



Dove Healthcare

April 2024 Newsletter · Dove Healthcare - Barron Assisted Living

Update from the Administrator

Greetings from Dove Healthcare,

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 Lori at 715-537-1151 or lori.vaness@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



April Special Events

April 17 - Spring Cleaning Sale
April 24 - Music with Jack Gorski

Employee Anniversaries

Ellie P 1 year
Allison R 3 years

Employee Birthdays

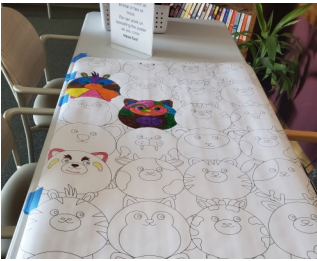
Melinda 4/27
Melinda B 4/27



March Memories



We made these neat Easter lilies by tracing our hands and then incorporating pipe cleaners. They brought some Easter cheer and brightened up the place!



We created a space for those that like to color or doodle! Stop by the community room to see the poster art work in progress.

A Message from our Director

Hello Everyone -

Despite the snow lingering outside, we eagerly welcome the arrival of spring. While winter's chill may still hold on, let's think warm thoughts with these interesting "spring facts":

Vernal Equinox: Spring officially begins with the vernal equinox, marking the moment when the sun crosses the celestial equator, resulting in nearly equal day and night lengths. This event typically occurs around March 20 in the Northern Hemisphere.

Cherry Blossom Festivals: Across various parts of the world, particularly in Japan, spring is celebrated with cherry blossom festivals known as "Hanami." These festivals attract millions of visitors who gather to admire the fleeting beauty of cherry blossoms in full bloom.

Animal Migration: Spring signals the return of many migratory bird species after wintering in warmer climates. It's a time of great activity in the animal kingdom, with animals emerging from hibernation and birds embarking on long journeys to their breeding grounds.

continued...

....continued

Spring Ephemerals: Spring ephemerals are wildflowers that bloom briefly in early spring, taking advantage of the sunlight before trees fully leaf out and shade the forest floor. These flowers include species like trilliums, bloodroots, and Dutchman's breeches, adding bursts of color to woodland landscapes.

Spring Equinox Celebrations: Spring equinox celebrations have ancient roots in cultures around the world. Many festivals and traditions symbolize the themes of rebirth, renewal, and fertility associated with the arrival of spring. Examples include the Persian New Year celebration of Nowruz and the Hindu festival of Holi.

Hoping your spring is full of joy!
Lori Van Ess, Director

Tenant Updates:

Do you like to crochet? ***Join us on Fridays*** to learn how to crochet. Courtney recently showed some tenants how to make a dish cloth. Soon they will be making more fun items, and we can't wait to see what they create!

We will be having a **Spring Cleaning Rummage Sale on Wednesday, April 17!** Start cleaning those closets out, and see what items you don't need (it could always be another person's treasure). See Lori Van Ess with questions.

The puppies from **Little Red Barn Dog Rescue** will no longer be coming to visit us as LRBDR is transitioning to focus on aquatic creatures instead. If they do reopen with dogs, we'll of course have them back to visit.

For the months of April and May, **Thursday Bingo will be played in the dining room** due to the community room being in use for a community program with the ADRC.



Thank You, Volunteers!

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 at Dove Healthcare. They take on a variety of responsibilities and help to bring the community here to 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!

Lori Van Ess
Director



Memories from the Month

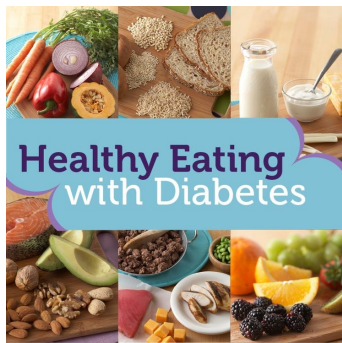


Our Dove Healthcare - Barron and Rice Lake Polar Bear Plunge Team did a great job fundraising AND jumping into the very cold waters of Lake Como in Bloomer! We are looking forward to getting a trishaw in the next few months. Thanks to everyone who helped us reach our goal!



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 submitted by Michele Kuffel,
Nutritional and Environmental Services Director
for Dove Healthcare - Rice Lake*

Congratulations to Brent Swan! April 2024 Employee of the Month at Dove Healthcare - Rice Lake

“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 Barron team too!



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: 715-537-1151 or lori.vaness@dovehealthcare.com





Connection • Courage • Companionship

Monthly **PARKINSON'S SUPPORT GROUP**

An encouraging and informative gathering for those living with Parkinson's disease, including their family and care partners.

2nd Wednesday of the Month • 2-3:30PM

Dove Healthcare - Rice Lake • 910 Bear Paw Avenue

All meetings will be held in the private therapy gym. Please follow visitor protocols as noted at the entrance. Please do not attend if you have any symptoms of illness.

Questions or Registration:

Lori Van Ess, Director of
Dove Healthcare - Barron Assisted Living
P: 715-537-1151, ext. 14010
E: lori.vaness@dovehealthcare.com

An important part of living well with Parkinson's disease is understanding the disease and its progression, as well as having a network of support. You will hear from guest speakers on a variety of topics, including resources, caregiver support, exercise, and safety.

In partnership with the Wisconsin Parkinson Association.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WELCOME SPRING</p> 	<p>1:00 Bible Study</p>  <p>yaD slooF lirpA</p>	<p>10:00 Catholic Communion 2:00 Quarter Bingo</p> 	<p>10:00 Chair Yoga 2:00 Independent games</p>	<p>2:00 Quarter Bingo</p>  <p>(In dining room)</p>	<p>10:00 Exercise with Pam 2:30 Crocheting Time</p> 	<p>9:00 Coffee Tea Social</p> 
<p>Church services available on TV or on-line independently</p>	<p>1:00 Bible Study</p> 	<p>10:00 Catholic Communion 2:00 Quarter Bingo</p> 	<p>10:00 Chair Yoga 2:00 Independent games</p>	<p>2:00 Quarter Bingo</p>  <p>(In dining room)</p>	<p>10:00 Exercise with Pam 2:30 Crocheting Time</p> 	<p>9:00 Coffee Tea Social 2:00 Movie & Popcorn</p> 
<p>Church services available on TV or on-line independently</p>	<p>1:00 Bible Study</p>  <p>2:30 Balloon Volleyball</p>	<p>10:00 Catholic Communion 2:00 Quarter Bingo</p> 	<p>10:00 Chair Yoga 2:00 Spring Cleaning Sale</p> 	<p>2:00 Quarter Bingo</p>  <p>(In dining room)</p>	<p>10:00 Exercise with Pam 2:30 Crocheting Time</p> 	<p>9:00 Coffee Tea Social</p> 
<p>Church services available on TV or on-line independently</p>	<p>1:00 Bible Study</p>  <p>2:30 Hymn Sing</p> 	<p>10:00 Catholic Communion 2:00 Quarter Bingo</p> 	<p>10:00 Chair Yoga 2:00 Music with Jack Gorski</p> 	<p>10:30 Tenant Meeting 2:00 Quarter Bingo</p>  <p>(In dining room)</p>	<p>10:00 Exercise with Pam 2:30 Crocheting Time</p>  <p>Dine-in</p>	<p>9:00 Coffee Tea Social 2:00 Movie & Popcorn</p> 
<p>Church services available on TV or on-line independently</p>	<p>1:00 Bible Study</p> 	<p>10:00 Catholic Communion 2:00 Quarter Bingo</p> 				

Notes: Library books available near the mailboxes. Games, seasonal coloring pages, and puzzles available for tenant use in the community room.