



# Dove Healthcare

April 2024 Newsletter · Dove Healthcare - Orchard Hills Assisted Living



## Happy Birthday to our Residents:

Alvina Henning 4/4  
Jim Cain 4/8  
Judy Wolf 4/10

## Days of Interest:

Emily & Coda 3  
Bible Study with Laura 3 and 17  
Craft with the Directors 5  
Red Lobster Outing 8  
Baking with Jesse 10  
BINGO Party with Entertainment 11  
Birthday Party 17  
Violin Music 17  
Ryan Herman 22  
1st Garden Club meeting 23  
Sunflower Boutique 30  
Happy Hour (every Friday)

## Resident Spotlight: Victorine 'Vicky' Palsner



Vicky was born on November 6, 1925 in Kemmerer, Wyoming.

Vicky had two older sisters (Marjorie and Helen) and one younger brother (George). Even though they would do anything for her, she remembers them bossing her around as kids.

As a child, Vicky enjoyed reading and playing school. She shared that she started grade school at the age of four.

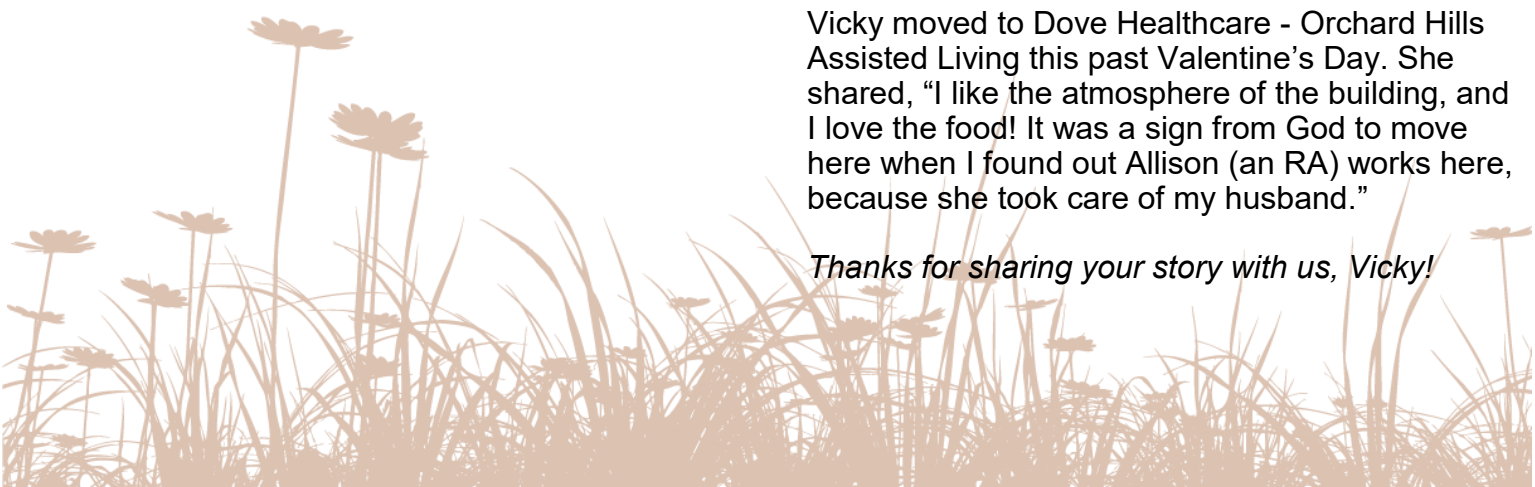
After finishing school, Vicky worked for an old fashioned phone company where she said she was able to listen in on conversations.

Vicky met her husband Phillip at church. They were married on June 30, 1946 and were married for 77 years! Vicky said they loved going to church and just being together. They had three children (Phillip, Joel, and Kimberly) and loved taking them to the Black Hills every summer.

After retirement, Vicky and her husband did everything they could to enjoy life. They went on a total of 15 cruises!

Vicky moved to Dove Healthcare - Orchard Hills Assisted Living this past Valentine's Day. She shared, "I like the atmosphere of the building, and I love the food! It was a sign from God to move here when I found out Allison (an RA) works here, because she took care of my husband."

*Thanks for sharing your story with us, Vicky!*



## Employee Spotlight: Kong Thao

*Let's get to know Kong...*

Our wonderful hostess, Kong, has been on our team since November 2022.

Kong was born in Thailand and then moved to Eau Claire with her family. She says Thailand is her dream vacation!

Claire with her family. She says Thailand is her dream vacation!

Kong's older brother used to play soccer and ever since, it has been her favorite sport to watch. Although, we were happy to hear that her favorite football team is the Green Bay Packers!

Kong's favorite season is summer because she enjoys the warm weather, swimming, hanging outside, and sunshine. She does NOT like the cold.

She enjoys visiting the Twin Cities because shopping of course! She also said the restaurants there are great.

Did someone say chicken alfredo and pho? If so, those are Kong's favorite foods!

Kong shared that her favorite part about working at Dove Healthcare - Orchard Hills Assisted Living is making breakfast for the residents.

Kong is a student at Chippewa Valley Technical College where she is studying to become a nurse.

When she isn't working or attending classes, Kong enjoys spending time with her Chihuahua, Marble.

*Kong, we are so happy to have you on our team! Thank you very much for all that you do.*

## March Memories



## COMING SOON: Garden Club

This month, we are excited to kick off our garden club! **Join us for our first meeting on March 23 at 2:30PM in the dining room**, so we can start planning our spring planting. Family and friends of our residents are invited to join.

We are also **accepting donations** that could include gardening tools, soil, or plants.







# Find us on Facebook

Follow Us on Facebook!

[facebook.com/dovehealthcareorchardhills](https://facebook.com/dovehealthcareorchardhills)

If you're not already following us on Facebook, we invite you to check out the page and consider following it to stay connected with all of the wonderful activities that take place here! Please also invite your loved ones near and far to follow the page too. We'll always share some photos in our monthly newsletter; Facebook is just a great way to keep in touch.

## Do You Have a Loved One Residing at Dove Healthcare?

MESSAGE A RESIDENT

We invite you to try out a communication tool on our website and surprise your

loved one with a special greeting. Scroll to the bottom of any page on [dovehealthcare.com](https://dovehealthcare.com) and click on the button "Message a Resident". Just fill out the fields provided and your message will be emailed to a designated employee at the location you select. They will then print and deliver the message to your loved one. Give our recreation department a call if you have any questions.

## Recognize a Dove Healthcare Employee

RECOGNIZE AN EMPLOYEE

We invite you to recognize a Dove Healthcare

employee who went above and beyond in their work during your time with us.



Scan QR code, or visit [dovehealthcare.com/recognize](https://dovehealthcare.com/recognize) today. Please be specific and briefly explain how the employee went above and beyond. Did they exceed the needs of a resident? Did their attitude and actions

promote a positive experience? Your message will be printed and delivered to the Dove Healthcare employee within a week. We look forward to hearing from you.

## Foundation Fundraiser a HUGE Success

And that's a wrap! Check out these amazing moments from the **Dove Healthcare Community Foundation's 2024 Polar Bear Plunge**. Our foundation's goal was to raise \$20,000, and we more than surpassed that coming in at over \$30,000 thanks to so many generous donors and sponsors. We are excited to expand **Cycling Without Age** and other initiatives.



### Special recognition to contest winners:

- Most pledges raised by individual jumper: **Jeremy Kiley** (with **Cayci Young** in 2nd place)
- Most pledges raised by a team: **Dove Healthcare – Barron and Rice Lake**
- Most pledges raised by a chicken jumper: **Scot Schmock**
- Best costume (voted by residents of Dove Healthcare – Bloomer): **The Pirates**

### A BIG thank you to:

- **Bloomer Fire & Paramedics** for being a part of the day to ensure everyone's safety coming out of the COLD water
- **Sebastian Pannell** for photographing all the fun moments
- **Roxie** for announcing the jumpers
- **Harms Way Bar & Grill** for donating pizza
- **Bloomer Bakery** for donating cookies
- **Development Specialist Michelle Farrow** for setting us up with an online registration/fundraising platform
- **Board Chair Joe Muench** for chairing the event
- **OUR 2024 SPONSORS:**

- Christensen Group Insurance**
- Custom Medical Solutions**
- First Net Impressions**
- HealthDirect Pharmacy Services**
- Hoelt Builders, Inc.**
- WJMC-FM**
- Kings Valley Lutheran Church**
- Marco**
- Northwestern Bank**
- Quality Care Staffing Solutions**
- Security Bank**
- Midwest Mortgage Team - Union Home Mortgage**

## Sunflower Boutique News

Thank you for those that have donated to the boutique and those who have helped make it a success!

Spring is here, and we are still in need of some spring and summer clothing (sizes medium - 3x) that could include tops, capris, shorts, and dresses. Jewelry, body care, and home décor are items as well please.

### ***Thank you for your continued support!***

If you are interested in donating or volunteering for the boutique, please connect with Director Emily Gudis at 715-930-6034 or [egudis@dovehealthcare.com](mailto:egudis@dovehealthcare.com)



***That's our brave Emily Gudis after plunging into the COLD water!***



## Recreation Highlights

April 21-27, 2024 has been set aside as a time to recognize and say thank you to our volunteers. **National Volunteer Week** was established in 1974 to celebrate volunteers. Since then, the original emphasis on celebration has widened; the week includes recognition while also fostering an effort to urge people to get out and volunteer in their communities.



*Why volunteer, you may ask?* The reasons are many. For some, it offers a chance to give back to their community and “make a difference”. For others, volunteering provides opportunities to develop new skills, build on life experiences, make new friends, and boost social skills. No matter why people volunteer, the benefits are well documented . . . volunteering has shown to improve mood and make you feel healthier. It increases your sense of purpose and reduces stress. Volunteering can provide a deep sense of happiness and fulfillment, both immediately and long term.

The role of volunteers is an important one in any organization, and they are vital members of our team here at Dove Healthcare - Orchard Hills Assisted Living. They take on a variety of responsibilities and help to bring the community here to us. Their backgrounds are diverse . . . students, parents, retirees, and more. Each one is “Giving, Caring, and Making a Difference”, and so to our volunteers we say, “**THANK YOU**”. We appreciate your dedication and everything you do to support our ongoing mission *to provide compassionate care and service to meet the needs of those who depend on us.*

And to those who are interested in joining our team as a volunteer, please visit the volunteer page (under Join our Team) on [dovehealthcare.com](http://dovehealthcare.com). We look forward to hearing from you!







## *better brain* **FRIDAYS**

### **Community Room**

Dove Healthcare - West Eau Claire  
1405 Truax Blvd, Eau Claire  
10:00 - 11:30 AM

**May 17, 2024**

#### **What Do Medicines Do to/for Our Brain Health As We Age**

Joan Hamblin, MD

The aging brain may process your medicines differently and may accelerate or protect your brain's aging. What happens when you mix medicines? Can you discontinue medicines and how?

**May 31, 2024**

#### **Keeping You Safe: Understanding Fraud and Scams for Better Brain Health**

Taylor Tarrus, APRP, Fraud Manager, Royal Credit Union

Fraud and scams can lead to significant financial losses, impacting savings and financial security. Join Taylor to learn more about ways you can protect yourself and prevent fraud, as well as what steps you can take if you encounter a scam.

**June 14, 2024**

#### **Intro to the Enneagram**

Gerri Krause, MS, LPC-IT

The enneagram is an ancient personality typing system which explores nine types rooted not so much in temperament, but in our core motivations - WHY we do what we do. In this concise intro presentation, we'll explore the basics of what it is, how we can use it as a tool for our own personal self-awareness/growth, as well as see how it can open insights with our friends and family.

**June 28, 2024**

#### **Deep Dive Into the Foods We Eat**

Danielle Krueger, RDN, MS, CD  
Mayo Clinic Health System

We'll take a trip into some of the foods we eat and look further into how some things are made and what they are made of. Are there certain things we should be looking for when planning our meals to best meet our health needs? Come and find out!

**July 12, 2024**

#### **Managing and Coping with Change**

Jean M. Jirovac, MSMFT, Retired Marriage and Family Therapist

Learn ways to move beyond the fear that often accompanies change. We will explore the fear of uncertainty and unpredictability in our lives and the effects it can have on our mental health. We will learn ways to cultivate a flexible mindset that leads to personal growth and strategies to embrace change as an opportunity to experience and learn new things.

**July 26, 2024**

#### **Aging and the Creative Mind: Cultivating Wisdom in Later Life**

Trisha Lundin, LPC, LTR, Healing Art Eau Claire

This interactive, hands-on presentation will explore benefits related to creative activity in later life. Participants will gain insight into how expressive engagement supports the brain and mind, as well as social relationships in face of aging and decline. Research and theory into the role of visual arts and storytelling as a healing resource, for both present and future generations, will be outlined.

**August 9, 2024**

#### **What Does Your Social Life Have to do with Brain Health?**

Tom Kidd, Speaker, Trainer, Author

Socialization (social wellness) is one of the eight dimensions of our health. These eight dimensions are key to your overall wellness. Social interaction has been proven to be good for the brain, and we all have an endless source of that needed stimulation! Attend and "hang out" with other "seenagers"!

**August 30, 2024**

#### **It's a Wrap!**

Lisa Wells, MA, Aging & Disability Resource Center (ADRC)

Another year of better brain health! Let's pull it all together and discuss key learning points from each webinar and put it into practice! In this webinar you will also have an opportunity to help "brainstorm" and plan for our 2025 brain health series.

**Series Sponsored By:**



**No RSVP Needed. Park in the 2nd floor parking lot & enter Community Room doors.**

**Contact the ADRC with questions:  
715-839-4735 or [adrc@eauclairecounty.gov](mailto:adrc@eauclairecounty.gov)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 8:30 Grace Lutheran WAVY Radio 790 9:30 Catholic Mass-ch 9 10:00 Saving Grace-ch 9 10:30 Grace Lutheran-ch 9 12:30 Messiah Lutheran (upstairs)	10:00 Exercise 1:00 Bingo All Fools' Day	8:30 1*1's 10:00 Exercise 1:00 Pokeeno	8:30 1*1's 10:00 Exercise 1:00 Mind Games 3:15 Bible Study with Laura (day room Dove West)	10:00 Mass (community room) 10:30 Nails (down stairs) 1:00 Exercise	10:00 Exercise 1:00 Craft with the Directors 1:30-3:30 Happy Hour (Pub- Dove West)	9:30 Rosary Visit in Lounge Self-lead Activities 
8:30 Grace Lutheran WAVY Radio 790 9:30 Catholic Mass-ch 9 10:00 Saving Grace-ch 9 10:30 Grace Lutheran-ch 9 12:30 Messiah Lutheran (upstairs)	10:00 Exercise 10:45 Out to Eat Red Lobster 1:00 Bingo	8:30 1*1's 10:00 Exercise 1:00 Pokeeno	8:30 1*1's 10:00 Exercise 1:00 Mind Games	10:00 Mass (community room) 10:30 Nails (down stairs) 1:30 Bingo Party with entertainment (community room)	10:00 Exercise 1:00 Movie & Popcorn 1:30-3:30 Happy Hour (Pub- Dove West)	9:30 Rosary Visit in Lounge Self-lead Activities
8:30 Grace Lutheran WAVY Radio 790 9:30 Catholic Mass-ch 9 10:00 Saving Grace-ch 9 10:30 Grace Lutheran-ch 9 12:30 Messiah Lutheran (upstairs)	10:00 Exercise 1:00 Bingo  4:30 Ryan Herman Passover Begins Earth Day	8:30 1*1's 10:00 Exercise 1:00 Pokeeno 2:30 Garden Club Meeting (lets plan our spring planting)	8:30 1*1's 10:00 Exercise 1:30 Birthday Party with West (Community Room) 1:30 Violin Music by Christin (Dining Room) 3:15 Bible Study with Laura (day room Dove West)	10:00 Mass (community room) 10:30 Nails (down stairs) 1:00 Exercise	10:00 Exercise 1:00 Movie & Popcorn 1:30-3:30 Happy Hour (Pub- Dove West)	9:30 Rosary Visit in Lounge Self-lead Activities
8:30 Grace Lutheran WAVY Radio 790 9:30 Catholic Mass-ch 9 10:00 Saving Grace-ch 9 10:30 Grace Lutheran-ch 9 12:30 Messiah Lutheran (upstairs)	10:00 Exercise 1:00 Bingo 2:00 Sun Flower Boutique	8:30 1*1's 10:00 Exercise 2:00 Sun Flower Boutique	8:30 1*1's 10:00 Exercise 1:00 Bible Study with Tami (Upstairs) Administrative Professionals Day	10:00 Mass (community room) 10:30 Nails (down stairs) 1:00 Exercise Day Room	10:00 Exercise 1:00 Resident Council (Dining Room) 1:30-3:30 Happy Hour (Pub- Dove West)	9:30 Rosary Visit in Lounge Self-lead Activities 



**\*Activities Are Subject To Change\***