

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.



Dear Residents, Families, and Friends:

Minnesota is beautiful in June. The trees and plants are in bloom and the days are long and (mostly) sunny.

We kicked off the unofficial start to summer last week-end with our Memorial Day festivities. Please watch the calendar and information flyers for exciting seasonal activities and events in June.

You may have noticed some new faces among our staff members. Director of Health Services Dori Mejia, RN joined us in early May. Dori has an extensive background in a variety of clinical settings. Nurses Toyin Ayo-dele and Linda Arisere also joined our clinical team in May. We continue to recruit additional dining, marketing, activities, and care staff to join Team Gable Pines.

Thank you for your support and cooperation in following our COVID protocols.

We are happy to have you as part of the Gable Pines family.

Margi Silberman

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

Celebrating June

Men's Health Month

Camping Month

Go Barefoot Day

June 1

Say Something Nice Day

June 1

Chocolate Ice Cream Day

June 7

Iced Tea Day

June 10

Father's Day

June 19

Vanilla Milkshake Day

June 20

Summer Begins

June 21

Bomb Pop Day

June 30

Management Directory

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



Upcoming outings & special events:

Thursday, June 2nd: Musical entertainment with Darlin Jesse

Wednesday, June 8th: Lunch outing to Admiral D's

Wednesday, June 15th: Watercolor Class with Lisa from White Bear Center of the Arts

Thursday, June 16th: New Resident Meet and Greet

Thursday, June 16th: Father's Day Hog Roast

Wednesday, June 22nd: Back yard bonfire and s'mores

Thursday, June 23rd: Outing to Bear Boating (boat ride on White Bear Lake)

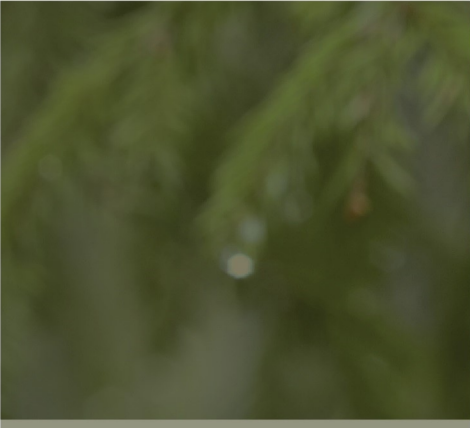
Wednesday, June 29th: Outing to St. Paul Saints baseball game



**Resident Meeting
Resident Council**

Thursday, June 2nd @ 3:00 in the Pub

Town Hall
Thursday, June 9th @ 2:00 in the Theater

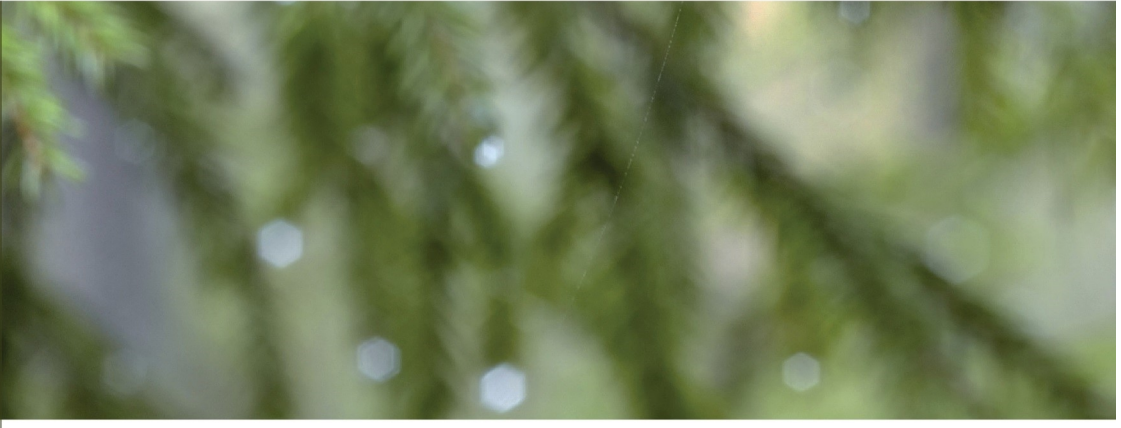


**Welcome
New residents**

Maeme A.
Apt. 1412

Don E.
Apt. 3210

Bud & Barb M.
Apt. 3402



Announcements:

- . If you get a newspaper delivered, please pick it up at the front lobby. Going forward papers will not be delivered door to door. If your newspaper was not delivered for some reason, please contact your newspaper provider as this is out of our control.**
- . If you sign up for an outing, please make your best effort to attend. As outings have been getting more and more popular seating is getting more limited. Last minute cancellations can limit others from signing up.**