



GABLE PINES
AT VADNAIS HEIGHTS

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January 2018

Blood Pressure Targets are Different for Older Adults

from healthinaging.com



High blood pressure (also called hypertension) increases your chance of having a stroke. It also increases your chances of developing kidney damage, heart disease, and many other serious health problems. If you have high blood pressure, your healthcare professional will recommend that you lower the amount of salt in

your diet, take more exercise, stop smoking if you smoke, lose weight if you are overweight, and if these measures do not work well enough, might also suggest that you take certain medications to lower your blood pressure to a safe level.

The target blood pressure for most people is now 120/80 mmHg. However, the ideal blood pressure goal for very old people is not yet clear because there have been few blood pressure studies that included this age group. The damage from high blood pressure on organs, such as kidneys, occurs much more slowly or might not be obvious in older people. In fact, getting the blood pressure down this much in older people has not been found to reduce their risk of dying.

In addition, many individuals over the age of 65 may feel dizzy, fall or pass out when they stand suddenly due to blood pressure that is suddenly too low. This condition, known as postural or orthostatic hypotension, poses a danger of fractures and other serious injury. This is especially a concern in frail older people who often suffer as well from thinning bones (osteoporosis). Therefore, many doctors now set a target of 140/90 mmHg, 150/80 mmHg, or 150/85 mmHg for older individuals. Blood pressure medications should be started slowly in older people and increased gradually, to avoid any sudden drop in blood pressure levels.

Gable Pines now offers monthly blood pressure clinics. Please watch your mailboxes for specific dates and times!

Save the Date!

January

Tuesday, January 2

Music with Nate Hance

Friday, January 5

Music with Bobby
and Christine

Monday, January 8

Music with Mary Hall

Thursday, January 11

Assisted & Independent
Living Music Group

Tuesday, January 16

Music with Tim Patrick

Tuesday, January 23

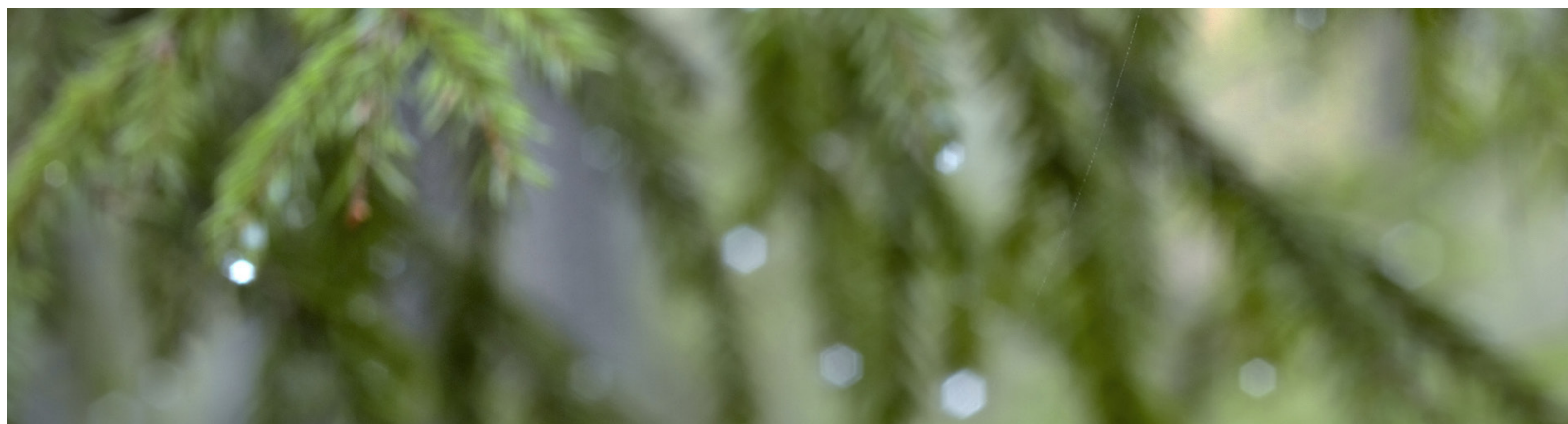
Music with Phillip Kitz

Thursday, January 25

Sing-a-longs with
Scott Beaumont

Tuesday, January 30

Music with Thomas Carlson



Resident Spotlight



Crist was born in a farmhouse that had no electricity or phone service near Thief River Falls. He went to a one room country school and finished 8th grade at the age of 12! He then hitchhiked to Bemidji for more schooling. He went to Northwestern University and McCallister College and earned a Master's Degree in Education. Crist started his teaching career at Maplewood Junior High and then became a science teacher at

North St. Paul High School where he also coached hockey. Crist married Norma in 1959 and together they have four children, grand-children, and great grand-children.

Employee Spotlight



Coni is one of our wonderful caregivers that works at Gable Pines. Connie has three children including two girls and one boy. She is also blessed with a 6 year old granddaughter. Coni has two cats and one very spoiled dog! She loves birds, flowers, and scrapbooking. Her favorite season is fall with the anticipation of her favorite holiday coming, Christmas! Coni commutes to

us from Forest Lake. Coni is well on her way of her dream of becoming a nurse. Her compassion and care for others at Gable Pines does not go unrecognized by residents and staff. Please welcome Coni to our community!

Guess that State Park

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

- European explorers and fur traders entered the area in the late 1600s, building trading posts along the Rainy River and the shores of the lake.
- A reconstruction of Fort St. Charles stands today at Magnuson's Island, 12 miles from this state park.
- Gardens have been recorded at this state park as far back as 1734, when the French explorer La Verendrye claimed to have taught the local residents how to raise corn.

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!





Mobility 4 All

Mobility 4 All is partnering with Gable Pines to offer full service transportation for your daily or weekly trips.

1. **It's very flexible:** You can reserve in advance or request a ride on the same day.
2. **It's reputable:** In partnership with New Trax, our drivers go through extensive background checks and training. You will have the option to request a specific driver, if they are working that day, so you will get to know them.
3. **It's tailor-made for you:** We pride ourselves in offering a very personal experience, with door-thru-door service, personal assistance and flexibility. Let's say you need to have your driver wait for you at the store while you are buying something... We are glad to do that and the first 10 minutes are included.

In short, think of Mobility 4 All (or MO) as a better taxi service and more personal than Uber or Lyft. We want to be your favorite way to get around town (and you can choose your favorite driver for your next trip!).

So, how does it work?

First, you need to contact Amber West at Gable Pines , 651-728-6887. She will register you for the service and let us know if you have specific needs (wheel chair or walker). Then when you are ready to go, just let her know or call 612-412-4321 and we will send a trusted driver to pick you up. You can also reserve online if you prefer. Ask Amber or call 612-412-4321 with any questions.

How much does it cost?

It is simple and affordable. We use an all inclusive point system, called MO Points. 1 MO Point costs \$3.

- 1 MO Point =1 Mile. (so if you go 3 miles, it costs 3 MO Points or \$9).
- Waiting time (up to 10 minutes) is included.
- Call center support and driver assistance between your home and destination are also included.

Can we wait for you during your doctor's appointment? Yes, and every 10 additional minutes is 1 MO Point. After your meeting, you will know where we are since we will agree on a meeting point. It's really that simple and easy for you!

- **Service start date:** Monday January 15th 2018
- **Hours of operation:** 9 a.m. to 1 p.m. every day, including week-end.
- **Call Center:** 612.412.4321
- **Distance covered:** we'll cover most of your local trips (incl. downtown St Paul). For longer trips, please speak to us prior so we can find the best service for you.

Resident Meeting

Thursday, January 11
at 11 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

Karen Binsfeld

Executive Director

Karen Rauschnot

Business Office Manager

Amber West

Director of Life Enrichment

Brian Pearson

Director of Culinary Services

Lori Schultz

Director of Marketing & Sales

Janna Politte

Director of Resident Relations

Stacy Atkins

Residency Counselor

Relindis Moffer

Director of Health Services

Scott Johnson

Director of Plant Operations