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

Director of Health Services

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.

Director of Plant Operations

Management Directory Laura Strang Lindsay Brunton Michelle Langer **Kris Almsted** Director of Sales and Marketing Director of Culinary Services **Executive Director** Business office Manager Oliva Block Cassie Pyka **Kendra Peterson Terry Malecha**

Director of Memory Care

Director of Life Enrichment



Happy New Year Residents and Families!

The year of the black rabbit is here and predicted to be a year of hope and possibility where all of the sacrifices of the past are rewarded. And boy howdy do we need it! My wish for you is that 2023 is a year of new adventures while making memories with the friends we find along the way.

One of my favorite weeks of the year is coming up- Hunt for Happiness week- which is all about celebrating the little joys in life. It is not about being happy all the time, but rather, making the best out of little things as much as we can, and there is so much joy within these walls of Gable Pines. Celebrate with me the week of the 15th and all the year through to find the little joys around every corner!

I am hopeful that this year proves to be everything you want it to be and more.

- Laura Strang

International Brain Teaser Month

1260 East County Rd E Vadnais Heights, MN 55110

651-829-3171 | gablepines.com

New Year's Day January 1

Someday We'll Laugh **About This Week**

January 2–8

Twelfth Night

January 5

Make Your Dream Come True Day

January 13

Martin Luther King Day

January 16

International Sweatpants Day

January 21

Compliment Day

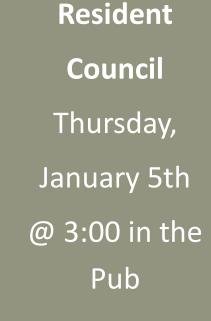
January 24

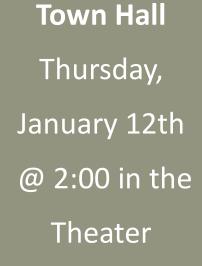












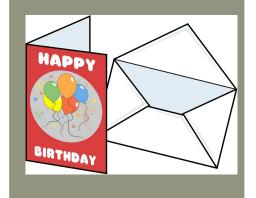






Reminder!

Greeting cards are for sale in the fireside lounge for a \$3 suggested donation. Money raised will be donated to the Alzheimer's Association.



Upcoming Special Events:

Thursday, January 5th—Outing to La Casita Monday, January 9th – Music with Gary LaRue **Tuesday, January 10th- Waffle Breakfast** Wednesday, January 11th-Outing to The Orchid

Thursday, January 12th-Blood Pressure Clinic Friday, January 13th—Craft with volunteers Thursday, January 19th – Outing to White Bear **Center for the Arts**

Monday, January 23rd – Outing to Panera Bread Monday, January 23rd- Music with Kurt & Ash Thursday, January 26th-Resident Collection, **Talent and Art Show**