

Congratulations to Emilee Snyder! June Employee of the Month



Emilee joined our team in November and has quickly become an invaluable part of our community. Her positive attitude and dedication make a noticeable difference in the quality of life for our residents. Always ready to lend a hand wherever she's needed, Emilee brings both compassion and a strong work ethic to everything she does. We're so grateful to have her on the team.

Emilee shared, "I love working at Dove Healthcare - Fennimore because of the residents. They bring me so much joy, and I love talking to them about their day and getting to know them."

We're so grateful for you, Emilee! Thank you for your compassionate care and dedication to the residents.

New Employee Spotlight: Meet Kylee Sitts



We would like to welcome Kylie to our nutritional services department. She is our newest cook and comes to us with two years of experience. Her hobbies include biking, hiking, and baking. Her favorite travel destination is Mexico, and she has also been to Iceland.

Please join us in giving Kylie a warm welcome to our Fennimore family!



Happy Birthday to our Resident!
Kay - June 6

Tips for Walking on Uneven Ground

As the weather begins to warm up this summer, you may be looking to enjoy some time outside, which may mean walking on uneven terrain such as grass or gravel.

Here are some tips about how to walk safely on uneven ground:



- **Footwear:** Be sure to wear supportive footwear such as tennis shoes or hiking shoes instead of flip flops or sandals that do not offer as much support.
- **Watch your step:** Avoid areas where you can visibly see mud, water, or loose rocks.
- **Choose your device wisely:** A single point cane is better than a quad cane, and a walker with big wheels is better than a walker with small wheels.
- **Go slow:** Walk slowly and carefully, take shorter steps, and pay attention to the terrain ahead of you.
- **Use the sidewalk:** When a sidewalk is available, it would be beneficial to use it to avoid the need to walk on uneven ground.

For more information from our therapy team:
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Article contributed by Rehabilitation Manager and COTA Amy Scribner, Dove Healthcare - Spooner



Advancing Quality Care with New Certification



Congrats to Rosemary, an RN and MDS coordinator on our team! She recently completed the RAC-CT (Resident Assessment Coordinator - Certified) education and certification program. The course helps professionals increase their knowledge of clinical assessment of care planning and understand the regulations surrounding

the minimum data set process. RAC-CT certification is considered the 'gold-standard' certification in resident assessment in the long-term care nursing profession.

Thank you, Rosemary, for being a valuable part of advancing quality care at Dove Healthcare – Fennimore!



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.

The Importance of Physical Activity As We Age

As we age, the gradual decline in muscle mass and strength worsens with each passing decade. There are several factors that contribute to the loss of strength over the years with decreased participation in physical activities being one of the factors. "If you don't use it, you lose it."

Some factors that decrease physical activities include lack of interest and physical symptoms such as joint pain, shortness of breath, and decreased flexibility / range of motion. These symptoms may cause difficulty recovering from injuries.

Immediate Benefits of Physical Activity:

- **Sleep:** improves sleep quality
- **Less Anxiety:** reduces feelings of anxiety
- **Blood Pressure:** reduces blood pressure

Long Term Benefits of Physical Activity

- **Brain Health:** reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression
- **Heart Health:** lowers risk of heart disease, stroke, and type 2 diabetes
- **Cancer Prevention:** lowers risk of 8 cancers (bladder, breast, colon, endometrium, esophagus, kidney, lung and stomach)
- **Healthy Weight:** reduces risk of weight gain
- **Independent Living:** helps people live independently longer
- **Bone Strength:** improves bone health
- **Balance and coordination** reduces risk of falls



Please see our therapy department for home exercise programs to improve physical activity and also ask us about outpatient therapy.

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References: *Physical Activity Benefits for Adults 65 or Older* | *Physical Activity Basics* | CDC



Here are some fun activities we will be having in June:

June 5 - Happy Hour, Jay Hoffman performs
June 9 - Living Faith Church Bingo
June 12 - Happy Hour, Chris Ross
Outdoor Concert w/Abbey Lane
June 15 - Father's Day Cookout
June 17 - Vesperman Farms Ice Cream Truck,
sponsored by Fennimore Lions Club
June 19 - Happy Hour/The Guthrie's



**Remember
to
celebrate
June Dairy
Month!**



Caring for Wisconsin PERSONAL. LOCAL. LOYAL.



**Find us on
Facebook**

Follow Us on Facebook!

facebook.com/dovehealthcarefennimore

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

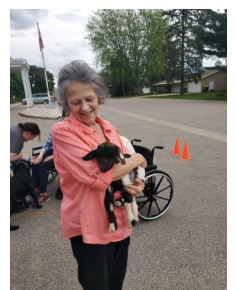
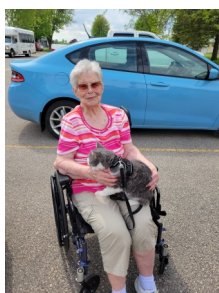
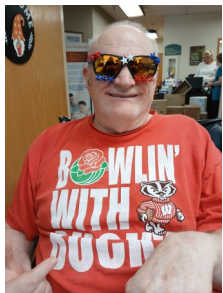
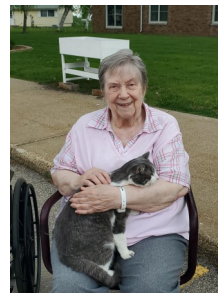
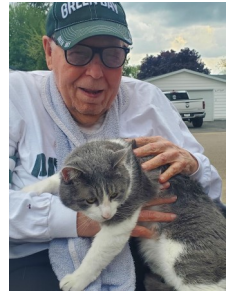
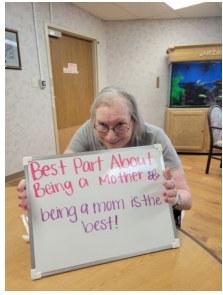
above and beyond in their work during your time with us.



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.

May Memories!





June Recreation Calendar 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Morning Exercise 1:00 Rosary 2:30 Button Art	2 10:00 Morning Exercise 11:30 Devotions 2:00 Bingo	3 10:00 Morning Exercise 11:30 Skee Ball 2:00 Patriotic Wreath	4 10:00 Morning Exercise 11:30 Devotions 2:00 Resident Council	5 10:00 Morning Exercise 11:30 Cup Toss 2:00 Happy Hour/Jay Hoffman	6 10:00 Morning Exercise 11:30 Devotions 2:00 Food Committee	7 10:00 Morning Exercise 2:00 Manicures
8 10:00 Morning Exercise 1:00 Rosary 2:30 Casino Games	9 10:00 Morning Exercise 11:30 Devotions 2:00 Bingo	10 10:00 Morning Exercise 11:30 Fishing Games 2:00 Tattoos, Floats, and Ties	11 10:00 Morning Exercise 11:30 Devotions 2:00 Tree Decorating	12 10:00 Morning Exercise 11:30 Mini Golf 2:00 Happy Hour/ Chris Ross 6:00 Outdoor Concert	13 10:00 Morning Exercise 11:30 Devotions 2:00 Left-Center-Right	14 Flag Day 10:00 Morning Exercise 2:00 Trivia
Father's Day 15 10:00 Morning Exercise	16 10:00 Morning Exercise 11:30 Devotions 2:00 Bingo	17 10:00 Morning Exercise 11:30 Jeopardy 2:00 Ice Cream Truck	18 10:00 Morning Exercise 11:30 Devotions 2:00 Activity Planning	19 10:00 Morning Exercise 11:30 Bean Bag Toss 2:00 Happy Hour/The Guthrie's	20 10:00 Morning Exercise 11:30 Devotions 2:00 Patriotic Gnomes	21 10:00 Morning Exercise 2:00 Manicures
22 10:00 Morning Exercise 1:00 Rosary 2:30 Garbage	23 10:00 Morning Exercise 11:30 Devotions 2:00 Bingo	24 10:00 Morning Exercise 11:30 Brain Games 2:00 Sing-A-Long	25 10:00 Morning Exercise 11:30 Devotions 2:00 Pool Noodle Popsicles	26 10:00 Morning Exercise 11:30 Ring Toss 2:00 Bikini Decorating	27 10:00 Morning Exercise 11:30 Devotions 2:00 Residents Choice	28 10:00 Morning Exercise 2:00 Baking
29 10:00 Morning Exercise 1:00 Rosary 2:30 July 4th Hat Decorating	30 10:00 Morning Exercise 11:30 Devotions 2:00 Bingo	June Dairy Month 		The recreation calendar is subject to change based on resident needs, interests, and current infection control guidelines. 		



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