

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!

Gosh what a beautiful part of the country we live in. The grass is green, the sky is blue, and the flowers have just started to bloom. This May we celebrate all the beauty that surrounds us. We celebrate Mother's and every motherly figure that has helped support, inspire, and nurture. We celebrate full teams and the new hires that led to those teams being complete, like Brittany joining Activities and Randy joining Maintenance.

Next month we will be showcasing some of our residents' beautifully decorated apartments in the Parade of Pines event. Please let us know if you would be interested in presenting your home so we can let more people in on the best kept secret in Vadnais Heights.

Happy May Gable Pines.

- Laura Strang

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

Celebrating May

Mental Health Awareness Month

Walking Month

May Day
May 1

Star Wars Day
May 4

Cinco de Mayo
May 5

Salvation Army Week
May 15–21

Mother's Day
May 14

International Museum Day
May 18

Scavenger Hunt Day
May 24

Memorial Day (U.S.)
May 29

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>