

# 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 and Families,

How lovely it is to witness my first Minnesota fall as the climate begins to dip toward brisker temperatures. The leaves have already started changing giving the outdoors its lovely autumn glow. Kendra and I experienced this change while standing outdoors at a Rotary Club meeting, touring Rotary Park in White Bear and seeing the plans for renovating the spaces with native plants. That meeting just happened to be on the first frost of the season as my Memphis tootsies froze! (Clearly I need some winter boot education.) Their plans cover 3 phases of clearing and planting that will spruce up the park area over the next couple of years and we look forward to finding ways to contribute to the community in which we live.

I am reminded of part of a poem from Paul Laurence Dunbar as I plan my first family trip to an apple orchard. (Which I have heard is a must this time of year!) 'October'

October is the treasurer of the year, And all the months pay bounty to her store; The fields and orchards still their tribute bear, And fill her brimming coffers more and more. But she, with youthful lavishness, Spends all her wealth in gaudy dress, And decks herself in garments bold Of scarlet, purple, red, and gold.

Happy October friends and family!

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

Celebrating October

**Learn to Bowl Month**

**International Day of Older Persons**

*October 1*

**Dick Tracy Day**

*October 4*

**Indigenous Peoples' Day**

*October 10*

**Silly Sayings Day**

*October 13*

**Senior Health & Fitness Day**

*October 26*

**Halloween**

*October 31*

## Management Directory

<b>Laura Strang</b> <i>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>Oliva Block</b> <i>Director of Health Services</i>	<b>Jodi Speck</b> <i>Director of Marketing</i>	<b>Kendra Peterson</b> <i>Director of Memory Care</i>	<b>Cassie Pyka</b> <i>Director of Life Enrichment</i>
		<b>Terry Malecha</b> <i>Director of Plant Operations</i>	



## Upcoming special events for Gardenview:

- Sunday October 2nd music with Kurt at 2:00
- Sunday October 16th music with Kurt at 2:00
- Monday October 17th Fall Color Outing at 2:00
- Thursday October 20th music with The Bandanahh Music Duo at 2:00 in the Theater\*
- Friday October 21st music with Phil at 2:00
- Sunday October 30th Halloween Family Bingo at 2:00

**\*\*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. \*\***

