

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

January 2020

GABLE PINES
AT VADNAIS HEIGHTS

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

Welcome to 2020

We have officially arrived at a new year, and often times with a new year comes new changes, and resolutions. Have you set any goals for 2020? We would love to hear your resolutions! There will be a sign to share your resolutions at our New Years Eve party!

Gable Pines is ushering in the new year with some changes of our own, including our new partnership with Gaurdian Pharmacy beginning in January. We will also be welcoming a new Director of Sales and Marketing named Jodi Speck to our team. We are excited for her to join us at the beginning of the month. You are welcome to come meet her at Coffee with the Executive Director on January 7th at 10am.

In addition to that we will be turning our life enrichment focus back to the 8 dimensions of wellness! I am sure you have noticed the colors on your calendar. We've included more information regarding what they are, and how they benefit you as our residents in this newsletter. If you have any questions regarding the 8 dimensions of wellness please seek out Kendra or Becky!

We hope you have a safe and Happy New Year, and that your 2020 is filled with health, happiness, and a little bit of laughter.

Upcoming Events:

Friday, January 3rd at 2:30pm
Jazz Music with Patrick Sullivan
Fireside Lounge

Tuesday, January 7th at 2pm
Piano Music with Nate Hance
Main Dining Room

Wednesday, January 15th at 2pm
Visit from the Winter Carnival Queen Candidates
Fireside Lounge

Wednesday January 15th at 3pm
Monthly Birthday Party
Main Dining Room

Thursday, January 16th at 3pm
Live Music with Randy Rollof
Fireside Lounge

Monday, January 20th at 1:30pm
Polka Music with Linda
Fireside Lounge

Friday January 24th at 2pm
Piano Music with Gary Carlson
Main Dining Room



The 8 Dimensions of Wellness

Today's senior citizens are living longer than ever before! Why is that? Seniors are living longer partially due to advances in medicine, but largely because of a significant increase in healthy living. Staying well is not only good for your body, but for your mind, and spirit as well. Here, at Gable Pines Senior Living Community, we believe that health and wellness means *more* programming that focuses on the 8 dimensions of wellness, which are as follows:

Physical: Physical wellness is what most people picture when they envision health. This includes exercise and nutrition. We have a resident gym, with machines and free weights that is open 24/7 we also offer a variety of fitness classes each week taught by life enrichment staff, and the YMCA.



Physical

Social: Social wellness means creating and maintaining a personal support network. This includes practicing communication skills, and just enjoying the company of those around us. We foster this by providing opportunities for socialization during coffee socials, and happy hours, as well as during resident club meetings.



Social

Environmental: Environmental health has to do with your surroundings, and your interactions with those surroundings. We offer frequent outings all over the twin cities (and some beyond!), as well as opportunities to engage with nature with gardening and rooftop patio activities.



Environmental

Spiritual: Spiritual health goes far beyond regularly attending church. It really means finding out what your values mean to you, and practice whatever may bring you peace and a sense of purpose. We provide quiet spaces, like the library, and fireside to contemplate, as well as a variety of church services, and bible studies.



Spiritual

Vocational: Staying productive, and having a sense of purpose is vital as you age. Here at Gable Pines we offer volunteer opportunities, and charitable events to help our residents keep their hearts full during retirement. We also provide daily schedules to residents, so they can attend as many, or as few of the daily events as they wish.



Vocational

Emotional: Emotional wellness is one of the most important areas of wellness. Simply put, it means feeling good. We provide *many* feel good opportunities through scheduled music, movies, and special events and performers.



Emotional

Article continued on page 3...

Resident Meeting

Decembers Resident meeting was incredibly productive, filled with updates regarding the new pharmacy, and lots of new ideas shared!

In January we will be introducing our new marketing director, and providing updates from each department, before we open the floor up to you to share your thoughts, feeling, and ideas for Gable Pines in 2020!

Please come (and bring a neighbor) to this important meeting on January 9th at 2pm in the theater!



The 8 Dimensions of Wellness Continued...

(From page 2)

Intellectual: Keeping yourself mentally stimulated is another piece of wellness. Intellectual wellness includes learning new things, doing puzzles or other thinking games, and spending time focusing on individual tasks for a period of time. At Gable Pines we encourage our residents to attend education seminars hosted on site, as well as provide a wide variety of puzzles, trivia, and other brain games. Residents also have access to many books in our library.



Intellectual



Health Services At Gable Pines Senior Living Community we keep our residents (and life enrichment staff) busy by making sure our activities calendar covers every single dimension of wellness each week. If you have any questions regarding life enrichment activities, or the 8 dimensions of wellness please contact our Director of Life Enrichment Kendra Peterson at (651)-829-3171.

Health Services: Health services encompasses all the other health related activities not mentioned before. This includes all daily cares, flu shots, managing of blood pressure, doctors' appointments etc. We offer podiatry, and onsite nursing staff, as well as health and aging related educational opportunities.