



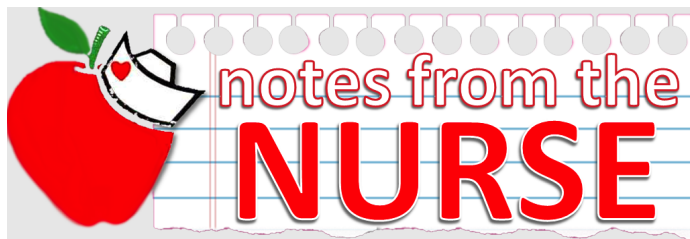
# Dove Healthcare

July 2025 Newsletter · Dove Healthcare - St. Croix Falls



It is that time of the year again... the Polk County Fair! We have the opportunity to go to the fair **Friday, July 25 at 9AM and tickets are free!**

**If you are interested in bringing your loved one residing with us or volunteering to bring another resident,** please call the recreation department and talk to Michelle or Kym ASAP. Thanks! 715-483-9815



## Stay Hydrated

With summer here, hydration is crucial for all ages to maintain health. To prevent dehydration, aim for 6-8 glasses of fluid a day.

### Hydration tips:

- Sip on fluids throughout the day.
- Infuse water with fruits. (watermelon, straw berries and cucumbers are examples)
- Replace other drinks with water.
- Drink one glass of water before a meal.
- Consume more foods high in water content. (cantaloupe, celery, and peaches are examples)

Teresa Blok, RN, BSN  
Director of Nursing

## Congratulations to Melissa Clark! July Employee of the Month



Congratulations to Administrative Assistant Melissa Clark on being awarded July Employee of the Month! Melissa is the first friendly face and voice for those visiting or calling Dove Healthcare – St. Croix Falls. She is always willing to lend a helping hand and visit with residents and their families.

Melissa works hard to coordinate transportation for our residents too so that they have an easy time going out for appointments. Melissa is thoughtful and shares laughs with others, brightening our days!

We are so grateful for you, Melissa. Thank you for all that you do to support our mission and provide excellent customer service.



## 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.



**HAPPY  
BIRTHDAY!**

Happy Birthday to our residents.  
*We hope you have a wonderful day!*

Mickey K.      July 9  
Janet S.      July 26

## The Role of an Ombudsman

The word ombudsman (om-budz-man) means “helper” or “advocate.”

A long-term care ombudsman is a person who works with others to:

- give helpful information about long-term care services and supports
- offer referrals and consultations
- improve quality of care in long-term facilities and programs

This happens by working with providers, regulators, adult protective services, and Aging and Disability Resource Centers. An ombudsman can help older adults with concerns related to their rights, such as:

- privacy in care and visits
- freedom from abuse and neglect
- appeals and grievances
- problems with a guardian or power of attorney

Dove Healthcare – St. Croix Falls works very closely with our assigned ombudsman for Polk County. You can contact me anytime with questions or concerns or for the ombudsman contact info.



Heather Russo  
Social Services Director  
heather.russo@dovehealthcare.com  
715-483-9815

## HealthDrive

*bringing integrated healthcare to you*

We are pleased to inform you that Dove Healthcare - St. Croix Falls has contracted services with HealthDrive to begin providing in-house podiatry services for our residents. Over the next few weeks we will be working on getting all interested residents enrolled for services. Residents and families should contact their nurse case manager at Dove Healthcare - St. Croix Falls with any questions.

## Our Sincere Sympathy

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



**Doug W.**

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





## Strawberry Poke Cake

### Ingredients

1 box Betty Crocker™ Super Moist™ White Cake Mix

Water, vegetable oil and egg whites called for on cake mix box

1 cup boiling water

1 box (4-serving size) Jell-O® strawberry-flavored gelatin

1 tub (12 oz) Betty Crocker™ Whipped Fluffy White Frosting

12 fresh strawberries, cut in half

### Instructions

Heat oven to 350°F (325°F for dark or nonstick pan). Spray the bottom of 13x9-inch pan with cooking spray.

Prepare the cake mix according to package directions using the amounts of water, oil, and egg whites listed on the cake mix box. Pour the batter into the prepared pan.

Place the pan on the middle rack of the oven. Bake as directed on the cake mix box for a 13x9-inch pan, or until a toothpick inserted in the center comes out clean. Cool the cake in the pan on a cooling rack for 20 minutes.

While the cake is cooling, place the gelatin in a medium bowl and pour 1 cup of boiling water over it. Whisk until the gelatin is fully dissolved.

After the cake has cooled for 20 minutes, poke holes every inch using the handle of a wooden spoon or the tines of a fork, poking halfway into the cake.

Carefully pour the strawberry gelatin evenly over the top of the cake. Let the cake cool completely on a cooling rack, about 1 hour.

Stir the frosting in the container before using to help fluff the frosting and make it easier to spread. Drop spoonful's of frosting over the cooled cake to make spreading easier. Then, using an icing spatula, gently spread the frosting evenly over the top.

Cut the cake into 4 rows by 3 rows. Garnish each piece with half a strawberry. Store loosely covered in the refrigerator.

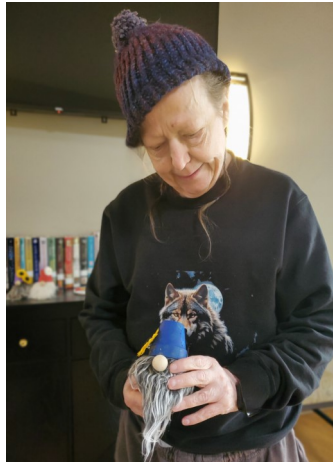
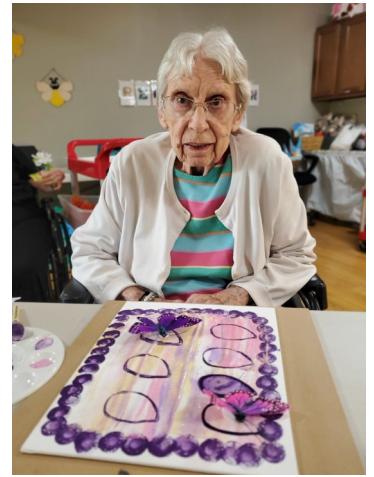
## Celebrating National Certified Nursing Assistant Week

A week of celebrations for our CNAs included a baked potato bar, hydration station, and ice cream sundaes. Each received a travel mug, gift card, and candy. Thank you to all our CNAs for all you do!





# Arts & Crafts

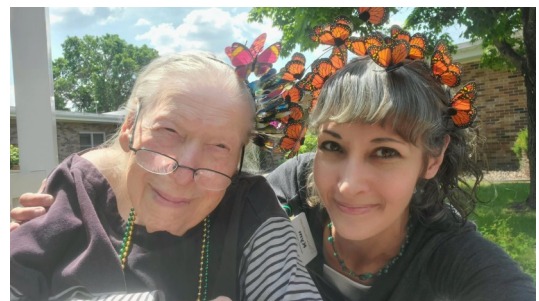
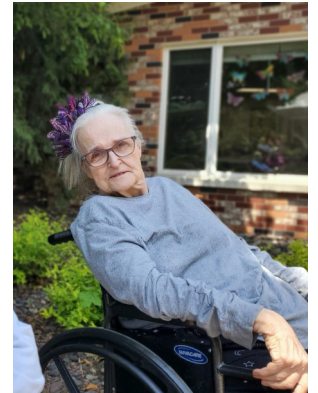
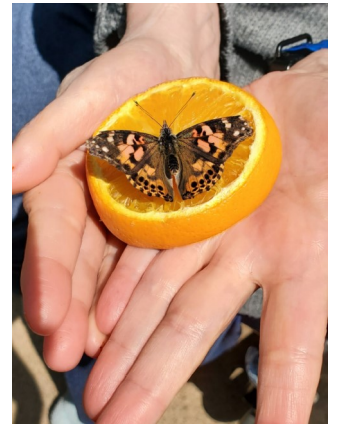


**We had lots of laughs and fun making flower pot gnomes to celebrate National Garden Gnome Day!**

**We explored mixed media art by creating our own using acrylic paint, glue, glitter dust, feathered butterflies, and flowers. Everyone began with choosing three colors of paint, then applied them using an abstract scraping technique. The resulting blend of colors was a pleasant surprise! These are on display in the art case near the lobby.**

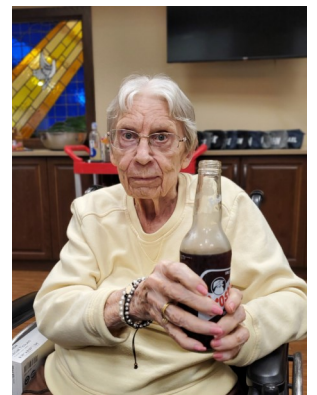


# June Memories!



**We released some beautiful butterflies in our courtyard! We received them as caterpillars, watched them grow, and patiently waited for them to emerge from their cocoons. We couldn't wait to release them, and it didn't disappoint! We are hoping to do this once more before the summer ends.**





**We celebrated Father's Day with a few good drinks, snacks, and smiles! We presented the dads with personalized goodie bags, too. Thanks to all who helped make this a fun Father's Day for everyone! Cheers!**





# June Memories!



***For the past couple of weeks, we've been crafting with a purpose. We completed several tied fleece blankets, which were donated to the cats and dogs at Arnell Memorial Humane Society. We're happy to know our blankets were put to immediate use!***

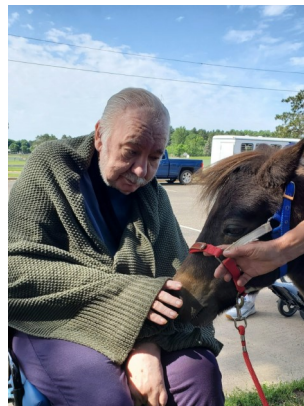


## **The Art of Baking Strawberry Crumble Coffee Cake**

***Our monthly baking activity consisted of making Strawberry Crumble Coffee Cake! Kimber, one of our RNs, shared this recipe with us, and we pulled it off nicely! It was delicious and we are proud of how it turned out.***




# June Memories!



***A special shout of thanks to Carolyn with North Star Therapy Animals of Pet Partners for bringing Indy and Smokey, two beautiful therapy horses, for a visit! It was wonderful to be outside and enjoying the weather with them.***





**CLASS OF**   
**2025**



**LANDON**

*Landon's mom, Michelle, who is also our recreation director, went above and beyond when she extended his grad party (as a surprise!) to celebrate with the residents too! A cook on our team, Landon's party with us included decorations and cupcakes. Thank you so much, Michelle, for including us in this extra special life milestone for Landon!*

# July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Calendar Subject to change	1	2	3	4	5
Sunroom						
Activity Room	July Birthdays	10:30 Name that Tune 11:00 Taste it Tuesday	10:30 Would you Rather 11:00 Wild Bingo	9:30 Kallie Therapy Dog 11:00 Giant Balloon Ball	9:45 Activity Cart 11:00 Bingo	10:00 Devotions 11:00 Independent Coloring
TCU		1:30 Vintage Fans Craft 2:30 Scrabble Slam	1:30 Vintage Fans Beat the Heat 2:30 Scrabble Slam	1:30 Craft Social 2:30 Yahtzee	1:30 4th of July Social	1:30 Independent Puzzles 2:30 Independent Games
6	7	8	9	10	11	12
		10:30 Wheel of Fortune 11:00 Taste it Tuesday	10:30 Fact or Fiction Game 11:00 Wild Bingo	9:30 Breezy Therapy Dog 11:00 Beach Ball	9:45 Activity Cart 11:00 Bingo	11:00 Independent Coloring
11:00 Independent Coloring	11:00 Bingo					
1:30 Independent Puzzles Independent Games	1:30 Mixed Media Beach Art	2:30 UNO	1:30 Rustic Ring Toss 4:30 Pub Quiz	1:30 Name that Tune 2:30 Dice game	1:30 Ink and Sip 2:30 What's in Kym's Trunk?	1:30 Independent Puzzles 2:30 Independent Games
13	14	15	16	17	18	19
10:30 Monthly Baking Lemon Brownies		National Ice Cream Day 10:30 Name that Tune 11:00 Taste it Tuesday	10:30 LRC Game 11:00 Wild Bingo	9:30 Kallie Therapy Dog 11:00 Rustic Ring Toss	9:45 Activity Cart 11:00 Bingo	10:00 Devotions 11:00 Fancy Fingers
1:30 Lemonade Social 2:30 Cornhole		1:30 Fair Tote Bags 2:30 UNO	1:30 Dice 4:30 Pub Quiz	1:30 Tie Dye	1:30 Resident Council	1:30 Bean Bag Tic Tac Toe 2:30 Fun with Amelia
20	22	22	23	24	25	26
10:30 Game with Amelia 11:00 Coffee Time	11:00 Bingo	10:30 Chain Game 11:00 Taste it Tuesday	10:30 Games 11:00 Wild Bingo	9:30 Wally Therapy Dog 11:00 Music and Moving	9:00 Polk County Fair	11:00 Fancy Fingers
1:30 Social 2:30 Crafts	1:30 Music Monday 2:30 Crafts	1:30 Craft Social 2:30 lemondade and chat	1:30 Dice 4:30 Pub Quiz	1:30 Crafts 2:30 Games	2:30 Independent Coloring	1:30 Cornhole 2:30 Social
27	28	29	30	31		
10:30 Cards 11:00 Coffee Time		Chicken Wing Day 10:30 Name that Tune 11:00 Taste it Tuesday	10:30 Games 11:00 Wild Bingo	9:30 Breezy Therapy Dog 11:00 Name that Tune		
1:30 Dice 2:30 Bowling	1:30 Music Monday 2:30 Crafts	1:30 Craft Social 2:30 UNO	1:30 Dice 4:30 Pub Quiz	1:30 Monthly Birthday Party		