

Update from the Administrator

Greetings from Dove Healthcare – Rice Lake,

We are thrilled to share the success of our foundation's recent Polar Bear Plunge event, which took place on Lake Como in Bloomer.



Despite the frigid water and chilly temps, our courageous jumpers went all in for a good cause. **With your support, our team was able to reach our \$10,000 goal to purchase a trishaw bike!** Your generosity and support has made a significant impact, and we couldn't have done it without you. We also took the award for "Most Pledges Raised by a Team" (but we aren't bragging)! Thank you again!

What's next you may ask... well our next fundraiser coming up is our Dove Healthcare – Barron and Rice Lake cookbook. You are able to purchase our wonderful keepsake cookbook with e-book for only \$30! Hardcopy cookbooks are \$25. You must purchase a hardcopy cookbook in order to get the e-book. Please contact us at 715-234-2604 or sperry@dovehealthcare.com to order one today. Sales end once we sell out, so get it quick! Funds from this event will go towards purchasing an enclosed trailer for safely transporting the trishaw bike between the communities of Barron and Rice Lake.

Thank you again and happy reading!

Hannah Overlien, NHA

Congratulations to Brent Swan! April 2024 Employee of the Month

"Brent joined our team in 2023 as our maintenance technician. He has a great deal of knowledge and experience, and he is very creative in problem solving any maintenance issue. He is friendly, knows everyone, and is always so willing to help residents and co-workers. Brent is hard-working with a positive 'can do' attitude. He has a great sense of humor and tells the best stories. Brent has been a wonderful addition to our team," shared Administrator Hannah Overlien.



Brent responded, "Working at Dove Healthcare is an enjoyable experience for me. I have loved meeting and getting to know our residents. In some instances, I have found that I knew them/of them before or know some of their relatives. My co-workers have learned to put up with my sense of humor, and I think a few might even appreciate it! I really appreciate that someone is always willing to help me out when I need an extra set of hands or some guidance. It has been several months since I started here. As time goes by, the terms "resident" and "co-worker" seem too cold; rather "friends" seems more appropriate for those who live and work here."

Thank you, Brent, for all you do. We are lucky to have you on our team!

Nursing Headlines

National Self-Care Day, observed on April 5, resonates the importance of nurturing oneself amidst life's daily hustle. In today's fast-paced world, taking time for self-care is not just a luxury; it is a necessity. This day serves as a gentle reminder to prioritize mental, physical, and emotional well-being. Whether it is through meditation, exercise, creative pursuits, or simply enjoying moments of solitude, self-care practices vary for each individual. However, the common thread is the recognition of the need to recharge and rejuvenate.

National Self-Care Day is not about selfishness; it is about self-preservation. By investing in ourselves, we become better equipped to handle life's challenges and support others. It is a day to embrace self-compassion, set boundaries, and cultivate habits that promote holistic health. So, on April 5, let us celebrate by honoring ourselves and committing to self-care as an integral part of our daily routine.

Vickie Haney, RN, Director of Nursing

National Skilled Nursing Care Week

Radiant Memories . . . A Tribute to the Golden Age of Radio is the 2024 theme for National Skilled Nursing Care Week. Plans are in the works for a fun-filled week of celebration May 12-18. Please watch for more details in our May newsletter!



Rockin' In Rehabilitation

A Testimonial from Judy Fairweather

“This was my third accident falling on my hip, and I had surgery on Thanksgiving. I was terrified coming here. I thought I was going to be disabled for the rest of my life. I remembering asking Shelly (COTA) if I was going to get better, and she said, ‘yes’!

Shelly and Tera were so good about my fear of falling. They helped me through my anxiety and fears and got me through it. From then on, I worked hard so I could return back home.

Dove Healthcare is a whole system of support, love, caring, and encouragement. They got me through this, and now I can go back home.

Something that stuck out to me during my time here was the Christmas Party. It really blew me away. The staff worked very hard to make it special for everyone. The gift that they gave out to residents made me cry upon returning to my room. It really showed how much thought and care they put into it.

The food throughout my stay was good – hot, homemade, and delicious.

I am excited to be able to return home to my family, dog, and cats. I would absolutely recommend Dove Healthcare – Rice Lake.” - Judy

Occupational Therapy Assistant Shelly Shipley said, “Judy stayed strong through the process, and we could see her fear decrease and gain more confidence every day. She has worked very hard to get to where she is. GOING HOME!”

It was an honor to care for you and get to know you, Judy! Thank you for sharing your experience with others and these kind words about our team.

Team members pictured with Judy, top: Sam (CNA), Amy (PT), Dakotah (CNA), Kim (CNA) and bottom: Renita (medication aide), Shelly (COTA)



A Minute With Maintenance

Did you know that there are over 3,300 fires each year due to the use of extension cords and power strips?

This is why we do not allow the use of extension cords or power strips at Dove Healthcare.



Every outlet or receptacle is only able to handle a certain load. By using a power strip and plugging in multiple appliances, there is a risk of overloading that circuit. If you're lucky, when the overload occurs there is a circuit breaker that will trip cutting off electricity to the overload. However, the result could also be ruining all the items plugged into that circuit or even a fire.

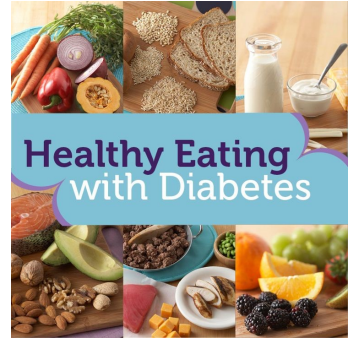
Most inexpensive power strips you find at the store are not UL listed. This means they have not been put through independent testing to ensure their safety. A lot of these are also built with cheap components and have no overload protection in place. Furthermore, all the outlets in our building have to be hospital grade. This is shown by a green dot on the face of the outlet. The hospital grade receptacles are built to a higher quality to withstand the use of medical equipment. By using a power strip, the higher quality of the hospital grade receptacle is rendered useless.

If for some reason there is a need for more outlets, please let me know. We will figure out a way to provide additional outlets, while being safe and adhering to state/federal codes. If our team does find a power strip, it will be removed to ensure the safety of our residents, employees, visitors, and building. Thank you.

Brent Swan
Maintenance Technician

Nutritional Notes

Happy Spring, Everyone! It's just wonderful to hear the birds chirping and the days filled with sunshine! This month, I want to share some information about diabetes; those with diabetes know it's important to eat well to stay healthy.



Nutrition care should be personalized for each person based on blood glucose (sugar) level, blood lipid (fat) levels, risk factors for heart disease and high blood pressure, exercise habits, and food preferences. For most people, general guidelines for diabetes are as follows:

- Aim to maintain a healthy weight
- Exercise moderately for about 30 minutes at least five times per week
- Get your carbohydrates mainly from fruits, vegetables, whole grains, legumes, and low-fat or skim dairy products
- Limit saturated fats, trans fats, and dietary cholesterol
- Consider using sugar substitutes
- Do not use low-carbohydrate diets to control diabetes

Boost Flavor Without Unhealthy Fats and Salt

Look for recipes that use herbs and spices for flavor instead of salt, butter, lard, or other unhealthy fats. Try these tricks to season your food:

- Squeeze fresh lemon or lime juice on steamed vegetables, broiled fish, rice, salads, or pasta
- Try salt-free lemon pepper or mesquite seasoning on chicken
- Try a salt free herbs and spices. Fresh herbs are also a great choice
- Use onion and garlic to liven up meats and vegetables
- Try marinating and grilling chicken or pork with barbeque sauce or with a homemade marinade

Have a great month, and stay healthy friends!

Michele Kuffel
Nutritional and Environmental Services Director





Find us on Facebook

Follow Us on Facebook!

facebook.com/dovehealthcarericelake

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 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 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**

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 - Rice Lake. They take on a variety of responsibilities and help to bring the community here to us. Many of our volunteers are working with employees and residents, while other are providing us with important support and assistance remotely. Their backgrounds are diverse . . . students, parents, retirees, and even residents living with us. 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. We look forward to hearing from you!

Nadine Williams,
Recreation Director



Memories from the Month



Our Dove Healthcare - Barron and Rice Lake Polar Bear Plunge Team did a great job fundraising AND jumping into the very cold waters of Lake Como in Bloomer! We are looking forward to getting a trishaw in the next few months. Thanks to everyone who helped us reach our goal!



Residents enjoyed working on a spring / Easter card craft in March. Our thanks goes out to Barb Walters, former patient, who has been preparing our card kits in recent months. They are wonderful!

Memories from the Month



A number of our residents participated in a Meet and Greet with Rice Lake mayoral candidates on March 18. (Left) Harlan Dodge answers a question from Joe. (Below) Dutch Beckett talks with residents about his background and goals.



Dorothy loved having her lap full of puppies during the March visit by our friends from the Little Red Barn. Hershey (L) and Bumble Bee (R) look like they are loving it too! Thanks again to the staff and volunteers from the Little Red Barn for making moments like this one possible each month!



These tray cards are a small sample of those provided for our residents on each holiday over the past several years, courtesy of Jane Hunter and her card makers! Thank you for this kindness. It does not go unnoticed!

A large group of residents enjoyed our recent Activity Auction, with a total 281,100 Dove Dollars spent on all kinds of wonderful goodies! We really appreciate those who support our auctions by donating such great items (you know who you are)! THANKS SO VERY MUCH!

Calling All Friends, Family, and Fans of Dove Healthcare!

Purchase our Wonderful Keepsake Cookbook with E-Book for only \$30!

Your purchase will help us get a trishaw bike for the Barron / Rice Lake area!

\$25 Cookbook + \$5 E-Book = \$30 for a lifetime of delicious!

You must purchase hardcopy of cookbook in order to get the e-book.



Contact: 715-234-2604 or sperry@dovehealthcare.com

