



May 2025 Newsletter · Dove Healthcare - Settlers' Trail



### *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.*

## A Message from the Apartment Manager

It has been a great first month for me at Dove Healthcare - Settlers' Trail. I have really enjoyed getting to know everyone. I hope to see all of our tenants and their guests at our nacho bar on Monday, May 5 from 3-5PM. Be sure to invite your family and friends!

## APARTMENT NOW OPEN!

If you or someone you know is in need of a welcoming and comfortable senior 55+ apartment, please give me a call to ask questions and schedule a tour. I look forward to hearing from you.

*Happy Spring!*

Melissa Guethlein, Apartment Manager  
608-592-1361  
[melissa.guethlein@dovehealthcare.com](mailto:melissa.guethlein@dovehealthcare.com)



**Dove Healthcare - Settlers' Trail office  
will be closed on Monday, May 26 2025.  
Should you need immediate  
assistance, please reach out to  
Dove Healthcare – Lodi at 608-529-3241.**





## Transportation Reminders

***Please remember the following:***

**\*Please call in advance for current rates.**

- Dress appropriately for the weather.
- Mobility devices (with the rider in it) are to be less than 30" wide.
- Be ready at your pick-up time.
- Remember to bring your personal items to and from your appointment.
- Madison appointments can start as early as 7AM, no later than 2PM. Local appointments can start as early as 6AM, no later than 3PM.
- Procedures need to be scheduled in the morning.
- You will receive a confirmation phone call the business day before your appointment.
- You will be charged for cancellations less than 2 hours prior to pick-up.

## ***How do I schedule a ride?***

Call the ADRC of Columbia County at 608-742-9213 to schedule a ride as soon as *you make your appointment*. If you call less than 24 hours before, you may have to reschedule your appointment or find a different ride.

When you call, please be ready to provide:

- Your name, address, and phone number
- The name and address of the medical facility
- The date and appointment time
- Approximately how long your appointment will last
- Any special ride needs, including if you need someone to ride with to assist. Name and date of birth is needed for riders.

**Office hours are Monday through Friday,  
8AM - 4:30PM.**

## Armed Forces Day: Remember & Honor

Armed Forces Day is celebrated on the third Saturday in May to honor service members across six branches of the military within the US Department of Defense: US Army, US Navy, US Marine Corps, US Air Force, the US Coast Guard, and the newest branch of service, the US Space Force. This is a holiday established for citizens to come together and thank our military members for their patriotic service in support of our country. This year, celebrated on May 17, we would like to recognize and thank all those who are currently serving in the military, as well as those that have served. Your sacrifices have not been left unnoticed.



**A special  
thank you to  
all mothers on  
Mother's Day!**

—❤—  
**HAPPY  
MOTHER'S  
DAY**  
—❤—



*Caring for Wisconsin* PERSONAL. LOCAL. LOYAL.

## May is National Speech-Language-Hearing Month

Article contributed by Emily Erickson, regional assistant director of rehabilitation, Dove Healthcare



Speech language pathologists (also known as speech therapists) work to prevent, assess, diagnose, and treat speech, language, social communication, cognitive-communication, and swallowing disorders in all ages.

Speech therapists can be found working in schools, outpatient clinics, hospitals, assisted living and skilled nursing and rehabilitation centers like Dove Healthcare, and even in your own home.

Speech therapy can be traced back to a few different moments in history. First, 18th century England focused on perfecting speech through elocution, which was imperative for politicians and public speakers. When the idea of speech perfection came to the United States, its focus evolved into helping those with speech, language, and communication disorders.

In the mid-1900s, with so many Veterans returning from the war with head injuries, addressing cognitive-communication deficits became the main role for speech therapists nationwide. Speech therapy continued to evolve into the field that it is today, covering a wide range of disorders.

- **Articulation Disorders:** Difficulty producing specific sounds or sound combinations.
- **Fluency Disorders:** Stuttering or other interruptions in the flow of speech.
- **Voice Disorders:** Problems with vocal quality, pitch, or loudness.
- **Dysarthria:** Weakness or paralysis of the muscles involved in speech production, leading to slurred or unclear speech.
- **Apraxia:** Difficulty planning and coordinating the movements needed for speech, even with intact muscles.
- **Aphasia:** Difficulty understanding or expressing language, often resulting from brain damage.
- **Cognitive-Communication Disorders:** Problems with higher-level communication skills, such as organization, memory, and problem-solving related to language.

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- **Dysphagia:** Difficulty swallowing food, liquids, or saliva.
- **Cognitive impairments:** such as memory, attention, and problem-solving.

### For more information:

Angella Niblett, Regional Director of Rehabilitation  
aniblett@dovehealthcare.com 715-723-9348, ext 1243

Sources: Gorenberg, Blair. "The History of Speech Therapy." *The Therapy Place*, 1 June 2022, [www.therapyplacenj.com/the-history-of-speech-therapy/](http://www.therapyplacenj.com/the-history-of-speech-therapy/).  
professional, Cleveland Clinic medical. "How Do I Know If I Need Speech Therapy?" *Cleveland Clinic*, 14 Feb. 2025, [my.clevelandclinic.org/health/treatments/22366-speech-therapy](https://my.clevelandclinic.org/health/treatments/22366-speech-therapy).

## Meet our Speech Language Pathologist!



### Kim Heal, SLP

(Dove Healthcare - Lodi)

"I decided speech therapy was the perfect career for me because I love to talk, eat, and teach! I also love working with older adults, and so I felt this was the perfect career to get to do all the things I love. My favorite thing about being a

speech language pathologist is working with people that keep me on my toes and make me laugh. I enjoy helping people communicate who struggle to speak."





## Dove Healthcare - Settlers' Trail Wish List

We are working towards more life enrichment activities for our tenants and warmly welcome any of the following donations. Thank you for your consideration and support.

- **Bingo Prizes**
- **Magazines**
- **DVDs for Movie Events**
- **Plant Growing Kits**
- **Outdoor Planters**
- **Bird Feeding Supplies**
- **Travel Size Lotions**
- **Finger Nail Polish and Nail Files**
- **Fuzzy socks**
- **Blankets**
- **Small Plants, Planter Boxes, or Seeds**

Contact me anytime with questions or to make a donation.

**Melissa Guethlein, Apartment Manager**

**608-592-1361**

**[melissa.guethlein@dovehealthcare.com](mailto:melissa.guethlein@dovehealthcare.com)**

## Nursing Headlines

Every year, from May 6 - 12, we celebrate **National Nurses Week**. Nurses are recognized for their service and dedication to caring for others and improving the health of patients nationwide.

Healthcare organizations celebrate their team of nurses, and people across the nation thank the nurses that have made a difference in their lives.

National Nurses Week celebrates the effort, dedication, and sacrifice nurses make every day. Nurses are essential members of America's healthcare workforce who provide care through every stage of life, working with patients at their most intimate and vulnerable moments.

**Dove Healthcare has an amazing team of nurses who provide excellent care to our residents.** We are so thankful to be surrounded by such wonderful nurses. If you visit during National Nurses Week, please make sure to thank our nurses for the exceptional care they provide to each one of our residents.

***To all of our RNs and LPNs, thank you for everything you do! We appreciate you.***



## Angel Food Cake Recipe

### Ingredients:

1  $\frac{3}{4}$  c granulated sugar  
1 cup + 2tbsp. Cake flour (spooned & leveled)

$\frac{1}{4}$  tsp salt

12 large egg whites, at room temperature

1  $\frac{1}{2}$  tsp cream of tartar

1  $\frac{1}{2}$  tsp pure vanilla extract

Optional: confectioners' sugar for dusting, whipped cream, and berries

### Directions:

**Step 1.** Adjust the oven rack to the lower middle position and preheat oven to 325°F

**Step 2.** In a food processor or blender, pulse the sugar until fine and powdery. Remove 1 cup and set aside to use in step 3; keep the rest inside the food processor. Add the cake flour and salt to the food processor. Pulse 5-10 times until sugar/flour/salt mixture is aerated and light.

**Step 3.** In a large bowl using a hand mixer or a stand mixer fitted with a whisk attachment, whip egg whites and cream of tartar together on medium-low until foamy, about 1 minute. Switch to medium-high and slowly add the 1 cup of sugar you set aside. Whip until soft peaks form, about 5-6 minutes. See photo and video above for a visual. Add the vanilla extract, then beat just until incorporated.

**Step 4.** In 3 additions, slowly sift the flour mixture into the egg white mixture using a fine mesh strainer, gently folding with a rubber spatula after each addition. To avoid deflating or a dense cake, don't add the flour mixture all at once. Sift and very slowly fold in several additions. This is important! Pour and spread batter into an ungreased 9 or 10 inch tube pan. Shimmy the pan on the counter to smooth down the surface.

**Step 5.** Bake the cake until a toothpick inserted comes out clean, about 40-45 minutes. Rotate the pan halfway through baking. The cake will rise up very tall while baking. Remove from the oven, then cool the cake completely upside-down set on a wire rack, about 3 hours. (Upside-down so the bottom of the tube pan is right-side up, see photo and video above.) Once cooled, run a thin knife around the edges and gently tap the pan on the counter until the cake releases.

If desired, dust with confectioners' sugar. Slice the cake with a sharp serrated knife. Regular knives can easily squish the cake. Serve with whipped cream and fresh berries. Store leftovers in the refrigerator for up to 5 days!

*Adapted from Cook's Illustrated*



# Services in the Lodi Area

## Foot Clinic

***Please call in advance for current rates.***

A registered nurse will soak, clean, and clip your toenails, file calluses, and apply lotion to your feet.

### **New 2025 Rates:**

- \$42.00 for initial appointment or if a year or more since last appt.
- \$34.00 for follow-up appointments
- \$39.00 for individuals with special health care conditions such as diabetes, vascular disease, or those taking blood thinners.

**Appointments are required. Call (608) 742-9233.**

Clinic Hours: 9AM - 3PM

1st Tuesday **and** the 1st and 3rd Thursday of each month.

**ADRC of Columbia County**

**111 East Mullett St.**

**Portage, WI 5390**

## Free Services Offered by Columbia County

### **BLOOD PRESSURE CHECKS**

Walk-in blood pressure checks available Monday through Friday from 8:30AM-4PM at Columbia County Health and Human Services.

### **COVID-19 AT HOME TEST KITS**

Free at-home COVID test kits ARE available at Columbia County Health and Human Services Monday-Friday from 8:30AM-4PM. If you are experiencing symptoms please DO NOT enter the building. Call 608-742-9751 for questions on how to receive your kit.

## Support Groups

***Please call the support group in advance to confirm schedule.***

### **Diabetes Support Group**

1st Thursday of each month

1:30PM

Divine Savior/Aspirus

Contact: 608-745-6289

### **Lodi Caregiver Support Group**

3rd Thursday of the Month

1 - 2:30 PM

Reach Out Lodi

601 Clark St., Lodi

Contact: Nellie Mueller

608-742-9726

### **Lodi Memory Café**

4th Friday of the month

1 - 2:30PM

Reach Out Lodi

601 Clark St., Lodi

Contact: Rose Kearney

608-232-3400, ext. 115

### **Vietnam Vet Support Group**

2nd Friday of the month

1 - 2:30PM

Place: Columbia County Administration Building,  
Veterans Service Office

112 E Edgewater St., Portage

(Lunch provided)

Contact: Ken Prust, 608-264-5342

### **Relatives Raising Relatives**

Support Group

Last Wednesday of the month

5 - 6:30PM

Place: ADRC of Columbia County

111 E. Mullett St., Portage

Contact: Ashley Pikalek, 608-742-9283

# Sunday Brunch



*Bring your friends  
& family for a  
tasty, good time!*

**ALL YOU CAN EAT  
PANCAKES!**

**May 18 • 9:30AM - 1PM**

**Dove Healthcare - Lodi  
700 Clark Street**

**\$10 / person**

**\$5 Ages 3-12**

pancakes

cheesy scrambled eggs

sausage & bacon

fruit kabobs

coffee & juice

cash or check payable to  
Dove Healthcare  
Community Foundation



**Join us inside OR  
take your meal to  
go! Drive-thru  
option too.**







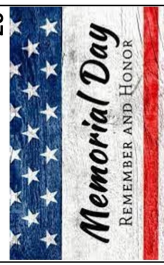
All proceeds support fundraising efforts for a wheelchair accessible golf cart. We look forward to taking area seniors, Veterans, and others on adventures around Lodi!

**Call Josie with questions at 608.592.6731.**



**Dove Healthcare  
Community Foundation**

*Supporting programs and initiatives that aim to enhance the lives of seniors, including Veterans and those with a chronic or complex health condition or rehabilitative need.*

May Recreation Calendar 2025					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>The recreation calendar is subject to change based on tenant needs, interests, and current infection control guidelines.</p>	 <p>National Nurses Day 12PM Soup &amp; Salad 3-5pm Nacho Bar Cinco de Mayo</p>	 <p>10AM Exercise class 3PM Euchre</p>	<p>If you would like your hair done next door, please let me know to be placed on the schedule on Mondays.</p> <p>8:00 Nick cleaning 1st floor apartments 12PM Soup &amp; Salad</p>	<p>3PM Happy Hour</p> <p>World Red Cross Day 3PM Happy Hour</p>	<p>12PM Soup &amp; Salad 3PM Dominos Group</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>
 <p>Happy Mother's Day!</p>	<p>12</p> <p>8:00 Nick cleaning 2nd floor apartments 12PM Soup &amp; Salad (upstairs dining room)</p>	<p>13</p> <p>10AM Exercise class 3PM Euchre</p>	<p>14</p> <p>12PM Soup &amp; Salad (Upstairs dining room)</p>	<p>15</p> <p>National Chocolate Chip Day 3PM Happy Hour</p>	<p>16</p> <p>12PM Soup &amp; Salad 3PM Dominos Group</p>
<p>17</p>	<p>18</p> <p>Sunday Brunch 9:30 AM - 1PM Fundraiser at Dove Healthcare - Lodi</p>	<p>19</p> <p>12PM Soup &amp; Salad</p>	<p>20</p> <p>10AM Exercise class 3PM Euchre</p>	<p>21</p> <p>8:00 Nick cleaning 1st floor apartments 12PM Soup &amp; Salad</p>	<p>22</p> <p>3PM Happy Hour</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p> 	<p>27</p> <p>10AM Exercise class 3PM Euchre</p>	<p>28</p> <p>12PM Soup &amp; Salad</p>
<p>29</p>	<p>30</p>	<p>31</p>	<p>1</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>
<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>
<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
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<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>
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<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>
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<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>





# Spring Word Search



BLOSSOM

BLOOM

FLOWERS

RAIN

SHOWERS

EASTER

SPRING BREAK

GRASS

HATCH

BIRDS

SUNSHINE

SEASON

MARCH

APRIL

MAY

N	L	M	O	R	D	Y	S	M	B	M	O	O	L	B
N	I	A	R	M	E	L	E	S	E	E	A	W	O	G
U	O	Y	E	L	O	S	E	A	S	O	N	M	S	S
L	M	L	I	O	D	N	E	K	L	A	Y	R	P	H
H	C	T	A	H	I	N	G	Q	L	D	B	R	K	U
U	T	P	E	H	O	O	D	I	O	O	I	F	C	L
Y	T	I	S	R	E	T	R	M	D	N	T	R	E	U
V	W	N	A	O	E	P	J	T	G	N	E	D	X	V
E	U	G	R	N	A	D	M	B	R	A	Y	A	T	E
S	L	M	E	U	B	G	R	T	A	S	O	U	P	A
R	E	F	G	L	C	E	B	T	S	I	R	G	A	S
B	A	L	Y	B	A	E	N	O	S	R	E	H	R	T
Y	A	O	I	K	D	O	O	H	R	E	H	O	H	E
U	Y	W	E	M	S	H	O	W	E	R	S	E	D	R
C	H	E	F	A	M	C	L	Y	O	G	D	R	E	S
X	L	R	O	V	Z	R	C	O	J	B	R	I	N	O
F	I	S	E	A	R	A	K	S	L	E	I	O	E	L
B	L	O	S	S	O	M	C	B	J	W	B	M	O	B