

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 Willet	Karen Stafford	Roseline Yang RN BSN	Michelle Langer
<i>Executive Director</i>	<i>Dining Room Manager</i>	<i>Director of Health Services</i>	<i>Business office Manager</i>
		David Jones	Terry Malecha
		<i>Interim Executive Director</i>	<i>Director of Plant Operations</i>
Kendra Peterson	Jodi Speck	Kris Almsted	Gyme Guthe
<i>Director of Life Enrichment</i>	<i>Director of Marketing</i>	<i>Director of Culinary Services</i>	<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.



Hello to Gable Pines Residents!

I’d like to take this opportunity to introduce myself to the residents I have not yet met, and to the new residents of Gable Pines!

I have served in several senior living communities during my 20-year career. I have served as Executive Director in multiple settings, including Campus Director in 3 Jewish senior living communities. Oy vey!

Back in late December, when asked to serve in an interim role at Gable Pines, assisting Becky Willett, the Executive Director, while on medical leave, I was thrilled to join your community. Not only are your buildings and grounds beautiful, but everyone has been SO welcoming! The residents, your families, and staff have generously and warmly welcomed me. I know, filling in for Becky, I’ve had some big “high heels to fill!” :) HA!

I am contracted with LCS, Gable Pines’ management company, until April 30, 2021. During my short tenure here, please reach out to me if you have any questions, comments, or suggestions. The time spent here has been wonderful, and I found, you CAN “teach an old dog new tricks!” So much of what I’ve learned at Gable Pines, I hope to share as I serve in my next community.

Sending my thoughts and prayers on behalf of Becky for a speedy recovery and her return to Gable Pines!

Warmly,

David Jones, Interim Executive Director

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

Celebrating April

Habitat Awareness Month

Jazz Appreciation Month

Card and Letter Writing Month

April Fools’ Day
April 1

Easter
April 4

Draw a Bird Day
April 8

Ramadan Begins
April 12

Scrabble Day
April 13

World Amateur Radio Day
April 18

Earth Day
April 22

Kiss of Hope Day
April 24

International Dance Day
April 29



Resident Meeting
At our April town-hall meeting we will give updates on the Covid-19 situation, and answer questions about the new guidance, and about when we will be further reopening. We will also provide updates on some of the work you have been seeing done around Gable Pines!

**April 8th
at 2pm
IN THE
THEATER**

Please
remember to
wear your
masks in all
common
areas,
practice
social
distancing,
and wash
your hands
frequently.

Renaissance Man

Leonardo da Vinci was born just outside Florence, Italy, on April 15, 1452. It is most fitting that Da Vinci was born in the springtime, during the season of rebirth. The Renaissance was a period of cultural reawakening after the darkness of the Middle Ages, with Europeans making significant advancements in science, art, philosophy, and politics. Perhaps no one epitomized the era more than Da Vinci. As an artist, scientist, and inventor, he was the ultimate “Renaissance Man.”

Surprisingly, it was not Da Vinci who developed the idea of the Renaissance Man. It was the philosopher, writer, artist, and architect Leon Battista Alberti, a predecessor of Da Vinci who wrote that “a man can do all things if he will.” Alberti called this the *uomo universal*, or “universal man,” a persona that he himself embodied. But if Alberti laid the foundations of the Renaissance Man, Da Vinci built himself up as its masterpiece.

Da Vinci received no formal schooling beyond the basics of reading, writing, and arithmetic. He showed so much artistic promise that his father apprenticed him to the master painter Andrea del Verrocchio. It was in Verrocchio’s workshop that Da Vinci’s genius began to shine. Verrocchio found his own work so inferior to his young apprentice’s that he vowed never to paint again.

Yet Da Vinci was restless. He was interested in so much more than painting. His passion for science led him to study mechanics, architecture, and human anatomy. Da Vinci began keeping meticulous records of his studies in illustrated notebooks. While the vast majority of what we know of Da Vinci comes from the 6,000 pages of notes and drawings that he left behind, he is best remembered for two paintings: *The Last Supper* and *Mona Lisa*. But perhaps the most important contribution Da Vinci made to humanity was his belief that science and art were complementary disciplines. To truly see the beauty of the world around us, and to fully appreciate Da Vinci’s genius, we must use science to elevate art and employ artistic principles in the pursuit of scientific inquiry.