



Dove Healthcare

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

Meet our New Administrator

We are so happy to introduce you to **Zach Williamson**, the new administrator for Dove Healthcare – Spooner as of June 30.



Zach shared, “I’m excited to be joining the Dove Healthcare team in Spooner. My wife, Britta, and I look forward to bringing our son, Cody, and our dog, Winnie, back up north to the small communities of Northwestern Wisconsin that we fell in love with growing up. I’m most looking forward to getting to

know the individuals who make up the team and provide the high quality care and services to our residents, as well as finding ways to empower the team to do their very best every day.”

Zach is a licensed athletic trainer. He graduated with a bachelor’s degree in athletic training from UW-Eau Claire in May 2019. Zach has been with Mayo Clinic Health System since September 2019. After he found a passion for administration, he went back to school at UW-Stout, obtaining a master’s degree in healthcare administration in May 2024.

Please join us in giving Zach a warm welcome to Spooner! We look forward to his energy and leadership as we advance quality care, together.

715-635-1420
zachary.williamson@dovehealthcare.com

Meet the Interim Director of Dove Healthcare - Spooner Assisted Living



Kena Luzinski has been part of our Dove Healthcare family since 2020 and is presently the director of Dove Healthcare - Rutledge Home in Chippewa Falls. Kena has also been supporting our assisted living in Spooner for many months with audits and training. We are grateful for her additional support, now serving as interim director of Dove Healthcare - Spooner Assisted Living (in addition to her responsibilities in Chippewa Falls).

Until further notice, assisted living tenants and families, as well as our employees of the assisted living, should contact Kena with any needs, concerns, or questions.

715-723-3093, ext 144
kenarae.luzinski@dovehealthcare.com



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.



Introducing our new Medical Director

Dr. Colvin became the medical director for our skilled nursing center Dove Healthcare - Spooner on July 1, 2025.



Meet your provider

Dr. David Colvin, MD

Louisiana born and raised; Dr. David Colvin has been in primary care for over 25 years. He serves as Medical Director for multiple facilities as well as taking on roles in corporate medical leadership. He says, "My goal is to always advocate for the patient and the facility." He has been a Certified Medical Director for 4 years.

His other endeavors include leading mission trips to Ecuador and Oregon, serving as a Sunday School teacher, travel, commercial aviation, railroads, and finding good "groceries" in each place he and his wife of 20 years, Julie, visit.

He is not afraid to laugh and hug when needed or take that extra time some people just need. Taking care of others is what he enjoys the most in life.

*Article excerpt provided by Mariah Hanson, PA-C
Director of Clinical Operations, Curana Health*

Here's what sets the Curana Medical Director apart:

Proactive Leadership: Our MDs are Integrated into our operations and clinical performance efforts, ensuring they're not just advisory figures, but active drivers of positive change in your buildings.

Data-Driven Focus: We measure and manage quality closely, empowering our MDs to lead meaningful QAPI conversations, address patterns, and shape improvement plans based on real-time insight.

Consistency and Accountability: As full Curana team members, our MDs are accountable for provider outcomes, helping to build a culture of reliability, responsiveness, and shared goals.

Provider Development: They directly support and mentor our advanced practice providers ensuring strong onboarding, continuous feedback, and clinical oversight that raises the bar.

We are embedded in your ecosystem—not just visiting from an external system. Our attention is centered on post-acute performance and collaboration with facility teams.

We believe our model fosters a stronger, more collaborative, and outcomes-focused relationship with your teams.



A BIG thank you to Spooner's Johnson Bank employees for donating and planting our flowers boxes this year. Also a big shout out of thanks to BLOOM FLORAL GREENHOUSE & GIFT for donating flowers!

Eleanor's Success Story

From Hospital to Dove Healthcare



Eleanor came to Dove Healthcare – Spooner for a short-term rehabilitation stay. She worked hard in therapy to meet all of her goals and become independent again. She's excited to be moving into a new apartment with her new kitten she lovingly named "Dove"!

*"Everyone was polite and took very good care of me.
If I had to come back, I would."*

We were happy to have you here, Eleanor, and we wish you all the best!

Pictured with Eleanor: Amy Scribner (COTA/Rehabilitation Director), Bethanie Burton (LPN), Courtney Roat (Administrative Assistant), and Melissa Erickson (LPN)

Rockin' In Rehabilitation



When Earl was discharged from the hospital and arrived at Dove Healthcare – Spooner for short-term rehabilitation, the edema in his legs made it difficult for him to pick up his feet. Obstacle courses, like the one featured above, work on improving motor planning skills, balance, strength, and mobility.

After working with the therapy department, his strength and mobility have improved to the point where he is able to safely step over thresholds and return home!

Earl even wanted us to share with you, “Make sure you let them know that that is a 93 year old man doing that!”

We wish you all the best back at home, Earl! It was as an honor to care for you.

Amy Scribner, COTA
Rehabilitation Director

Social Services News

Planning Ahead: Understanding Advance Care Planning

At Dove Healthcare - Spooner, we care about supporting you and your families through every stage of aging, including helping you plan for the unexpected. One important way to do that is through Advance Care Planning.

Advance Care Planning is the process of thinking about and communicating your healthcare wishes in case you're ever unable to speak for yourself. This includes decisions about the types of medical care you would or wouldn't want and choosing someone you trust to make decisions on your behalf if needed.

Key parts of advance care planning include:

- **Advance Directives:** Legal documents that spell out your wishes. These may include a Living Will, which outlines the kind of medical care you want, and a Durable Power of Attorney for Healthcare, which names a healthcare proxy (decision-maker).
- **Ongoing Conversations:** Your wishes may change over time. It's important to review and update your plans regularly, especially after a major health change.

Taking these steps can help reduce stress for your loved ones and ensure your voice is heard when it matters most.

As Mayo Clinic reminds us, “*advance care planning isn't just for older adults. At any age, a medical crisis could leave you too ill to make your own healthcare decisions*” (MayoClinic.org).



You can reach out to me anytime with questions or for help getting started.

Dawn Wilsey
Social Services Director

Resources:

Mayo Clinic. “Living wills and advance directives for medical decisions.”

Medicare.gov. “Advance Care Planning.”

National Institute on Aging. “Advance Care Planning: Advance Directives for Health Care.”

Water and Wellness:

Staying Healthy Starts with Hydration

Staying hydrated is one of the simplest yet most powerful ways to support your overall health. As we age, our sense of thirst can diminish, making it easier to become dehydrated without even realizing it. **With the warmer months, it's especially important to be mindful of your fluid intake.** Higher temperatures and increased outdoor activity can lead to quicker fluid loss, so drinking water regularly throughout the day can help keep your energy levels up, support digestion, and prevent heat-related issues.



Why Hydration Is Important

- **Supports Digestion and Kidney Function:** Water helps your body break down food and flush out waste efficiently.

- **Maintains Energy Levels:**

Dehydration can lead to fatigue, confusion, and dizziness, especially dangerous for older adults.

- **Improves Skin and Joint Health:** Staying hydrated keeps your skin healthy and your joints cushioned.
- **Prevents Urinary Tract Infections (UTIs):** Drinking enough water helps reduce the risk of UTIs, which are more common in older adults.

Signs of Dehydration

Look out for dry mouth, dark-colored urine, headaches, or feeling lightheaded. These may be signs your body needs more fluids.

Easy Ways to Stay Hydrated

- Sip water throughout the day, not just when you're thirsty.
- Eat water-rich foods like cucumbers, melons, and soups.
- Flavor water with lemon, berries, or mint if plain water isn't appealing.
- Keep a refillable water bottle nearby as a visual reminder.

Emily Erickson, Regional Assistant Director of Rehabilitation

Reduced Thirst Sensation in Older Adults Phillips, P. A., Rolls, B. J., Ledingham, J. G., et al. (1984). Reduced thirst after water deprivation in healthy elderly men. *New England Journal of Medicine*, 311(12), 753–759. <https://doi.org/10.1056/NEJM198409203111202>

Dehydration and Cognitive/Mood Effects Armstrong, L. E., Ganio, M. S., Casa, D. J., et al. (2012). Mild dehydration affects mood in healthy young women. *Journal of Nutrition*, 142(2), 382–388. <https://doi.org/10.3945/jn.111.142000>

Hydration and Urinary Tract Infections Hooton, T. M., Vecchio, M., Iroz, A., et al. (2018). Effect of increased daily water intake in premenopausal women with recurrent urinary tract infections: A randomized clinical trial. *JAMA Internal Medicine*, 178(11), 1509–1515. <https://doi.org/10.1001/jamainternmed.2018.4204>

Hydration's Role in Kidney Function and Health Clark, W. F., Sontrop, J. M., Macnab, J. J., et al. (2011). Urine volume and change in estimated GFR in a community-based cohort study. *Clinical Journal of the American Society of Nephrology*, 6(11), 2634–2641. <https://doi.org/10.2215/CJN.11191210>

Hydration and Joint Health Institute of Medicine. (2004). *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate*. National Academies Press. <https://www.ncbi.nlm.nih.gov/books/NBK56068/>

Infection Connection

Summer is upon us and with it increased tick activity and tick-borne illnesses. As always, the best treatment is prevention so using insect repellent and wearing long pants and sleeves while in the woods are recommended. Also, checking yourself, your children, and your pets after time outdoors is a good idea. What to do if you find a tick attached? Gently remove it, and wash the area well with soap and water. Monitor yourself for any signs of tick-borne illness such as fever, rash at the site, or general fatigue, and seek medical treatment as needed.

The Wisconsin DHS has a new website that monitors tick activity in the state. There is even an opportunity to submit an image of a tick for identification. Go to www.dhs.wisconsin.gov/tick/wisconsin.htm for more information.

Get out there and enjoy the summer, but stay safe!

Donna Sutton, RN
Infection Control Nurse



Source: SLM | Summer Safety Tips for Senior Skin

Our Sincere Sympathy

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



Allen Morley
Evelda Anderson
Dave Zimmer

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 ones.

National Certified Nursing Assistants Week



Left: We recognized our CNAs this month with appreciation gifts of a glass tumbler filled with candy and a nacho bar.

Shown here with Camille and Adrianna.

Nutritional Notes

The nutritional services team has been enjoying the new exciting items that were added to the spring/summer menus. A couple of the residents

favorites are orange chicken over rice and the taco salad. Pictured here is Dominga, head cook, serving taco salads. We continue to try new menu items that are fun and flavorful!



Megan Nitz
Assistant Director of
Nutritional Services

News and Updates

The **Heart of the North Spooner Rodeo** parade is scheduled for **Saturday, July 12** as part of the 71st Annual Rodeo Celebration in Spooner. The parade is a major event, featuring over 100 units, including bands, floats, horses, fire trucks, **AND a trishaw bike by Dove Healthcare - Spooner!**

Please, let Emily or Carol know if you would like to join us in the parade! We look forward to hearing from you.

715-635-1437
carol.johnson@dovehealthcare.com

Attend the VA Presentation

Join us for a VA presentation with Timothy Thompson on **Wednesday, July 23 at 3PM**. He is an outreach specialist at the Veteran Service Center at the Saint Paul Regional Office. He will answer all your questions so please make plans to join us.

Questions?
715-635-1437
carol.johnson@dovehealthcare.com



Above & Beyond Awards

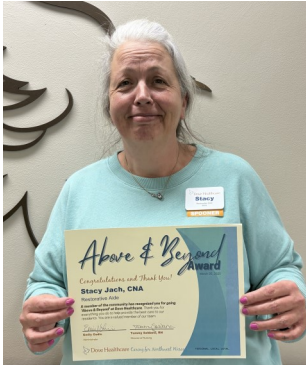


Please help us thank RN Brie for going Above & Beyond!

Courtney shared, "Brie is always willing to lend a hand wherever help is needed. She always has a smile on her face and is constantly putting her best

foot forward every day."

Awesome job, Brie! Thanks for going Above & Beyond each and every day.



Please help us thank Stacy, a CNA and restorative aide, for going Above & Beyond!

Tammy shared, "Thank you for establishing a wonderful restorative program for our residents. I can see the residents' function level maintaining and improving. We appreciate your teamwork and positive attitude."

Way to go, Stacy! Thanks for being a wonderful member of our team. Your hard work doesn't go unnoticed!

**You too can recognize an employee for going Above & Beyond:
dovehealthcare.com/recognize**



Above: Becky M. brought in lap quilts from New Life Resource Center for our residents. Shown here are Ramona and Vivian admiring the quilts.

Below: Cradle to Crayons daycare children brought in "cards of kindness" for our residents. Each card was unique and sweet. We love it when the kids come in and connect with our residents.



Get to Know Environmental Services

Over the next few months, I will be introducing our amazing team members.



Cheryl joined our team in May 2023 and has been a dedicated team member ever since. She has never missed a scheduled shift and often goes above and beyond by picking up extra shifts on her days off. When asked about the best part of her job, Cheryl shared, "I love my residents. I just want to make sure they're happy and well cared for."

In her spare time, Cheryl enjoys cuddling with her fur babies and spending time working in her yard.



Jen has been a dedicated member of our team for 17 years. She began her journey in the nutritional Services department, where she worked for about 12 years, followed by four years in recreation. Most recently, she celebrated her one-year anniversary in the environmental services department.

Jen's favorite part of working here is "the sense of family I feel with my co-workers and the time I get to spend visiting with residents." Outside of work, she enjoys spending time with her family and going fishing.

We're so grateful to have such compassionate, hardworking individuals like Cheryl and Jen on our team. Their dedication and love for our residents truly make a difference every day.

Stay tuned as we continue to spotlight more of the incredible people who help make Dove Healthcare - Spooner feel like home.

Tracey Hayes
Environmental Services Director

Recreation Highlights

For the past couple of months, I've written about how anxious we are to get out on the patio and start enjoying the warm weather and sunshine. Well, on June 4 we broke in the patio in all its glory! Landscaping down, pond is filled up, and flowers, flowers, flowers!

Our Summer Kickoff Party was fantastic, and the residents and community had such a great night! BLU KANU played 60's-70's pop and we sang along, danced, and shook bananas and apple shakers and had such a fun time.

Guess who was back with us? Manfred! We just love it when he plays for us. The Locke family and Carol the violinist also provided their musical talents, as did Tony Martin on the 13th and 21st when we hosted Make Music Day 2025. We are so grateful for all of our musicians and the added joy they bring to Dove Healthcare - Spooner!

On Father's Day, we celebrated with drumsticks, not the music kind, but the ice cream kind. We celebrated our wonderful CNAs during National Certified Nursing Assistants Week, providing a nacho bar and an appreciation gift.

The Spooner summer school students came in and put on a mini musical called "Penelope, the Pink Nose Penguin", and our residents really enjoyed the performance.

The Cradle to Crayons Daycare kids were in and handed out special "kindness cards" to our residents, which brought on big smiles. Our Monthly Birthday Party and Better Together Band ended the month on a high note.

Looking ahead into July, we'll start by celebrating the 4th. We have plans to attend the Spooner Rodeo, parade, and a fishing trip, but we'll talk about that next month!

Have a festive July!

Carol Johnson
Recreation Director



Memories from the Month



Jolynn donated crocheted phone pouches for our Pokeno cart.

Residents put the pouch around their neck or attach to their walker so they don't need to hang onto their cell phone.

Thanks, Jolynn!



Rockin' In Rehabilitation

There is a wide variety of equipment used on a daily basis with patients receiving occupational, speech, and physical therapy. Here are just a few examples of devices which might be used by a therapist to increase independence:



Sock Aid: Used by people who may have precautions preventing them from bending over 90 degrees at their hips or have difficulty reaching to put socks on.

Dressing Stick: Used to assist with taking socks off, pulling zippers up or down, and taking clothes off hangers.

Reacher: Used for assisting with threading legs through pants, picking up dropped items, or getting clothing off hangers.

Feel free to stop in to ask about the above devices or discuss situations which may require adaptive equipment. We can assist you with finding needed adaptive devices.

Angella Niblett, PTA
Regional Director of Rehabilitation



Our Summer Kickoff Party was a hit! The music by Blu Kanu was Outstanding, and we raised \$198 for the Alzheimer's Association. Everyone that attended had a great time!



Memories from the Month



CNA Graduates from Dove Healthcare - Spooner were Morgan T. and Josie H. We congratulated them and handed out their certificates for a successful completion. They plan on becoming members of our great team!



Above:
The 3 Musketeers!



Left:
There's always more time to enjoy the patio.



Below:
Summer school kids mini musical. Thanks for your performance!

Above: Tony's Old Time Gospel Music was in the house singing for us. Thank you, Tony!

Right: Frank and wife Debbie celebrated their 47th wedding anniversary with a beautiful lunch together! Congratulations, Frank & Debbie!



Bottom:
Better Together birthday party performance!





July 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 9:00 CineVault Channel-AR 10:00 Virtual Church -AR 12:30 Catholic Com- munion-TR 1:00 Roger's Bible	7 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 2:00 Bingo-AR 3:15 Movie-TR	1 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 11:00 Trips & Vaca- tions-AR	2 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Baking with Jan-AR 1:00 Friendly Visits 2:00 Bingo-AR	3 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 1:00 Dean Locke Family-AR	4 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 11:00 Friendly Visits 1:00 Karaoke & BD	5 9:00 CineVault Channel-AR 10:00 Bingo-AR 10:30 Daily Chroni- cle/social-AR 1:00 Friendly Visits 2:00 Dominoes-AR
13 9:00 CineVault Channel-AR 10:00 Virtual Church -AR 12:30 Catholic Com- munion-TR 1:00 654 Dice Game-	14 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 2:00 Bingo-AR 3:15 Movie-TR	15 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 11:00 Trips & Vaca- tions-AR	16 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Baking with Jan-AR 1:00 Friendly Visits 2:00 Bingo-AR	17 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 1:00 Dean Locke Family-AR	18 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 11:00 Friendly Visits 1:00 Karaoke-AR	19 9:00 CineVault Channel-AR 10:00 Bingo-AR 10:30 Daily Chroni- cle/social-AR 1:00 Friendly Visits 2:00 Dominoes-AR
20 9:00 CineVault Channel-AR 10:00 Virtual Church -AR 12:30 Catholic Com- munion-TR 1:00 Roger's Bible	21 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 2:00 Bingo-AR 3:15 Movie-TR	22 7:45 Men's Breakfast-AR 9:00 Load for fishing trip 10:00 Exercise-AR 10:30 Prayer Service- AR	23 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Baking with Jan-AR 1:00 Friendly Visits 2:00 Bingo-AR	24 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Fish Fry Prep 1:00 Dean Locke Family-AR 2:00 Polish & Pamper	25 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 11:00 Friendly Visits 2:00 Birthday Party	26 9:00 CineVault Channel-AR 10:00 Bingo-AR 10:30 Daily Chroni- cle/social-AR 1:00 Long Word/ Short Word-AR
27 9:00 CineVault Channel-AR 10:00 Virtual Church -AR 12:30 Catholic Com- munion-TR 1:00 Remember	28 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 2:00 Bingo-AR 3:15 Movie-TR	29 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 11:00 Trips & Vaca- tions-AR	30 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Baking with Jan-AR 1:00 Friendly Visits 2:00 Bingo-AR	31 9:00 CineVault Channel-AR 10:00 Exercise-AR 10:30 Daily Chroni- cle/Social-AR 1:00 Dean Locke Family-AR		