

April 2025 Newsletter · Dove Healthcare - St. Croix Falls

Congratulations to Belinda Olson! April Employee of the Month



Belinda has been part of our Dove Healthcare - St. Croix Falls team for nearly two years. She works during the evening and is a joy to work with. Our residents appreciate all she does and how she goes above and beyond for them. Belinda maintains a positive attitude and calm presence no matter the

day. She always has a bright smile or joke to share with those around her too. Our residents say she is friendly, nice, and does things in a timely matter with a smile! We value you and your wonderful contributions to Dove Healthcare, Belinda! Thanks for all you do.

Spring is here!



Happy Birthday to our Residents!

Valerie H. April 6 Amy L. April 7 Robert R. April 8 Geraldine C. April 9 Mark S. April 16 Dolores B. April 22 Johnine L. April 27 Janine M. April 29

VOLUNTEER



National Volunteer Week

While we celebrate National Volunteer Week April 27– May 4, we are grateful for our volunteers year-round! Volunteers are a cornerstone of Dove Healthcare - St. Croix Falls, meeting resident needs through their generous devotion of time, friendliness, and compassion. We will take this time to share a big "Thank You" to our volunteers, and recognize the impact they make in our Dove Healthcare community!

If you or someone you know is interested in volunteer opportunities to play games, assist with church, read, do crafts, and/or spend time with our residents in any capacity, please complete the **online volunteer application on our website dovehealthcare.com**. Go to "Join our Team" and then click on "Volunteer".

Whether one day a week, a month, or year - we welcome your time, anytime!

Questions? Contact Recreation Director Michelle Boettcher: 715-350-6881 michelle.boettcher@dovehealthcare.com

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

- -spinal cord injury
- -traumatic brain injury -developmental disabilities
- -cerebral palsy
- -low vision
- -Parkinson's
- -amputation
- -orthopedic

conditions, including rotator cuff tear /repair, carpal tunnel syndrome, tendonitis, and arthritis.

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





"I chose OT for a career because I love helping people become the best version of themselves, and this is a great avenue to do that in. I love all the different personalities that come through and challenging myself to connect with them at their level, to help

them grow and become more confident and stronger." - Hannah Hanacek, COTA, Dove Healthcare - St. Croix Falls



March is National Social Work Month! The 2025 theme is **Compassion Plus** Action and celebrates all the incredible social workers who are

making a real difference. Social workers have enriched our society by empowering people and communities to overcome hurdles that prevent them from living life to the fullest. We thank our Dove Healthcare social workers, and other members of the social services departments, for all they do to support and advocate for our residents!

Thank you, Social Services Director Heather Russo. for all you do for our residents at Dove Healthcare - St. Croix Falls. You are appreciated!



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Follow Us on Facebook!

facebook.com/dovehealthcarestcroix

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?**



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.



Nursing Headlines

As we move into April, it is time to

get motivated and start moving

more! National Move More Month is a great time to commit to getting active and improving your health. There are many benefits to being active, including reducing your risk of chronic diseases, improving your mental health, and increasing your energy levels. No

- matter what your fitness level is, there are ways that you can get moving and improve your health this month. For example:
- Go to the gym
- Go for a walk every day
- Play a sport

Move More Month is a great time to get active and have some fun. There are many activities to choose from, so it is easy to find something that fits your interests and schedule. Whether you are looking for a vigorous workout or something more low-key, there is sure to be an event that appeals to you. Get moving today!

Article contributed by Vickie Haney, RN, Director of Nursing at Dove Healthcare - Rice Lake

March Memories!



March Memories!







Wolf World Recreation Calendar 2025

