



Guess that State Park:

www.dnr.state.mn.us

- Steamboat captains on the Mississippi River relied on three rocky-headed bluffs called Faith, Hope, and Charity to navigate their way up and down the Mississippi River.
- These bluffs tower more than 500 feet above the river. In the 1850s, a busy steamboat landing and logging town was established below these bluffs.
- A local businessman, John A. Latsch, purchased some of these blufflands and persuaded an adjacent landowner to donate, along with him, approximately 350 acres to the state for a park in 1925.



Write down your answer and return it to Amber in Life Enrichment for a special treat (2nd floor hobby room).



GABLE PINES
AT VADNAIS HEIGHTS

1260 East County Rd E
Vadnais Heights, MN 55110
651-829-3171 | gablepines.com

May 2018

The Beauty of Friendship

Make new friends, but keep the old – one is silver and the other is gold. Silver and gold has been the economic foundation and standard of exchange since the beginning of time. So this song is saying that friendship is a precious commodity, it has value, it establishes wealth.

The other day I was walking through our community and overheard some ladies having a great conversation and lots of laughter. It made my day and it made me smile. This exchange of stories, conversation and laughter made me so happy for this environment of friendship and social opportunities. It is an environment that is *RICH* with the opportunity to increase that *Wealth* of friendship.

I have a sign hanging above my desk that states, “*If you see something beautiful in someone, speak it*” (Ruthie Lindsey). This is one simple way to make a friend and to be a friend...simply let the words in your head come out of your mouth.

You look great in that color. You have the best laugh. Your sense of humor is the greatest. Your singing makes my heart happy. You have such an interesting life story. – It is just that easy to make someone’s day brighter and to communicate that they are loved, appreciated, and that you cherish them like silver or gold!

-Lori Schultz, Director of Marketing



Thursday, May 3 at 3:00
Piano with Nate and
Monthly Birthday Celebration

Thursday, May 10 at 2:30
Darlin' Jesse

Friday, May 11 at 3:00
A Mother's Day Celebration
Gary Larue

Monday, May 14th at 2:00
Silver Harmony Singers

Friday, May 18th at 8:00
Breakfast for a Cause
"Solid Ground"

Saturday, May 19 at 10:30
Live Piano Music with
Nate Hance and students

Tuesday, May 22
2:30-MDR
Vinnie Rose

Tuesday, May 29 at 2:30
World's Most Dangerous Polka
Band

**Men
Vs. Women
Heart Attacks**

**If you have any
of these signs
call for help
Immediately!**

MEN	WOMEN
Chest pain/discomfort	Chest pressure
Rapid or irregular heartbeat	Unusual fatigue for several days
Feeling dizzy, faint or light-headed	Anxiety and sleep disturbances
Breaking out in a cold sweat	Back, neck, arm or jaw pain
Stomach discomfort or indigestion	Nausea, feeling sick to stomach
Shortness of breath	Shortness of breath

Call for help!



Resident Spotlight

H.H. and Jo just recently moved to Gable Pines. They were both born in China. They met as college students at the University of Illinois. H.H. was a graduate student in Soil Science. They Married in December of 1962. Together they have two sons and four grandchildren. Jo was a choir director for 24 years at a local church choir. H.H. was a department head at the U of M for several of years. H. H. retired in 2003. During their careers, they were able to travel around the world. They were able to take their children with them to destinations such as Germany and England where they were able to learn different languages and cultures. Their hobbies include traveling, concerts, and meeting new people!



Employee Spotlight

My name is Amanda. I live in North Saint Paul with my Fiancé Peter and his Brother Mike. We recently adopted a German Shepard Lab mix named Rusty. He is 3.5 years old. We enjoy being outdoors and we love the Summer months up at the lake in Balsam Lake, Wi. I enjoy working at Gable Pines and getting to know the residents.



Resident Meeting

Will be held on
Thursday, May 10, 2018
at 11 a.m.

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 our marketing team if you have any questions or for more details.

Management Directory

Karen Binsfeld

Executive Director

Scott Johnson

Director of Plant Operations

Relindis Moffor

Director of Health Services

Amber West

Director of Life Enrichment

Lori Schultz

Director of Marketing

Danielle Schettner

Business Officer Manager