

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.

August 2022

Greetings Residents and Families!

Since joining you in July, I continue to be in awe of the warmth and kindness from all at Gable Pines. Thank you for welcoming me into your home. Did you know that the first Sunday of August is officially National Friendship Day? It is a day that is recognized nationwide and celebrated each and every day by you, in the little moments, with each smile. Cassie and I are working on scheduling a friends and family event for nothing other than an excuse to come together and have some fun. Please let us know if you have any ideas!

Speaking of friendship, our amazing Plant Operations Director, Terry Malecha is back! You may have already seen him buzzing around the building fixing things, but please let him know how happy you are to have him back when you see him in the halls. He missed you.

We are actively hiring more staff to meet your needs! In the coming month you will see new faces to greet you.

World Photography Day is coming up and is an annual, worldwide celebration of the art, craft, science and history of photography. One of my favorite things to do is photograph my daughter interacting with the world around her. In honor of World photography day let's have a community wide photo contest! And try to observe some beauty on Friday, August 19th, 2022!

Sincerely, Laura Strang

Executive Director

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

Celebrating August

Read-a-Romance Novel Month

Happiness Happens Month

International Clown Week
August 1-7

Homemade Pie Day
August 5

Root Beer Float Day
August 6

Elvis Week
August 9-17

International Geocaching Day
August 20

Senior Citizens Day
August 21

Women's Equality Day
August 26

Management Directory

Laura Strang <i>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:

- **Wednesday, August 10th @ 10:45 AM Dock Café**
- **Wednesday, August 17th @ 12:30 PM**
Fishing on White Bear Lake with Bear Boating
- **Thursday, August 18th @ 10:30 AM**
Vadnais Heights Senior Picnic
- **Wednesday, August 31st @ 4:30 PM**
Sgt. Peppers

Resident Meeting

Resident
Council

Thursday,
August 4th @
3:00 in the Pub

Town Hall
Thursday,
August 11th @
2:00 in the
Theater

Welcome
New residents

Ellen M.
Apt: 2207

Bruce & Rose
H.
Apt: 1218

