

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.



Greetings Residents and Families!

I'm so pleased to announce that Sydnee Schuette has been promoted to Director of Life Enrichment. Sydnee has been a huge asset on our activities team and has recently completed her activity professional's certification. Her passion for making people smile is evident in everything she does. Please congratulate her on this new chapter!

March 20th is the first day of spring and I can't wait for some of this snow to melt! May spring come quickly and bring us more sunshine and colorful flowers.

-Laura Strang

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

Celebrating March

Women's History Month

International Mirth Month

Dr. Seuss Day
March 2

Purim Begins
March 6

International Women's Day
March 8

95th Academy Awards
March 12

St. Patrick's Day
March 17

Mothering Sunday
March 19

Wellderly Week
March 20-24

Nowruz Begins
March 21

Ramadan Begins
March 22

American Crossword Puzzles Week

Management Directory

Laura Strang <i>Executive Director</i>	Kendra Peterson <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>	Sydnee Schuette <i>Director of Life Enrichment</i>	Cassie Pyka <i>Director of Memory Care</i>	Terry Malecha <i>Director of Plant Operations</i>



Resident Meeting

Resident Council

Thursday,
March 2nd
@ 3:00 in the
Pub

Town Hall

Thursday,
March 9th
@ 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:

- **Monday, March 6th at 10:00 Fashion Show and Boutique**
- **Friday, march 10th @ 1:00 Craft with Volunteers**
- **Tuesday, March 14th Waffle Breakfast**
- **Thursday, March 16th History Presentation with David Jones**
- **Thursday, March 23rd Music with Dale**
- **Thursday, March 30th Music with Joe**