



# Dove Healthcare

April 2024 Newsletter · Dove Healthcare - Rutledge Home



## Happy Birthday to our Residents

Valeria Ahneman 4/4  
Sharon Crandall 4/16

## Happy Birthday to our Employees

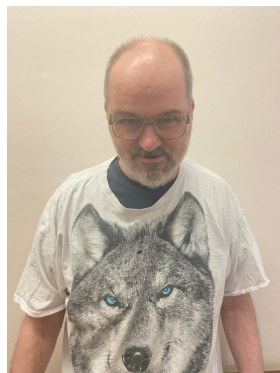
Kenarae Luzinski 4/8  
Jonte Buchanan 4/25

## Employee Anniversaries

Eliza Gore - 2 years  
Leslie McVinnie - 26 years

## Days of Interest

Quarter BINGO (every Sunday)  
Rutledge Store (every Wednesday)  
Resident Council April 5  
Music by Joel April 9



## Resident of the Month: Joseph 'Joe' Sarazen

Joe was born on November 15, 1962 in Chippewa Falls, WI.

Joe grew up with his parents (Patricia and Dale) and EIGHT siblings (Mary, John, Mike, Danny, Joe, Jeannie, Claire, and Phillip) right here in Chippewa Falls.

Growing up, Joe enjoyed playing sports with his favorite being football. He also enjoyed fishing, hunting, and of course getting into trouble!

Joe took a couple special trips, including one to Okinawa, Japan to see his brother Danny who was serving in the United States Air Force. He also visited both the Eastern and Western providences of Canada.

Joe moved to Dove Healthcare - Rutledge Home about two months ago and shared that his favorite things about Dove Healthcare - Rutledge Home are the employees and that he gets along well with everyone!

*Thank you, Joe, for sharing your story with us!*





**Employee of the Month:  
Clay Luzinski**

Clay Luzinski is our part-time activities assistant and brings a different vibe to the department. He is quiet, but easily connects with the residents, especially the sports fanatics! Clay is a junior at Eau Claire North High School and a football player; many

residents are excited for fall football under the lights and sitting in the stands to cheer him on!

Clay lives in Lake Wissota with his mom, Kena; step-dad, Grant; sister, Regan; dogs, George, Bo and Norman; cats Pugsley and Gomez; and dad, Scott. He enjoys playing football, gaming, family vacations, and hanging out with his friends.

Clay is thinking business as a major after high school...but has a year yet to decide. His favorite TV show is "The Office", and he enjoys all music. Clay's dream vacation is New York City.

Clay's favorite activities to do with the residents are playing scrabble and the card games his great-grandma taught him. His favorite thing about Dove Healthcare - Rutledge Home is just visiting with the residents and hearing their stories of "back then".

*Congratulations, Clay, on being our April Employee of the Month. We appreciate all you do and can't wait to bus trip to your games this fall!*

**Dementia Friendly Tip of the Month**

If I get dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.

If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.

If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read and visit with friends.

If I get dementia, ask me to tell you a story from my past.

If I get dementia, treat me the way that you would want to be treated.

If I get dementia, make sure that there are plenty of snacks for me in the house. Even now, if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.

If I get dementia, don't talk about me as if I'm not in the room. If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.

If I get dementia, and I live in a dementia care community, please visit me often.

If I get dementia, don't act frustrated if I mix up names, events or places. Take a deep breath. It's not my fault.

If I get dementia, make sure I always have my favorite music playing within earshot.

If I get dementia, and I like to pick up items and carry them around, help me return those items to their original places.

If I get dementia, don't exclude me from parties and family gatherings.

If I get dementia, know that I still like receiving hugs or handshakes.

If I get dementia, remember that I am still the person you know and love.

(by Rachel Wonderlin)





# Find us on Facebook

Follow Us on Facebook!

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

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:

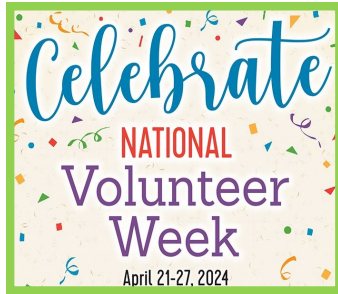
- **Bloomer Fire & Paramedics** for being a part of the day to ensure everyone's safety coming out of the COLD water
- **Sebastian Pannell** for photographing all the fun moments
- **Roxie** for announcing the jumpers
- **Harms Way Bar & Grill** for donating pizza
- **Bloomer Bakery** for donating cookies
- **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**



## Recreation Highlights

April 21-17, 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.

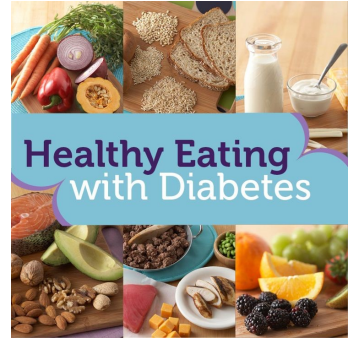
The role of volunteers is an important one in any organization, and they are vital members of our team here at Dove Healthcare - Rutledge Home. They take on a variety of responsibilities and help to bring the community here to us. Their backgrounds are diverse . . . students, parents, retirees, and more. 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!



## Nutritional Notes

Happy Spring, Everyone! It's just wonderful to hear the birds chirping and the days filled with sunshine! This month, we 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:

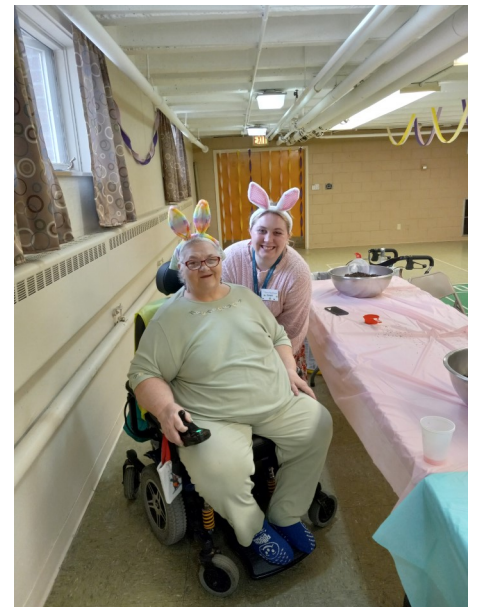
- Squeeze fresh lemon or lime juice on steamed vegetables, broiled fish, rice, salads, or pasta
- Try salt-free lemon pepper or mesquite seasoning on chicken
- Try a salt free herbs and spices. Fresh herbs are also a great choice
- Use onion and garlic to liven up meats and vegetables
- Try marinating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

Have a great month, and stay healthy friends!

*This article written and contributed by Michele Kuffel, the Nutritional and Environmental Services Director at Dove Healthcare - Rice Lake*



# Memories from our Easter Extravaganza!







## *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**

Geri 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 altogether 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)**

# APRIL 2024

\* Activity events are subject to change based on resident need and interest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st Floor	<b>1 APRIL FOOLS DAY</b> 9:00 Salon <b>10:00 POWER UP</b> 12:30 Tattoos <b>1:30 Bingo</b>	<b>2</b> 9:00 Salon <b>10:00 Power Up</b> 12:30 Garden Planning 2:00 Walk And Talk	<b>3 RUTLEDGE STORE</b> 9:00 Salon <b>10:00 POWER UP</b> 12:30 1:1 2:00 National Walking Day	<b>4</b> 9:00 Salon <b>10:00 POWER UP</b> 1:30 Cooking AND Crafting	<b>5 RESIDENT COUNCIL</b> 9:00 Salon <b>10:00 POWER UP</b> <b>1:30 Resident Council</b> <b>2:00 Bingo</b>	<b>6</b> <b>10:00 POWER UP</b> 12:30 Leisure Activities <i>Afternoon Sundaes            On Saturday</i>
7	<b>8</b> 9:00 Salon <b>10:00 POWER UP</b> 12:30 1:1 <b>1:30 Bingo</b>	<b>9 Unicorn Day</b> 9:00 Salon <b>10:00 Catholic Mass</b> 12:30 Garden Planning <b>2:00 Music By Joel</b>	<b>10 RUTLEDGE STORE</b> 9:00 Salon <b>10:00 POWER UP</b> 12:30 1:1 2:00 Games	<b>11</b> 9:00 Salon <b>10:00 POWER UP</b> 1:30 Cooking AND Crafting	<b>12</b> 9:00 Salon <b>10:00 POWER UP</b> <b>1:30 Fun refreshments</b> <b>2:00 Bingo</b>	<b>13</b> <b>10:00 POWER UP</b> 12:30 Leisure Activities <i>Afternoon Sundaes            On Saturday</i>
14	<b>15 Nat. Purple Day</b> 9:00 Salon <b>10:00 POWER UP</b> 12:30 1:1 <b>1:30 Bingo</b>	<b>16 Nat. PJ Day</b> 9:00 Salon <b>10:00 POWER UP</b> 12:30 Garden Planning 2:00 Walk and Talk	<b>17 RUTLEDGE STORE</b> 9:00 Salon <b>10:00 POWER UP</b> 12:30 1:1 2:00 Games	<b>18</b> 9:00 Salon <b>10:00 POWER UP</b> 1:30 Cooking AND Crafting	<b>19</b> 9:00 Salon <b>10:00 POWER UP</b> <b>1:30 Fun refreshments</b> <b>2:00 Bingo</b>	<b>20</b> <b>10:00 POWER UP</b> 12:30 Leisure Activities <i>Afternoon Sundaes            On Saturday</i>
21	<b>22 Nat. Earth Day</b> 9:00 Salon <b>10:00 POWER UP</b> 12:30 1:1 <b>1:30 Bingo</b>	<b>23</b> 9:00 Salon <b>10:00 POWER UP</b> 12:30 Garden Planning <b>1:30 DJ Time</b>	<b>24 RUTLEDGE STORE</b> 9:00 Salon <b>10:00 POWER UP</b> 12:30 1:1 2:00 Games	<b>26</b> 9:00 Salon <b>10:00 POWER UP</b> 1:30 Cooking AND Crafting	<b>27</b> 9:00 Salon <b>10:00 POWER UP</b> <b>1:30 Fun refreshments</b> <b>2:00 Bingo</b>	<b>28</b> <b>10:00 POWER UP</b> 12:30 Quarter Bingo <i>Afternoon Sundaes            On Saturday</i>
29	<b>10:00 POWER UP</b> <b>1:30 Quarter Bingo</b>	 <p>Happy Birthday  <b>Valeria 4/4</b>  <b>Sharon C 4/16</b></p>				

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