

# Woodbury Healthcare Center

## Gazette! Resident news and updates!

The Woodbury Healthcare Center **Jug Band** recently put on a concert. As you can see, Luau was the theme and all the music was based on Hawaiian type of music. The residents spent months choosing songs, themes, decorations and dress. They also spent many days/hours practicing. Practice paid off. You can see how each individual has the “attention to detail” in their instrument.



**Healing Gardens:** Reminder that our beautiful Healing Gardens are open! Please enter from the Estates. The Gardens are a great place to enjoy the sunshine, flowers, ducks, birds or simply sit in silence. The Community Life Staff bring the resident's to the gardens 1-3 x per week. Often times there will be live music performances or other events for everyone to enjoy.



**Art of the Soul** is a quarterly water color painting class that takes place on campus. No experience is necessary. Residents have enjoyed this program and typically are amazed at their creations. The class is then duplicated x1 per week and offered by the Community Life Staff. Anyone can join.



Once again, the **Patio Garden** is planted. Each year, the resident Gardening Club designs and chooses the plants, vegetables and flowers they want to go into the gardens. The annual Planting day for WBHCC is usually 2 days after Memorial Day. We combined it this year with the National Day of Fitness and gardened the entire afternoon. Each resident got to pick out plants and planters and dig in the dirt. Through out the season now, residents will assist with weeding, watering, and picking the veggies. Last year we were able to make salsa with our fruits and vegetables. !



**Quilting:** WBHC has a quilting group that makes quilts/blankets for the shelters. Our last donation of quilts went to the Dorothy Day Center, Sharing and Caring Hands and Catholic Charities. Our resident quilters gather each week to create and sew their masterpieces. Stop by the 2N dayroom on Tuesday's at 1:45 if you want to watch the group in action, OR, feel free to join. Recently, we held a quilt raffle. The \$\$ raised in the silent action goes back into the quilting group in which we were able to purchase more quilting supplies. Thanks to everyone who participated and donated time.



**Welcome new residents!** We have many new faces here at Woodbury Healthcare Center.

Please help to make our new resident's feel welcome: invite them to an activity program with you, visit with them during meals, socialize and introduce them to others.

We are looking for individuals who would like to be part of a "WELCOMING TEAM". Your job would be to welcome our new residents, inform them of how things work around here (meals, activities, programs etc.). Anything you can do to make them feel welcome would be helpful. Remember how you felt when you were new. ??? Can you make a difference in the lives of someone else that is new? If so, contact Community Life.

**"Connection is the force beneath friendship-----"**

**Lisa Venable**



**WALK and ROLL!!** Our summer walking/rolling program will begin on Wednesday June 28<sup>th</sup>. This summer event is one in which we partner with the Summer Stretch Program from St. Ambrose Church. Each week, approximately 7-9 youth, Youth leaders and parent volunteers will come to WBHCC patio and assist in giving you walks and wheelchair rides around campus. Before and after your stroll, you will join our Music Therapist on the patio. This is also a good time to simply get fresh air, sunshine, weed the flower gardens and visit with others. We will be escorting residents down starting at 9:15 and wrap up around 11:15. If you have hats and sunglasses, make sure to grab them!

