



GABLE PINES
AT VADNAIS HEIGHTS

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October 2017

Health Benefits of Sports

Healthy Heart: Your cardiovascular health improves by playing sports. The heart needs exercise and during sports, the heart has to pump more blood, so your heart gets a good workout.

Controls Diabetes: Playing sports helps the insulin to perform in a better manner. Also, physical activity helps in reducing the risk of type 2 diabetes.

Weight Management: Fat gets burnt and calories are shed through rigorous physical activity involved in sports.

Lowers Blood Pressure: Physical activity or sports can keep your heart and blood vessels healthy and prevent hyper-tension from developing.

Lower Cholesterol Levels: Sports also help in maintaining lower levels of bad cholesterol.

Improved Blood Circulation: Blood circulation gets better when you start playing sports. This helps in the proper circulation of nutrients and oxygen.

Stronger Immunity: Regularly indulging in exercise and sports makes the body immune to many diseases that usually affect a person due to weak immunity.

Muscle Toning: Sports are one of the best form of working out for muscles. Toned

Stronger Bones: Taking up sports is perhaps one of the easiest ways to maintain bone density and strength for people of all ages.

Positive Energy: Sports can bring positivity into your life, if played in a healthy manner. It refreshes the mind and helps in developing a positive and fresh outlook towards life.

Self Esteem: Playing any particular sport helps in building self esteem. When one improves in any particular sort or skill, one feels good about it.

Discipline: Discipline becomes a natural part of life when one starts spending time playing sports because sports inspire the person to live life by certain rules and regulations and move towards a positive end.

Inducing Calmness: Sports train your mind to think calmly and find new strategies to deal with problems without getting too hyper.

Teamwork: Playing sports encourages teamwork and thus helps in preparing you to work with different people in a harmonious manner.

Goal Setting: Sports may help in goal-setting and will improve performance levels in other areas of life.

Save the Date!

October

Monday, October 2
10:00- ARI
Art with Angie

Friday, October 6
3pm-FL
Music with Mary Hall

Wednesday, October 11
10:30-MDR
Taylor Marie's Fashion Boutique

Wednesday, October 11
2:30- FL
Music with Vinnie Rose

Thursday, October 12
2:30- FL
Music with Darlin' Jesse Music

Tuesday, October 17
1:30-ARI
Card Making with Judy

Thursday, October 19
3pm-FL
Piano with Nate Hence

Thursday, October 26
2:00-MDR
Oktoberfest & Music
with Jolly Huntsmen

Tuesday, October 31
2:30-MDR
Halloween Happy Hour
and music with Gary



Resident Spotlight



My name is Ruth Day. I was born in Saint Paul. I was married to Duane Day until his passing about eight years ago. Together we had three sons and now I also have several grandkids and great grandkids. I went to the University of Minnesota to study Dental Hygiene. I worked in the dental field for several years. I also enjoyed playing Bridge with two different groups of women. My husband and I purchased a travel trailer and took our sons on many, many road

trips and adventures when we were all younger. We saw a lot of places and made wonderful memories together. I cherish my family and the lifetime of adventures. I'm happy to have the life I've had.

Employee Spotlight



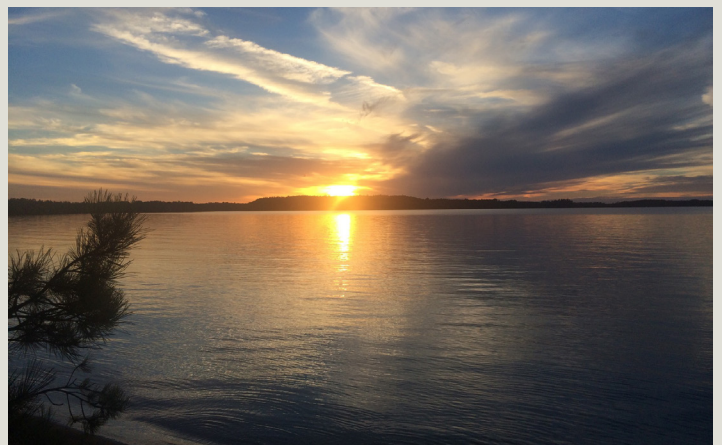
My name is Tammera B. I am a QLS here at Gable Pines. I grew up in Saint Paul. I have four kids and three Grandkids. I enjoy painting, camping, fishing and I love to make connections with people. I enjoy spending my time at Gable Pines building relationships and having fun.

Guess that State Park

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

- The sandy beach on Sturgeon Lake was rated one of the top 17 beaches in North America by Highway's Magazine.
- Walk along the half-mile of shoreline, or venture out into the shallow water that extends hundreds of feet into the lake.
- Snowmobilers and horseback riders take advantage of the Taconite State Trail to access miles of trails outside the park.

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!





7 Tips on Preventing Identity Theft

from NewsUSA

In the course of the day, you do many activities that put your personal information at risk — from writing a check at the store to charging merchandise in person or over the phone. You may not think twice about these transactions, but others might.

Identity theft — when a perpetrator assumes someone's identity for personal or financial gain, like stealing a credit card to make financial transactions in the victim's name — is the fastest-growing crime in America.

According to the U.S. Postal Inspection Service, there were almost 10 million cases of identity theft in 2004, which cost consumers \$5 billion.

The National Citizens' Crime Prevention Campaign, sponsored by the National Crime Prevention Council, aims to educate consumers about what they can do to prevent identity theft. The council offers the following tips.

- Do not give out your personal information unless you initiate the contact or know the person or company with whom you are dealing. Also, never disclose personal information, such as a Social Security number or bank account number, in response to an email. Legitimate businesses will not ask you to do this.
- Do not disclose your credit card number to an online vendor unless it is

encrypted and the site is secure. Look at the first part of the Web address on your browser. It should read "https://."

- Do not write your Social Security number or telephone number on checks or credit card receipts.
- Remove all documents with personal information from your hard drive before discarding your computer or sending it in for repair.
- Shred discarded documents, including preapproved credit card applications, bank statements, store receipts and utility bills. "Dumpster divers" can gain access to your personal information if such items are thrown in the trash.
- Cancel all credit cards that have not been used in the last six months. Open credit is a prime target for thieves.
- Order your credit report at least twice a year and report any mistakes to the credit reporting agency in writing.

If you are a victim of identity theft, contact your local police department as soon as possible. If your identity was stolen in one jurisdiction but used in another, you may have to report the crime in both jurisdictions.

To learn more about preventing identity theft, visit the National Crime Prevention Council's Web sites at www.weprevent.org and www.ncpc.org

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

Resident Meeting

Thursday, October 13
at 11:15 a.m.
Theater

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 Stacy 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

Stacy Atkins

Residency Counselor

Margie Scholler

Director of Health Services

Jack Larson

Director of Plant Operations