

# 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 Deb if you have any questions, or for more details.

## Management Directory

**Becky Willet**

*Executive Director*

**Ann Jones**

*Dining Room Manager*

**Tami Rakos RN**

*Nurse Manager*

**Michelle Langer**

*Business office Manager*

**Shaun Lawson**

*Director of Plant Operations*

**Kendra Peterson**

*Director of Life Enrichment*

**Angel Woehler RN BSN**

*Director of Health Services*

**Kris Almsted**

*Director of Culinary Services*

**Gyme Guthe**

*Director of Memory Care*

# November 2019

**GABLE PINES**  
AT VADNAIS HEIGHTS

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

## A Letter from the Directors

As November is arriving one important word looms in the cool fall air. "Gratitude." What is gratitude? Dictionary.com defines the adjective as being warmly or deeply appreciative of kindness or benefits received; thankful. Here at Gable Pines we have so much to be grateful for. We have a beautiful building, with a cozy warm fireplace. We have an endless supply of coffee and cookies. We have kind staff whom care for our residents, and of course we have YOU. The residents here, as well as the families and friends whom spend time in our building truly make our community something to be proud of. We are incredibly grateful that you all chose us. Join us this month in voicing our gratefulness to one another. Take a moment and reflect on all that you have, and have accomplished this year. Then lets share the feeling of gratitude with those around us. Thank your family and friends for making time for you. Thank your Doctor for doing their best to keep you healthy. Thank your neighbors for always stopping to say hello in the hallways. Gratitude can be expressed in so many ways. We look forward to sharing the holiday season, and all that we have to be grateful for with you this November.

-The Gable Pines Leadership Team

## Upcoming Events:

Nov. 8th at 1:30pm

**Veterans Day Celebration**

In the MDR

Nov. 12th at 1pm

**Acupuncture Educational Seminar**

In the theater

Nov. 18th at 2:30pm

**The High Water Band**

In the Library

Nov. 19th at 10:30am

**Caregiver Burnout Seminar**

In The Theater

Nov. 20th at 2pm

**Birthday Celebration**

In the MDR

Nov. 22nd at 1:30pm

**Exotic Small Animal Show**

In the Theater





### Resident Spotlight:



David R. has lived at Gable Pines since June of 2018. David is a veteran of the Navy, and spent 3.5 years serving overseas in the Philippines during the Korean War. He spent 34 years working for Honey Well as an engineer. When he retired he and his wife wintered in Tuscan, Arizona for 24 years. Unfortunately 2.5 years ago David lost his wife to cancer. David has one son, and one daughter, as well as 3 grandchildren whom he is incredibly proud of. When asked what his favorite part about living at Gable Pines David shared that he loves how friendly his neighbors and staff are. He also shared how much he enjoys the food here. If you see David around the building, be sure to stop and say hello!

### Resident Meeting

*The next resident town hall meeting will be held on November 14th at 2pm in the theater.*

We will be following up on several topics including the Employee Gift Fund Committee formation, holiday and Christmas event preparations, department manager updates, and fire drill procedures. If you have anything you would like to add to the agenda before the meeting, please see Kendra, or Becky.



### Staff Spotlight:

Lacreteria is one of the daytime LPNs for Gable Pines. If you have a fall she may pay you a visit. She has been an employee since December of 2018. Lacreteria has a two year old daughter whom she tries to set a good example for each and every day. Her favorite color is purple, and she LOVES pasta. Lacreteria's favorite part of working at Gable Pines is getting to take care of the residents. If you see her in the hallways, don't forget to say hello!



## Dr. Rob's Science Connection -- Enhancing Brain Health

Don't Stress About it Issue 9



A huge Thank You goes out to all of our residents and staff whom served our country so valiantly. Your sacrifices will not soon be forgotten. Have a safe and happy Veterans Day.

There are of course many factors that affect our memory ability and stress is certainly one of them. It might be surprising, but a small amount of stress can actually make us pay attention, motivate us to take care of things, and maybe even help us make new memories. However, a lot of stress can really have a negative impact on memory and maybe even our health. In the short term, being too stressed about something can cause us to not pay attention to what we are supposed to be doing. For example, if someone is late for an engagement and they are rushing to try to get out of the house, and they become overly stressed thinking about the repercussions of being late, then they might not pay attention to whether they have their wallet or purse. The act of thinking about the stressful situation leaves less mental room to think about other things and can kind of dumb us down in the short run. In the long run, there is evidence that people who are chronically stressed out or have what we call a "neurotic personality" are more likely to develop dementia. There is also evidence that high levels of chronic stress can also damage neurons in our brains, particularly neurons in the hippocampus, where new memories are made. If that was reason enough to try to reduce stress levels, there is also evidence that stress increases the chance of developing depression, which in turn can also impair memory performance,

So what should someone do if they want to reduce their stress level. First, they should try to get more physical exercise, which can alleviate anxiety and give a sense of well being, Second, they can try to reduce the stressors. For example, if getting stuck in traffic and being late is a constant stressor for someone then that person should simply leave earlier. Here are some other ways to reduce stress.

- Stretch
- Take a warm bath
- Stand up and smile
- Sleep
- Learn to say "no"
- Switch to decaffeinated beverages (do so gradually if you consume a lot of caffeine)
- If things are out of your control, admit that and accept it
- Eat healthier food
- Listen to your favorite music
- Look at photos of family and friends
- Organize your time
- Make a list of things that need to be done
- Talk to a friend
- Take a nap
- Read a book
- Recognize that life is a work in progress and that not everything will be done exactly as you had hoped or planned.

Don't avoid doing things that need to be done as a way of reducing stress, as recent research shows that can increase stress in the long run.

Dr. Rob Winningham is a Professor of Psychology and Gerontology at Western Oregon University. For the past 20 years he has researched human memory and ways to enhance cognitive abilities. His brain stimulation activities are used by thousands of retirement communities and have been shown to improve memory ability. For more information go to: [www.robwinningham.com](http://www.robwinningham.com)