



Dove Healthcare

June 2025 Newsletter · Dove Healthcare - Settlers' Trail

A Message from the Apartment Manager

We have some new faces at Dove Healthcare - Settlers Trail! Please help us welcome our new tenants:

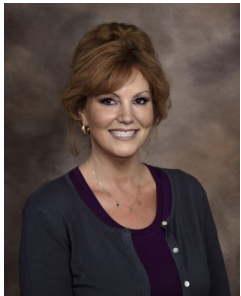
**Rick
Kathy
Dorothy
Alex**

Thanks to everyone that has been so welcoming and helpful to our new neighbors. If you haven't yet, please take time to say "hello" and introduce yourself.

We are grateful for the uptick in inquiries and tours, and **we look forward to having all 19 of our senior independent living apartments occupied soon!** If you know anyone that's been considering a move, please encourage them to get on our wait list sooner than later. There is no fee or contract to be on this list.

June is **National Dairy Month**, and to celebrate we will have **ice cream for dessert with Friday lunch, the entire month of June!**

Father's Day is June 15. Happy Father's Day to all fathers and grandfathers!



Cheers to summer!

Melissa Guethlein
Apartment Manager
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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:
info@dovehealthcare.com
715-723-9348, ext 1250

Article contributed by Rehabilitation Manager and COTA Amy Scribner, Dove Healthcare - Spooner





A Minute with Maintenance

June marks the beginning of summer, making it a perfect time to take care of those home cleaning and repair chores before the heat becomes too warm outside.

To-Do #1: Replace Air Conditioner Filter

Replacing the air filter on your air conditioner every 1-3 months allows the system to run more efficiently and keeps the air in your home clean.

To-Do #2: Clean Clothes Dryer Vent Pipe

Over time, lint can build up in the vent pipe of your clothes dryer, making the dryer work less efficiently and could cause a house fire.

To-Do #3: Clean Paddle Ceiling Fans

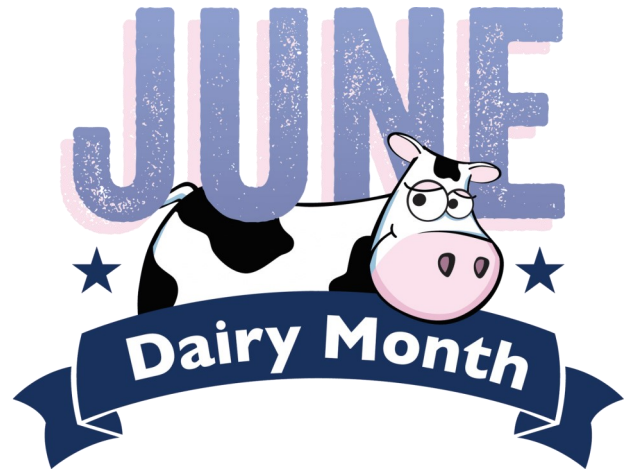
The blades and motor on paddle ceiling fans need to be cleaned regularly to remove any dirt and dust.

To-Do #4: Clean Grill Grates

It's important to clean your grill before cooking on it for the first time each year, as well as regularly during the outdoor cooking season.

To-Do #5: Prune Shrubs Around AC Units

Make sure your AC units can breathe and do not have shrubs growing up around the sides.



What Is National Dairy Month?

National Dairy Month is an annual observance in the United States that takes place during the month of June. It is a celebration of the dairy industry and aims to promote the consumption of dairy products while recognizing the contributions of dairy farmers and the importance of dairy in the American diet.

During National Dairy Month, various activities and events are organized to raise awareness about the nutritional benefits of dairy products and the economic impact of the dairy industry. It serves as an opportunity to educate the public about the role of dairy in a healthy diet, highlighting its contribution to providing essential nutrients like calcium, vitamin D, protein, and more.




Fun Facts About Cheese & Other Dairy Products

- The natural yellow color of butter comes mainly from the beta-carotene found in the grass cows eat.
- Americans eat more than 300,000 tons of yogurt per year.
- About 300 varieties of cheese are sold in the United States.
- The most popular cheese in America is Cheddar.
- It takes 10 pounds of milk to make one pound of cheese.
- It takes 12 pounds of whole milk to make one gallon of ice cream.
- It takes 21.8 pounds of milk to make one pound of butter.





June Recreation Calendar 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 The recreation calendar is subject to change based on resident needs & interests	2 12PM Soup & Sandwich Bar	3 10AM Exercise Class 3PM Euchre	4 National Cheese Day Nick cleaning 1st floor apartments	5 3PM Happy Hour	6 12PM Soup & Sandwich Bar 3PM Dominoes	
8	9 12PM Soup & Sandwich Bar Nick Cleaning 2nd floor apartments	10 10AM Exercise Class 3PM Euchre	11 12PM Soup & Sandwich Bar	12 3PM Happy Hour	13 12PM Soup & Sandwich Bar 3PM Dominoes	14 Flag Day National Strawberry Shortcake Day
	16 12PM Soup & Sandwich Bar	17 CNA Day 10AM Exercise Class 3PM Euchre	18 Peanut Butter Cookie Day 12PM Soup & Sandwich Bar Nick cleaning 1st floor apartments	19 3PM Happy Hour	20 12PM Soup & Sandwich Bar 3PM Dominoes	21
	23 12PM Soup & Sandwich Bar Nick cleaning 2nd floor apartments	24 10AM Exercise Class 3PM Euchre	25 Juneteenth 12PM Soup & Sandwich Bar	26 3PM Happy Hour	27 12PM Soup & Sandwich Bar 3PM Dominoes	28
29 International Olympic Day	30 12PM Soup & Sandwich Bar	1 Nat Ice Cream Cake Day 10AM Exercise Class 3PM Euchre	2 12PM Soup & Sandwich Bar Nick cleaning 1st floor apartments	3 3PM Happy Hour	4 12PM Soup & Sandwich Bar 3PM Dominoes	



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