

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.



March 2023
Gardenview

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

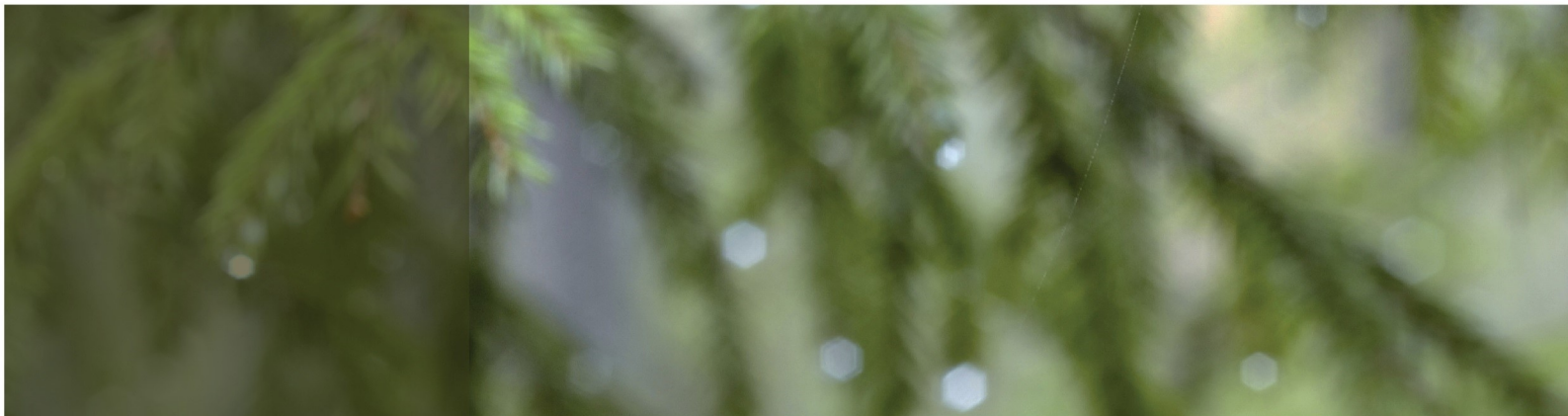
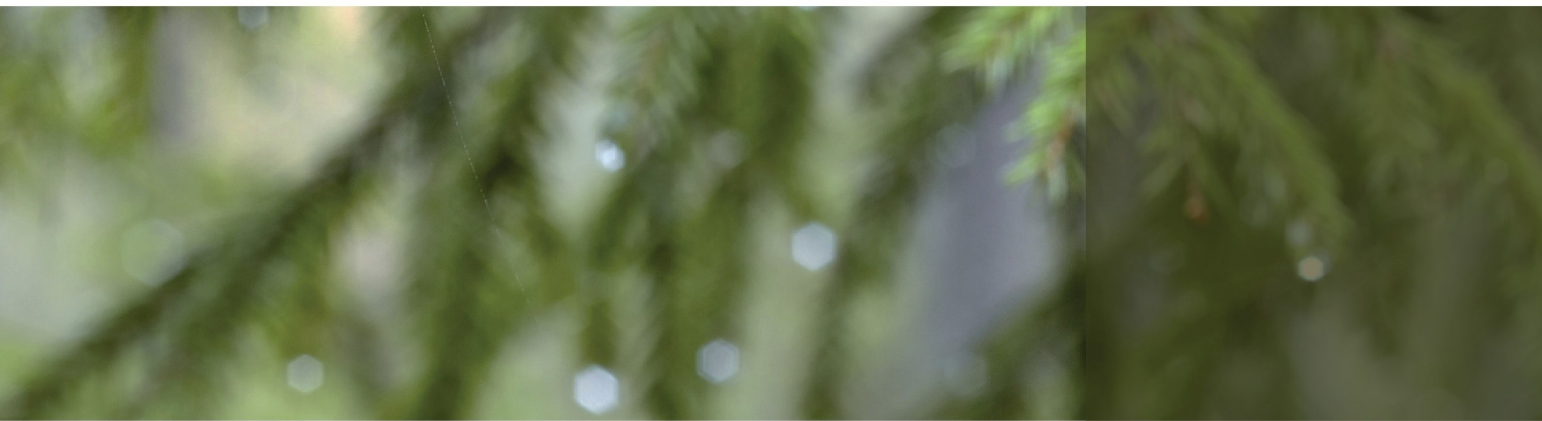
GABLE PINES
AT VADNAIS HEIGHTS
1260 East County Rd E
Vadnais Heights, MN 55110
651-829-3171 | gablepines.com

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
- Welllderly Week**
March 20–24

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>



Upcoming Gardenview Events:

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