

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.

Management Directory

Becky Willett <i>Executive Director</i>	Justin Hukriede <i>Director of Plant Operations</i>	Evelyn Acosta <i>Director of Health Services</i>	Vanessa Nguyen <i>Director of Memory Care</i>
Amber West <i>Director of Life Enrichment</i>	Lori Schultz <i>Director of Marketing</i>	Kris Almsted <i>Director of Culinary Services</i>	Danielle Schettner <i>Business Office Manager</i>



Invite your friends in to say hi and take a tour!

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.



Heart Healthy Diets

Heart-healthy diet: 8 steps to prevent heart disease

By Mayo Clinic Staff

Although you might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Whether you have years of unhealthy eating under your belt or you simply want to fine-tune your diet, here are eight heart-healthy diet tips. Once you know which foods to eat more of and which foods to limit, you'll be on your way toward a heart-healthy diet.

1. Control your portion size
2. Eat more vegetables and fruits
3. Select whole grains
4. Limit unhealthy fats
5. Choose low-fat protein sources
6. Reduce the sodium in your food
7. Plan ahead: Create daily menus
8. Allow yourself an occasional treat



At Gable Pines, we have a new always available lunch and dinner menu offering heart healthy choices and lower sodium options. Try our new Strawberry Spinach Salad or Grilled Chicken Breast, both menu items are good heart healthy and lower sodium choices.

Our focus is to continue to offer fresh and delicious food with no additional salt added. Our culinary team continues to explore and cook with many different herbs and spices to add great flavor to our dishes on a daily basis. A great example is using black pepper and a splash of lemon juice instead of using salt, lime juice is another good option. Fresh basil, cilantro or dill is a great choice when preparing a fresh salad.

It’s our goal to continue to serve fresh, healthy and delicious food!

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

APRIL 2019

Monday, April 1 at 10:30
LeagueAires Performance

Friday, March 5 at 2:00
Bobby and Christine

Monday, April 8 at 10:30 and
Monday, April 22 at 10:30
Fireside Sing-a-longs with Phil

Monday, April 8 at 2:00
Maple Street Ramblers

Tuesday, March 9 at 2:30
World’s Most Dangerous Polka Band

Thursday, April 11 at 1:30
Spring Cards with Carolyn
(sign up with Amber at ext 4021)

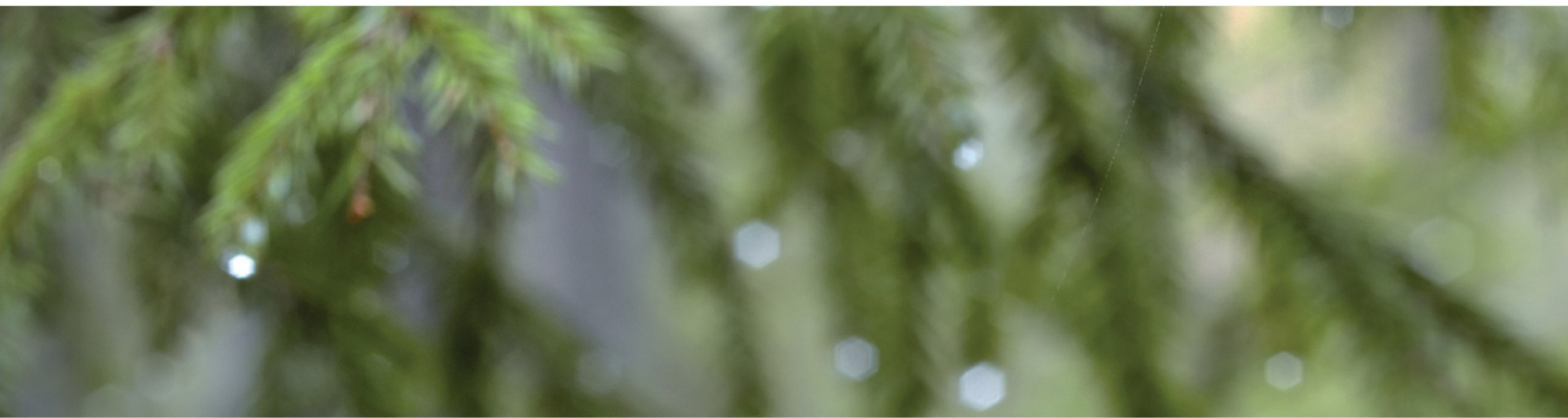
Friday, April 12 at 2:30
Music wit Patrick Sullivan

Wednesday, April 17 at 9:30-1:30
Taylor Marie Fashion Boutique

Wednesday, April 17 at 3:00
Gable Pines Choir Sing-a-long

Thursday, April 18 at 2:00
Mary Hall Performance

Friday, April 19 at 8:00
Breakfast for a Cause



Breaking Baseball’s Color Line

Each year, Major League Baseball honors Jackie Robinson by celebrating April 15 as Jackie Robinson Day. Back in 1947, April 15 was opening day, and young Jackie Robinson made his debut for the Brooklyn Dodgers. Robinson went an unmemorable 0–3, only reaching base on a throwing error, yet he made history as the first African American to play in the big leagues. His debut ended 80 years of segregation in the game. Less than 10 years later, the percentage of black players on Major League teams matched or exceeded that of the general population. Robinson was not only a Hall-of-Fame player but an American cultural hero. Each year on April 15, players don Robinson’s universally retired number 42 to honor the courageous man who broke baseball’s “color line.”



Join us Monday, April 15th at 2:45 in the theater to watch “42, The Jackie Robinson Story”



April Card Making Class

Please join us on April 11th at 1:30 in the craft room to make this beautiful spring card. Carolyn has been volunteering at Gable Pines for several months and teaches residents how to make these cards step by step!

Spaces are limited to 10! Please RSVP your spot by calling Amber at extension 4021 and leave a message!



Singing Machine

The fourth week in April is Karaoke Week! So grab a microphone and belt out your favorite song. If you’re looking for an audience, then you’re in luck. Bars and clubs all over the world will be hosting karaoke contests and competitions. If you’re feeling a bit shy, then perhaps the story of karaoke’s inventor will help you find the confidence to come out of your shell.

Karaoke was invented in Japan. The word *karaoke* is actually a combination of two Japanese terms: *kara*, meaning “empty,” and *oke*, which is the shortened form of *okesutora*, meaning “orchestra.” What is an “empty orchestra”? This is another way of describing an orchestra that has a lead part missing, and that lead part is the all-important voice of the singer. Sing-alongs have been an important part of Japanese get-together for centuries. But it wasn’t until 1971 that musician Daisuke Inoue invented a machine that could do the work of an entire band.

Inoue was a drummer and not a very good one at that. When he couldn’t make it in a band, he found work playing drums for Japanese businessmen who liked to sing during amateur nights. When one businessman asked Inoue to play backup at another event, Inoue declined the invitation but came up with another idea. Inoue taped his drum solo so that the singer could play the tape and sing along in his absence. It wasn’t long before Inoue realized the genius of this idea and invented a machine fitted with amplifiers and background music that allowed singers to perform without a full band. Inoue leased his machines to local bars, where they were an instant hit. Karaoke was born. By the 1980s, it seemed that every bar in Japan had a karaoke machine. Unfortunately for Inoue, he never patented his invention and so never earned a cent. It was a Filipino inventor named Roberto del Rosario who claimed that honor. However, Inoue’s name has entered the history books for his efforts. In 2004, he even was awarded a mock “Peace Prize” for inventing a machine that brings people together.

Come on out to Karaoke with Marge on Thursday, April 25th at 3:00pm in the pub!



Resident Meeting

Thursday, April 11

11:00 am

In the theater

Dementia Workshop Series

Saturday, April 6

10:30 am

A Timeless Love

Friday, April 12

10:30 am

Recreational Therapies

Friday, April 19

10:30 am

Dementia Care is Changing, are you?

Friday, April 26

10:30 am

Realities of Dementia- Family Friendly tools and Tips