



# Dove Healthcare

April 2024 Newsletter · Dove Healthcare - St. Croix Falls

## Special Opportunity!

**Mother's Day** will soon be here on May 12, and our wonderful recreation team has a **beautiful, sentimental gift** for you to consider purchasing for a loved one residing with us. The Forever Flower with faux pearl bracelet featured in images below are available with a card for just \$5. Please contact Michelle with questions or to place an order. Thank you.

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### Happy Birthday to our Residents

John P April 9

Dolores B April 22

Gary R April 30

### Happy Birthday to our Employees

Spencer R April 1

Karen H April 24

### April Employee Anniversaries

*Thank you for your dedication to our residents.*

Donna H. (cook) - 7 years

Carla M. (CNA) - 4 years

Haeli P. (LPN) - 1 year

Tiffany R. (CNA) - 1 year

## Proudly Introducing Melissa Clark, our New Administrative Assistant



The next time you visit, please help us give a warm welcome to Melissa! We're grateful to have her part of our Dove Healthcare - St. Croix Falls team! Here's some fun tidbits about her:

- *What's one thing about you that nobody could probably guess?* I own a Harley Davidson motorcycle. In fact, my whole family does, and we all go riding together.
- *If you won the lottery, what is the first thing you would do?* Contact an attorney / accountant, and then find an island in the Caribbean that is for sale.
- *If you could choose to stay a certain age forever, what age would you choose and why?* I would choose 35. Old enough to know better, but still young enough to do it.
- *Name one odd skill that you have that most people don't?* I can cross one eye at a time.
- *What would be the most amazing adventure to go on?* Any type of traveling for me is an adventure, and I love to do it.
- *What chore do you absolutely hate doing?* I hate sweeping/mopping floors
- *What is your favorite indoor/outdoor activity?* In the summer, I love just chilling in my pool; in the winter I like to hang out and watch movies.
- *When was the last time you were nervous?* A month ago in my interview with Sharla and Sherri.
- *What sound do you love?* I love thunderstorms.
- *What was the first thing you bought with your own money?* My first car.



## Employee Spotlight: Alexis Beese, Director of Nursing



We hope you enjoy these monthly spotlights to help you get to know our leadership team better. This month, we're happy to introduce you to Alexis Beese, registered nurse and our director of nursing!

- *What is it about you that most folks don't know?* I am building a multigenerational home with my family.
- *What is the most unusual aspect of working here?* We are small and rural, but that doesn't limit us very much.
- *What is your favorite pastime?* Reading and shooting archery league.
- *Where is your favorite destination you've visited, and why?* I would have to say Alaska. I went there on a cruise, and it is absolutely amazing. I would love to go back and see more.
- *What is your favorite hobby?* Reading and crocheting.
- *Are you currently binge-watching any shows?* Nothing currently, but the Walking Dead show was the most recent.
- *If you had to eat one meal every day for the rest of your life, what would it be?* I love food, so I am not really sure, but probably pizza.
- *What's one item you can't live without?* My dog, he makes me smile and helps to remind me to be kind to me.
- *What is your favorite part of your job?* Seeing my residents happy, watching my team members grow and being able to help in that process.
- *How long have you been with Dove Healthcare?* I started here in January 2023 as a floor nurse and transitioned to MDS coordinator in April before being offered the role of director of nursing.

We hope you've enjoyed getting to know Alexis! Stop by and introduce yourself to her the next time you visit Dove Healthcare - St. Croix Falls. She looks forward to meeting you.

Thank you, Alexis, for sharing YOU with US!

## Nursing Headlines

National Self-Care Day is observed in April and 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, let us celebrate by honoring ourselves and committing to self-care as an integral part of our daily routine.

*Article contributed by Director of Nursing Vickie Haney at Dove Healthcare - Rice Lake.*

## 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!



# VOLUNTEER



## National Volunteer Week

While we celebrate National Volunteer Week April 21-27, we are grateful for our volunteers all year round! Volunteers are a cornerstone to our care center, 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 recognize 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 our residents in any capacity, please complete the **online volunteer application on our website [dovehealthcare.com](http://dovehealthcare.com)**. Go to “Join our Team” and then click on “Volunteer”. Whether one day a week, a month, or year - we welcome your time, anytime!

**Contact Recreation Director  
Michelle Boettcher with any questions.**  
715-483-9815, ext 42718  
[michelle.boettcher@dovehealthcare.com](mailto:michelle.boettcher@dovehealthcare.com)

## 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 us 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*



# March Memories!



St. Patrick's  
Day &  
Easter Fun!





# Find us on Facebook

Follow Us on Facebook!

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

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.

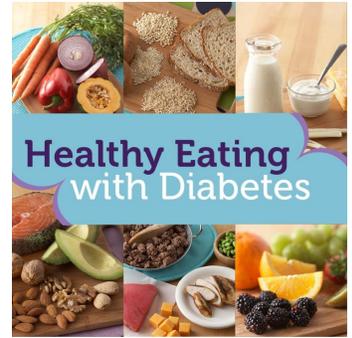


Scan QR code, or visit [dovehealthcare.com/recognize](https://dovehealthcare.com/recognize) today. Please be specific and briefly explain how the employee went above and beyond. Did they exceed the needs of a resident?

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.

## 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*