



Dove Healthcare

April 2025 Newsletter · Dove Healthcare - Orchard Hills Assisted Living

A Message from the Director

In March, we enjoyed a lot of fun activities. We had a king cake for Mardi Gras, and Lavonne found the baby, so she shall have good fortune the rest of the year! Emily Vanderloop came in and sang some songs with us. We also had a harp player for St. Patrick's Day and our residents got to try playing it too! We made St. Patrick's Day themed crafts and started getting our garden ready for summer by planting vegetable and flower seedlings in cups. We are anxious to plant them outside! Making homemade pretzels was a hit (and super yummy too). The biggest, delicious hit though was the homemade pot roast we feasted on for supper!

As we look to April, we will celebrate a baby shower for Jordan, an RA on our team, and his girlfriend, Madison! They are expecting a baby girl in April. We are also celebrating Summer, an RA

on our team, with a bridal celebration before she gets married April 25!



Happy Spring,
Jessie Jack, Director
715-930-6034
jessie.jack@dovehealthcare.com



Happy Birthday to our Residents!

Jim C 4/8
Judy W 4/10

Days of Interest

4/14 until 4/16

Find the babies for Jordan's baby shower - *prizes for who finds the most!*



4/22 Earth Day

4/23 Summer's Wedding Celebration

Introducing Cody Stark, our New Maintenance Director



"I am originally from Boyceville, WI and have lived in Wisconsin my entire life. I graduated from CVTC in 2005 with a certification in wood techniques and worked in the construction industry for about five years. I worked as a group leader at 3M in Menomonie from 2010-2017 and then took a maintenance technician position at American

Lutheran Communities. I have resided on our family farm in Menomonie since 2016 with my wife, Ashley and our three children. I enjoy camping and boating with my family, repairing small engines, and hydroponic gardening."

Welcome to the team, Cody! We're so happy to have you here with us at Dove Healthcare - Orchard Hills Assisted Living and West Eau Claire.





Resident of the Month: Doug Waters

Doug was born to Daniel Douglas Waters and Lou Alice Sullivan in 1929 in Ida, Louisiana. He was the middle child of three sisters and one

brother. Growing up on a farm near Vivian, Louisiana, Doug spent a lot of time outdoors. He enjoyed activities such as swimming and hanging out with friends in the neighborhood. There was always something to do.

Doug attended high school at Fair Park in Shreveport, Louisiana. After graduating, he attained many degrees. First, he attended junior college in Henderson, Tennessee where he first met his wife, Dorothy. They married in June 1949. Doug then attended David Lipscomb in Nashville, Tennessee. Dorothy worked in the office of HG Hills grocery company. Doug also attended Vanderbilt, majoring in English and minoring in philosophy. Doug achieved earning a bachelor's degree, masters, and PHD!

In the fall of 1959, Doug began teaching at Pepperdine College in Los Angeles, California and in the summer of 1960, he transferred to the University of Southern California to teach. Doug also taught at Northeast Missouri State Teacher College in Kirksville, Missouri.

In 1968, Doug became an English professor at Wisconsin State University in Eau Claire, his favorite subjects being Shakespeare and Surveys of English Literature. Throughout the years, Doug enjoyed a lot of reading and writing. They are his favorite pastime. He and Dorothy also enjoyed many spring break trips down south to spend time with friends and family

Doug's proudest achievement is marrying his wife Dorothy. He is also proud to be a published author. Doug wrote *Christian Settings in Shakespeare Tragedies* for the Associated University Presses in Cranbury, New Jersey and *Duessa as Theological Satire* for the University of Missouri Press.

When asked what he likes about living at Dove Healthcare - Orchard Hills Assisted Living, Doug said, "I love it! The employees are all friendly and well-trained, and they give excellent care.

Thank you, Doug, for sharing your story with us. We are happy to have you here!

Spring is here!



Nursing Headlines

While most people with anxiety need psychological therapy and/or medication to help with their anxiety, there are some ways you can reduce anxiety with lifestyle.

Keep physically active. Start a routine so that you're physically active most days of the week. Exercise is a great stress reducer. Start out slowly and gradually increase the amount and intensity of your activities. Find a friend do them with!

Quit smoking and cut back or quit drinking caffeinated beverages. Both nicotine and caffeine can worsen anxiety. Try some decaf instead.

Use stress management and relaxation techniques. Deep breathing or meditation can be done anywhere and independently.

Make sleep a priority. Do what you can to make sure you're getting enough sleep to feel rested. Stop drinking caffeine in the afternoon and avoid drinking alcohol 4-6 hours prior to bedtime. If you aren't sleeping well, see your doctor.

Eat healthy. Focus on vegetables and a good amount of protein.

Get outside. Try to get fresh air and natural light now that (hopefully) the snow is behind us.

If you are not able to cope with your anxiety with these techniques alone, you should schedule an appointment with your doctor.

Source: Mayo Clinic

Abbie Knutson, BSN RN
Assisted Living Nurse Consultant

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
- traumatic brain injury
- cerebral palsy
- Parkinson's
- orthopedic conditions, including rotator cuff tear /repair, carpal tunnel syndrome, tendonitis, and arthritis.
- spinal cord injury
- developmental disabilities
- low vision
- amputation

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 as a career after watching Adam, our rehabilitation manager, during patient treatments when I was a CNA. I enjoy getting to know and build relationships with the patients and the team."

– Terry Felton, COTA

Dove Healthcare - West Eau Claire

"After volunteering with Special Olympics, I had considered becoming a special education teacher, but then I learned about all of the different options for working as an OT and the opportunity to help people restore function and become independent. It is rewarding when I see the looks of pain from new patients change over to smiles and confidence when they discharge back home."

– David Lind, OTR

Dove Healthcare - West Eau Claire



Meet our 2025 Recipients of the \$2,500 Sandy Rasmussen Scholarship

We are excited to announce the recipients of Dove Healthcare's 8th Annual \$2,500 Sandy Rasmussen Scholarship Award. **Congratulations to Destiny Pichla at Dove Healthcare - Regional Vent Center and Spencer Herrick at Dove Healthcare – Bloomer!**



This scholarship was created in honor and appreciation of Sandy Rasmussen, a dedicated, hard-working, and compassionate employee of Dove Healthcare – Rutledge Home for over 50 years! Sandy served in a variety of roles over the years, from resident assistant to nutritional services director. She has also served her community through countless hours fundraising for the Alzheimer's Association and American Cancer Society.

Scholarship Committee Chair Kena Luzinski shared, "Destiny and Spencer emulate Sandy's compassion and energy. We are honored to be able to help them advance their education and career in healthcare."

Destiny, a CNA and medication aide, is enrolled in the nursing program at Northwood Technical College, while **Spencer**, an LPN, is completing the nursing program at CVTC. Both have achieved Dove Healthcare's signature **HomeGROWN** status during their time with us.

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Director of Nursing Ashley Spaeth had this to say about Destiny, "Destiny is very competent of her job duties and continues to challenge herself and grow. She is a CNA, CNA mentor, and medication aide. Destiny demonstrates compassion for our residents, a clear sense of responsibility, excellent organizational skills, and has gone above and beyond her duties."

Nurse Case Manager Kari Engelstad had this to say about Spencer, "Spencer is kind, outgoing, and eager to learn. He is hard working and very well liked by his peers and the residents. In addition to his impressive work ethic, Spencer is a natural leader and a humble employee. He has a great attitude and is always willing to help out a fellow co-worker."

We are so grateful for everyone that took the time to apply for this scholarship. Dove Healthcare is blessed with bright, talented individuals.

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Catholic Mass - Ch 9 10:00 Saving Grace-Ch 9 12:30 Messiah Lutheran 2nd Floor Self-Led Activities	10:00 Exercise 10:30 Balloon Volleyball 1:30 Bingo 5:30 Self-Led Activities	10:00 Exercise 10:30 Bubble Bop 1:00 Coffee Clutch in Dining Room 1:30 Believe It or Not West Dayroom 2nd Floor Dove West 5:30 April Fools Pokeno	10:00 Exercise with Carl 10:30 April Trivia 1:30 Social Media Class 5:30 Self-Led Activities 	10:00 Catholic Mass - CR 1:00 Coffee Clutch in Dining Room 1:30 Easter Crafting 5:30 Rummy 500	9:30 Morning Social - Sing-a-Long 10:00 Sunshine Bible Study 2nd 1:30 Happy Hour 5:30 Self-Led Activities	9:30 Rosary - 2nd 10:30 Read the Bible Together - Living Room Visit in Lounge Self-Led Activities
9:30 Catholic Mass - Ch 9 10:00 Saving Grace-Ch 9 12:30 Messiah Lutheran 2nd Floor Self-Led Activities	10:00 Exercise 10:30 Bean Bag Tic Tac Toe 1:30 Bingo 5:30 Self-Led Activities 	10:00 Exercise 10:30 Twister Trivia 1:00 Coffee Clutch in Dining Room 1:30 Bible Study with Laura West Day Room 5:30 Earth Day Pokeno	10:00 Exercise with Carl 10:30 Jeopardy 1:30 Make Homemade Pizzas 5:30 Self-Led Activities	10:00 Catholic Mass - CR 1:00 Coffee Clutch in Dining Room 1:30 Bingo Party/West Side Common Area - 1st 5:30 Rummy 500	9:30 Morning Social 10:00 Good Friday Service with Messiah Lutheran 2nd floor Living Room 1:30 Happy Hour 5:30 Self-Led Activities	9:30 Rosary - 2nd 10:30 Read the Bible Together - Living Room 1:30 Bible Study with Laura West Day Room Self-Led Activities 
Palm Sunday 9:30 Catholic Mass - Ch 9 10:00 Saving Grace-Ch 9 12:30 Messiah Lutheran 2nd Floor Self-Led Activities	10:00 Exercise 10:30 Word Games 1:00 Sunflower Boutique West Side Common Area - 1st Floor 4:30 Ryan Herman	10:00 Exercise 10:30 Group Crossword 1:00 Coffee Clutch in Dining Room 1:30 Spring Crafts 5:30 Tax Day Pokeno	10:00 Exercise with Carl 10:30 Wheel of Fortune Jordan and Madison's Baby Shower following Lunch Hour 1:30 Birthday Party w/2nd Wind Singers in the Community Room 5:30 Self-Led Activities	10:00 Catholic Mass - CR 1:00 Coffee Clutch in Dining Room 2:30 Tea Party 5:30 Rummy 500	9:30 Morning Social - Sing-a-Long 10:00 Good Friday Service with Messiah Lutheran 2nd floor Living Room 1:30 Happy Hour 5:30 Self-Led Activities	9:30 Rosary - 2nd 10:30 Read the Bible Together - Living Room Visit in Lounge Self-Led Activities
Easter Sunday 9:30 Catholic Mass - Ch 9 10:00 Saving Grace-Ch 9 12:30 Messiah Lutheran 2nd Floor Self-Led Activities	10:00 Exercise 10:30 Trivia 1:30 Bingo 2:30 Resident Council Meeting 	10:00 Exercise 10:30 Storytime 11:30 Hangar 54 Grill Outing 1:00 Coffee Clutch in Dining Room 5:30 Big Band Pokeno	10:00 Exercise with Carl 10:30 Surprise Game 1:30 Nesting Doll Presentation by Laura OH Living Room 5:30 Self-Led Activities	10:00 Catholic Mass - CR 1:00 Coffee Clutch in Dining Room 1:30 Emily VanOpDorp Performs 5:30 Rummy 500	9:30 Morning Social - Sing-a-Long 10:00 Sunshine Bible Study 2nd 1:30 Happy Hour at OH 5:30 Self-Led Activities	9:30 Rosary - 2nd 10:30 Read the Bible Together - Living Room Visit in Lounge Self-Led Activities

April 2025

Resident of the Month: Doug Waters

All Activities Subject to Change
 Manicures are by appointment, see Carl to schedule appointment