



# Dove Healthcare

July 2025 Newsletter · Dove Healthcare - Barron Assisted Living

## A Message from the Director

I hope everyone had a wonderful June, but I'm still not sure how we've gotten to July already. June was such a great month, and it was awesome seeing tenants come out and enjoy our covered patio space. It is such a wonderful space with the addition of all the beautiful blooming flowers, and we hope everyone enjoys it. If there is something we are missing there, please stop in and let me know. We love finding ways to make this feel even more like home.

At the end of June, we switched over from Spectrum cable to DirecTV, so I hope everyone is enjoying the new provider. If there are any concerns with your service, please come and see me.

In June, we were also able to provide ramps for tenants on the first floor that needed a ramp to get out onto their patio. This was brought up in the tenant meetings and was a great insight for me and why coming to the tenant meetings is so valuable to all of us in making this the best place to live.

I hope you were able to get out to all the activities that Lori works so hard planning, and I hope you can attend all the fun events in July too. As I was always told, "the more the merrier."

My door is always open for comments or concerns, or just a friendly conversation.

Thanks for making June awesome, and I look forward to what July has in store us!

Jena Florczak  
Director



## Special July Events

7/3 - Front porch picnic  
7/16 - Music with Bob R  
7/24 - Freedom Ride

## Happy Birthday, Tenants!

7/6 Shirley S

## Welcome, New Employees!

Ben P

## Employee Anniversaries

Karla L - 1 year  
Sasha P - 1 year



## Water and Wellness: Staying Healthy Starts with Hydration

**Staying hydrated is one of the simplest yet most powerful ways to support your overall health.** As we age, our sense of thirst can diminish, making it easier to become dehydrated without even realizing it. **With the warmer months, it's especially important to be mindful of your fluid intake.** Higher temperatures and increased outdoor activity can lead to quicker fluid loss, so drinking water regularly throughout the day can help keep your energy levels up, support digestion, and prevent heat-related issues.



### Why Hydration Is Important

- **Supports Digestion and Kidney Function:** Water helps your body break down food and flush out waste efficiently.

- **Maintains Energy Levels:** Dehydration can lead to fatigue, confusion, and dizziness, especially dangerous for older adults.

- **Improves Skin and Joint Health:** Staying hydrated keeps your skin healthy and your joints cushioned.
- **Prevents Urinary Tract Infections (UTIs):** Drinking enough water helps reduce the risk of UTIs, which are more common in older adults.

### Signs of Dehydration

Look out for dry mouth, dark-colored urine, headaches, or feeling lightheaded. These may be signs your body needs more fluids.

### Easy Ways to Stay Hydrated

- Sip water throughout the day, not just when you're thirsty.
- Eat water-rich foods like cucumbers, melons, and soups.
- Flavor water with lemon, berries, or mint if plain water isn't appealing.
- Keep a refillable water bottle nearby as a visual reminder.

Emily Erickson, Regional Assistant Director of Rehabilitation

**Reduced Thirst Sensation in Older Adults** Phillips, P. A., Rolls, B. J., Ledingham, J. G., et al. (1984). Reduced thirst after water deprivation in healthy elderly men. *New England Journal of Medicine*, 311(12), 753–759. <https://doi.org/10.1056/NEJM198409203111202>

**Dehydration and Cognitive/Mood Effects** Armstrong, L. E., Ganio, M. S., Casa, D. J., et al. (2012). Mild dehydration affects mood in healthy young women. *Journal of Nutrition*, 142(2), 382–388. <https://doi.org/10.3945/jn.111.142000>

**Hydration and Urinary Tract Infections** Hooton, T. M., Vecchio, M., Iroz, A., et al. (2018). Effect of increased daily water intake in premenopausal women with recurrent urinary tract infections: A randomized clinical trial. *JAMA Internal Medicine*, 178(11), 1509–1515. <https://doi.org/10.1001/jamainternmed.2018.4204>

**Hydration's Role in Kidney Function and Health** Clark, W. F., Sontrop, J. M., Macnab, J. J., et al. (2011). Urine volume and change in estimated GFR in a community-based cohort study. *Clinical Journal of the American Society of Nephrology*, 6(11), 2634–2641. <https://doi.org/10.2215/CJN.11191210>

**Hydration and Joint Health** Institute of Medicine. (2004). *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate*. National Academies Press. <https://www.ncbi.nlm.nih.gov/books/NBK56068/>

## Rockin' In Rehabilitation

### Outpatient Therapy

- **Do you feel like you are losing strength?**
- **Are you worried about falling?**
- **Are your normal activities painful?**

If you answered “yes” to any of these questions, you may benefit from outpatient therapy, which includes physical, occupational, and speech therapy. Dove Healthcare’s skilled nursing and rehabilitation centers are **open to the public** for outpatient therapy.

In order to qualify for out-patient therapy, a (free) evaluation must be completed by one of our therapists and then a signed physician order to justify medical necessity. Dove Healthcare will also complete a (free) benefit check to ensure the type of coverage provided by your insurance(s), along with any payment that you may be responsible for. There is a strong likelihood that your insurance will provide 80-100% coverage for outpatient therapy services.

Please feel free to call or email anytime to discuss the outpatient services we offer to the public.

Sincerely,  
Jessica Magur, Rehabilitation Manager

**Learn More:**  
[dovehealthcare.com/rehabilitation](https://dovehealthcare.com/rehabilitation)



*Caring for Wisconsin* PERSONAL. LOCAL. LOYAL.

## Nursing Headlines

Medication can sometimes be a troublesome thing to manage. Here are some tips to help:

### Remembering to Take Your Medication

- Take medication with an activity you do at the same time every day.
- Set an alarm on your phone or watch.
- A weekly pillbox can be a nice visual reminder.
- Leave some extra doses in bag/purse in case you are away from home.
- Avoid putting medication away where you can't see it. Leave it in a safe location that is easy to spot.
- Use a calendar journal and check off when you take each dose. This helps avoid missing doses.

Source: Stanford Medicine

Abbie Knutson, BSN RN, Assisted Living Nurse Consultant

## Our Trishaw Update

We are officially ready to give rides on our new trishaw! A lot of work has gone into making this all possible. We had great community support to raise funds to purchase the trishaw.



There are several employees trained as pilots now too! We completed the classroom and outdoor course training in June, and it was so much fun.

Next, we will be setting up dates for the trishaw to be available for rides at both Dove Healthcare - Rice Lake and Dove Healthcare - Barron Assisted Living, as well as out in the community. We're so excited!



Thanks for everyone's contributions!

## A Minute With Maintenance

This month, we celebrate Independence Day! As Americans, we are known for wanting to be independent and having many freedoms, and as we maintain buildings and equipment designed to care for our residents, we always strive for more ways to enable independence for them too.



At our Dove Healthcare - Rice Lake location, we have many special features and equipment throughout our building with this in mind. Safe, modern lifts to assist the residents when they want to get up and the necessary room to allow easy movement of the lift within the room and bathroom is one way we can help. Wheelchairs, walkers, lift chairs, powered bed controls, and many other pieces of adaptive equipment are used to give residents as much independence as possible and to help them reach or maintain their highest level of function. This equipment is on a regular maintenance schedule to ensure proper and safe operation.

At Dove Healthcare - Barron Assisted Living, we are in the process of converting the one and two bedroom apartment bathrooms from shower/tub combinations to walk in shower units. Although some may want a tub, most people who choose assisted living find it difficult, dangerous, or even impossible to step over a tub wall. Hopefully this change will allow more of the tenants to shower safely and independently. Some of our apartments are specifically designed for wheelchair accessibility.

Enjoy the freedoms you have and don't take them for granted, whether it is our great country or your physical capabilities. Speaking of freedom, feel free to stop in for a visit and put a smile on some faces!

Brent Swan, Maintenance Technician

Happy  
4<sup>th</sup>  
OF  
July



## Recreation Highlights

June was another busy month. We kicked it off with a rummage sale and gave our tenants an opportunity to get rid of unwanted items. We also continued with our game of bags with the group that comes from BCDSI and held our monthly birthday party and happy hour. We wrapped up the month with a dine-in from DQ. What a treat!

July will hold our regular monthly activities, along with some fun Fourth of July celebrations. We will also have the Freedom Ride back again this year. We can't wait to ride those tri-motorcycles again. We also added to the recreation calendar our porch talk and treats; this is a big hit on our beautiful front porch and a great excuse to get outside and enjoy the beautiful weather. See the pictures below of our gardeners.

We will also be taking a trip to the Barron County Fair and have added a few other activities to the calendar that are led by some tenants and volunteers. If there are any suggestions or questions, please come see me.

Enjoy your summer!

Lori Van Ess,  
Community Development Coordinator



## Memories from the Month



*Jim H and Mary H were our June birthdays. We enjoyed cupcakes and bars as a treat!*
































*For Father's Day, we enjoyed some root beer floats, cheese and sausage, and pretzels. Stories and laughter were shared!*

*Our monthly happy hour was well attended. This month we enjoyed mudslides and pretzels with beer dip.*



### 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>1</div> <div>10:00 Catholic Communion</div> <div>2:30 Quarter Bingo</div> <div></div>	<div>2</div> <div>2:00 Let's talk birds</div> <div></div>	<div>3</div> <div>11:30 Picnic</div> <div>2:30 Special Bingo</div> <div></div>	<div>4</div> <div></div>	<div>5</div> <div>9:00 Coffee Tea Social</div> <div></div> <div>2:00 Bingo</div>	
	<div>6</div> <div>Church services available on TV or online Independently</div> <div>Shirley S birthday</div>	<div>7</div> <div>1:00 Bible Study</div> <div></div> <div>2:30 Porch talk and treats</div>	<div>8</div> <div>10:00 Catholic Communion</div> <div>2:30 Quarter Bingo</div> <div></div>	<div>9</div> <div>10:00 Trivia</div> <div></div>	<div>10</div> <div>2:30 Quarter Bingo</div> <div></div>	<div>11</div> <div>10:00 Exercise with Pam</div> <div></div> <div>2:00 Porch talk and treats</div>	<div>12</div> <div>9:00 Coffee Tea Social</div> <div></div> <div>2:00 Manicures</div>
	<div>13</div> <div>Church services available on TV or online Independently</div> <div>1:30 Treat on the porch</div>	<div>14</div> <div>1:00 Bible Study</div> <div></div> <div>1:00 Pen Pals</div>	<div>15</div> <div>10:00 Catholic Communion</div> <div>1:00 Games with BCDSI</div> <div>2:30 Quarter Bingo</div> <div></div>	<div>16</div> <div>2:00 Music with Bob R</div> <div></div>	<div>17</div> <div>2:30 Quarter Bingo</div> <div></div>	<div>18</div> <div>10:00 Exercise with Pam</div> <div></div>	<div>19</div> <div>9:00 Coffee Tea Social</div> <div></div> <div>2:00 Uno</div>
	<div>20</div> <div>Church services available on TV or online Independently</div> <div>1:30 Treat on the porch</div>	<div>21</div> <div>1:00 Bible Study</div> <div></div> <div>2:30 Porch talk and treats</div>	<div>22</div> <div>10:00 Catholic Communion</div> <div>2:30 Quarter Bingo</div> <div></div>	<div>23</div> <div>2:00 July Birthday Party</div> <div></div>	<div>24</div> <div>10:00 Freedom Ride</div> <div>2:30 Quarter Bingo</div> <div></div>	<div>25</div> <div>10:00 Exercise with Pam</div> <div></div> <div>2:00 Porch talk and treats</div> <div>Dine-in</div>	<div>26</div> <div>9:00 Coffee Tea Social</div> <div></div>
	<div>27</div> <div>Church services available on TV or online Independently</div> <div>1:30 Treat on the porch</div>	<div>28</div> <div>1:00 Bible Study</div> <div></div> <div>1:00 Pen Pals</div> <div>2:30 Hymn Sing</div>	<div>29</div> <div>10:00 Catholic Communion</div> <div>1:00 Games with BCDSI</div> <div>2:30 Quarter Bingo</div> <div></div>	<div>30</div> <div>10:00 Craft</div> <div>2:00 Happy Hour</div> <div></div>	<div>31</div> <div>10:30 Tenant Meeting</div> <div>2:30 Quarter Bingo</div> <div></div>		

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