



Dove Healthcare

April 2025 Newsletter · Dove Healthcare - Barron Assisted Living

A Message from the Director

Goodbye, March and Hello, April!

What fun March has been, but we are looking forward to April showers bringing May flowers.

In April, we are starting the **renovation shower project**, meaning those apartments that have a tub will be getting a walk-in shower. We are very excited about this project! We will be completing about two showers per month, one apartment at a time. Please be patience with us as we do our best to get this project completed as quickly as possible. If for some reason this project has you out of your room for a bit, we have the guest rental room to use and will help accommodate you in anyway needed during this time. We have a total of 21 apartments that will be renovated with the walk-in shower, and I have a timeline of when to expect each apartment's renovation to be completed.

This month, we will also be starting **Tuesday salad bar**, and we look forward to making sure you get all the fixings from fruits, to veggies, to a seafood salad, and a voted favorite, herring! With this being new, please let us know if there is something we are missing or need to include as each week it might vary a bit in what prepared salads or fruits and veggies will be on the salad bar. We look forward to bringing this back, and we hope you all do too! We will still have the soup and sandwich option for those who are not interested in the salad bar.

We are surely looking forward to April, and the sunshine and warmer weather it will bring. As always, my door is open for any concerns or suggestions you may have. Wishing everyone a Happy Easter!

Jena Florczak
Director



Welcome New Tenants!

Patty G

Happy Birthday, Employees!

4/13 Sasha P

4/27 Jennifer C

Employee Anniversaries!

Susie N 1 year

Ellie P 2 years

Allison R 4 years

Welcome New Employees!

Jennifer C



Find us on Facebook

Follow Us on Facebook!

facebook.com/dovehealthcarebarron

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.

April is Occupational Therapy Month

Article by Emily Erickson, regional assistant director of rehabilitation, and Amy Scribner, rehabilitation director and COTA at Dove Healthcare - Spooner.

The American Occupational Therapy Association defines occupational therapy (OT) as the only profession that helps people across the lifespan do the things they want and need to do through the therapeutic use of daily activities.

The profession was born in 1917, the same year the U.S. entered World War I. The sudden need for rehabilitation of soldiers from physical injuries and shell shock was formative in occupational therapy falling under the umbrella of physical medicine, as well as mental health.

Through the process of evaluation, assessment, and interventions, occupational therapists help their patients overcome limitations and restore independence in the activities that matter most to each individual patient.

OT is helpful in the treatment of:

-stroke	-spinal cord injury
-traumatic brain injury	-developmental disabilities
-cerebral palsy	-low vision
-Parkinson's	-amputation
-orthopedic conditions, including rotator cuff tear /repair, carpal tunnel syndrome, tendonitis, and arthritis.	



Benefits may include:

- **maintaining or regaining** the ability to perform daily tasks such as bathing, dressing, eating, and personal hygiene
- **learning** how to use recommended adaptive equipment to increase independence with self-cares
- **strengthening** fine and gross motor skills, **improving** coordination and mobility
- **assisting** with fall prevention through environmental modifications and recommendations (i.e. decluttering a space to make it easier to maneuver through, getting rid of throw rugs to decrease the chance of a walker getting caught up on it)
- **completing** home assessments to determine the need for equipment at home, such as a bath bench or toilet riser
- **improving** or maintaining a caregiver's health and wellness by increasing a care receiver's level of independence with transfers, standing, cares

For more information, contact Regional Director of Rehabilitation Angella Niblett: 715-723-9348, ext. 1243

Spring is here!



Nursing Headlines

While most people with anxiety need psychological therapy and/or medication to help with their anxiety, there are some ways you can reduce anxiety with lifestyle.

Keep physically active. Start a routine so that you're physically active most days of the week. Exercise is a great stress reducer. Start out slowly and gradually increase the amount and intensity of your activities. Find a friend do them with!

Quit smoking and cut back or quit drinking caffeinated beverages. Both nicotine and caffeine can worsen anxiety. Try some decaf instead.

Use stress management and relaxation techniques. Deep breathing or meditation can be done anywhere and independently.

Make sleep a priority. Do what you can to make sure you're getting enough sleep to feel rested. Stop drinking caffeine in the afternoon and avoid drinking alcohol 4-6 hours prior to bedtime. If you aren't sleeping well, see your doctor.

Eat healthy. Focus on vegetables and a good amount of protein.

Get outside. Try to get fresh air and natural light now that (hopefully) the snow is behind us.

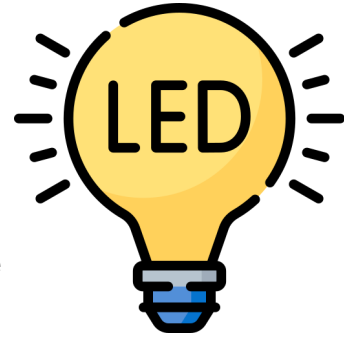
If you are not able to cope with your anxiety with these techniques alone, you should schedule an appointment with your doctor.

Source: Mayo Clinic

Abbie Knutson, BSN RN
Assisted Living Nurse Consultant

A Minute With Maintenance

LED lights have quickly become the most common type of lighting. LED stands for light emitting diode. A man invented these lights while trying to invent a laser. His mistake turned into a bright idea! There are many advantages to using LED lights, such as less heat generation, lower power use, longer lasting, and there is no mercury in LED's as there are in fluorescent lights.



Buying LED's can be confusing if your mind still goes to watts for light volume. Many packages of LED lights have incandescent bulb wattage equivalent charts to help you. The amount of light a fixture gives is measured in lumens. The lights also have a Kelvin rating that relates to warmth or coolness of the light. A low or warm Kelvin rating would be around 3000 k or lower, this appears somewhat yellow; very cool would be 5000 to 6000 k and called daylight or bright white. Many LED fixtures have a switch to adjust the Kelvin rating to your liking.

If you do not want to buy new fixtures, many LED bulbs are compatible with old fixtures. When replacing fluorescents you need bulbs that are ballast compatible, as not all ballast accept these bulbs the same.

Happy spring to you all!

Brent Swan
Maintenance Director



Recreation Highlights

April showers bring May flowers! Can't wait to see spring come back to Wisconsin and hear the birds.

In March, we had fun at our St. Patty's Day Party with some shamrock shakes and pretzel shamrocks, and we heard all about Irish traditions. We joked about how everyone was Irish that day!

We also had a visit from the **Barron County Sheriff K9 Unit. Deputy Hulback brought Jasper**, and we learned all about him and the importance of a K9 in Barron.

We also started a tech help time, which gives the tenants an opportunity to ask technology questions. Be sure to check out an AI article on the next page written by tenant.

Some of our April activities will of course feature Easter, including decorating eggs and making cute baskets.

Tenants, don't forget to keep up your walking logs and turn them into Lori each Monday for a prize. It has been a fun activity and we can encourage others along the way.

Happy Volunteer Week April 20-26

We have many dedicated volunteers that help make our activities a success.

We would like to thank the following individuals and groups:

- ♦ **Pastor Floyd Lunde** from First Baptist Church in Barron: provides Monday Bible Study
- ♦ **Pam Carlson**: implemented a Friday exercise class
- ♦ **St. Joseph Catholic Church**: provides Catholic Communion
- ♦ **First Lutheran Church in Barron**: provides Hymn Sing
- ♦ **Frank**: volunteers for Bingo

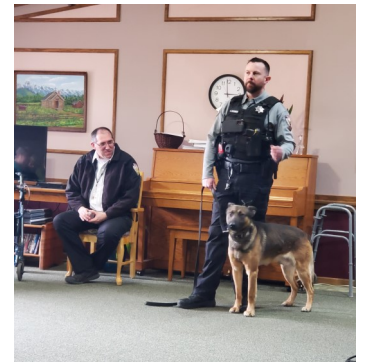
Thank you to all of our wonderful volunteers!

Happy Spring and Easter!
Lori Van Ess, Community Development Coordinator

Memories from the Month



We made some beer cheese dip and honey mustard dip to serve at happy hour. What a treat!



Meet Jasper and Deputy Hulback! They visited us and did some serious snooping around.



We made these fun shamrocks for St. Patrick's Day served with mint shamrock shakes!

The Curious Case of Artificial Intelligence

A short humorous talk for the tenants of Dove Healthcare - Barron Assisted Living
(provided by a fellow tenant)

Dear Tenants of Dove Healthcare - Barron Assisted Living!

Today, we're going on an adventure into the world of Artificial Intelligence — or AI, as the tech-savvy folks call it. Don't worry, you won't need any sci-fi gadgets or robotics sidekicks for this journey, just your lovely selves and a good sense of humor.

Let's start with the basics. AI is like a smarty-pants computer that can think and learn. Think of it as a grandchild who's always reading, always learning, and, let's face it, sometimes a little too clever for their own good.

Advantages:

AI is great at remembering things. Need to recall the name of that actor in that movie you saw back in the day? Ask an AI assistant Siri or Alexa, and they'll tell you faster than you can say, 'Back in my day!'

It can help with daily tasks. From reminding you to take your medication to controlling the thermostat, AI can be your very own personal assistant. No more sticky notes on the fridge! Health monitoring: AI-powered devices can keep an eye on your heart rate, sleep patterns, and even alert you (or your doctor) if something's not quite right. It's like having a nurse who never needs a coffee break.

Disadvantages:

AI can sometimes be a little too "smart". Ever tried to ask your assistant a simple question only to be met with a long, complicated answer? It's like asking your know-it-all nephew for help with your crossword.

It's not perfect. AI can make mistakes. Imagine asking it to play your favorite song and ending up with a heavy metal track instead of a classic tune. Oops!

Privacy concerns. AI collects data to learn and improve, but this also means it knows a lot about you. It's like having a nosy neighbor who sees everything and remembers everything.

So, there you have it, folks! AI is like a handy helper with a few quirks. It can make life easier, but sometimes drives you a bit bonkers. Just remember, it's all part of the fun of living in the future! Thank you for listening, and may your days be filled with both wisdom and a sprinkle of technology!

Written by Tenant Shirely Sampson (with AI help)

Nutritional Notes

Nutritional Tips for a Healthy Spring

- **Stay Hydrated:** As the weather warms up, it's important to drink plenty of water. Hydration is key to digestion, skin health, and energy levels.
- **Balance Your Plate:** Incorporate a variety of colors into your meals with fruits and vegetables. Each color represents different nutrients, so aim for a rainbow of foods.
- **Mindful Eating:** Spring is a perfect time to slow down and focus on how you eat. Practicing mindful eating can help with portion control and improve digestion.
- **Exercise:** With the warmer weather, it's a good time to get into a walking regimen, take the dog, or find a walking partner who will help hold you accountable to walk regularly.

Quick Spring Veggie Stir-Fry

A simple, nutritious dish to try this month!

Ingredients:

1 cup asparagus, chopped
1 cup spinach
1/2 cup radishes, sliced
1 tablespoon olive oil
1 tablespoon soy sauce

Instructions:

Heat olive oil in a pan, add asparagus, and cook for 3-4 minutes. Add radishes and spinach, cook for 2-3 more minutes. Stir in soy sauce and serve!

Have a great month!

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



Meet our 2025 Recipients of the \$2,500 Sandy Rasmussen Scholarship

We are excited to announce the recipients of Dove Healthcare's 8th Annual \$2,500 Sandy Rasmussen Scholarship Award. **Congratulations to Destiny Pichla at Dove Healthcare - Regional Vent Center and Spencer Herrick at Dove Healthcare – Bloomer!**

Destiny & Sandy



Sandy & Spencer



This scholarship was created in honor and appreciation of Sandy Rasmussen, a dedicated, hard-working, and compassionate employee of Dove Healthcare – Rutledge Home for over 50 years! Sandy served in a variety of roles over the years, from resident assistant to nutritional services director. She has also served her community through countless hours fundraising for the Alzheimer's Association and American Cancer Society.

Scholarship Committee Chair Kena Luzinski shared, "Destiny and Spencer emulate Sandy's compassion and energy. We are honored to be able to help them advance their education and career in healthcare."

Destiny, a CNA and medication aide, is enrolled in the nursing program at Northwood Technical College, while **Spencer**, an LPN, is completing the nursing program at CVTC. Both have achieved Dove Healthcare's signature **HomeGROWN** status during their time with us.

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Director of Nursing Ashley Spaeth had this to say about Destiny, "Destiny is very competent of her job duties and continues to challenge herself and grow. She is a CNA, CNA mentor, and medication aide. Destiny demonstrates compassion for our residents, a clear sense of responsibility, excellent organizational skills, and has gone above and beyond her duties."

Nurse Case Manager Kari Engelstad had this to say about Spencer, "Spencer is kind, outgoing, and eager to learn. He is hard working and very well liked by his peers and the residents. In addition to his impressive work ethic, Spencer is a natural leader and a humble employee. He has a great attitude and is always willing to help out a fellow co-worker."

We are so grateful for everyone that took the time to apply for this scholarship. Dove Healthcare is blessed with bright, talented individuals.

















Congratulations!

Congratulations to one of our caregivers, **Sasha Piazza**, for passing the state exam and becoming a certified nursing assistant! We welcome and encourage our team members at Dove Healthcare - Barron Assisted Living to take the nurse aide training program and become a CNA, however, it is not required. Having this extra level of education is valuable though, and so kudos to Sasha and others that take the next step on the nursing career ladder! Way to go, Sasha!



Our Mission

As an innovative healthcare provider and community partner, we provide compassionate care and service to meet the needs of those who depend on us. We commit to excellence through adherence to high standards, disciplined leadership, and mutual respect for all.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Dove Healthcare – Barron Assisted Living Recreation Calendar</div>		<div>1</div> <div>10:00 Catholic Communion</div> <div>2:30 Quarter Bingo</div> <div>BINGO</div>	<div>2</div> <div>2:00 Individual Games</div>	<div>3</div> <div>12:30Thursday at the U (Mrs. Charles Dickens)</div> <div>2:30 Quarter Bingo</div> <div>BINGO</div>	<div>4</div> <div>10:00 Exercise with Pam</div> <div></div>	<div>5</div> <div>9:00 Coffee Tea Social</div> <div></div> <div>2:00 Bingo with Frank</div>
	<div>6</div> <div>Church services available on TV or on-line Independently</div> <div>2:00 Game with Frank</div>	<div>7</div> <div>1:00 Bible Study</div> <div></div> <div>1:00 Pen Pals</div>	<div>8</div> <div>10:00 Catholic Communion</div> <div>1:00 Games</div> <div>2:30 Quarter Bingo</div> <div>BINGO</div>	<div>9</div> <div>10:00 Trivia</div> <div></div>	<div>10</div> <div>12:30Thursday at the U (What's in a name?)</div> <div>2:30 Quarter Bingo</div> <div>BINGO</div>	<div>11</div> <div>10:00 Exercise with Pam</div> <div></div> <div>9:00 Coffee Tea Social</div> <div></div> <div>2:00 Bingo with Frank</div>
	<div>13</div> <div>Church services available on TV or on-line Independently</div> <div>2:00 Game with Frank</div>	<div>14</div> <div>1:00 Bible Study</div> <div></div>	<div>15</div> <div>10:00 Catholic Communion</div> <div>2:30 Quarter Bingo</div> <div>BINGO</div>	<div>16</div> <div>10:00 Baking Time</div> <div>2:00 Happy Hour</div>	<div>17</div> <div>12:30Thursday at the U (Forensic Wood Anatomy)</div> <div>2:30 Quarter Bingo</div> <div>BINGO</div>	<div>18</div> <div>10:00 Exercise with Pam</div> <div></div> <div>2:00 Food Craft</div> <div>9:00 Coffee Tea Social</div> <div></div>
	<div>20</div> <div>Church services available on TV or on-line Independently</div> <div></div>	<div>21</div> <div>1:00 Bible Study</div> <div></div> <div>1:00 Pen Pals</div>	<div>22</div> <div>10:00 Catholic Communion</div> <div>1:00 Games</div> <div>2:30 Quarter Bingo</div> <div>BINGO</div>	<div>23</div> <div>1:00 Tech Help</div> <div>2:00 Puzzle Contest</div> <div></div>	<div>24</div> <div>10:30 Tenant Meeting</div> <div>12:30Thursday at the U (WI Wetlands)</div> <div>2:30 Quarter Bingo</div> <div>BINGO</div>	<div>25</div> <div>10:00 Exercise with Pam</div> <div></div> <div>Dine In (Rolling Oaks)</div> <div>9:00 Coffee Tea Social</div> <div></div> <div>2:00 Bingo with Frank</div>
	<div>27</div> <div>Church services available on TV or on-line Independently</div> <div>2:00 Game with Frank</div>	<div>28</div> <div>1:00 Bible Study</div> <div></div> <div>2:30 Hymn Sing</div>	<div>29</div> <div>10:00 Catholic Communion</div> <div>2:30 Quarter Bingo</div> <div>BINGO</div>	<div>30</div> <div>2:00 Bring your new games</div>	<div></div>	

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