

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.



Thank you for your referral, Gerry and Art! We appreciate you!

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.



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

SEPTEMBER 2018

National Assisted Living Week

September 9– September 15, 2018

“Capture the Moment” is this year’s theme for National Assisted Living Week, which hopes to inspire residents to realize their dreams and seize the day. Simultaneously, the theme also supports reflections, as residents may look back at the pivotal moments in their lives.

Monday, September 10th
10:00 Centerpiece making for the dining room
1:30-3:30 Portrait Demonstration by Tony

Tuesday, September 11th
9-1 Senior Driving Class in the theater
3:30-4:30 Music with Vinnie Rose
5:00 Family Spaghetti Dinner

We will have a fall backdrop to take family photos !

Wednesday, September 12th
2:30 Harp, Tea, Crumpets, and Pearls
Harp Music with Rachel B.

Thursday, September 13
1:30 Improv Class with Amy
6:00 What is Assisted Living Seminar in theater

Friday, September 14
1:30 Walk around Community for Alzheimer’s
2:00 Entertainment and Happy Hour with Gary Larue



Labor Day: U.S.
September 3

Randy Roloff
September 6 at 2:30pm

National Assisted Living
Week
September 10–15

Accordion with Linda
September 15 at 2:30pm

Taylor Marie Fashion Bou-
tique
September 26 9:30-1:30pm

Music with Lori Rachnek
September 28 at 2:00

Management Directory

Karen Binsfeld
Executive Director

Amber West
Director of Life Enrichment

Scott Johnson
Director of Plant Operations


Lori Schultz
Director of Marketing

Barbara Bedenbaugh
Senior Regional Director of Care Services

Jeremy Schouveler
Director of Culinary Services



A Hummer of a Bird



September 7–9 brings the Hummingbird Migration and Nature Celebration as these tiny winged marvels make their way back to warmer southern climates. Hummingbirds, sometimes called hummerbirds, get their name from the sound their wings make. These birds flap their wings so fast—about 80 times per second—that they make a humming sound. Hummingbirds exist only in the western hemisphere; they range from southern Alaska to northern Chile and stop everywhere in between. Although they weigh less than a nickel, these tiny birds can fly up to 500 miles without stopping. So why not help them on their journey by putting out specially designed hummingbird feeders? These brightly colored feeders provide the sugary, high-energy nectar hummingbirds need to maintain their metabolism.

Importance of Medical IDs

<https://www.medicalert.org/importance-of-medical-ids>

- ◇ Your medical ID provides for a quick recognition of your medical condition, allergies, medications, or treatment wishes; this leads to faster and more effective medical treatment
- ◇ Medical ID bracelets reduce treatment errors which may result from not having a patient's health record during an emergency situation or upon hospital admission
- ◇ A medical ID speaks for you in the event of an emergency if you become unresponsive
- ◇ First responders and medical personnel are trained to first look for medical identification jewelry in an emergency. Medical IDs will immediately alert medical professionals to your critical health and personal information.

September Birthdays

In astrology, Virgo's Virgins are those born between September 1–22. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice. Those born from September 23–30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic.

- Boxcar Willie (singer) – September 1, 1931
- Mort Walker (cartoonist) – September 3, 1923
- Grandma Moses (painter) – September 7, 1860
- Otis Redding (singer) – September 9, 1941
- Arnold Palmer (golfer) – September 10, 1929
- Agatha Christie (writer) – September 15, 1890
- Peter Falk (actor) – September 16, 1927
- H.G. Wells (writer) – September 21, 1866
- Jim Henson (puppeteer) – September 24, 1936

Resident Spotlight

George and Jessie have been married 13 years. They met at church. George lived in Oakdale for 50 years and moved to Mahtomedi when he married Jessie. Jessie has 5 children and George has 2. They have 3 grandchildren and 3 great-grandchildren. George worked for MnDot for 33 years as an engineer, had a survey crew for 10 years and worked in the office as well. He enjoyed his time there. Their hobbies include keeping family history up to date, spending time with family and enjoying their time together. Jessie's most interesting work was as a ward secretary for infant ICU at St. Paul Ramsey hospital.



Staff Spotlight

We would like to welcome Karen as a new dining room server. Karen has two kids and three grandkids. She lives in Hugo, MN. She enjoys sewing, baking, crocheting, and spending time with her grandkids. Karen has a B.S. in Business Management from Bethel University and has worked at Land O'Lakes for 12 years.

She loves working with people and is grateful for your patience as she gets to know all of you and your interest and preferences. Please help welcome Karen to Gable Pines!



Resident Meeting

Thursday, September 13

11:00 am

In the theater