

A Message from the Administrator



March 10-14 was National Long Term Care Administrator's Week. During this week, employees, residents, families, volunteers, and others have the opportunity to say "thank you" and honor the administrators who lead our nation's long-term care

communities. Administrators are key players in the care team and are entrusted with the responsibility of operations and managing care. They touch the lives of residents and families, and, most importantly, help their employees to provide the highest level of quality care to a vulnerable population.

"Our members give their all in the face of great adversity to assure their communities are able to provide high quality care and services. Their professionalism as they deal with the many issues before them, and putting the needs of their patients, residents, families, and co-workers ahead of their own deserves our highest recognition," said Sara Wood, MBA, CAE, Executive Director of ACHCA. "The staff of ACHCA is honored and privileged to know them and to support their professional development through the College."

Thank you to Assistant Administrator Casey Hathaway. We celebrate her leadership and welcome her into her new role. It is a big responsibility and an honor to be part of the caring for our residents. My former co-worker used to call it her emotional paycheck. I whole-heartily agree.

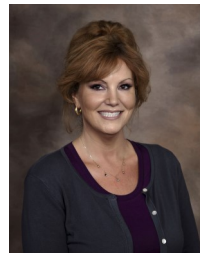
Tom Graves, NHA
608-592-6711
tom.graves@dovehealthcare.com

Meet the New Apartment Manager at Dove Healthcare - Settler's

We are happy to announce **Melissa Guethlein** as the new apartment manager of our **senior independent living apartments** located next to us at 600 Clark Street!

Melissa will now have a dual role as she is also maintaining her position as nutritional services director here at Dove Healthcare - Lodi.

"Melissa has great experiencing managing apartments, and we are grateful she accepted this **HomeGROWN** promotion with Dove Healthcare," said Administrator Tom Graves.



Melissa shared, "I have lived in Lodi for over 20 years with my husband and pets just a few blocks away. I enjoy cooking and spending time outdoors. I have experience managing apartments, condos, homes, commercial properties, restaurants, and production

kitchens. I look forward to working with our tenants to ensure an enjoyable and well-maintained living environment."

Melissa would love to help you get better acquainted with all she has to offer at Dove Healthcare - Settlers' Trail. Contact her to schedule a tour or have information mailed to you.

melissa.guethlein@dovehealthcare.com
608-592-1361



Congratulations to Cindy Bannon! April 2025 Employee of the Month



Cindy has been a dedicated and valuable CNA and member of our team since August 2022. Her strong work ethic and caring nature shine through in all she does.

Director of Nursing Katie Prellwitz shared, "Cindy is an amazing CNA. Every time you see her she is doing something. She is always 'running around' getting her job done, while helping others along the way, and bringing happiness to everyone around her. Our residents and her co-workers truly enjoy and appreciate her. We are very lucky to have Cindy as such a vital member of our nursing team!"

Assistant Director of Nursing Kris Sanders added, "Cindy is kind, hard working, easy going, and helpful. She is an amazing CNA and someone you want to work with. She will step up in situations, go the extra mile, and always makes sure her residents are well taken care of. She is everything an amazing CNA needs to be, and we are very lucky to have her on our team."

Thank you, Cindy, for your dedication, your positive attitude, and for the happiness you bring to those you care for each day. We are grateful to have you on our team!

Nutritional Notes

This month, we will feature sourdough bread, one of the world's oldest leavened breads. The secret to sourdough is in the fermentation process of lactobacilli and yeasts that give it that sour taste, which many people enjoy. *For our residents:* As a featured item for the month of April, if you would like sourdough toast at breakfast or in place of buns or wheat bread, please be sure to let the kitchen know.



San Francisco Sourdough Bread

Ingredients:

- 4 $\frac{3}{4}$ c bread flour
- 2tbsp. margarine
- 3 tbsp white sugar
- 1 $\frac{1}{2}$ c sourdough starter
- 2 $\frac{1}{2}$ tsp salt
- 1 extra large egg
- .25 oz pkg of active dry yeast
- 1 tbsp water
- 1 cup warm milk
- $\frac{1}{4}$ c chopped onion

Directions:

Step 1. In a large bowl, combine 1 c flour, sugar, salt, and dry yeast. Add milk and softened butter. Stir in starter. Mix in 3 $\frac{3}{4}$ c flour gradually.

Step 2. Place the dough on a floured surface and knead for 8-10 minutes. Place in a greased bowl. Turn once to oil surface and cover. Allow to rise for 1 hour, or until doubled in size.

Step 3. Punch down and let rest for 15 minutes. Shape into a loaf. Place on a greased baking pan. Allow to rise for 1 hour, or until doubled.

Step 4. Brush egg wash over the loaf and sprinkle with chopped onion.



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.



Caring for Wisconsin PERSONAL. LOCAL. LOYAL.



Find us on Facebook

Follow Us on Facebook!

facebook.com/dovehealthcarelodi

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.



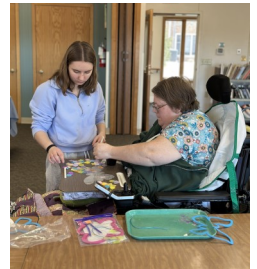
Scan QR code, or visit dovehealthcare.com/recognize today. Please be specific and briefly explain how the employee went above and beyond. Did they exceed the needs of a resident?

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.

Thank you, Lodi Leadership High School Group!



We had so much fun making butterfly sun catchers with you!



Are you looking to volunteer? Popular events where your volunteerism is sincerely appreciated:

**Bingo
Music**

**Art Projects
Community events**

As always, we welcome donations of popular gift shop and bingo items such as soda, candy and snacks, seasonal décor, team hats/shirts, stamps, stationary, etc. We thank you in advance for your support!

Please contact me if you have any questions about volunteering. I look forward to hearing from you!

Josie Wakefield, Recreation Director
608-592-6731
josie.wakefield@dovehealthcare.com



Caring for Wisconsin PERSONAL. LOCAL. LOYAL.

Recreation Highlights



One of the many beauties of spring is it always comes when you need it most. No winter lasts forever; no spring skips its turn.

This spring will be nothing short of busy and fun! I came across a quote; 'April is nature's way of saying 'Let's Party!'' To live up to the memo, we will be sure to celebrate all holidays, including

Arbor Day and Earth Day, enjoy live music, and of course, play all of our favorite games! Aside from just partying, we will need to fill eggs for our Easter Egg Hunt, test our knowledge with April and Easter Jeopardy, and work hard on our Lodi Fair Projects! We will make this month another unforgettable one, and spring forward in all ways. I am thankful to spend another month making memories with you!

We are excited to host our **Annual Easter Egg Hunt** with Yellow Thunder Snowmobile Club on **April 13 at 2PM!** We encourage residents to join us with their family and friends. Bring the kids to snap a picture with the Easter Bunny, play fun games, and win grand prizes. Treat yourself to food and drinks as well! See enclosed flyer for more details.

We will welcome the students at **Blessed Trinity Catholic School** on **Tuesday April 8 at 1:15PM** as they join us for an **Activity Party** in the recreation room! We will have games and activity stations set up all around for everyone to play. They will be here until 2:15, so eat your lunch and come right down to the recreation room to join the fun!

Earth Day is a time dedicated to understanding the profound importance of the environment and appreciating nature's beauty. It's about recognizing our utter dependence on a healthy planet for survival, prosperity, and well-being. We will **celebrate Earth Day** on its recognized day, **April 22 at 10:30AM** in the recreation room!

Arbor Day is a holiday dedicated to trees that is celebrated in many countries around the world. Trees are a vital part of the world's ecosystem and are hugely important to human life. We will **celebrate Arbor Day** on **Friday, April 25 at 10:30AM**. This holiday serves as a way to honor the humble and mighty tree. We encourage you to join us in the recreation room for this fun event!

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On **Wednesday, April 9 at 2PM**, we encourage residents and families to **join us in the recreation room** as we enjoy **live music by The Tippers Band** and **celebrate all our friends with April birthdays** over cupcakes and ice cream!

As always, we are happy to see Susan Frankland again for her monthly **sing-along** on **Tuesday, April 15 at 10:30AM!** We also look forward to seeing her on **Friday, April 11 at 2PM for a special Happy Hour** featuring **Susan Frankland's Live Music!**

On **April 18 at 10:30AM** we will read **Good Friday Bible Scriptures** while enjoying a beverage and a light snack. Join us in the Chapel and then the recreation room for this non-denominational service with traditional elements.

On **Thursday, April 17 at 2PM**, we look forward to visiting with the **Lodi Leadership high school group** as they join us to dye Easter Eggs!

Restorative Aide Rhonda will host a **Mindful Movements exercise class** in the **recreation room every Wednesday morning at 9:45AM**. Following the activity will be a **hydration station**. We encourage you to participate in this activity as a great way to start your Wednesday, and as a mid-week "pick me up!"

Bingo is hosted in every **Tuesday at 2PM** and **Happy Hour** every **Friday at 2PM!** We will work on our **2025 Lodi Ag Fair Projects** every **Thursday at 2PM** in the recreation room. Residents are able to get their fingernails done at **Fancy Fingers** every **Sunday from 1-4PM**.

Dietary Discussion will be hosted in the recreation room on **Monday, April 7 at 10AM**, and **Resident Council** will be hosted in the recreation room on **Monday, April 7 at 10:30AM**.

As always, I am feeling blessed and thankful to have another month to spend with my friends, making everlasting memories, and sharing heartfelt experiences.

Spring is finally here, *let's bloom!*
Josie Wakefield, Recreation Director
608-592-6731



Caring for Wisconsin PERSONAL. LOCAL. LOYAL.

Special Events this Month!

Mindful Movements with Rhonda **Every Wednesday at 9:45AM**

We encourage you too join us in the living room for a specialized exercise class every Wednesday, hosted by Restorative Aide Rhonda! Following the activity, we will host a hydration station in the recreation room.

Scenic Motorcycle Drive **Tuesday, April 1 at 10:30AM**

Remember your helmets! We will meet in the recreation room to depart at 10:45AM. Before you leave the property, motorcycle drivers will inform you of our safe word: *April Fools!*

12 Mile Run

Tuesday, April 1 at 2PM

Lace up your running shoes, twelve miles here we come! Cardio is an excellent form of exercise, and you can almost never have too much! What better day for a 12 mile run than *April Fools* day!

Filling Easter Eggs **Monday, April 7 at 2PM**

Help us fill the eggs for our Easter Egg Hunt! It will be all hands on deck! Join us in the recreation room.

Activity Party w/ Blessed Trinity Students **Tuesday, April 8 at 1:15PM**

Join us in the recreation room as we will have an assortment of activities set up for residents and students to participate in together. You won't want to miss this!

Monthly Birthday Party! **Wednesday, April 9 at 2PM**

Join us in the recreation room! Families of our residents are invited to join us for our monthly birthday party to celebrate all our friends with April birthdays. Live music by The Tippers Band!

Happy Hour with Live Music **Friday, April 11 at 2PM**

We will host our typical Friday Happy Hour in the recreation room, consisting of our regular drinks and snacks, and our friend Susan Frankland will be joining us to provide live music!

Annual Community Easter Egg Hunt **Sunday, April 13 at 2PM**

Families and friends of our residents are invited to join us for our community Easter Egg Hunt! See enclosed flyer for details.

Sing-Along With Susan Frankland **Tuesday, April 15 at 10:30AM**

Join us in the recreation room for a fun sing-along with a wide selection of classic songs we all know! Song books will be provided.

Dying Easter Eggs with Lodi Leadership High School Group! **Thursday, April 17 at 2PM**

Join us in the recreation room with high school members of Lodi Leadership Council for this fun and nostalgic activity.

Scriptures & Beverages

Good Friday - April 18 at 10:30AM

We will be enjoying a refreshing beverage and light snack while participating in a brief Good Friday service with traditional elements. Join us in the chapel.

Earth Day Celebration

Tuesday, April 22 at 10:30AM

Join us in the recreation room to celebrate and learn about the beautiful Earth and all the amazing things she has to offer!

Arbor Day Celebration

Thursday, April 25 at 10:30AM

The celebration of trees! Join us in the recreation room to help us recognize and honor Arbor Day with a fun Arbor Day Celebration!

2025 Lodi Ag Fair Projects **Every Thursday at 2PM**

It's that time of the year again when we get to work on our 2025 fair projects. We encourage you to join us in the recreation room to work on the many art projects we will submit this year!

HAPPY BIRTHDAY

Happy Birthday to our Residents!

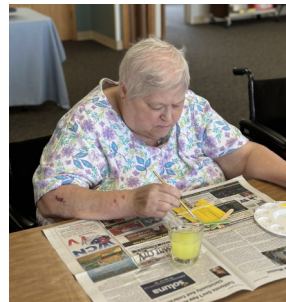
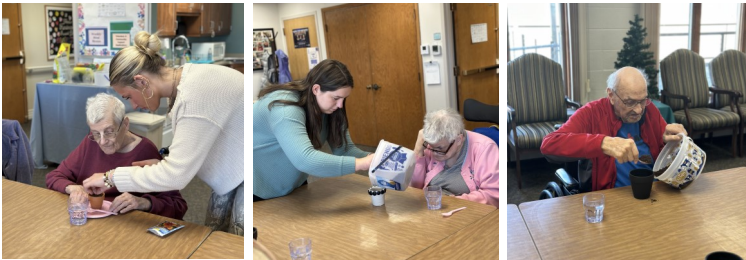
Gloria L. - April 26



Memories from the Month



Planting flower seeds at Mindful Movements!



Making bird house room decorations out of popsicle sticks!



Memories from the Month



Booze & Tattoos!



Homemade shamrock shakes delivered right to your door!



An Irish Sing-Along with Susan Frankland!



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
-traumatic brain injury
-cerebral palsy
-Parkinson's
-orthopedic conditions, including rotator cuff tear /repair, carpal tunnel syndrome, tendonitis, and arthritis.

-spinal cord injury
-developmental disabilities
-low vision
-amputation

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

Rockin' In Rehabilitation

If you would like assistance with adjusting a walker to the correct height, feel free to stop by our Dove Healthcare therapy department and one of our therapists would be happy to help you.

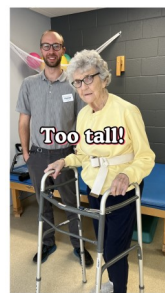
Meanwhile, here are some good tips as demonstrated by Patrick Finnegan, an occupational therapist at Dove Healthcare - Spooner, and Cherrie.

How To Set Proper Walker Height

1. Look for the adjustment mechanism on the sides of the legs of the walker. Make the adjustments by pushing a spring button and then sliding the legs of the walker up or down as needed.
2. Stand with the walker directly in front of you like you are about to use it.
3. To set the height of the walker, you can measure from the crease of your wrist to the floor and adjust the walker's handles to match.

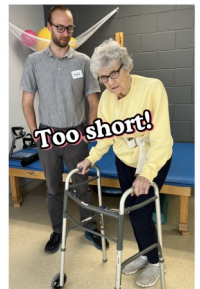
A couple of tips . . .

If your arms are too straight, the walker is too low. **See photo at right.**



If your arms are too bent, the walker is too high. **See photo at left.**

Make sure all four legs of the walker are the same height.



Walkers that aren't adjusted properly increase the risk of falling. Be sure to take the time to perfectly adjust the walker to your personal needs so that it's safer for you to use.

Article contributed by
Amy Scribner, COTA /
Rehabilitation Director
Dove Healthcare - Spooner



Sharon's Success Story

From Hospital to Dove Healthcare TO HOME



Sharon came to Dove Healthcare – Lodi for post-acute, short-term rehabilitation after surgery due to falling and breaking her hip. Before the accident, Sharon was very active and fiercely independent. Living in Lodi with her husband, she loves chasing her grandchildren around, watching their hockey, football, and volleyball games, and attending their school plays and musicals.

Upon arrival, Sharon was determined, but nervous. At first, even standing was exhausting and simple movements she once took for granted - getting out of bed, climbing stairs, even getting dressed - felt impossible. "I was so worried if I would regain my independence. The thought of needing to rely on others was upsetting. I wanted to get back to my active life in the community, but most importantly, get back to life with my family."

Sharon's therapists saw her drive and matched her determination with a treatment plan and goals. After weeks of hard work and determination, Sharon successfully achieved her goal and returned home completely independent!

Sharon's comments about her stay included, "The nursing staff and CNAs were very nice and understanding, and took very good care of me. Everyone showed empathy, recognized my ultimate goal of being independent, and worked together to help me achieve my goal. Therapy was very hard work, but the therapists were very patient and reassuring. I always felt safe and never felt like a burden. It is very clean here. They take pride on how it looks, and are striving to make improvements."

Sharon's story is a testament to the power of perseverance. Achieving goals is possible with the right mindset and a good support system. Congrats, Sharon, and thank you for choosing Dove Healthcare – Lodi!



DOVE HEALTHCARE - LODI

WELCOMES YOU TO JOIN US
FOR OUR ANNUAL

Easter Egg Hunt

WITH **YELLOW THUNDER
SNOWMOBILE CLUB**

**APRIL 13 | 700 CLARK ST
2PM | LODI, WI**

FREE PICTURES WITH THE EASTER BUNNY!

**FUN | GRAND | FOOD & | MUSIC
GAMES | PRIZES | DRINKS | & SO MUCH MORE!**

KIDS 4 & YOUNGER

➔ Start at 2:30PM

KIDS 5 & OLDER

➔ Start at 3PM

Please bring your Easter basket!



April Recreation Calendar 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The hair salon is available by appointment. Contact Recreation Director, Josie, to schedule. josie.wakefield@dovehealthcare.com</p>	<p>Activity Location Key RR - Recreation Room CH - Chapel FR - Family Room LB - Library LR - Living Room</p>	<p>April Fools Day 10:30 Scenic Motorcycle Drive (RR) 2:00 Twelve Mile Run (RR)</p>	<p>9:45 Mindful Movements w/ Rhonda! (CH) 10:30 Hydration Station (RR) 2:00 Bowling (RR)</p>	<p>10:30 Mass (CH) 2:00 Fair Projects! (RR)</p>	<p>10:30 Beading (RR) 2:00 Happy Hour! (RR)</p>	<p>10:30 Target Toss (RR) 1:30 Residents Choice Movie w/ Popcorn (RR)</p>
<p>10:30 Non - Denominational Worship Circle (CH) 1:00-4:00 Fancy Fingers</p>	<p>10:00 Dietary Discussion 10:30 Resident Council (RR) 2:00 Filling Easter Eggs for Easter Egg Hunt! (RR)</p>	<p>10:30 Wheel Of Fortune 1:15-2:15 Blessed Trinity Catholic Students join us for an Activity Party! (RR)</p>	<p>9:45 Mindful Movements w/ Rhonda! (CH) 10:30 Hydration Station 2:00 Celebrate April B-day's w/ The Tippers Band! (RR)</p>	<p>10:30 Noodle Ball (RR) 2:00 Fair Projects! (RR)</p>	<p>10:30 Pass The Pig (RR) 2:00 Happy Hour w/ Live Music by Susan Frankland! (RR)</p>	<p>10:30 Balloon Volleyball (RR) 1:30 Residents Choice Movie w/ Popcorn (RR)</p>
<p>Palm Sunday Community Easter Egg Hunt 2:00PM</p>	<p>10:30 Volunteer Appreciation Craft & Card Making (RR) 2:00 April and Easter Jeopardy (RR)</p>	<p>10:30 Sing-Along with Susan Frankland! (RR) 2:00 BINGO! (RR)</p>	<p>9:45 Mindful Movements w/ Rhonda! (CH) 10:30 Hydration Station (RR) 2:00 Baseball (RR)</p>	<p>9:45 Communion (Room to Room) 10:30 Air Hockey (RR) 2:00 Dying Easter Eggs w/ Lodi Leadership H.S. Group</p>	<p>Good Friday 10:30 Good Friday Scriptures & Beverages (RR) 2:00 Happy Hour! (RR)</p>	<p>10:30 Bean Bag Toss (RR) 1:30 Residents Choice Movie w/ Popcorn (RR)</p>
<p>Easter Sunday </p>	<p>National Volunteer Week 21 10:30 Karaoke & Name That Tune (RR) 2:00 Bowl-A-Rama (RR)</p>	<p>Earth Day 10:30 Earth Day Celebration! (RR) 2:00 BINGO! (RR)</p>	<p>National Volunteer Week 23 9:45 Mindful Movements w/ Rhonda! (CH) 10:30 Hydration Station (RR) 2:00 Water Pong (RR)</p>	<p>National Volunteer Week 24 10:30 Drumming Class (RR) 2:00 Fair Projects! (RR)</p>	<p>Arbor Day 10:30 Arbor Day Celebration (RR) 2:00 Happy Hour! (RR)</p>	<p>National Volunteer Week 26 10:30 Target Toss (RR) 1:30 Residents Choice Movie w/ Popcorn (RR)</p>
<p>National Volunteer Week 27 10:30 Non - Denominational Worship Circle (CH) 1:00-4:00 Fancy Fingers</p>	<p>10:30 Watercolor Painting & Coloring (RR) 2:00 Watercolor Painting & Coloring (RR)</p>	<p>10:30 Horseshoes (RR) 2:00 BINGO! (RR)</p>	<p>9:45 Mindful Movements w/ Rhonda! (CH) 10:30 Hydration Station - Mint Julip Mocktails! (RR) 2:00 Cornhole (RR)</p>	<p>10:30 Kentucky Derby Horse Racing! (RR) 2:00 Fair Projects! (RR)</p>	<p></p>	<p>The recreation calendar is subject to change based on resident needs, interests, and current infection control guidelines.</p>



Find us on
Facebook

Dove Healthcare - Lodi

Questions: (608)592-6731 or josie.wakefield@dovehealthcare.com



APRIL

WORD SEARCH



a d x a l i p c w a i
y i g b e e d u j n s
k a a i o l a v t h s
u m e o h o f d u o e
f b z i i u f h l i m
a n c k j a o i i i y
h d b n g r d o p u i
a e e e l b i i o j v
m a g f o o l u d p a
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b v t o u u n c t o t
c u n d e r g r a d s
p a s s o v e r u u e
e s h o w e r s r y i
d a t a b f e d u r n
v b l o o m q f s a i
e s h p f g z v w x a

WORDS



showers
underground
daffodil
tulip
bloom
taurus
diamond
earth
easter
passover
fool

