

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

## Management Directory

**Becky Willet**

Executive Director

**Karen Stafford**

Dining Room Manager

**Kendra Peterson**

Director of Life Enrichment

**Jodi Speck**

Director of Marketing

**Roseline Yang**

Director of Health of Services

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Director of Health of Services

**Kris Almsted**

Director of Culinary Services

**Michelle Langer**

Business office Manager

**Terry Malecha**

Director of Plant Operations

**Gyme Guthe**

Director of Memory Care

# January 2021



**GABLE PINES**  
AT VADNAIS HEIGHTS

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

## Celebrating January

**Get Organized Month**

**International Creativity Month**

**Volunteer Blood Donor Month**

**First Foot Day**  
January 1

**Trivia Day**  
January 4

**Bobblehead Day**  
January 7

**Make Your Dream Come True Day**  
January 13

**Martin Luther King Jr. Day**  
January 18

**Compliment Day**  
January 24

**Kazoo Day**  
January 28

**Sundance Film Festival**  
January 28–February 3

**Inspire Your Heart with Art Day**  
January 31

### An interview with Scott from Newtrax!

Recently, Kendra got an opportunity chat with Scott from Newtrax, and found out what they have been doing to stay busy during COVID. Here is what he had to say:

#### What have you been doing to stay busy since march?

Since March when Covid shut down our transportation services we have reached out to dozens of organizations offering to help with food/meal delivery opportunities where and when needed. Below are a few of the organizations we have helped...

--In late March we teamed up with Loaves & Fishes to pick up prepared meals and deliver to 28 area YMCA's. That program ended in early September and at that time we had deliver 800,000 meals.

--In April we started helping an organization called Humanity Alliance delivering meals to Native American families in Mpls. Nearly 5,000 meals by the time that program ended.

--Washington County Emergency Food Shelf-food box deliveries and prepared meal deliveries started in October and so far we have deliver over 100,000 lbs of food and 600 large tray meals that serve 4-6 in a family. We are helping them 5 days a week.

--St Paul Public School started working with us in November and we are delivering 400-500 meals daily Monday-Friday.

#### What is the hardest part of this?

The daily 'juggling of all the balls' to keep our operations team/delivery times/ restaurant meal planning and rotation on track to make every delivery day flow smoothly. We have had a few tough weather days back in October so that prepped us for our winter runs.

#### What is the most rewarding part of this?

I would say that hearing from our drivers about the smiles on the faces of the seniors and the families all showing their gratitude when the meals arrived. We are helping our neighbors during a tough time and also helping our drivers stay busy. Our communities have come together to stay strong and vibrant knowing that in time we will get through this together with all of these efforts.

#### How many meals have been delivered?

To date, we have delivered over 8,000 meals and estimate that by the time we are done with this program and transition into the next one we will have delivered over 10,000 meals. In January, a new program with the help of an outside donor will help with increasing meals ...continued pg 2



**Catching up with Scott from Newtrax continued...**

800/week to 2000/week and continue this effort for the next 3-4 months.

**How does the program work?**

I contacted 8 different independent living senior buildings and spoke with the managers and asked if they had direct knowledge of any residents that have been struggling with good nutrition due to Covid restrictions. From there we built a list of needed weekly meals to drop off at those building. In addition, I reached out to both the white Bear Lake area School District and Mahtomedi School District and talked with them about families in need. We sent out a flyer to over 650 identified families and had a call in number and an email that they could register on for meals for their families. During this time I went out into the communities and visited with restaurant managers sharing the idea and they thought this was a great way to help them while serving within our communities. I'm currently working with 16 restaurants on a rotating basis and we usually order from them once every 2 weeks with a bulk order (approximately 140-160 meals each time)

**What else would you like to share with our residents?**

I know this year has been an extremely disappointing one in so many respects but we have high hopes to be back providing transportation services for you soon. I so miss seeing our Gable Pines friends and can't wait until we can get back to take you places! I look forward to eventually being able to come to your monthly Breakfast For A Cause events. We think of you often and our Newtrax drivers say hello.



**Resident Meeting**

**Our next town hall meeting will be held on Thursday January 14th, at 2pm in the theater.**

We will be discussing updates regarding COVID-19, introducing some new staff, and looking forward to 2021.

Please put questions or concerns you would like addressed in the rent deposit box, or give them to the concierge.

Thank you!



**The Greatest Generation**

It was the journalist Tom Brokaw who coined the phrase "The Greatest Generation" as a tribute to those born in 1924 and earlier. This generation faced more than its fair share of hardship, coming of age during the Great Depression and fighting the evils of World War II. There are still many lessons to be learned from this generation, and if we listen carefully enough, we might even learn that any generation can be called the "greatest." The Greatest Generation has also been called the G.I. Generation by historians, due to the fact that 16 million Americans served in the military during World War II. This shared trial created what has been called a "collective ethos," a united mindset that grew out of the rally against the oppressive tyranny of the Nazis in defense of freedom. America was a small country reeling from the Great Depression. The United States Army was smaller than that of Portugal. The Great Depression had also decimated government coffers, making it difficult to find money to support the military. But thanks to a never-say-die, can-do attitude forged in the hardships of the Great Depression, Americans went to work and by 1945 had built a massive army capable of fighting the Pacific, Asia, Europe, and in the Mediterranean, as well as a civilian workforce to support it. Surely there were defeats and missteps in battle, but the Greatest Generation never did cast blame or look for a scapegoat. They instead forged ahead to the next challenge. Perseverance, bravery, and mutual respect would become their generational hallmarks. Lessons learned during the war were put to use in postwar America. There was little room for patience or endless hemming and hawing on the battlefield. So, too, in the boardroom, in laboratories, and in politics. The most vicious policy fights on the floor of Congress gave way to mutual respect when the day was done. An entire generation had struggled together, fought together, and sacrificed together. This common experience united the Greatest Generation in bonds that could not be broken.

