



Dove Healthcare

April 2024 Newsletter · Dove Healthcare - Regional Vent Center

Foundation Fundraiser a HUGE Success

And that's a wrap! Check out the amazing moments from the **Dove Healthcare Community Foundation's 2024 Polar Bear Plunge** to the right and on page two. 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

*Jarod, Ashley, Cayci & Liz
BEFORE the jump....*

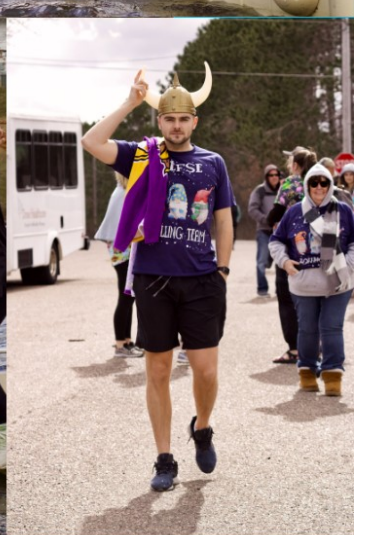


*.... Jarod, Ashley, Cayci & Liz
AFTER the jump!*

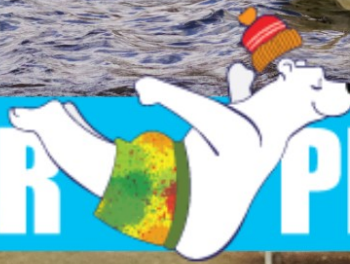
THANK YOU TO OUR 2024 SPONSORS:

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





POLAR BEAR PLUNGE



April Events & Days of Interest

- April 2** Crafting Corner - Sock Caterpillars
- April 5** Bingo
- April 8** Taste Testers - Exotic Fruit
- April 9** Tuesday Tunes with Larry Radle
- April 11** Therapy Dog Visits with River, Eagles & Birdies Game
- April 16** Therapy Dog Visits with Tucker & Clay Planters
- April 19** Rosary, Bingo & Resident Council
- April 22** Cooking Group - Pinwheels
- April 23** Monthly Birthday Party with Daniel Corn
- April 25** Ball Caps
- April 30** Sun Catchers

Special Events

Monday, Tuesday, or Friday afternoons.
See the recreation calendar for days/ times.

- 1st, 3rd, & 5th Thursdays of the Month**
Ecumenical Worship Service: 2:30 – 3:15PM
- 2nd Friday of the Month**
Catholic Mass Service: 10 – 10:45AM

Congratulations to Sheri Halverson, Our February Employee of the Month!

“Sheri has been an employee with us for over 35 years! She has a heart of gold and is willing to help anyone who needs it. Sheri’s compassion and care for the residents, families, and employees of Dove Healthcare - Regional Vent Center is one of a kind,” shared Director of Nursing Ashley Spaeth and RN Unit Director Lindsey Colvin.

Sheri, a CAN on our team since 1987, responded, “I love working here because I truly have the best co-workers! Nurses, RT’s, CNAs, med aides, therapy, and more. I am truly blessed!”

We can’t thank you enough for your outstanding dedication and care of the residents, Sheri!

National Volunteer Week

While we celebrate National Volunteer Week in the month of April, we are grateful for our volunteers all year round! Volunteers are a cornerstone to our program, meeting resident needs through their generous devotion of time, friendliness, and compassion. We will take this time to share a big “Thank You” to our volunteers and the impact they make in our Dove Healthcare community! If you or someone you know is interested in volunteer opportunities to play games, assist with church, read, do crafts, and or spend time with residents at any capacity, please contact Liz Thon, recreation director for Dove Healthcare - Regional Vent Center! Contact info: 715-720-2271 or elizabeth.thon@dovehealthcare.com

VOLUNTEER



History of April Fools' Day

Turns out April Fools' Day has deep roots that date back to the 18th century! The day where people pull pranks on each other has been around for quite some time. “April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with “hunting the gowk,” in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or “kick me” signs on them. “ (source History.com). Some historic pranks to note include Taco Bell announcing they were going to buy Liberty Bell in Philadelphia and rename it “Taco Liberty Bell”. Or when Burger King announced the creation of the “Left Hand Whopper” which fooled people all over the world!

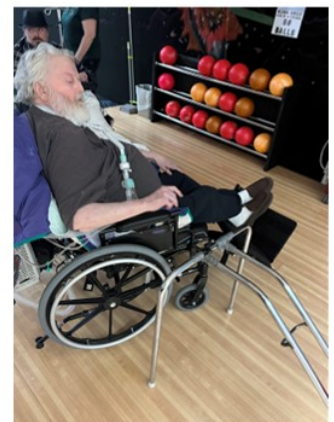
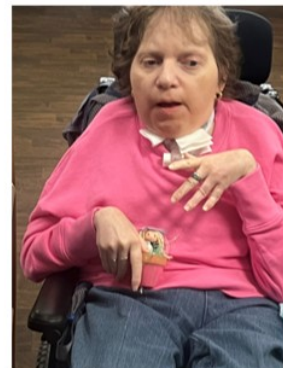
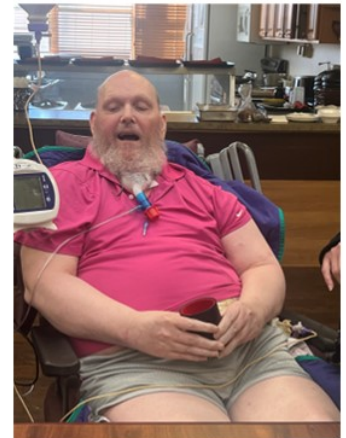
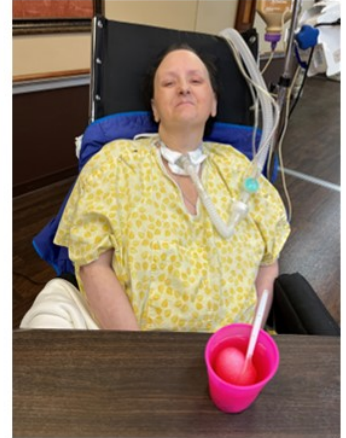


Memories...

In typical Midwest fashion, March has come to a conclusion buried in a mountain of snow! But that didn't stop us from enjoying the beginning of spring with some of our favorite activities!

Throughout the month we have been busy coloring Easter eggs, playing new games, as well as planning the scheme for our courtyard garden. We enjoyed music performances by Lorn & Royce Band, as well as welcoming back Steve Szydel. We also tried a new recipe in our cooking group, frozen yogurt accompanied by homemade granola, it was delicious! One of the highlights from the month was a Cookie Decorating Workshop put on by Carrie Fetter of Butterstick Bakery! We had so much fun learning to new techniques on the art of cookie decorating! We are looking forward to having Carrie back later this year. We were also excited to welcome back the students from McDonnell Area Schools who came in to work with residents on crafts and a few rounds of bingo! We also tried our St. Patrick's Day luck playing a new dice game called "Lucky Leprechaun" in which residents had to take a chance on rolling of the dice! We also welcomed a new therapy dog to the team, Tucker, who is a sweet Border Collie. Thank you to his handler, Diane, for sharing him with us!

Coming up in April, the fun will continue with seed planting, decorating our baseball caps, and golf games in lieu of the Masters Tournament coming up. We are looking forward to warmer days ahead!



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.

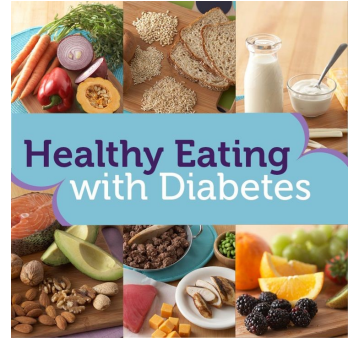
Most inexpensive power strips you find at the store are not UL listed. This means they have not been put through independent testing to ensure their safety. A lot of these are also built with cheap components and have no overload protection in place. Furthermore, all the outlets in our building have 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.

Article Contributed by Brent Swan, Maintenance Technician for Dove Healthcare - Rice Lake

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!

Article Contributed by Michele Kuffel, Nutritional and Environmental Services Director for Dove Healthcare - Rice Lake



Dove Healthcare—
Regional Vent Center
Recreation Calendar is Subject to Change

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>APRIL FOOLS DAY</p> 	<p>2:30 Classic Board Games</p> 	<p>2:30 Crafting Corner - Sock Caterpillars</p> 	<p>1:15 Vent Outing</p> <p>2:30 Dice Games</p> 	<p>2:30 Ecumenical Worship Service</p>  <p>Chapel</p>	<p>2:30 Bingo</p>  <p>CR</p>	<p>9:15-12:00 Morning Greetings*</p> <p>1:30-3:00 Mail Pass & Visits*</p>
<p>Independent Materials on 2nd floor Book shelves or In CR</p>	<p>2:30 Taste Tester - Exotic Fruits</p> 	<p>2:30 Tuesday Tunes with Larry Radle</p> 	<p>2:30 Seed Planting</p> 	<p>2:30 Birdies and Eagles</p>  <p>CR</p>	<p>9:45 Catholic Mass</p> <p>2:00 Bingo with Happy Hour</p>  <p>Chapel</p> <p>CR</p>	<p>9:15-12:00 Morning Greetings*</p> <p>1:30-3:00 Mail Pass & Visits*</p>
<p>Independent Materials on 2nd floor Book shelves or In CR</p>	<p>2:30 Mindful Music</p> 	<p>11:00 Therapy Dog Visits with Tucker</p> <p>2:30 Clay Planters Pt 1</p> 	<p>1:15 Vent Outing</p> <p>2:30 Clay Planters Pt 2</p> 	<p>2:30 Ecumenical Worship Service</p>  <p>Chapel</p>	<p>10:30 Rosary</p> <p>2:30 Bingo</p> <p>3:30 Resident Council</p> <p>CR</p>	<p>9:15-12:00 Morning Greetings*</p> <p>1:30-3:00 Mail Pass & Visits*</p>
<p>Independent Materials on 2nd floor Book shelves or In CR</p>	<p>2:30 Cooking Group - Pinwheels</p> 	<p>2:30 Monthly Birthday Party with Daniel Corn</p> 	<p>1:15 Vent Outing</p> <p>2:30 Three Game Challenge</p>  <p>CR</p>	<p>2:30 Ball Caps</p> 	<p>10:00 Devotions</p> <p>2:30 Bingo</p>  <p>CR</p>	<p>9:15-12:00 Morning Greetings*</p> <p>1:30-3:00 Mail Pass & Visits*</p>
<p>Independent Materials on 2nd floor Book shelves or In CR</p>	<p>2:30 Card Games</p> 	<p>2:30 Sun Catchers</p> 	<p>2:30 Golf</p> 	<p>Birds</p> 	<p>Sun</p> 	<p>9:15-12:00 Morning Greetings*</p> <p>1:30-3:00 Mail Pass & Visits*</p>

april fools' day

word search



- | | | | |
|--------------|----------------|-----------------|----------------|
| APRIL | PRANKS | LAUGHTER | TRICKS |
| JOKES | SPRING | GAMES | SILLY |
| FOOL | HOLIDAY | SURPRISE | PLAYFUL |



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 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@eau Claire County.gov**



Find us on Facebook

Follow Us on Facebook!

facebook.com/dovehealthcareregionalventcenter

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.

Let's go Paperless

In our effort to go paperless, we can email a PDF version of our newsletter to you. If you or a family member of a resident at Dove Healthcare - Regional Vent Center would like to receive our newsletter via email, please email Liz Thon at: elizabeth.thon@dovehealthcare.com

Nutritional Services Reminders

If you bring in food for your loved one, please only bring enough for a couple of meals. **Make sure it is marked with the resident's name and the date it was brought into the building.** We have to dispose of any food that is over three days old.

- All **guest trays** are \$4.00 per tray.
- The **'guest trays'** are the meal being served that day to the residents.
- The **'Special Order Menu'** is for the residents only.

Laundry Reminders

When bringing in any clothing or personal items for your loved ones, please remember to inform the nurses station on the unit and have ALL items (clothes, blankets, stuffed animals, shoes, etc.) marked appropriately with the resident's name by our laundry department. Also, if Dove Healthcare - Regional Vent Center will be doing your loved ones' laundry, please avoid hand wash or dry clean only clothes. Thank you for your help.

Guest Internet Access

The name of our guest WI-FI network is **'DoveHealthcare- Guest'**.

No password required.

Telephone Numbers

In order to reach a resident or nurse directly, dial **715-723-9348** followed by the extension as follows

- **2nd Floor North** - Rooms 201-212: **Ext. 1242**
- **2nd Floor South** - Rooms 214-225: **Ext. 1278**
- **2nd Floor East** - Rooms 226-232: **Ext. 1224**

FOR QUESTIONS ABOUT RECREATION, VOLUNTEERING, OR THIS NEWSLETTER:

LIZ THON, CTRS- Director of Therapeutic Recreation & Volunteer Coordinator

PHONE: 715-720-2271

EMAIL: Elizabeth.thon@dovehealthcare.com