

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 marketing if you have any questions, or for more details.

Management Directory

Laura Strang

Executive Director

Kendra Peterson

Director of Sales and Marketing

Kris Almsted

Director of Culinary Services

Michelle Langer

Business office Manager

Oliva Block

Director of Health Services

Cassie Pyka

Director of Life Enrichment

Cassie Pyka

Director of Memory Care

Terry Malecha

Director of Plant Operations



GABLE PINES
AT VADNAIS HEIGHTS

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Vadnais Heights, MN 55110
651-829-3171 | gablepines.com

Celebrating February

Happy Love Month Residents, Families, and Staff!

As many of you know, Cassie Pyka has just transitioned to the Memory Care Director role and Kendra Peterson has moved into the Sales Director position. Within her two years at Gable Pines, Cassie has helped build a solid activities program for the whole building, especially in Memory Care, while also cultivating a strong activities team with Sydney and Becky joining the charge. So please don't fret with Cassie moving on to her new opportunity, because activities will continue and fun can still be had by all!

Kendra has been promoted into a few different roles in her four years at Gable Pines, and has with each move fallen more in love with serving seniors. Kendra is excited to take on the new challenge of helping Gable Pines grow.

Stay tuned! We are actively searching for Cassie's replacement and hope to have news to share before the next newsletter goes out.

Please thank both of these strong, capable women for their contributions in their previous roles and join me in congratulating them for all of the success to come.

- Laura Strang

Library Lovers' Month

Black History Month

Groundhog Day

February 2

Thank a Mail Carrier Day

February 4

Pizza Day

February 9

Get Out Your Guitar Day

February 11

Super Bowl LVII

February 12

Valentine's Day

February 14

World Human Spirit Day

February 17

Carnival

February 16-21

Presidents' Day (U.S.)

February 20

Mardi Gras

February 21



Upcoming Gardenview Events:

- . Music Therapy every
Tuesday @ 2 PM**
- . Pet Therapy every
Saturday at 10 AM**
- . Saturday, February 4th, Music
with Adam @ 2:00 PM**
- . Saturday, February 8th, Music
with Phil at @ 2:00 PM**
- . Sunday, February 26th, Music
with Kurt and Ash @ 2:00 PM**