

# 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

<b>Becky Willet</b> <i>Executive Director</i>	<b>Karen Stafford</b> <i>Dining Room Manager</i>	<b>Tami Rakos RN</b> <i>Director of Health Services</i>	<b>Michelle Langer</b> <i>Business office Manager</i>
			<b>Terry Malecha</b> <i>Director of Plant Operations</i>
<b>Kendra Peterson</b> <i>Director of Life Enrichment</i>	<b>Jodi Speck</b> <i>Director of Marketing</i>	<b>Kris Almsted</b> <i>Director of Culinary Services</i>	<b>Gyme Guthe</b> <i>Director of Memory Care</i>



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

# November 2020

Dear Gable Pines residents and families,

It is hard to believe that November is here already. As we look forward to celebrating Thanksgiving, we have so very much to be thankful for. I am thankful that we have remained relatively free of COVID 19 at Gable Pines. I am thankful to all our families for the cooperation, support, and encouragement to our team this year. We have so appreciated the emails, cards, treats and “thank you’s” so very much.

I know many of you have questions about the holidays and whether you can spend them with family. Based on the current guidance from the Minnesota Department of Health, we do not see our visitor restrictions or quarantine requirements changing. We are unable to allow guests into our dining room for a meal. Our residents do have the right to choose to go out to a family member’s home to celebrate the holiday. Upon their return, they will be quarantined for 14 days. Our culinary services team is planning a delicious meal for Thanksgiving Day for our residents.

On another note, I need to share with all of you an update on my health. Many of you were aware that I underwent treatment for a cancerous tumor in my leg the first part of the year. In a recent set of scans, we discovered that the cancer has returned and is now in my lungs. I will begin receiving chemotherapy in the very near future. I am unsure what all that looks like, but I do know that I will again need to be in and out of the office for treatment. Gable Pines will have LCS operational support during this time. I am confident that I am leaving you and the team in very capable hands.

Sincerely,  
Becky Willett Executive Director

**GABLE PINES**  
AT VADNAIS HEIGHTS  
1260 East County Rd E  
Vadnais Heights, MN 55110  
651-829-3171 | [gablepines.com](http://gablepines.com)

**Celebrating November**

**Aviation History Month**

**Native American Heritage Month**

**Adopt a Turkey Month**

**Polar Bear Week**  
*November 1–7*

**Cliché Day**  
*November 3*

**Veterans Day: U.S.**  
*November 11*

**Rock Your Mocs Day**  
*November 15*

**International Men’s Day**  
*November 19*

**Thanksgiving: U.S.**  
*November 26*

**Square Dancing Day**  
*November 29*





## A Bridge to the Past

Historic bridges are links to our past. They are exemplary of an era’s architecture, engineering, art, and technology. They also tell the story of a region. Who built the bridge? Who used the bridge? What communities did it connect? During November, Historic Bridge Awareness Month, take the time to seek out a local historic bridge and learn the history it embodies.

The oldest bridge in America is a humble stone arch crossing of Pennypack Creek in Philadelphia, Pennsylvania. Built in 1697, men from the surrounding communities were expected to contribute to its construction either through labor or with money. Over the centuries, the three-span bridge has gone by many names: Pennypack Creek Bridge, the Holmesburg Bridge, the Frankford Avenue Bridge, and the King’s Highway Bridge. It was originally built to carry America’s first highway, the King’s Road, from Philadelphia to New York. It was just 18 feet wide when it was built, large enough to accommodate two teams of horses. It is said that in April of 1775, a rider from Boston sped across the bridge into Philadelphia, delivering news of the Battle of Lexington and the start of the American Revolution.

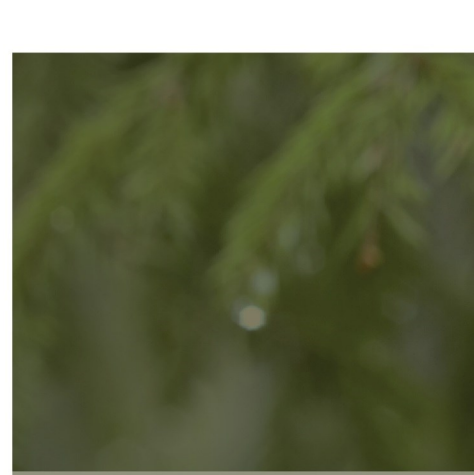
Historic bridges range from the humble to the magnificent. On November 21, 1964, the Verrazano-Narrows Bridge opened, a massive two-span suspension bridge connecting Brooklyn to Staten Island over the “Narrows,” the mile-wide entrance to New York Harbor. When it was built, it was the longest bridge in the world, and it is still the longest suspension bridge in the Americas. New York’s master planner Robert Moses, engineer Othmar Ammann, and the thousands of workers who risked their lives to construct such a marvel created more than a bridge; it is New York’s grandest entrance and an enduring work of art. Its two monumental 70-story steel towers support four massive cables, which contain enough steel wire to stretch halfway to the moon. These bridges—artifacts of art, engineering, and history—are just two reminders out of thousands around the world that it is always better to build bridges than to burn them.



## Resident Meeting

At November’s resident town hall we will provide department updates, as well as an up to date Covid report, as well as an update on Becky. We will discuss the upcoming holidays, and events. If you have any questions or topics you would like addressed, please leave a note in the check drop off box. You may do so anonymously, or signed with your name. Please RSVP for your seat in advanced at the concierge desk.

**Next meeting:**  
**November 12th**  
**2PM and 3PM**



## Rights on “The Rock”

In 1963, the infamous prison Alcatraz, known as “The Rock,” closed its doors. Soon after, local Native American groups began lobbying for the island to become a cultural center and school. According to the 1868 Treaty of Fort Laramie, Native Americans—referred to as Indians at the time—were allowed to take control of surplus federal lands. So, when a fire destroyed San Francisco’s American Indian Center in October of 1969, a group of 89 activists, calling themselves “Indians of All Tribes,” occupied Alcatraz island during the morning hours of November 20, 1969.

The occupation lasted 19 months, with numbers on Alcatraz growing to 600. President Nixon chose to leave the peaceful occupiers alone. Officials visited to negotiate, but the occupiers demanded nothing less than the island itself, upon which they hoped to build a school, cultural center, and museum. Slowly, though, the political will of occupiers waned, and many departed, leaving behind a disorganized ragtag band. The activists may have given up Alcatraz, but they had propelled their rights movement forward and transformed Alcatraz into a symbol of Native American pride



## The Writing Life

Many writers believe that stories are alive inside all of us, just waiting for the moment to come alive when the pen is finally put to paper. November is both Novel Writing Month and Memoir Writing Month, providing inspiration for writers to develop a fantastical fiction or share personal histories.



All peoples and cultures tell stories. It has been said that storytelling is an essential part of human nature and society. We use stories to establish social mores, preserve history, teach life lessons, explain the inexplicable, and entertain. The act of writing transposes oral stories into lasting works of art. This is a powerful act, one that defies even death, for written stories may last for centuries and even millennia after their creators are forgotten.

November 1 is Author’s Day, a perfect day for self-reflection. What do you want to write? Is there a story inside you that you’ve been meaning to share? If you don’t believe that you have a story worth sharing, think again. What is your fondest childhood memory? What moment most impacted your life? Remember, it is also human nature to find losses more powerful than gains. In many ways, sad stories about bad decisions or grave mistakes are just as compelling as those with happy endings. The writing process begins with a thought. The next step is to jot those thoughts down as notes. Only after you’ve amassed a wild jumble of ideas can you begin to organize them into the cohesive form of a memoir or novel. The human brain loves patterns. Organizing your thoughts into a beginning, middle, and end—creating a pattern—will help you create order out of ambiguity and could feel incredibly rewarding.

Most importantly, keep writing! November 15 is I Love to Write Day, a good reminder halfway through the month, in case you’ve forgotten. Even if you never publish the book you are writing, research has shown that writing is a valuable tool for personal growth and healing. When you write, you nurture yourself, and that’s worth more than the most expensive book contract.

