

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.



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

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

Celebrating January

International Brain Teaser Month

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

Management Directory

Laura Strang <i>Executive Director</i>	Lindsay Brunton <i>Director of Sales and Marketing</i>	Kris Almsted <i>Director of Culinary Services</i>	Michelle Langer <i>Business office Manager</i>
Oliva Block <i>Director of Health Services</i>	Cassie Pyka <i>Director of Life Enrichment</i>	Kendra Peterson <i>Director of Memory Care</i>	Terry Malecha <i>Director of Plant Operations</i>



Resident Meeting

Resident Council

Thursday,
January 5th
@ 3:00 in the
Pub

Town Hall

Thursday,
January 12th
@ 2:00 in the
Theater



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**