

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 Gardenview

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.

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

- 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

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>	



Upcoming special events for Gardenview:

- Tuesday, August 2nd @ 2:00 Music therapy
- Saturday, August 6th @ 10:00 Pet visit w/ Rory
- Monday, August 8th @ 2:00 Music with Nate (independent/assisted living dining room)
- Friday, August 5th @ 10:30 Music with Nate
- Saturday, August 13th @ 10:00 Pet visit w/ June
- Sunday, August 14th @ 2:00 Music with Kurt
- Friday, August 19th @ 11:00 Music with Phil
- Saturday, August 20th @ 10:00 Pet visit with Sarge
- Friday, August 26th @ 11:00 Music with Phil
- Saturday, August 27th @ 10:00 Pet visit with Leinie
- Sunday, August 28th @ 2:00 Music with Kurt
- Tuesday, August 30th @ 8:00 Waffle Breakfast

All special events are in our Gardenview community unless otherwise noted. Our staff will make best efforts to accompany residents out of Gardenview for activities when possible.

