

# April 2022



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

Celebrating May

Hello Residents and Families:

Thank you for the warm welcome to Gable Pines.

It has been an enjoyable two weeks exploring our community and getting to meet many of you.

This is my first visit to the Minneapolis/St. Paul area. I was born and raised in the New York City suburbs. My professional life has been Florida-based for the past 30+ years.

I am happy to be part of this active community and look forward to getting to know you and our dedicated staff members.

We are so glad you have chosen Gable Pines as your home. As always, please let us know how we can be of assistance.

Margi Silberman, Interim Executive Director

**Gardening for Wildlife Month**

**Personal History Month**

**African World Heritage Day**

*May 5*

**148th Kentucky Derby**

*May 7*

**Mother's Day (U.S.)**

*May 8*

**International Learn to Swim Day**

*May 21*

**Buy a Musical Instrument Day**

*May 22*

**Memorial Day (U.S.)**



**Upcoming outings & special events:**

**May 5th:** Special Cinco De Mayo happy hour

**May 6th:** Mother’s Day celebration with  
music by Sandy Waterman

**May 14th:** Wild Rose Cloggers performance

**May 16th:** Outing to Ingredients Café

**May 19th:** Musical entertainment by The  
Bandanahhh Music Duo

**May 25th:** Outing to Good Earth

**May 25th:** Musical entertainment with  
Skippin’ Stones

**May 27th:** Memorial Day Celebration

**May 31st:** Outing to Cup-n-Cone

Resident Meeting

**Resident  
Council**

Thursday, May  
5th @ 3:00 in  
the Pub

**Town Hall**

Thursday, May  
12th @ 2:00 in  
the Theater





Welcome  
New residents

Sandra V.  
Apartment  
2405



Betty F.  
Apartment  
1215





# 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

<b>Margi Silberman</b> <i>Interim Executive Director</i>	<b>Karen Stafford</b> <i>Dining Room Manager</i>	<b>Kris Almsted</b> <i>Director of Culinary Services</i>	<b>Michelle Langer</b> <i>Business office Manager</i>
<b>Cassie Pyka</b> <i>Director of Life Enrichment</i>	<b>Jodi Speck</b> <i>Director of Marketing</i>	<b>Kendra Peterson</b> <i>Director of Memory Care</i>	<b>Terry Malecha</b> <i>Director of Plant Operations</i>