



# Dove Healthcare

April 2024 Newsletter · Dove Healthcare - Osseo and Osseo Assisted Living

## Message from our Administrator



Hello Everyone,

Happy April! We are looking forward to nicer weather and more outdoor activities and events.

We would like to express our gratitude to everyone who contributed to the success of our

March fundraisers. Breakfast with Leprechauns was an absolute blast, and the Dove Healthcare Community Foundation's Polar Bear Plunge was a huge success. A big shout out to **Union Home Mortgage, Kings Valley Lutheran, Trinity Parish, and Black River Power Sports** for their generous support as sponsors and donations. Thanks to the support we received from the community, we are getting closer to our goal of purchasing a trishaw bike for seniors in the Osseo area, as well as our residents and tenants to enjoy leisurely rides through Osseo.

We look forward to celebrating and recognizing the dedication of our volunteers during National Volunteer Week April 21-27. Our residents and tenants are lucky to live in such a supportive community. We appreciate your time, effort, and compassion in assisting with our activities and events.

I want to take a moment to remind everyone of our current openings at Dove Healthcare – Osseo. If you or someone you know is in need of skilled nursing care or assisted living care, please give us a call to learn more or schedule a tour!

For long-term care or short-term rehabilitation, please contact our admissions team at 715-930-6040. For assisted living, please contact Assisted Living Director Jenni Lange at 715-597-8922.

Thank you, and have a great month!

Ben Franks, NHA, Administrator



## Welcome to our Skilled Nursing & Rehabilitation Center

Edward Smick  
Deborah Drescher  
Delar Travis  
Milly Travis

## Welcome to our Assisted Living Residence

Wilfred Kindschy  
John Kohlman  
Joe Urban

## Happy Birthday!

Roger Kensmoe 4-2  
Edith Johnson 4-3  
Jane Tatroe 4-15



*Caring for Osseo* PERSONAL. LOCAL. LOYAL.

## 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

*Our Osseo team BEFORE the jump....*

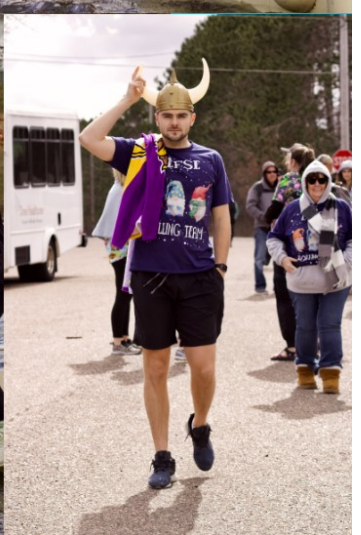


*.... Our Osseo team AFTER the jump!*

### 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





## An Update from Dove Healthcare - Osseo Assisted Living!

Greetings,



Our tenants enjoyed Easter celebrations and other wonderful events this past month. We are eagerly looking forward to warmer weather and bus outings in the months ahead.

I would sincerely appreciate your referrals if you know anyone considering a move to a studio or one-bedroom assisted living apartment.

### Up to 28 hours a week in care may include:

- + help with dressing, grooming, bathing, toileting, transferring, and ambulating
- + medication administration, including injections and blood sugar checks
- + wound care and oxygen therapy
- + catheter care and ostomy management
- + weekly visits by a nurse

### PLUS, we also provide:

- + caregivers onsite 24/7
- + 3 nutritious meals daily in our spacious dining room
- + weekly laundry and housekeeping
- + transportation to in-town appointments and weekly outings
- + routine activities, including unique opportunities like book club
- + onsite physical, occupational, and speech therapy services

An assessment prior to admission will determine if we can confidently meet all of your care needs. We will work with your family and you to help ensure a smooth a transition from wherever you presently call home. We look forward to meeting you!

### Learn more:

web: [dovehealthcare.com](http://dovehealthcare.com)  
phone: 715-597-8922 or  
email: [info@dovehealthcare.com](mailto:info@dovehealthcare.com)

Sincerely,  
Jenni Lange, Director

## March Memories at Dove Healthcare - Osseo Assisted Living!



## 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 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 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 tenants and residents in any capacity, please contact Thea Kurth, recreation director for Dove Healthcare - Osseo!

# 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!

## Congratulations to Heidi Meegan, Our February Employee of the Month!



“Heidi has been with us about two years and has grown to work in every position in the kitchen. She is willing to fill in whenever needed and is the lead trainer for nutritional services. I sincerely appreciate her,” shared Audra Christopher, nutritional services director.

Recreation Director Thea Kurth commented, “She is the best meatloaf maker!”

Thank you, Heidi, for your dedication to our residents at Dove Healthcare – Osseo. We are lucky to have you!

## March is Social Work Month



We are happy to recognize Social Worker Jassica “Jass” Bauer during Social Worker Month!

Administrator Ben Franks said, “Dove Healthcare – Osseo is very lucky to have such a wonderful social services director! Jass is still pretty new, but has already done so much

for the residents of our skilled nursing center. It has been very impressive to see her utilize her knowledge and experience to help improve our residents' lives. We have had fun getting to know her better, and we are glad we had the chance to recognize and celebrate her and all she does.” Thanks for all you do, Jass!



## Thank You...

- Kings Valley Lutheran Church and Union Home Mortgage for sponsoring our Polar Bear Plunge.
- Trinity Lutheran ELCA and Black River Power Sports for donating to the Polar Bear Plunge.
- All jumpers for raising money for the Polar Bear Plunge.
- Jackie Tiller for the gift cart and happy hour donations.
- All pastors for providing Lenten Services and Sunday Services.
- Augusta Mennonites for your sing along.
- Administrator Ben Franks for providing his musical talents this month.
- Bud & Sue Wackcik for the stuffed animals.
- All the children who participated in the Easter Egg Hunt.
- All entertainment for your wonderful musical talents.
- Toni Dahl family for the memorial in memory of Toni.
- Bert & Rosie Steffens for the generous donation.
- Immaculate Conception Church for providing communion and Mass.
- Jane Brown for the beautiful quilts you made and donated.

## Our Sincere Sympathy

The Dove Healthcare family wishes to extend our sincere sympathy to the family of...



**Colleen "Toni" Dahl**  
**Jean Ripp**  
**Janice "Kay" Wozney**

Although gone from this place, their presence in our lives will remain a precious memory. Thank you for giving us the opportunity to care for your loved one.

## Worship Services - 2PM

- April 7 United Church of Christ
- April 14 Osseo Lutheran
- April 21 Osseo Community Church
- April 28 Trinity Lutheran

## Music - 2PM

- April 10 Music with Steve Szydel-2PM
- April 16 Music with Todd Barlett-2PM
- April 24 Music with Frenzy-2pm

## Special Program

- April 17 Augusta Mennonite sing along-6:30

***BRRR... It may be too late to jump, but it's never too late to donate to a very worthy cause. The Dove Healthcare Community Foundation is still accepting donations towards a trishaws bike for seniors in the Osseo area community!***





# Breakfast with a Leprechaun





## 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.

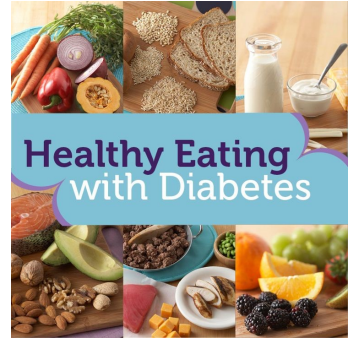
Most inexpensive power strips you find at the store are not UL listed. This means they have not been put through independent testing to ensure their safety. A lot of these are also built with cheap components and have no overload protection in place. Furthermore, all the outlets in our building have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





# Find us on Facebook

## Follow Us on Facebook!

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

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.

## Hello and Happy Spring from Nutritional Services at Dove Healthcare - Osseo!

The birds are chirping, the sun is shining, spring flowers are blooming, and we are so excited to welcome the new season. From Easter lunch to a backyard barbecue, no spring event is complete without a platter of deviled eggs. Customize this recipe to your preferences, or use these traditional ingredients. Garnish with paprika for a beautiful presentation.

### Classic Deviled Eggs

12 deviled egg halves

#### Ingredients

- 6 large eggs
- Ice
- 2 Tbsp. mayonnaise
- 1 1/2 Tbsp. sweet or dill pickle relish
- 1 tsp. yellow mustard
- 1/4 tsp. kosher salt
- 1/4 tsp. black pepper



Garnish: paprika (optional)

#### Directions

- Fill a large pot with water; bring to a boil over high. Carefully lower eggs into boiling water; cook, undisturbed, for 11 minutes, 30 seconds.
- Meanwhile, fill a large bowl halfway with ice; add water to cover. Set ice bath aside.
- Using a slotted spoon, immediately transfer cooked eggs from boiling water to ice bath. Let stand until completely cooled, at least 5 minutes.
- Working with 1 egg at a time, firmly tap on a flat surface until cracks form all over the shell. Peel under cold running water.
- Cut eggs in half lengthwise; remove yolks. Set egg white halves aside.
- Using a fork, mash together yolks and mayonnaise in a medium bowl. Add relish, mustard, salt, and pepper; stir well to combine.
- Spoon or pipe about 1 tablespoon filling into each egg white half.
- Garnish with paprika, if desired.
- Serve immediately, or store, covered, in refrigerator up to 3 days.