



Dove Healthcare

April 2025 Newsletter · Dove Healthcare - Rice Lake

A Message from the Administrator

Hello and welcome to April! I hope you have been enjoying more time outside with the warmer temperatures.

I will be returning from maternity leave on April 17, and I look forward to seeing everyone! Our team is quite busy preparing for our **April 3 and 4 Employment Open House from 8AM-4:30PM**, as well as **our return home to Dove Healthcare – Rice Lake in May**.

Stay tuned to our Facebook page and our May community newsletter as we will be announcing the date of our open house and the move-in date for our residents returning to Rice Lake from Spooner and other locations. The open house will happen first, and the move-in shortly thereafter.

Renovations continue to progress and are on track. Cabinet and flooring install continues, and furniture and new equipment will start arriving soon. Everything is really coming together, and I'm excited about the new color scheme and lighting that really brightened things up!

Enjoy spring, and I'll see you soon.

Hannah Overlien, NHA

Congratulations to Kim Couture! April 2025 Employee of the Month

"Kim does a wonderful job in our environmental services department, working in both laundry and housekeeping. She is always willing to help out wherever needed and picks up extra shifts when she can. She consistently makes an effort to check in with both residents and co-workers to assure their satisfaction. Kim maintains a very positive, upbeat attitude and has a great work ethic. We are fortunate to have her on our team," shared Michele Kuffel, nutritional and environmental services director.



Kim responded, "I really enjoy working at Dove Healthcare. I love being around the residents, hearing their stories, and getting to know them. I also love my co-workers; we work together so well and have a great team! Everyone puts the wants and needs of our residents first."

Thank you for providing the very best care and service to our residents, Kim. We are grateful for your dedication and are thankful you are part of our team!



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.

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!

Vickie Haney, RN
Director of Nursing

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

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

A 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.

Happy spring to you all!

Brent Swan
Maintenance Director

Spring is here!



Nutritional Notes

Nutritional Tips for a Healthy Spring

- **Stay Hydrated:** As the weather warms up, it's important to drink plenty of water. Hydration is key to digestion, skin health, and energy levels.
- **Balance Your Plate:** Incorporate a variety of colors into your meals with fruits and vegetables. Each color represents different nutrients, so aim for a rainbow of foods.
- **Mindful Eating:** Spring is a perfect time to slow down and focus on how you eat. Practicing mindful eating can help with portion control and improve digestion.
- **Exercise:** With the warmer weather, it's a good time to get into a walking regimen, take the dog, or find a walking partner who will help hold you accountable to walk regularly.

Quick Spring Veggie Stir-Fry

A simple, nutritious dish to try this month!

Ingredients:

- 1 cup asparagus, chopped
- 1 cup spinach
- 1/2 cup radishes, sliced
- 1 tablespoon olive oil
- 1 tablespoon soy sauce

Instructions:

Heat olive oil in a pan, add asparagus, and cook for 3-4 minutes. Add radishes and spinach, cook for 2-3 more minutes. Stir in soy sauce and serve!

Have a great month!

Michele Kuffel
Nutritional and Environmental Services Director



Find us on Facebook

Follow Us on Facebook!

facebook.com/dovehealthcarericelake

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?

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.



Recreation Highlights

National Volunteer Week will be celebrated April 20-26, 2025, with this year's theme **Volunteers—The Heart Of Our Community**. We welcome this opportunity to say a heartfelt **thank you** to the wonderful people who volunteer with us. Our volunteers are indeed the heart of our community. They bring compassion, energy, and community connection to those who live here. They play a crucial role in enhancing the quality of life for those we care for by sharing their time, skills and love. They bring a fresh perspective and a variety of talents, enhancing the care provided by our employees.



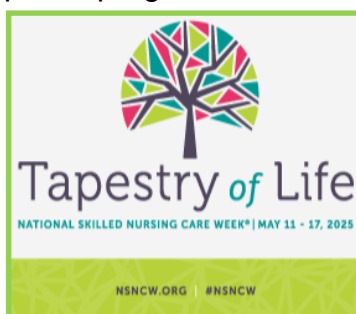
Whether assisting us with activities, joining us on outings, donating items for our auctions/events, or providing friendship and companionship, our volunteers are invaluable. They have continued to serve our residents during our relocation, driving up to Spooner to assist with church services, bingo, sing-alongs as well as to provide another “familiar face from home”. This is certainly going “above and beyond”!

We are truly grateful for the dedication of each one of our volunteers, and we sincerely appreciate all that you do! We expect to be back in Rice Lake in May, and we are making plans to host a special recognition event for our volunteers when we have gotten settled back in, likely sometime in June. I will be in touch to provide more details about this event in the next few weeks.

So, in closing, as mentioned above, we are all looking ahead to May with much excitement, anticipating our return to Dove Healthcare - Rice Lake. In addition to this exciting event, we will also be celebrating National Skilled Nursing Care Week, with this year's theme **“Tapestry of Life”**. Whether we are in Spooner or back in Rice Lake, I know we will have many special programs to enjoy, so please watch for more information in next month's newsletter.

Have a great month!

Nadine Williams
Recreation Director



Memories from the Month



Dove Healthcare - Rice Lake volunteer, Betty (L) and Dove Healthcare - Spooner volunteer, Mary (R) were with us on Ash Wednesday to provide an ecumenical service. Thanks so much ladies for coming together to provide this wonderful service for us!

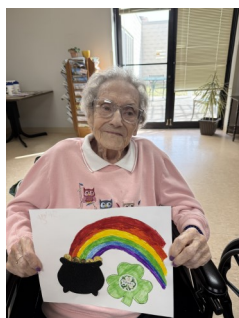
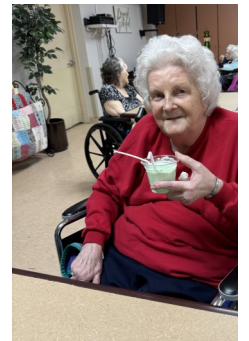


Residents enjoyed an entertaining Happy Hour in mid-March which featured music by Steve Szydel. Of course, Happy Hour would not be complete without drinks and snacks!

Memories from the Month



Residents and employees recently gathered for the presentation of an Above and Beyond Award, given to Tina Rodriguez (CNA and administrative Assistant) by Lucille in recognition of her excellence in caregiving.



Several residents gathered in March to create a very colorful St. Patrick's themed picture which featured a rainbow, a shamrock, a rainbow, and of course, a big pot of gold!





April 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Cath.Prayer Service-AR 11:00 Word Games-AR 2:00 Church-Lake Park-AR 3:15 Crafts-AR 5:15 Ring Toss-AR	2 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Zero In 2:00 Bingo-AR 3:15 Cards-AR 5:15 Noodles And Balloons-AR	3 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Dean Loche Family-AR 2:00 Manicures-AR 3:15 Movie-TR 3:30 Zero In 5:15 Kick Ball-AR 6:00 Serena's Piano	4 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Karaoke-AR 2:00 Happy Hour-AR (Pizza Party) 3:15 Photo Circle-TR 3:30 Popcorn Cart 5:15 Bowling-AR	5 9:00 Friendly Visits 10:00 Bingo-AR 1:00 Zero In 2:00 Dominos-AR 3:00 Movie-TR
6 9:00 Friendly Visits 10:00 Virtual Church-AR 11:00 Hymn Sing 12:30 Catholic Communion-TR 1:00 Remember When-AR 2:00 654 Dice-AR 3:15 Movie-TR	7 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 2:00 Bingo-AR 3:15 Movie-TR 3:15 Happy Hour 5:15 Balloon Tennis-AR	8 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 11:00 Word Games-AR 2:00 Church-Nazarene-AR 3:15 Movie-TR 5:15 Bean Bag Toss-AR	9 9:00 Friendly Visits 10:00 Exercise-AR 10:30 "Eggstrordinary" Community Service Project-AR 1:00 Zero In 2:00 Bingo-AR 3:00 Manfred-AR 3:00 Movie-TR	10 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Dean Loche Family-AR 2:00 Manicures-AR 3:15 Movie-TR 3:30 Zero In 5:15 Kick Ball-AR 6:00 Serena's Piano	11 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 2:00 Happy Hour-AR 3:15 Photo Circle-TR 3:30 Popcorn Cart 5:15 Bowling-AR	12 9:00 Friendly Visits 10:00 Bingo-AR 1:00 Zero In 2:00 Cards-AR 3:00 Movie-TR 3:30 Noodles And Balloons-AR
13 9:00 Friendly Visits 10:00 Virtual Church-AR 12:30 Catholic Communion-TR 1:00 Roger's Bible Study-AR 2:00 654 Dice-AR 3:15 Movie-TR	14 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 2:00 Bingo-AR 3:15 Movie-TR 3:15 Happy Hour 5:15 Balloon Tennis-AR	15 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Cath.Prayer Service-AR 11:00 Trivia-AR 2:00 Church-Sp. Methodist-AR 3:15 Crafts-AR 5:15 Ring Toss-AR	16 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Zero In 2:00 Bingo-AR 3:00 Singalong With Shirley-AR 5:15 Noodles And Balloons-AR	17 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Dean Loche Family-AR 2:00 Manicures-AR 3:15 Movie-TR 3:30 Zero In 5:15 Kick Ball-AR 6:00 Serena's Piano	18 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Karaoke-AR 2:00 Happy Hour-AR 3:15 Photo Circle-TR 3:30 Popcorn Cart 5:15 Bowling-AR	19 9:00 Friendly Visits 10:00 Bingo-AR 1:00 Zero In 2:00 Music Trivia-AR 3:00 Movie-TR 3:30 Frisbee Golf-AR
20 EASTER 9:00 Friendly Visits 10:00 Virtual Church-AR 11:00 Hymn Sing 12:30 Catholic Communion-TR 1:00 Remember When-AR 2:00 654 Dice-AR 3:15 Movie-TR 3:30 Ring Toss-AR	21 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 2:00 Bingo-AR 3:15 Movie-TR 3:15 Happy Hour 5:15 Balloon Tennis-AR	22 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 11:00 Word Games-AR 1:00 Resident Council-AR 2:00 Church-Faith Lutheran-AR 3:15 Destination: Holland-AR 5:15 Bean Bag Toss-AR	23 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Zero In 2:00 Bingo-AR 3:00 Movie-TR 3:15 Rich Schroeder-AR	24 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Dean Loche Family-AR 2:00 Manicures-AR 3:15 Movie-TR 3:30 Zero In 6:00 Serena's Piano	25 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 2:00 Birthday Party featuring Better Together Band-AR 3:15 Photo Circle-TR 3:30 Popcorn Cart 5:15 Bowling-AR	26 9:00 Friendly Visits 10:00 Bingo-AR 1:00 Zero In 2:00 Long Word—Short Word-AR 3:00 Movie-TR
27 9:00 Friendly Visits 10:00 Virtual Church-AR 12:30 Catholic Communion-TR 1:00 Roger's Bible Study-AR 2:00 654 Dice-AR 3:15 Movie-TR	28 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 2:00 Bingo-AR 3:15 Movie-TR 3:15 Happy Hour 5:15 Balloon Tennis-AR	29 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Cath.Prayer Service-AR 11:00 Word Games-AR 2:00 Church Northwoods Baptist-AR 3:15 Crafts-AR 5:15 Ring Toss-AR	30 9:00 Friendly Visits 10:00 Exercise-AR 10:30 Daily Chronicle/Social-AR 1:00 Zero In 2:00 Bingo-AR 3:15 Cards-AR 5:15 Noodles And Balloons-AR	AR-Activity Room BR-Bird Room TR-TV Room HS-Hair Salon **If no location is specified activity is a 1-1 or door to door program		 Ken R. 4/3 Dean T. 4/9 Vonna S. 4/19 Karnis S. 4/22 Don S. 4/24 Agnes B. 4/24 Lois H. 4/26