

GARDENVIEW

SEPTEMBER

GABLE PINES
AT VADNAIS HEIGHTS

1260 East County Rd E
Vadnaiss Heights, MN 55110
651-829-3171 | gablepines.com

Celebrating September

Happy September Friends, Family, and Residents!

Summer has come and gone in the blink of an eye. With the leaves starting to turn, you can almost hear the school bells ringing. My daughter Rowan is starting Kindergarten this year, do you remember sending your kids off for their first day of school? I'd love to hear your stories, and advice on handling it.

September also means lots of fun things at Gable Pines. Up first is Assisted Living Week, which begins on September 10th, and runs through September 15th. This year's theme is "Seasons of Reflection." Sydnee, and the life enrichment team have tons of fun things planned for you all. The biggest of the events will be our Assisted Living Week Celebration on Thursday Sept. 14 at 2pm. We will have live music, art, tie dye, a petting zoo, and Nelson's Ice cream! Friends and family are welcome and encouraged to come.

Later in the month, on September 30th, We will be participating in the Walk to End Alzheimer's at Target field. Feel free to join our team online and walk with us! We will also be doing a mini walk here at Gable Pines on September 21st at 9:30 if you aren't able to attend the other. Thank you all for your support of the Alzheimer's Association so far this year, we are doing an incredible job raising money and awareness for dementia. We are looking forward to sharing our final total amount raised at the end of the month!

Here's to another great month!

Laura Strang

Executive Director

Classical Music Month

Sewing Month

**World Alzheimer's
Month**

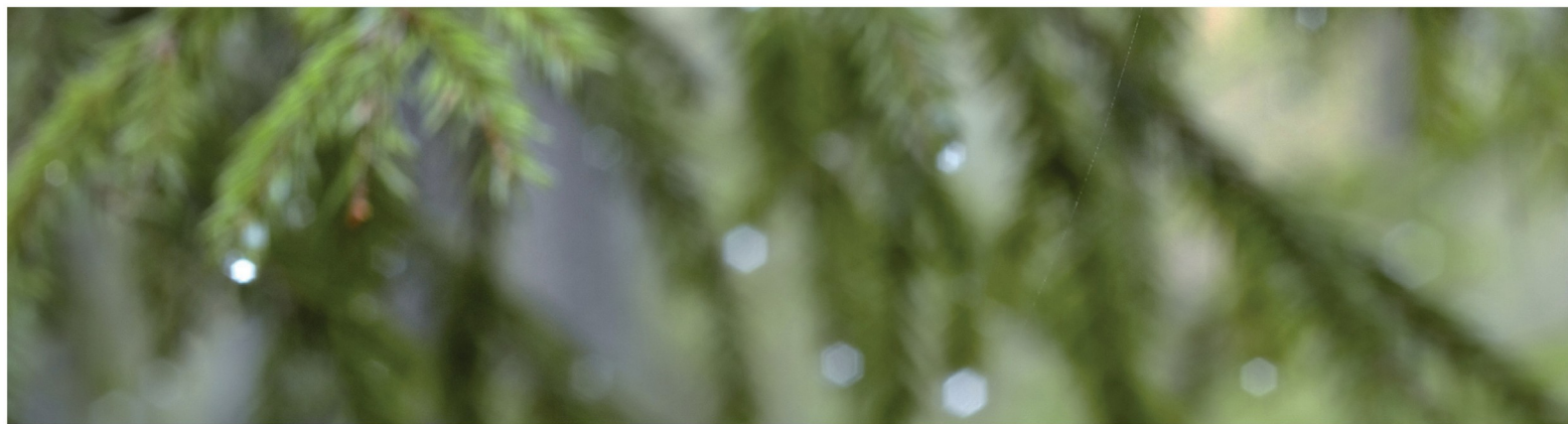
Nutrition Week
September 1-7

Labor Day (U.S.)
September 4

**International Day
of Charity**
September 5

Grandparents Day
September 10

Patriot Day (U.S.)
September 11



Beautiful Music by Ash and Kurt



August Outing to Panera for Pie!



Upcoming Special Events:

Pet Visits every Saturday at 10 am

Music Therapy every Tuesday at 2 pm

Sunday, September 10th: National
Grandparents Day Magician Event in
the Main Dining Room on 1st Floor at
2pm

Thursday, September 14th: National
Assisted Living Week Party! 2-4pm in
the parking lot

Sunday, September 17th: Musical
Entertainment with Kurt and Ash

Tuesday, September 26th: Outing to
Pine Tree Apple Orchard at 10 am

Eight Dimensions of Health and 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 Health and 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 Health and 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 \$1500 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.

Management Directory

Laura Strang
Executive Director

Kendra Peterson
Director of Sales and Marketing

Olivia Block
Director of Health Services

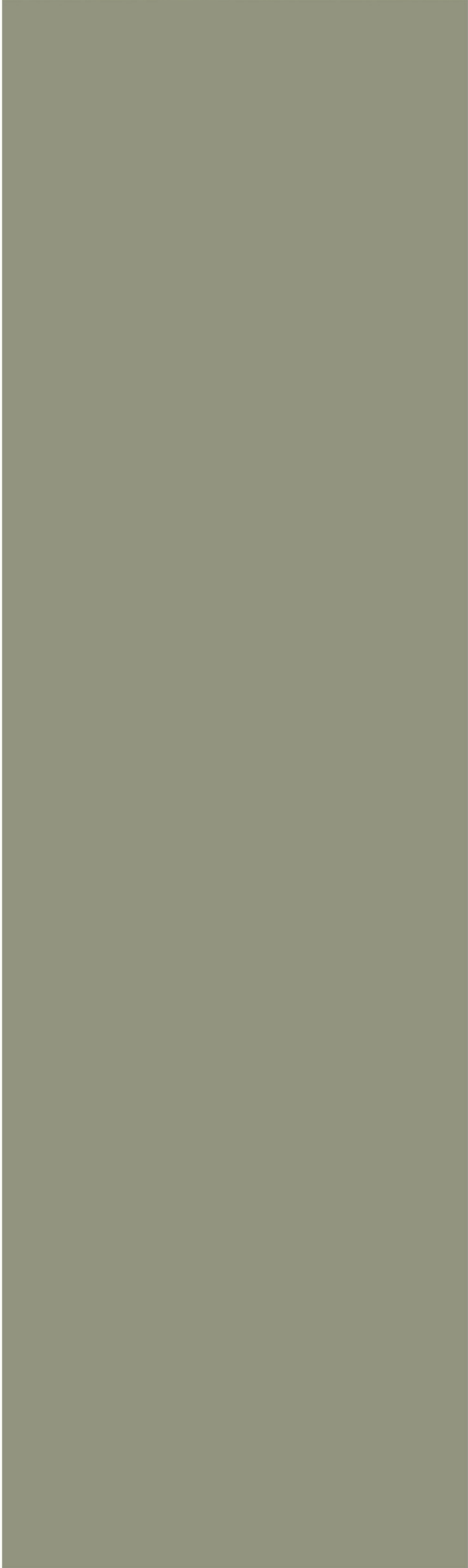
Kris Almsted
Director of Culinary Services

Cassie Pyka
Director of Memory Care

Sydnee Schuette
Director of Life Enrichment

Michele Langer
Business Office Manager

Terry Malecha
Director of Plant Operations







A Salute to Our Veterans at Gable Pines

Gable Pines is grateful to have the honor of thanking its residents whom have served in our country's military to protect and keep us safe. It is because of you that we have the lives we know and live today. Your selfless act is not one that will ever be forgotten, and we thank you for the sacrifices you have made in order to preserve our country.

