

# January 2022



**GABLE PINES**  
AT VADNAIS HEIGHTS

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## Celebrating January

**International Creativity  
Month  
Mentoring Month**

**New Year's Day**  
*January 1*

**Bird Day**  
*January 5*

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

**Use Your Gift Card Day**  
*January 15*

**Martin Luther King Jr.  
Day**  
*January 17*

**World Snow Sculpting  
Championship**  
*January 18–23*

**Activity Professionals Day**  
*January 28*

Hello Residents and Families!

2022 is now upon us! I am hopeful the challenges of 2021 are now in our rear-view mirror!

I would like to take this opportunity to introduce a new member to our Gable Pines' management team. Dana Carney, RN, is now serving as our new Director of Healthcare Services. Dana brings to us years of clinical experience; serving in hospitals, assisted living and memory care settings, and even prison! (She said she has many great stories to share with us!) We welcome Dana to our team and look forward to her leadership.

In addition to Dana's arrival, I would also like to introduce Andrea Brown, LPN. Andrea joined us on December 28th and brings to Gable Pines extensive experience in the clinical field. Andrea, too, has served in many assisted living and memory care settings. Please join me in welcoming Andrea, as well!

We are continuing to fill open employment positions: an additional RN to serve with Dana, and "float" between assisted living and memory care, additional LPNs to cover AM and PM shifts in both assisted living and memory care, additional QLS's (Quality Life Specialists), and another housekeeper.

Many residents have asked about our current census. As of 12/31/2021, our memory care unit is full, with a wait list of internal and external prospective residents. Assisted Living is 78% full and Independent Living is 75% full. With our increased census, obviously, this has increased the need for additional staff.

Although Gable Pines residents have established a Resident Council, and we continue to offer Resident Townhalls, please feel free to contact any member of the management team as we are here to serve and support you!

David S. Jones, Executive Director



**Thank you for  
a wonderful  
holiday party!**



**Happy  
Holidays**




**Resident Meeting**

**Resident Council**  
January 6th @ 3:00  
in the Pub

**Town Hall**  
January 13th @  
2:00 in the Theater





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

## Announcements

Join in on planning all of the fun activities at Gable Pines on January 7th! The Life Enrichment team works hard to provide activities that you are interested in. If you have ideas, suggestion or input on the activities at our community, this is the meeting for you!

Are you interested in being our January resident spotlight? Do you have an interesting past, a great story you want to share, thrilling work history? Cassie is looking for January resident spotlight on Wednesday, January 19th. If you are interested in sharing your story, please see Cassie in Life Enrichment.

The Life Enrichment department is looking for more resident ambassadors. A resident ambassador is a current resident who would help new resident get acclimated to our community, share a meal or two, invite them to an activity, introduce them to others and show them around. The next resident ambassador meeting is Wednesday, January 26th.

# 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**

**David Jones**  
Executive Director

**Karen Stafford**  
Dining Room Manager

**Cassie Pyka**  
Director of Life Enrichment

**Jodi Speck**  
Director of Marketing

**Kris Almsted**  
Director of Culinary Services  
**Kendra Peterson**  
Director of Memory Care  
**Dena Carney**  
Director of Health Services

**Michelle Langer**  
Business office Manager

**Terry Malecha**  
Director of Plant Operations