



Dove Healthcare

April 2025 Newsletter · Dove Healthcare - Spooner and Spooner Assisted Living

A Message from the Administrator

Happy April, everyone! I always love when spring arrives because of all the new babies on the farm at home. I was able to bring six of our little chicks in for a visit with our residents! It was also fun bringing them over to the daycare too.



As most of you know, we have an on-site salon with a hairdresser that provides routine services for our residents.

Committed to keeping her salon services affordable and maintaining the same level of service you have come to expect, Hairdresser Cathy Wisner is increasing the rates of her services effective April 13, 2025. See the enclosed flyer for the new rates. If you have any questions about her services and rates, please contact Cathy directly at 608-387-0822.

It is bittersweet to share with you that we are recruiting for a new administrator of Dove Healthcare - Spooner. I recently accepted a HomeGROWN promotion to director of operations for Dove Healthcare's six assisted living locations. I will be responsible for the overall performance and operations, which includes supervising the assisted living directors - so I won't be a stranger here in Spooner! I'm grateful I will still be connected with this wonderful team.

I will remain in the role of administrator until the new person starts. Executive Administrator Hannah Overlien will then lead the onboarding and orientation of the new administrator so that I can officially begin my new position. I will update you after a hire has been made.



Please contact me anytime with questions or concerns. Thank you and happy spring!

Emily Gudis, Administrator
egudis@dovehealthcare.com
715-635-1420

Walk to End Alzheimer's 2025: Join Us!

Dove Healthcare - Spooner will again have a team in the annual **Walk to End Alzheimer's on Saturday, September 13, 2025**. Our team name is Dove Healthcare - Spooner, and we already started fundraising efforts. We welcome your support as we raise money to fight this disease.

You can make an online donation or register to join our walk team by going to our team's Walk to End Alzheimer's website page located here:

<https://tinyurl.com/mebjxwdm>



You can also scan the QR code at the left. Be sure to specify our team name, **Dove Healthcare - Spooner**, when registering or making your donation.

Don't hesitate to contact me if you have any questions. Thank you!

Amy Scribner, COTA, Rehabilitation Director
2025 Walk to End Alzheimer's Chairperson
715-635-1415 amy.scribner@dovehealthcare.com

Our Sincere Sympathy

The Dove Healthcare family wishes to extend our sincere sympathy to the families of...



**Carol Undahl
John Mitchell**

Although gone from this place, their presence in our lives will remain a precious memory. Thank you for giving us the opportunity to care for your loved one.

News from Nursing

Palliative care and hospice care both focus on the comfort, care, and quality of life of individuals with serious illnesses. Hospice care is a specific type of palliative care that is provided in the final weeks or months of life. Both services are similar in some ways, but they also can differ. Let's learn more about these two types of care.



What is palliative care? Palliative care focuses on improving quality of life for people with serious illnesses and their care team. The major elements of palliative care include managing a person's symptoms effectively and ensuring that their care is coordinated. Palliative care is interdisciplinary, which means that it involves multiple types of doctors and other care providers. These providers work together with patients and their families and care partners to ensure that the treatment plan reflects the person's goals and values. The team is composed of palliative care specialist doctors and nurses and includes others such as social workers, nutritionists, and chaplains. Palliative care can start as early as a person's diagnosis or not until later in their illness, and it can occur along with other types of treatment for the disease. Palliative care is a resource for anyone living with a serious illness, such as heart failure, chronic obstructive pulmonary disease, cancer, dementia, Parkinson's disease, and many others. Palliative care can be provided in hospitals, nursing homes, outpatient palliative care clinics and certain other specialized clinics, or at home.

What is hospice care? Hospice care focuses on the care, comfort, and quality of life of a person with a serious illness who is approaching the end of life. At some point, it may not be possible to cure a serious illness, or a patient may choose not to undergo certain treatments. Hospice is designed for this situation. When a patient begins hospice, it is because the illness is not responding to medical attempts to cure it or to slow the disease's progress. Like palliative care, hospice provides comprehensive comfort care as well as support for the family, but in hospice, attempts to cure the person's illness are stopped. Hospice is provided for people with a terminal illness whose doctor believes he or she has six months or less to live if the illness runs its natural course.

Continued . . .

Continued . . .

Dove Healthcare - Spooner offers both palliative care and hospice care options by contracting with Marshfield Medical Center Hospice, Moments Hospice, St. Croix Hospice, and Regional Hospice. Our interdisciplinary team focuses on providing



individualized, empathetic care for those in our community. Please feel free to contact me if you have questions or desire additional information about either of these care options.

Tammy Saldana, RN
Director of Nursing

we cannot
change the outcome
but we can
AFFECT
the journey



Dove Healthcare

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.

Rockin' In Rehabilitation

April is National Occupational Therapy Month

The benefits of occupational therapy 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, etc.



Eating



Bathing



Dressing



Transferring



Toileting



Walking or moving around

If you would like more information about occupational therapy services provided by Dove Healthcare - Spooner, please contact me.

Amy Scribner, COTA / Rehabilitation Director
715-635-1415 amy.scribner@dovehealthcare.com

Nutritional Notes

Last month, we presented the residents with a choice of the meal they would like to have for lunch on March 17 to celebrate St. Patrick's Day. They made the choice of boiled dinner, which was a hit! During our monthly Resident Council meeting we discussed our first cookout of the season! We strive to make this happen once a month, weather permitting.



Residents picked burgers and hot dogs, potato salad, and baked beans. We can't wait for the great weather to roll in and for our residents to have a taste of summer on the grill!



Megan Nitz
Nutritional Services
Assistant Director

Minute with Maintenance



LED lights have quickly become the most common type of lighting. LED stands for light emitting diode. A man invented these lights while trying to invent a laser. His mistake turned into a bright idea! There are many advantages to using LED lights, such as less heat generation, lower power use, longer lasting, and there is no mercury in LEDs as there is in fluorescent lights.

Buying LEDs can be confusing if your mind still goes to watts for light volume. Many packages of LED lights have incandescent bulb wattage equivalent charts to help you. The amount of light a fixture gives is measured in lumens. The lights also have a Kelvin rating that relates to warmth or coolness of the light. A low or warm Kelvin rating would be around 3000 k or lower, this appears somewhat yellow; very cool would be 5000--6000 k and called daylight or bright white. Many LED fixtures have a switch to adjust the Kelvin rating to your liking.

If you do not want to buy new fixtures, many LED bulbs are compatible with old fixtures. When replacing fluorescents you need bulbs that are ballast compatible, as not all ballast accept these bulbs the same.

Article contributed by Brent Swan, Maintenance Director, Dove Healthcare - Rice Lake



Find us on Facebook

Follow Us on Facebook!

facebook.com/dovehealthcarespooner
facebook.com/dovehealthcarespoonerassistedliving

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

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.

News from Dove Healthcare - Spooner Assisted Living

Hello from Dove Healthcare – Spooner Assisted Living! I'm excited to tell you about our new program, *Dinner with the Director*! Once a month, I prepare a meal for

our residents, and then we all enjoy some great food and conversation together. I share some of my life with the residents (and have them do the same with me) in hopes to get more familiar and comfortable with each other. I feel that "breaking bread" together gives us the opportunity to reminisce of days gone by, and it will hopefully invoke memories with family and friends for our residents.

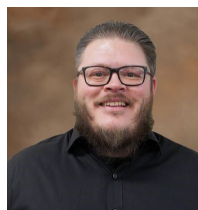


Our first gathering was over a bowl of chicken and gnocchi soup, fresh romaine cherry tomato and red onion salad with oil and vinegar dressing, and "dirt" cups for dessert. Now, although everything was prepared by hand, I did steal this recipe and meal combo from the great establishment, Olive Garden. Either way, this meal was a huge hit!

Our second installment was a recipe my grandmother taught all of us kids and is still a huge hit at any of my family's gatherings. It's called "John Machete", a hotdish made with breakfast sausage, egg noodles, tomato juice, and American cheese. It's served fresh with green beans and a warm roll. Simple, but oh so good!

Funny enough, while describing the "John Machete" hotdish to residents, a member of *The Better Together Band* was providing entertainment and shared a similar story of a meal prepared by her family called "John Manzenari", which was popular in the south. As my grandfather was stationed in the south for part of his military career, I now know how this name and delicacy made its way to my family!

If any family members of our residents are interested in attending *Dinner with the Director*, please let me know, and I will save you a plate. As always, thank you for allowing us to care for you. Have a great April!



Steve Saldana, Director
steve.saldana@dovehealthcare.com
715-939-1759

Recreation Highlights

I cannot believe that March is over! On a snowy March 5, we had an Ash Wednesday worship service. **Thank you to Spooner volunteer, Mary, and Rice Lake volunteer, Betty, for working together to provide this service.** We were excited to have **Steve Szydel** come in with his guitar and sing country music during Happy Hour. On St. Patrick's Day, we had so much fun with crazy bingo games, shamrock shakes, and green cookies. The sing-along with **Shirley** was fun too. It took me back 60 years when you would "look sweet upon the seat of a bicycle built for two".

We started out the month eager to earn those Dove Dollars to use at our auction. The big day finally arrived. We had so many nice items to auction off and had fun bidding on a variety of snacks like soda, decorations, clothing, wallets, purses, blankets, and so much more. **I cannot thank those that donated enough for the great donations!** Your amazing generosity was wonderful. Our residents and employees had a great time!

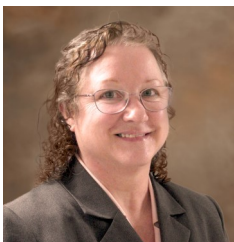


Bill shows off the goodies he got at the auction.

We wrapped up the month on March 28 with a fantastic birthday party featuring **The Better Together Band** and recognizing 13 remarkable people who celebrate their birthday in March.

Looking ahead to April, we have another new entertainer booked, we'll enjoy some old favorites, and celebrate Easter and Earth Day.

Another special event I would like to mention is our celebration of **National Volunteer Week April 20-26**. Our volunteers are important members of our team and vital to the care we provide. We really appreciate each one of you and look forward to paying tribute to you during this week.



Carol Johnson
Recreation Director

Memories from the Month



*Thank you to the **Northwest Express Hockey** team for volunteering at bingo throughout the 2024-2025 season. We appreciated your help and love getting to know you. We look forward to seeing you again next season!*



*Dove Healthcare - Spooner **volunteer, Mary (R)** and Dove Healthcare - Rice Lake **volunteer, Betty (L)** teamed up to provide an Ecumenical Ash Wednesday service . Thank you for your ministry to our residents.*



The Heart of the Lakes Homemaker's Club recently donated several quilted lap blankets that the group had made for our residents. Pictured here with the quilts is Ginny, a member of the club. Thank you ladies for remembering our residents!

Memories from the Month



March included an impromptu pizza party held in conjunction with Happy Hour. The pizzas were compliments of resident, Al R. Thanks, Al, for this tasty treat.



Our St. Patrick's Day fun featuring big money bingo followed by yummy shamrock shakes... what fun!



Steve Szydel, a country western musician from Altoona, made his first appearance with us in March and took time after the show to get acquainted with our residents.



Our St. Patrick's Day celebrations included the creation of these very colorful rainbow pictures which featured a shamrock, a rainbow, and of course, a big pot of gold at the end of the rainbow!



Our residents eagerly participated in an activity in March that awarded Dove Dollars in preparation for our first Activity Auction. A large group of residents then gathered on Wednesday, March 26 to bid on a variety of items with many wonderful bargains to be had. A total of \$84,860 Dove Dollars was spent!



April 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 9:00 CineVault Channel-AR 10:00 Virtual Church-AR 11:00 Hymn Sing-AR 12:30 Catholic Communion-TR 1:00 Remember When-BR 2:00 654 Dice Game-AR 3:15 Movie-TR	7 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 2:00 Bingo-AR 3:30 Zero In 5:15 Balloon Tennis-AR	8 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 11:00 Word Games-AR 1:00 Resident Council-AR 2:00 Church/Nazarene-AR 3:15 Movie-TR 5:15 Bean Bag Toss-AR	9 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 "Eggstrordinary" Community Service Project-AR 1:00 Friendly Visits 2:00 Bingo-AR 3:00 Mantra-AR 3:15 Movie-TR	10 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Dean Loche Family-AR 2:00 Polish & Pamper-AR 3:15 Movie-TR 3:30 Zero In 3:30 "Eggstrordinary" CSP-AR 5:15 Kickball-AR 6:00 Serena's Piano	11 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 11:00 Friendly Visits 2:00 Happy Hour-AR 3:15 Photo Circle-TR 5:15 Bowling-AR	12 9:00 CineVault Channel-AR 10:00 Bingo-AR 1:00 Friendly Visits 2:00 Cards-AR 3:15 Movie-TR 3:30 Noodles & Balloons-AR
13 9:00 CineVault Channel-AR 10:00 Virtual Church-AR 12:30 Catholic Communion-TR 1:00 Roger's Bible Study-AR 2:00 654 Dice Game-AR 3:15 Movie-TR	14 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 2:00 Bingo-AR 3:15 Movie-TR 3:30 Zero In 5:15 Balloon Tennis-AR	15 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Catholic Prayer Service-AR 11:00 Word Games-AR 1:00 Friendly Visits 2:00 Church/Sp. Methodist-AR 3:15 Crafts with Theresa-AR 5:15 Ring Toss-AR	16 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Friendly Visits 2:00 Bingo-AR 3:00 Singalong with Shirley-AR 5:15 Noodles & Balloons-AR	17 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Dean Loche Family-AR 2:00 Polish & Pamper-AR 3:15 Movie-TR 3:30 Zero In 5:15 Kickball-AR 6:00 Serena's Piano	18 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 11:00 Friendly Visits 1:00 Karaoke 2:00 Happy Hour-AR 3:15 Photo Circle-TR 5:15 Bowling-AR	19 9:00 CineVault Channel-AR 10:00 Bingo-AR 1:00 Friendly Visits 2:00 Music Trivia-AR 3:15 Movie-TR 3:30 Fritsbee Golf-AR
20 Easter 9:00 CineVault Channel-AR 10:00 Virtual Church-AR 11:00 Hymn Sing-AR 12:30 Catholic Communion-TR 1:00 Remember When-BR 2:00 654 Dice Game-AR 3:15 Movie-AR 3:30 Ring Toss-AR	21 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 2:00 Bingo-AR 3:15 Movie-TR 3:30 Zero In 5:15 Balloon Tennis-AR	22 7:45 Men's Breakfast-AR 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Friendly Visits 2:00 Church/Faith Lutheran-AR 3:15 Destination: Holland-AR 5:15 Bean Bag Toss-AR	23 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Friendly Visits 2:00 Bingo-AR 3:15 Rich Schroeder-AR	24 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Dean Loche Family-AR 2:00 Polish & Pamper-AR 3:15 Movie-TR 3:30 Zero In 6:00 Serena's Piano	25 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 11:00 Friendly Visits 2:00 Birthday Party Featuring Better Together Band-AR 3:15 Photo Circle-TR 5:15 Bowling-AR	26 9:00 CineVault Channel-AR 10:00 Bingo-AR 1:00 Friendly Visits 2:00 Long Word/Short Word-AR 3:15 Movie-TR
27 9:00 CineVault Channel-AR 10:00 Virtual Church-AR 12:30 Catholic Communion-TR 1:00 Roger's Bible Study-AR 2:00 654 Dice Game-AR 3:15 Movie-TR	28 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 2:00 Roger's Bible Study-AR 3:15 Movie-TR 3:30 Zero In 5:15 Balloon Tennis-AR	29 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Catholic Prayer Service-AR 11:00 Word Games-AR 1:00 Friendly Visits 2:00 Church/Northwoods Baptist-AR 3:15 Crafts with Theresa-AR 5:15 Ring Toss-AR	30 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Friendly Visits 2:00 Bingo-AR 3:15 Cards-AR 5:15 Noodles & Balloons-AR	AR-Activity Room BR-Bird Room TR-TV Room *If no location is specified the activity is a 1-1 or door to door program	 Ken R. 4/3 Don S. 4/24 Dean T. 4/9 Agnes B. 4/24 Vonna S. 4/22 Lois H. 4/26 Karnis S. 4/22	



April 2025

Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 8am- Beauty & Barber Day 10am- Chair Exercise 2pm- YAHTZEE!!	2 9am- Relaxing Music 10am- Chair exercise 2pm- Crafts 5pm- Hangman	3 9am- Classic TV 10am- Card Games 2pm- BINGO!	4 9am- Relaxing Music 10am- Dominoes 2-4pm- HAPPY HOUR!!	5 9am- Chair Exercise 10am- Puzzle Time 5pm- Movie & Popcorn Movie: On Golden Pond	
6 9am- Classic TV 11am- Red Cedar Church on-line 2pm- Card Games	7 9am- Classic TV 10am- Spa Day, nails & such 2pm- Rummy	8 9am- Classic TV 10am- Chair Exercise 2pm- Yahtzee	9 9am- Relaxing Music 10am- Chair exercise 2pm- Crafts 5pm- Pictionary!!	10 9am- Classic TV 10am- Card Games 2pm- BINGO!	11 9am- Relaxing Music 10am- UNO! 2-4pm- HAPPY HOUR!!	12 9am- Chair Exercise 10am- Puzzle Time 5pm- Movie & Popcorn Movie: The Mule	
13 9am- Classic TV 11am- Red Cedar Church on-line 2pm- Card Games	14 9am- Classic TV 10am- Spa Day, nails & such 2pm- Dice Games	15 1 8am- Beauty & Barber Day 10am- Chair Exercise 2pm- YAHTZEE!!	16 9am- Relaxing Music 10am- Chair exercise 2pm- Crafts 5pm- Hangman	17 9am- Classic TV 10am- Card Games 2pm- BINGO!	18 9am- Relaxing Music 10am- Card Games 2-4pm- HAPPY HOUR!! BETTER TOGETHER BAND!! 2p	19 9am- Chair Exercise 10am- Puzzle Time 5pm- Movie & Popcorn Movie: The Greatest Story Ever told	
20 9am- Classic TV 11am- Red Cedar Church on-line 2pm- Card Games !!HAPPY EASTER!!	21 9am- Classic TV 10am- Spa Day, nails & such 2pm- Dominoes	22 9am- Classic TV 10am- Chair Exercise 2pm- Yahtzee	23 DINNER WITH THE DIRECTOR!! MENU: Lasagna Garden Salad Apple Crisp	24 9am- Classic TV 10am- Card Games 2pm- BINGO!	25 9am- Relaxing Music 10am- 6-5-4 Dice Game 2-4pm- HAPPY HOUR!!	26 9am- Chair Exercise 10am- Puzzle Time 5pm- Movie & Popcorn Movie: Hondo	
27 9am- Classic TV 11am- Red Cedar Church on-line 2pm- Card Games	28 9am- Classic TV 10am- Spa Day, nails & such 2pm- Dice Games	29 8am- Beauty & Barber Day 10am- Chair Exercise 2pm- YAHTZEE!!	30 9am- Relaxing Music 10am- Resident Council Meeting 2pm- Crafts 5pm- Hangman	WISHING A HAPPY BIRTHDAY TO SPAL RESIDENTS: DALE L. 04/28/1936 Gregg R. 04/30/1943			

**SALON SERVICES FOR RESIDENTS OF DOVE HEALTHCARE -
SPOONER AND SPOONER ASSISTED LIVING**

Salon Services

Shampoo Only	\$10.00	Permanent Color	\$50.00
Shampoo with Set & Style	\$25.00	<i>(includes shampoo & style)</i>	
Set & Style <i>(no shampoo)</i>	\$23.00	Perm <i>(includes shampoo & style)</i>	\$60.00
Basic Haircut	\$20.00	Set & Style <i>(no shampoo)</i>	\$23.00
Style Haircut	\$23.00	Basic Men's Haircut	\$18.00
Shampoo, Set, Style, Cut	\$28.00	Men's Cut / Beard	\$23.00
Weekly Rinse	\$ 2.00		

Would you like to schedule an appointment?

Contact Carol in our recreation office.

715-635-7498

Please Note: *The above fee list is for basic services provided by Cathy Wisner. Special services/cuts, specialty colors/perms, etc. will be priced accordingly and should be discussed with Cathy **prior** to service.*

