

# 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!

This month we celebrate dads and fatherly figures everywhere that have helped support, encourage, and teach along the way. Cheers to you all!

The month of June is Alzheimer's awareness month, which is a cause very near and dear to our hearts at Gable Pines. June 21<sup>st</sup> is the annual 'Longest Day' Fundraiser. People around the world show unity by celebrating on the summer solstice, or the day with the most hours of light each year to help shine a light on Alzheimer's. Please join our celebration here by proudly wearing purple on that day!

Thank you for making our first month hosting breakfast for a cause again a huge success. With your help we were able to raise \$202 for Newtrax Inc. We hope you will continue to join us for our next Breakfast For A Cause, on June 22<sup>nd</sup>, as we raise money for Bear Boating. Don't forget to invite your family and friends!

Lastly, on June 28<sup>th</sup> we will be hosting a "Taste and Tour of the Pines" event from 3-6pm. Many of your neighbors have graciously volunteered to show off their interior design. Keep an eye out for more information on this fun event to come!

- Laura Strang

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

Celebrating June

**Men's Health Month**

**Perennial Gardening Month**

**Caribbean American Heritage Month**

**World Bicycle Day**  
*June 3*

**D-Day**  
*June 6*

**Flag Week (U.S.)**  
*June 11–17*

**Worldwide Day of Giving**  
*June 15*

**Father's Day**  
*June 18*

**World Music Day**  
*June 21*

## Management Directory

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





**Resident Meeting**

**Resident  
Council**

Thursday,  
June 1st

@ 3:00 in the  
Pub

**Town Hall**

Thursday,  
June 8th

@ 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, June 1st: Musical Entertainment with Charles Kemper at 2:00**
- **Sunday, June 4th: Musical Entertainment with Kurt and Ash at 2:00**
- **Tuesday, June 13th: Waffle Breakfast**
- **Friday, June 16th: Father's Day Event: Cornhole and Music at 2:00 pm**
- **Monday, June 19th: Music with Snap, Crackle, and Pop! At 6:30 pm**
- **Wednesday, June 21st: Longest Day Event from 5-7pm—S'mores and more!**
- **Thursday, June 22nd: Breakfast for a Cause from 7:30-10 am**
- **Wednesday, June 28th: Parade of Pines**