

A Message from the Administrator

Greetings,

I hope your spring is off to a great start! If you have been a recent visitor to Dove Healthcare - West Eau Claire, you have likely noticed the new carpeting project underway. This refresh certainly fits with the spring theme of renewal.

I appreciate the patience and understanding everyone has shown during this time. Many of our team members have been temporarily displaced as offices are carpeted, and our residents have had to navigate new paths to and from the therapy gym, appointments, etc. Thank you for bearing with us!

I estimate this project will be fully completed the first week in April. Along with this project comes new office locations for our administrative team members. If you need assistance finding someone, please let us know, and we are happy to help.

As always, we are committed to making Dove Healthcare - West Eau Claire an inviting, comfortable environment for those entrusted in our care and our valued team members too.

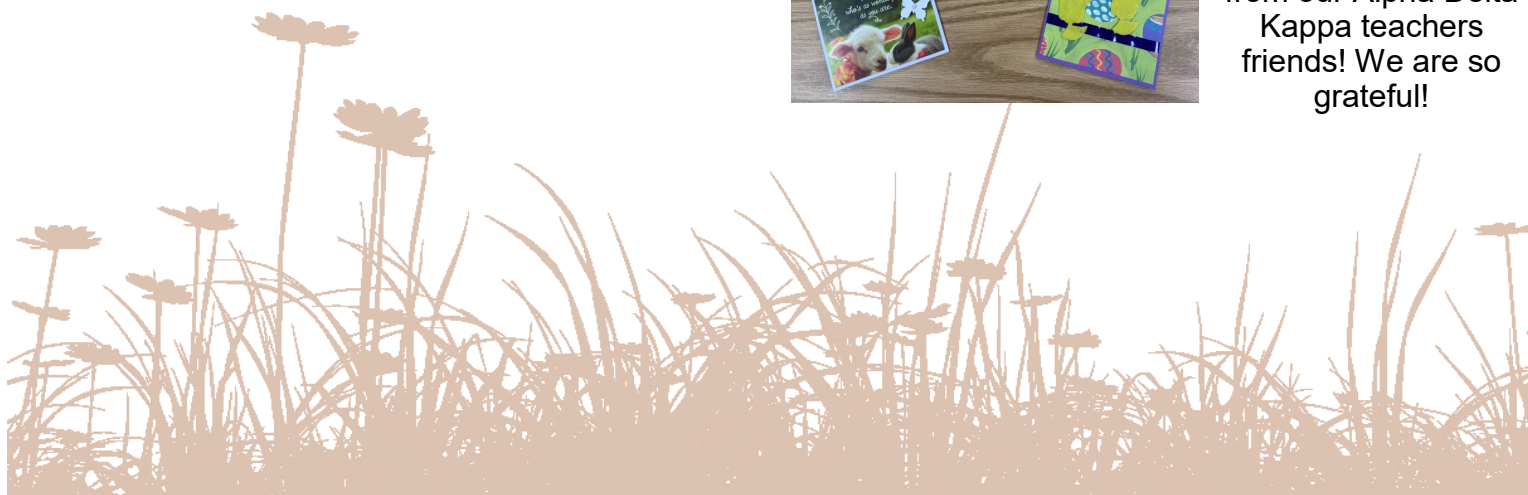
Happy Spring,
Tricia Thatcher



Photo above features the new carpeting in our lobby.



Look at the beautiful cards we received from our Alpha Delta Kappa teachers friends! We are so grateful!



Congratulations to Holly Kucera! March 2024 Employee of the Month



"I am so proud that Holly is being recognized as our Employee of the Month. In her role as health information specialist, Holly not only cares for our residents here, but also Dove Healthcare – Osseo, Orchard Hills Assisted Living, Rutledge Home, and South Eau Claire. Holly's ability to always get the job done can be

attributed to her highest attention to detail and concentration on her work. Her diligence and ability to remain calm get her through even the busiest of days. She is well respected in the department and in the company. Holly is always ready and willing to jump in and assist in whatever is needed, and through all the changes over the years, she has been steadfast, reliable, and dedicated. Thank you for your incomparable service and dedication, Holly," shared Health Information Director Juliane Ader.

Holly responded, "My journey with Dove Healthcare started in July 2010 in the kitchen at Dove Healthcare - South Eau Claire, and then I joined the team here in March 2012 as a health information specialist. It has been a wonderful experience, and I have learned a lot over the years. I have also assisted with filling in as health unit coordinator and in transportation. I am still learning new things every day! Every day brings something new, and it is always an adventure. In my nearly 14 years with the company, there is one thing that has always stood out to me and that is the commitment to our residents. Every department works together to make sure that the residents are getting the best of care. Thank you for the recognition. It is truly an honor being part of an amazing team."

Thank you so much for all you do, Holly! We are so grateful to have you as part of our team.

Congratulations to Amy Sprague! March 2024 Rookie of the Month



"Amy's outstanding teamwork, proactive attitude, and willingness to take on challenges have set a remarkable example for her peers and co-workers. Her adaptability to combine the two departments she works in (restorative therapy and recreation) speaks volumes of her desire to improve the quality of life for all of our residents. She is truly a valued member of our team," shared

Recreation Director Melissa Neill.

"Amy joined our team to help us build something new with our restorative program. She has worked hard on implementing programs benefitting the physical and social aspects of exercise. Amy connects with patients well and works diligently to make exercise fun for all. She is a great communicator and asset to this team. We appreciate her for all she does for us," added Regional Director of Rehabilitation Angella Niblett.

Amy responded, "I am honored to be chosen for Rookie of the Month! I enjoy working here, and the residents are so much fun. The employees are so supportive, and go above and beyond to provide the best quality care. My favorite part of the day is bringing happiness and positive energy to our residents. Outside of work, I enjoy spending time with my friends, family, and dog, Lucy. I also love music and going to concerts. Thanks again for recognizing me!"

Thank you so much for all you do for our residents, Amy! We appreciate you.

Please Welcome Tony Nichols, Office & Event Coordinator



Please join us in welcoming Tony Nichols to our Dove Healthcare - West Eau Claire team!

Tony brings with him over 10 years of experience working in senior living communities, including dining, caregiving, sales and marketing, as well as administration.

You'll find Tony at first floor reception in the lobby. He is excited to be the "face of Dove Healthcare - West Eau Claire" as he welcomes visitors and assists our residents, families, and team members.

We are excited for Tony to coordinate and boost events in the Community Room and for our employees, as well as his leadership of the front office responsibilities.

When not at work, Tony enjoys spending time with his wife, Alex, and their three children, Hadlee (6yrs), Jaxon (4yrs), and Paisley (1yr). They also enjoy their dogs, Athena (Bull-Pug) and Vixen (Samoyed).

Please help us in giving Tony a warm welcome!

Recipe of the Month from Sheila Moehle, Nutritional Services Director

Creamy Olive Dip

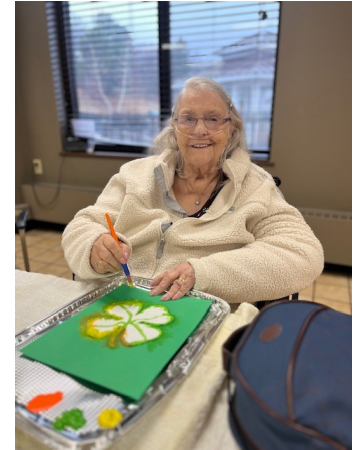
- 8oz cream cheese, room temperature
- 8oz sour cream & chives
- 1 small jar green or mixed olives, pitted, drained and chopped
- Mix cream cheese & sour cream, add olives and chill
- Serve with crackers or fresh veggies



Bacon wrapped olives

- Your choice of olives, drained – use regular green, jalapeno stuffed, garlic stuffed, blue cheese, feta, etc.
- Wrap each olive with 1/3 slice bacon, secure with toothpick
- Grill until bacon is to your liking, or bake in 350* oven until bacon is cooked.

March Memories



Green was the theme during a painting group!



Casual recreation team member (and past director) Kris Metcalf had her daughter, Jenni, and two grand kids, Amelia and Nora, join us for bingo. They brought Girl Scout cookies for us to enjoy too! Many thanks to Kris' nephew, Brad, for sponsoring the cookies.



This adorable, sweet dog is Heidi! Thank you to Kevin from the humane society for bringing her by to visit!



Foundation Fundraiser a HUGE Success

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
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



That's Tricia, our administrator!



Thank You!

March was **National Social Work Month**. We'd like to extend a huge THANK YOU to our entire social services and admissions team. You all mean so much to our residents and their families, as well as the entire team at Dove Healthcare - West Eau Claire.



Photo above features:

- Kris Modl - Admissions Director
- Cassie Chrystal - Admissions Coordinator
- Christine Knorn - Admissions Coordinator
- Jessica Hagen - Social Services Coordinator
- Jennifer Bures-Hodny - Social Services Coordinator

Missing from photo: Jacky Coulter – Admissions Coordinator



Find us on Facebook

Follow Us on Facebook!

facebook.com/dovehealthcarewesteauclaire

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

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.

Recreation Highlights

THANK YOU VOLUNTEERS . . .

April 21-27 has been set aside as a time to recognize and say thank you to our volunteers. The role of volunteers is an important one in any organization, but I think in a care center such as ours these caring individuals are even more valued.



Our volunteers are vital members of our team and take on many responsibilities and help to bring the community to our residents. They come from diverse backgrounds - students, parents, and retirees. There is always room for people who have the desire to serve! 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.*

To those who want to explore the possibility of serving others, we encourage you to take the next step - **become a volunteer!** If you are interested in joining our team of great volunteers and would like more information, please contact me: 715-930-6044 or melissa.neill@dovehealthcare.com

Our volunteer application process is quick and easy! Just go to our website dovehealthcare.com and go to "Join our Team" and then click on the volunteer page to bring up the online application. We look forward to hearing from you!

Melissa Neil
Recreation Director

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.

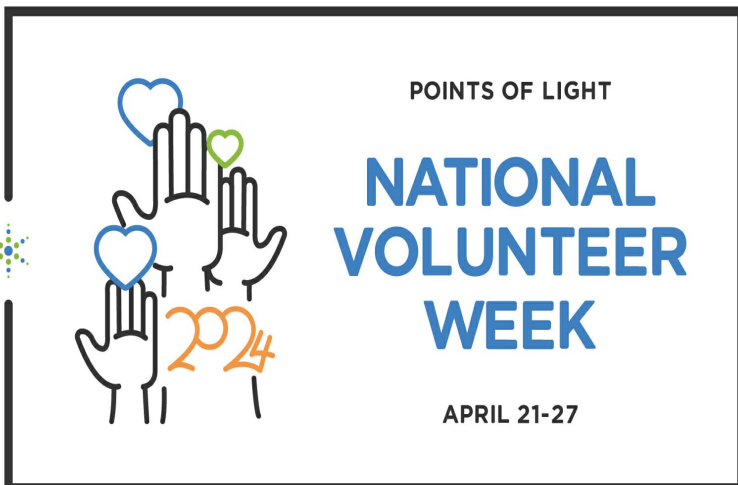


Every outlet or receptacle is only able to handle a certain load. By using a power strip and plugging in multiple appliances, there is a risk of overloading that circuit. If you're lucky, when the overload occurs there is a circuit breaker that will trip cutting off electricity to the overload. However, 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





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@eauclairecounty.gov

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Morning Hello/Paper Colorado Wildflower Voyage Day Room Hot Seat Day Room Sensory Oasis Evening Activity-Day Room April Fools' Day	2 Morning Hello/Paper Exercise/Brain Games Day Room Craft With Amy Day Room Rosary - Day Room Bingo Day Room	3 Morning Hello/Paper Where In The World? Day Room Spelling Bee Day Room Bible Study With Laura w/OH Day Room Pokeeno Day Room	4 Morning Hello/Paper Mass Community Room Bingo Day Room Manicures & Visits 2nd Nature Video Day Room	5 Morning Hello/Paper Sonshine Bible Study Day Room Happy Hour w/ OH 1st Pub Popcorn & a Movie, The Chosen Day Room	6 Morning Visits Sensory Oasis Day Room Weekend Surprise Room Visits
Morning Visits Messiah Lutheran Day Room Weekend Surprise Room Visits	7 Morning Hello/Paper Nevada Voyage Day Room Puppy Visits With Sam Day Room Coda Pet Visit Dove Cart & Visits 1st Evening Activity Day Room	8 Morning Hello/Paper Exercise/Brain Games Day Room Game Day Room Dinning Committee - Day Room Happy Hour - 1st Pub Bingo Day Room	9 Morning Hello/Paper Do You Hear What I Hear? Day Room Baking With Jesse Day Room Sensory Oasis Pokeeno Day Room	10 Morning Hello/Paper Mass Community Room Bingo Party w/OH Community Room Manicures & Visits 2nd Nature Video Day Room	11 Morning Hello/Paper Sonshine Bible Study Day Room Happy Hour w/ OH 1st Pub Popcorn & a Movie, (TBD) Day Room	12 Morning Visits Sensory Oasis Day Room Weekend Surprise Room Visits
Morning Visits Messiah Lutheran Day Room Root Beer Floats Treat Cart Room Visits	13 Morning Hello/Paper Exercise/Brain Games Day Room Resident Council Day Room Piano With Bev - Day Room Dove Cart & Visits 1st Popcorn & a Movie, TBD Day Room	14 Morning Hello/Paper Exercise/Brain Games Day Room Horse Racing Game Day Room Rosary - Day Room Bingo Day Room	15 Morning Hello/Paper Jeopardy Game Day Room Birthday Party w/OH Community Room Bible Study With Laura w/OH Day Room Pokeeno Day Room	16 Morning Hello/Paper Mass Community Room Bingo Day Room Sensory Oasis Nature Video Day Room	17 Morning Hello/Paper Sonshine Bible Study Day Room Happy Hour w/ OH 1st Pub Evening Activity Day Room	18 Morning Visits Trivia/Social Day Room Weekend Surprise Room Visits
Morning Visits Messiah Lutheran Day Room Weekend Surprise Room Visits	19 Morning Hello/Paper Exercise/Brain Games Day Room Game Day Room Dove Cart & Visits 1st Bingo Day Room	20 Morning Hello/Paper Exercise/Brain Games Day Room Game Day Room Dove Cart & Visits 1st Bingo Day Room	21 Morning Hello/Paper Fun With Kris Day Room Bell Choir With Kris Day Room Coda Pet Visit Sensory Oasis Evening Activity Day Room	22 Morning Hello/Paper Out To Eat - RSVP Day Room Movie Day Room Dove Cart & Visits 1st Evening Activity Day Room	23 Morning Hello/Paper Exercise/Brain Games Day Room Game Day Room Dove Cart & Visits 1st Bingo Day Room	24 Morning Visits Sensory Oasis Day Room Weekend Surprise Room Visits
Morning Visits Messiah Lutheran Day Room Root Beer Floats Treat Cart Room Visits	24 Morning Hello/Paper Exercise/Brain Games Day Room Humane Association Pet Visit Day Room Sensory Oasis Pokeeno Day Room	25 Morning Hello/Paper Mass Community Room Bingo Day Room Manicures & Visits 2nd Evening Activity TBD (with college students) Day Room	26 Morning Hello/Paper Sonshine Bible Study Day Room Happy Hour w/ OH 1st Pub Evening Activity Day Room Arbor Day	27 Morning Visits Trivia/Social Day Room Weekend Surprise Room Visits	28 Morning Visits Messiah Lutheran Day Room Root Beer Floats Treat Cart Room Visits	29 Morning Visits Sensory Oasis Day Room Weekend Surprise Room Visits

April 2024

"Resident Of The Month" Lionell Pettibone

Activities Will Take Place Between The Hours of 10 am-6pm *Activities Are Subject To Change*