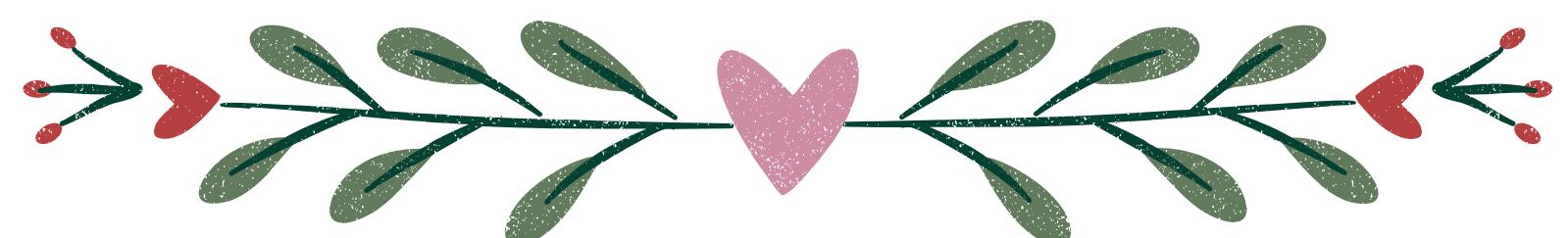
Happy February!

It's hard to believe that we are already two months into 2026. Time sure does fly by! As you have all been noticing, the facelift of The Villa common spaces is still going strong! Doesn't the carpet and flooring look amazing? The painting on the floors is looking great as well. I can't wait to see the final product! There are more renovations coming down the line to make our space looking fresh!

I wanted to remind all of you that if you are receiving packages to please pick them up promptly. If staff deliver them, there will be a charge added to your monthly bill. This also goes for meal delivery if you don't have it already in your service plan. There are always exceptions to the rule, but please note this. Pricing sheets were given to residents, but if you need another one, we can certainly provide one.

I'm looking forward to a great February and can't wait to see all the wonderful things happening at The Villa! It's so fun to see and hear the smiles and laughter during the activities and the friendships made!

- Anna Decorsey, Executive Director



News from Nursing

Tis the season—for colds, flu and germs 😊 Please remember to wash your hands frequently! If you are feeling under the weather, please let us know and please consider staying in your apartment if able to help keep the germ sharing to a minimum.

Starting Monday January 26th, nursing office hours will be from 10AM to 12PM Monday-Friday. Please note, we can only have one resident in the office at a time for privacy reasons, so we will open and close the door as residents enter and exit. Always know that if there is something urgent or you need to speak with a nurse outside of these hours, you can still knock, or have an aide call the nurse for you, and the nurse will assist you as soon as they're able—we may be on the phone or with another resident at the time of your reaching out so please be patient 😊

Stay warm!!

- Andrea Carroll, Director of Health Services

Chaplain Corner

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.

- Chaplain Peregrine, WSL Chaplain

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.



February 12th - MN History Museum. Bus loads at 3:15PM. Sign up starts January 29th.

February 13th - Basic Needs Thrift Store. Bus loads at 10:00AM. Sign up starts February 6th.

February 17th - Panda Express Dine-In. Community Life will be paying for the meal. Order forms due to Community Life by Thursday, February 12th.

February 27th - Super Target. Bus loads at 9:00AM. Sign up starts February 20th.



Death Over Donuts

A delicious discussion about dying with dignity.

Let's talk about death – over something delicious. Death Over Donuts is a welcoming, no-pressure gathering to explore the not-so-easy topics surrounding death, dying, loss, and the liminal spaces in between.

Guided by members of the Lifespark Hospice and Spiritual Health teams, we'll spend an hour together reflecting and sharing our thoughts, questions, and wishes around death and dying, while enjoying a sweet treat and a cup of warmth. No expertise or preparation needed, just an openness for conversation.

This event is open to all and designed to be inviting, curious, and even joyful – because talking about death can also remind us how to live well.

Tuesday, February 10th
10:00-11:00AM
In the Sunroom

Donuts, coffee and tea will be served.

Lifespark Complete: Health Post

The 'Sick Care' Roller Coaster Explained And Why It Matters To Your Health

We talk a lot about the 'sick care roller coaster' and why it's the 'villain' preventing seniors from aging magnificently. What we are referring to is the cycle of emergency room visits and hospitalizations that take a toll, gradually robbing seniors of their independence and ability to live life on their terms.

Alice, whose name is changed for privacy, has advanced chronic obstructive pulmonary disease (COPD) and every time she experienced symptoms or a flare-up she immediately went to the ER or urgent care. Each time she did, she was treated for the symptoms and released, becoming more and more tired and discouraged every time she rode the roller coaster.

What you don't often hear in health care today is: 'Do you want to get off this roller coaster?' Instead, we continue to pursue aggressive treatments, even when these interventions won't positively change the person's health outcomes. That's what happened with Alice.

According to Jackie Guetzko, DNP, APRN, CNP, Lifespark Director, Experience Services, we've made the hospital the default for any and all urgent needs; we incentivize older adults to see all the specialists; and we prescribe more and more medications—without regard for the individual's preferences or personal goals.

That changed for Alice when she enlisted the support of her Lifespark team. Now, through a close partnership with her Lifespark providers, she has a contingency plan to activate orders for a nebulizer, prednisone, and antibiotics at her pharmacy when she needs them. And she does all of this from the comfort of her home while gaining trust and confidence in managing her own care. The result: Alice hasn't been to the ER in over four months.

Why does this matter? Because when we are on the roller coaster it's hard to see the end – is this just normal aging? Is it possible to end the cycle of hospitalizations or urgent care visits?

(We believe you can.)

"Because we're accountable for our clients' health outcomes, our interventions are less about prescribing a drug or writing a referral, and more about delivering health education, having meaningful discussions on goals of care and advanced care planning, and helping people navigate logistics," added Jackie.

What it comes down to is looking at the whole person holistically. Instead of focusing on the acute reactive need, we turn to the root cause so we can be proactive in aligning medical expertise and senior health services with your goals. How you want to live is a key driver in keeping you off the roller coaster. In other words, when we know you, we can recenter health around you.

If you have about three minutes to spare, we have a great explainer video on what the 'sick care roller coaster' really is and how it impacts you. To watch, visit: Lifespark.com/roller-coaster.

Community Life at Villa

Socials in the Sun Room

February 6th - Ice Cream Social @ 2:15PM

February 9th - Ladies' Group Happy Hour @ 3:00PM

February 13th - Valentine's Day Party and Jeopardy @ 2:30PM

February 17th - Mardi Gras Party @ 2:30PM

February 20th - Wine and Cheese Tasting @ 2:30PM

February 25th - Men's Group Happy Hour @ 3:00PM

February 27th - February Birthday Party @ 2:15PM



Entertainment and Specialty Programs

February 2nd - Washington County Pop-Up Library - 3:00PM in SR

February 3rd - Music by Amy and Adams - 2:30PM in SK***

February 5th - Marine Rescue and Rehabilitation - 2:00PM in SK

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

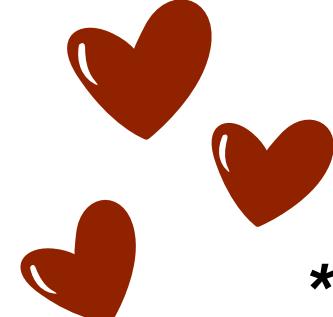
February 10th - Death Over Donuts - 10:00AM in SR

February 10th - Music by Kent Appeldoorn - 2:30PM in SK***

February 19th - Music by Michael Riddle - 2:30PM in SK

February 19th - Game Night w/WHS Key Club Students - 5:45PM in SR

February 23rd - Monthly Food Shelf - 1:00 in SR (RSVP Required).



***Programs sponsored by Fairview Partners.

Kitchen Corner

STRAWBERRY VALENTINES CHEX MIX

INGREDIENTS

- 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!

Spark Competitions

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!

Competitions on Tuesdays and Thursdays at 1:00.

Weekly recaps on Fridays at 1:00.

All hosted in the Skyway.

Let's Go Woodchucks!!!



