



April 2017

A Letter from Dietary Services

Welcome to Gable Pines and the Cascade Dining Room. Our continental and ala carte breakfast begins each morning at 7:30 a.m. and is available until 9:30 a.m. Lunch is up and running from 11:30 a.m. until 1:30 p.m. and dinner from 5 to 6:30 p.m. We also feature a monthly breakfast buffet and complimentary appetizers and drinks for our Friday happy hour.

We are a full service dining facility with setting for 96 residents. For the convenience of our residents and families we also have a private dining room with seating for 8. We print a monthly menu and embrace cuisine from a different country along with our resident's favorites each month.

We look forward to serving you so come and see us in the Cascade Dining Room! We strive to provide the most pleasant dining experience for you, if you have any questions, concerns comments, or recommendations, please let us know!

Director of Culinary Services

Brian Pearson

Chef

Todd Hill

Director of Dining Services

Victoria Pribula

Lead Cook

Kim Monda

Save the Date!

April

Monday, April 3

String Band Performance

Tuesday, April 4 & 18

Barre Class with Jan

Friday, April 7

Happy Hour with Gary Larue

Thursday, April 13

Piano with Cheri
Holy Thursday Service

Sunday, April 16

Easter Brunch & Service

Monday, April 17

Entertainment with
Bobby & Christine

Wednesday, April 19

Cheerful Hearts Painting Class

Monday, April 24

Entertainment with the
Bandan-ahhs

May

Outings & events to look forward to in May:

- Silver String Harmony Singers
- Music with Dale Martell
- Music with Johnny Bird
- Therapeutic Drum Circle
- National Senior Health & Fitness Day
- One Year Anniversary Party



Resident Spotlight



Carl G. has been a resident of White Bear Lake for many years. Carl was a sailor in WWII and also served on an oil tanker in the Philippines. He is a retired president of Century College, where he loved his career.

Carl is an avid baseball fan and even played semi pro baseball in college! He has two children and two grandchildren who he speaks very fondly of! Carl enjoys a great joke or swapping a friendly smile! We welcome Carl to Gable Pines!

Employee Spotlight



Hello! My name is Pam and I am a new Quality Life Specialist at Gable Pines. I grew up on the east side of St. Paul and still reside in the area. I have three grown children and 5 beautiful grandchildren, one of which was just born! I love spending time with each of them. When I am not being grandma I enjoy playing Bingo!

One fun thing about me is that I am half Irish and half German and my favorite holiday is St. Patrick's Day! I am so happy to be working at Gable Pines and I love the residents and look forward to getting to know each of you!

Guess that State Park

Use the facts below and the photos to the right to guess which state park these are from:

- Abandoned by mining companies more than 30 years ago, this area of former mining pits and rock deposit stockpiles now boasts regenerated vegetation and clear lakes that draw a wide range of recreation enthusiasts.
- Twenty-five miles of natural shoreline can be explored by boat or canoe and anglers can cast a line for trout, northern, bass, crappie, or sunfish.
- Located in Ironton, MN

Write down your answer and return it to Amber in Life Enrichment (2nd floor hobby room). If you would like to share a favorite memory from this park, we would love to hear it! You will be entered in a drawing to win a special treat!





Activities & Recreation

From agingcare.com



Our physical and mental abilities change as we get older. You may notice that your loved one's days increasingly consist of sedentary behavior, activities of daily living (ADLs) and rest, but this

provides them with little physical, mental and social stimulation that is necessary for a high quality of life. However, it can be challenging to offer activities and opportunities they are interested in and that are appropriate for their ability levels, especially when we are so busy juggling countless responsibilities.

Hobbies and activities are productive, engaging ways for loved ones to pass the time rather than just watching television or relying solely on you for entertainment. If they can do these things safely on their own, with friends and other family members, or at a senior or adult day care center, they also have the potential to free you up to see to your own care needs, household tasks, interests and social life.

The best way to keep seniors active and excited about life is to encourage their hobbies and interests and try new things together as often as possible. To come up with some fresh ideas, take inventory of your loved one's strengths, weaknesses and personal interests. From this list, you can brainstorm ideas for outings and activities and then determine if they might need to be adapted to accommodate their capabilities.

Craft Corner

Check out one of this month's crafts! We have fun spring and Easter decorations!

Resident Meeting

Thursday, April 13
at 11 a.m.

Camden Club Lounge

Outings

We have had some wonderful attendance to our outings in the past few months! We have enjoyed exploring the great state of Minnesota including trips to the arboretum, casino, plays, fall color tours, History Museum, and much more!

It is important to remember that our outings are on a first come first serve basis. If you sign up and decide not to go, please let us know as soon as possible so that we can offer that spot to another resident!

We look forward to many more great outings with our community!

Eight Dimensions of Wellness

Health and wellness means having a balanced life rich in vitality and well-being. Research shows that how people age is not only a matter of genetics, but also how they live their life. To assist our residents in achieving a healthier and happier lifestyle, Gable Pines incorporates wellness programming that provides a focus on their lifestyle and health services.

The LCS Lifestyle and Health Services Wellness Program focuses on Eight Dimensions of Wellness. These include:

Spiritual

Spiritual well-being gives meaning to life and helps inspire a sense of peace, confidence, and security.

Vocational

Vocational pursuits such as sharing and volunteering help maintain a sense of identity and purpose.

Health Services

Health Services offers a means to proactive preventative care, independence, and peace of mind.

Intellectual

Intellectual idea sharing and general education activities lead to proven health benefits.

Emotional

Emotional wellness is all about maintaining a positive relationship with one's self and others.

Environmental

Environmental consciousness comes with appreciating and caring for our physical surroundings.

Physical

Physical lifestyle choices like eating smart and remaining active can improve health as we age.

Social

Social wellness includes positive interaction with people and other living things.

You can expect to find activities that encompass all Eight Dimensions of Wellness throughout the month at Gable Pines. Please check out our monthly calendar for a detailed list of what is happening this month.



Did You Know?

Gable Pines has a warm, welcoming, and comfortable living environment. There are so many great things going on at Gable Pines daily through our interactive daily schedule, wonderful dining experiences, friendly staff, and spacious apartments! Why not share this experience with your own friends and families?

When you refer a friend to move to Gable Pines you will receive **\$1000** off your rent!*

Let your friends know and save BIG!

*Credit will apply to the next month's rent after they have lived at Gable Pines for 30 days.

Please talk with Sam or Jill if you have any questions or for more details.

Management Directory

Sheila Meyer

Executive Director

Connie Vanderhulst

Business Office Manager

Amber West

Director of Life Enrichment

Brian Pearson

Director of Culinary Services

Sam Rinke

Director of Marketing & Sales

Janna Politte

Director of Resident Relations

TBA

Director of Community Relations

Ingrid Palecek

Director of Health Services

Jack Larson

Director of Plant Operations