

# 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.



Happy June Everyone!

Can you believe we are already halfway through the year?! This time of year is always about change, and growth, with all the flowers blooming, and new life all around us. Things at Gable Pines are no different. We've got our flowers planted, and our vegetable garden will be following soon. I am sure you've also seen some new faces around! We, like the gardens are growing at Gable Pines! I am sure you've seen our new Director of Health Services JoDee Stoffell around the building, and we are excited for what she is bringing to Gable Pines! If you see her around, be sure to say hello, and join us at our welcome event for her on June 8th at 1pm in the theater. Enjoy the newfound warmth and nature over the next few months!

Kendra Peterson  
Director of Life Enrichment



AT VADNAIS HEIGHTS

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

Celebrating June

Great Outdoors Month

Audiobook Appreciation Month

African American Music Appreciation Month

Chocolate Ice Cream Day  
June 7

Family Health and Fitness Day  
June 12

Flag Day (U.S.)  
June 14

Juneteenth  
June 19

Father's Day (U.S.)  
June 20

Pink Flamingo Day  
June 23

Day of the Seafarer  
June 25

Tour de France Begins  
June 26

Management Directory			
Becky Willet	Karen Stafford	Roseline Yang RN BSN	Michelle Langer
Executive Director	Dining Room Manager	Director of Health Services	Business office Manager
		David Jones	Terry Malecha
		Interim Executive Director	Director of Plant Operations
Kendra Peterson	Jodi Speck	Kris Almsted	Gyme Guthe
Director of Life Enrichment	Director of Marketing	Director of Culinary Services	Director of Memory Care





**Driven to Succeed**

On June 6, 1933, Richard Hollingshead Jr. put a grand plan in motion. He opened the world’s first drive-in movie theater, in Camden, New Jersey. For 25 cents per car and 25 cents per person, with a maximum charge of one dollar, viewers could watch the British comedy movie *Wives Beware* from the comfort of their own car seats. Hollingshead called his establishment Park-In Theatres, and it was an instant sensation.

Hollingshead came up with the idea after his own mother complained about how uncomfortable it was to sit in traditional theater seats. He first tested his idea in his own driveway. For a screen, he used two bedsheets hung between two trees. A 1928 Kodak movie projector shot the movie from the hood of his car. In order to prevent cars from obstructing each other’s views, he innovated a ramp for each parking space that elevated the front of the car and improved viewing angles.

Moving the theater from Hollingshead’s driveway to a larger location proved a challenge. The RCA Victor record company provided Hollingshead with three massive six-foot by six-foot speakers to go with a 40-foot by 50-foot screen. Unfortunately, cars parked at the rear of the lot still had trouble hearing. Hollingshead and RCA worked together to invent a small speaker that could be mounted on a car and receive a radio signal. Eventually, movie sound would be broadcast directly through a car’s FM radio. Hollingshead patented his idea in 1933, but in 1949 the patent was overturned, and drive-in theaters were opened all across the country. During the 1950s and ’60s, nearly 5,000 drive-in theaters were in operation across America. Hollingshead’s innovation had become the epicenter of American pop culture.

Today, around 300 drive-in theaters remain in the U.S. (in every state except North Dakota and Louisiana) and about 40 in Canada. On June 6, or any other sultry summer night, why not revive an old pastime and enjoy a drive-in movie?

**Resident Meeting**  
At our June town hall meeting we will discuss some Important department updates, and take questions, concerns, and compliments from residents.  
We will NOT be taking questions regarding the new TV system. Please direct those to maintenance.

**June 10th  
at 2pm  
IN THE  
THEATER**



Interested  
in helping  
with the  
vegetable  
gardens  
on the  
back  
patio this  
year?  
Please  
contact  
Terry.

IN HONOR OF DADS EVERYWHERE

# Classic CAR SHOW



**JUNE 11 @3-6PM**  
**IN THE GABLE PINES  
PARKING LOT**  
LIVE MUSIC AND A BBQ DINNER  
WILL BE FEATURED AT THIS EVENT.

**GABLE PINES**  
AT VADNAIS HEIGHTS

**FAMILY AND  
FRIENDS ARE  
WELCOME TO  
ATTEND THIS  
OUTDOOR  
EVENT**

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