

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 Lori or Stacy if you have any questions or for more details.



Winter Prep: Simple Steps to Stay Safe

Blizzards, ice storms, Nor’easters and freezing cold winter can be a killer. The season can have a huge impact on travel, schools, businesses and health. Follow these simple steps from the National Weather Service to stay safe this winter:

- 1. Know your risk**
Check the forecast at weather.gov before you leave the house. Familiarize yourself with winter watches, warnings and advisories so you know what to do when the National Weather Service issues one for your area.
- 2. Take Action**
Make sure you have an emergency supplies kit in both your home and car. If possible, avoid leaving your home if hazardous winter weather is approaching. If you must leave, make sure you are dressed for the elements and that your mobile phone is fully charged. If it’s too cold for you to be outside, it’s also too cold for pets. Make sure to provide a warm, dry place for any animals that typically stay outdoors.
- 3. Be A Force of Nature**
Set an example and others will follow. Call friends, family and neighbors to alert them to dangers and encourage them to get ready for the storm. After the storm passes, check on your loved ones and neighbors.

Offer assistance where you can, especially to other seniors who are particularly vulnerable. *Be a Force of Nature* in your community. Winter weather can be deadly. But with a few simple steps, you can stay safe.



GABLE PINES
AT VADNAIS HEIGHTS
1260 East County Rd E
Vadnais Heights, MN 55110
651-829-3171 | gablepines.com

March 2018

Upcoming Events:

- Friday, March 2**
The Flora’s
- Tuesday, March 6**
Music with Randy Roloff
- Thursday, March 8**
Spring in Paris Social
Music with Thomas Erickson
- Tuesday, March 20**
Darlin’ Jesse
- Wednesday, March 21**
Taylor Marie Fashion Show
- Monday, March 26**
Guitar with Mary Hall
- Thursday, March 29**
Music with Phil Kitze

Management Directory

Karen Binsfeld <i>Executive Director</i>	Scott Johnson <i>Director of Plant Operations</i>	Relindis Moffor <i>Director of Health Services</i>
Amber West <i>Director of Life Enrichment</i>	Lori Schultz <i>Director of Marketing</i>	Brian Pearson <i>Director of Culinary Services</i>



Welcome our Executive Director



Karen was born and raised in Litchfield, MN. She attended college at Mankato State University and majored in Recreational Therapy.

Karen worked in Long Term Care for 10 years before moving to a community that specialized in Memory Care. During that time she moved into the Executive Director Role. Karen worked as the Director for seven years before taking a position at a large community that provided Independent, Assisted, and Memory Care, where she worked for 3.5 years. Karen

is now excited to be working at Gable Pines as the Executive Director. Karen is passionate about seniors and making a difference in the lives of those that she serves.

During her free time she enjoys spending time with her family, fishing with her dad and hanging out with her nieces and her nephews, traveling, hiking, and riding bike. Karen is also a huge MN sports fan and loves cheering on her hometown teams!

Resident Spotlight



My name is Dale! I was born in Minneapolis. I attended Gustavus Adolphus and Bethel Universities. I have two children, a son and a daughter. My son owns my business in White Bear Lake and was an Olympic speed skater in 2002. My daughter was a missionary for 15 years in Columbia. I love to play Rook and have even written a book on how to play!

Resident Meeting

March 15, 2018 at 11 a.m.
In the theater



Guess that State Park:

www.dnr.state.mn.us

- Come for the quiet, the solitude, and the famous Devil's Kettle waterfall.
- The most popular hike leads from the trailhead upstream along the Brule River to Devil's Kettle, where the river splits around a mass of volcanic rock. Half of the river plunges 50 feet into a pool, while the rest pours into a huge pothole.
- Anglers can catch brook and rainbow trout in the Brule River or its tributary, Gauthier Creek. The park offers camping, picnicking and hiking.



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!



Wearing Diabetic Shoes Is A MUST for those with Diabetes

For most of us, a bad shoe day is easily shrugged off. True, you can end up with a blistered heel or a painful arch, but there's nothing to be alarmed about. However, for people suffering from diabetes, a bad shoe day can be very threatening. Wearing the wrong kind of shoes can lead to serious problems – and sometimes, it can be so serious that an amputation is the only way to mitigate the damage.

Sometimes called extra depth or **therapeutic shoes**, diabetic shoes are designed to minimize the risk of skin ulcers and breakdown in diabetics...especially those who are already suffering from a foot disease.

Diabetic shoes for Men and Women are different from your traditional footwear in more ways than one. For starters, they are wider and deeper than average. This ensures that the feet can freely move about without brushing against the shoes' interiors. What's more, many of these shoes are built in a way that doesn't include any seams. The average shoe-wearer doesn't mind seams. But for diabetics, seams can be troublesome as they can rub against the feet.