

Introducing Damon Shilka, our New Environmental Services Director!



"We are excited to welcome Damon Shilka as the new environmental services director for Dove Healthcare - South Eau Claire and West Eau Claire. Damon brings with him years of valuable experience working in both the environmental services and maintenance departments

at a local skilled nursing center. His extensive knowledge and hands-on experience will be instrumental as he transitions into this position. We look forward to his proactive approach and strong leadership to guide our housekeeping team at Dove Healthcare – South Eau Claire and the housekeeping and laundry departments at Dove Healthcare – West Eau Claire. Please join us in welcoming Damon to our teams," shared Administrator David Jacobson.

Introducing Ella Ramer, our New Social Services Coordinator!



"We are also excited to welcome Ella Ramer as our new social services coordinator for Dove Healthcare - South Eau Claire and West Eau Claire! Ella has been a wonderful addition to our teams following her internship here at Dove Healthcare - South Eau Claire. She has quickly applied the skills she

developed during her internship to effectively assist our residents, their families, and her co-workers. Ella works seamlessly with all departments across both locations and quickly builds rapport with everyone she interacts with. We're thrilled to have her onboard and look forward to her continued success," shared Administrator David Jacobson.

The Outdoor Summer Concert Series at Dove Healthcare - South Eau Claire is Back!

Check out the concert flyer with dates and musician lineup towards the end of this newsletter. Please help us spread the word to your family, friends, neighbors, co-workers, church, and anyone else that might like to join us. Thanks!

A Testimonial from Val Johnson



"Ever since I first came here, everyone has been so nice and willing to help. The staff and I just love to joke around; they love them some Val and I love them back! Physical and occupational therapy has some of the best women I have ever worked with. They explain everything and help me to know what I need to be doing each day to get better. We also have a lot of fun at my therapy appointments, which makes it not feel like work. Because I have worked my entire life as a caregiver to help others, being here for rehabilitation as a resident myself and spending time with the other residents in activities, has made this experience all the more meaningful. I would tell anybody who needs physical rehabilitation or if you just need a good place to take care of you, come to Dove Healthcare – South Eau Claire!"

PTA Michelle shared, "Val has been so much fun to work with! She makes everyone's day with her quick wit and is always willing to work up a sweat with therapy. We're so proud of all the progress she's made!"

Thank you, Val, and best wishes to you always!

Congratulations to our July Employee of the Month Sydney Braden

"Sydney is one of my longer employed team members, and it shows daily that she enjoys her job! Her interactions with residents and other team members are always pleasant and upbeat. Sydney helps train new employees and assists wherever she can! She ensures all problems are rectified in a timely manner. Sydney participates in activity fun too, if it's bringing her dogs or helping with food functions - she is there! This is the second time she has won Employee of the Month, and it is very well deserved," shared Nutritional Services Director Sheila Moehle.



Sydney responded, "Yay! I'm very grateful to be rewarded Employee of the Month! Huge thanks to my amazing team for all the love and support. Every win is a team effort! The connections I make with the residents on a daily basis bring out the best in me! I couldn't be where I am now without my team. Thank you to each and every one of you!"

The Fourth of July, also known as Independence Day or July 4th, has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades, and concerts to more casual family gatherings and barbecues.

Did you know? John Adams believed that July 2 was the correct date on which to celebrate the birth of American independence and would reportedly turn down invitations to appear at July 4th events in protest. Adams and Thomas Jefferson both died on July 4, 1826, the 50th anniversary of the adoption of the Declaration of Independence. Source: *The History Channel*

Congratulations to our July Rookie of the Month Eustace Okwero

"Eustace has been an asset to our Dove Healthcare community. He is a team player with fellow team members and is so respectable to the residents, visitors, and co-workers. He is a kind soul who takes his work as a CNA to heart. He is dedicated and works hard to do his job to the highest standard and always does so with a smile. Thank you for choosing Dove

Healthcare - South Eau Claire as your work family, Eustace, you are so very appreciated for the genuine care you give to the residents, as well as your co-workers," shared Nurse Case Manager Tara Tjerstad.



Eustace responded, "I am truly honored and glad to share my joy for being recognized as Rookie of the Month. It is such a pleasure, and I am so grateful for the patience, support, and kindness I have received from each and every member of my team. To be honest, I am yet to grasp everything, but each new day here brings a new lesson, a smile, and a chance to make someone's day better. Thank you for welcoming me warmly with love and understanding. I don't know of another team I am more proud of than the one at Dove Healthcare - South Eau Claire. I am looking forward to more wonderful days ahead!"

Above and Beyond Recognition for Emma Corn



Please help us thank Emma, CNA, for going Above & Beyond! Timothy shared, "Emma was very kind and solicitous of our father's comfort and needs. She volunteered to help him fill out the meal planning for the next day. All-in-all a pleasant encounter at a difficult time."

Way to go, Emma! Thanks so much for lending a helping hand and being a compassionate CNA.

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

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/>

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 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.

Irvine Park Outing with WIN Technology Volunteers





Outdoor Fun in the Sun!



Indoor Luau Party with Unicorn Games!



Cookie Decorating and Crafting Corner with Gina!



Fun Flower Arranging!



Music: Lorn & Royce, MJ Consort, Mike Cutler, Second Wind Singers & John Lynch



Team Highlights from June!





July Recreation Calendar 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		World Joke Day 1 9:30 Coffee Clutch 11:00 Music in Motion 1:30 Craft Club: Fourth of July Wreath 3:00 Bingo Happy Hour	2 9:00 Morning Visits 11:00 Music in Motion 1:30 Catholic Communion 2:30 Bingo	3 9:00 Morning Visits 11:00 Music in Motion 1:00-4:00 Manicures 2:30 Bingo	Fourth of July 9:00-3:00pm Hair Salon limited appts. 11:00 Music in Motion 1:30 Root Beer Float Courtyard Party	Nat'l Workaholics Day 5 10:30 Messiah Lutheran Church Service 1:30 Afternoon Games
6 (Family Time)	World Chocolate Day 7 9:00 Morning Visits 11:00 Music in Motion 1:00 Humane Assoc. 3:00 World Chocolate Day Baking Club	Ice Cream Sundae Day 8 9:30 Coffee Clutch 11:00 Music in Motion 3:00 Ice Cream Sundae Happy Hour	Nat'l Sugar Cookie Day 9 9:00 Morning Visits 11:00 Music in Motion 1:30 Catholic Communion 2:30 Bingo	10 (Hair Salon Day) 9:00a-5:00p Hair Salon 11:00 Music in Motion 1:00-4:00 Manicures	11 9:00 Morning Visits 11:00 Music in Motion 3:00 Courtyard Birthday Club Party	12 10:30 Messiah Lutheran Church Service 1:30 Afternoon Games
13 (Family Time)	Pandemonium Day 14 9:00 Morning Visits 11:00 Music in Motion 1:30 Pokemo 3:00 Second Wind Singers	15 9:30 Coffee Clutch 11:00 Music in Motion 1:00 Chelsea the Dog 3:00 Happy Hour & Resident Council	FOOT CLINIC DAY 16 11:00 Music in Motion 1:30 Catholic Communion 2:30 Bingo 6:00-7:30: Maple Ridge Bluegrass Band	17 (Hair Salon Day) 9:00a-5:00p Hair Salon 11:00 Music in Motion 1:00-4:00 Manicures	18 9:00 Morning Visits 11:00 Music in Motion 1:30 Garbage Card Game Tournament	19 10:30 Messiah Lutheran Church Service 1:30 Afternoon Games
National Ice Cream Day 20 (Family Time)	21 9:00 Morning Visits 11:00 Music in Motion 1:30 Concordia Lutheran Church Service 3:00 Mandy Hymn Sing	22 9:30 Coffee Clutch 11:00 Music in Motion 1:30 Spirit Lutheran Church Service 3:00 Happy Hour	23 11:00 Music in Motion 1:30 Catholic Communion 2:30 Bingo 6:00-7:30 Music: Two Frets Up	24 (Hair Salon Day) 9:00a-5:00p Hair Salon 11:00 Music in Motion 1:00-4:00 Manicures	Christmas in July 25 9:00 Morning Visits 11:00 Music in Motion 12:00p-4:00p Dove West Summer Jamboree	26 10:30 Messiah Lutheran Church Service 1:30 Afternoon Games
27 (Family Time)	28 9:00 Morning Visits 11:00 Music in Motion 2:30 Courtyard: Reminiscing Group	29 9:30 Coffee Clutch 11:00 Music in Motion 1:00 Tucker the Dog 3:00 Happy Hour	Nat'l Cheesecake Day 30 11:00 Music in Motion 1:30 Catholic Communion 2:30 Bingo 6:00-7:30 Music: Hap & Hawk	31 (Hair Salon Day) 9:00a-5:00p Hair Salon 11:00 Music in Motion 1:00-4:00 Manicures	The hair salon is available from 9AM-5PM on Thursdays. Please contact recreation for assistance in making an appointment.	The recreation calendar is subject to change based on resident needs, interests, and current infection control guidelines.



Find us on
Facebook

Dove Healthcare - South Eau Claire



15th ANNUAL

★ Join in the
fun! ★

Outdoor Summer CONCERT SERIES

DOVE HEALTHCARE - SOUTH EAU CLAIRE
3656 MALL DRIVE • 715-552-1035

Wednesdays + 6-7:30PM + FREE + Open to Public + Bring Lawn Chair

★ Enjoy a \$10 grilled meal from our bistro each concert!
Proceeds support our resident council. ★ ★

July 16: Maple Ridge Bluegrass Band

MENU: hot dogs with all the fixings, chips, baked beans & a cookie ★

July 23: Two Frets Up

featuring Larry Radle + Corey Van Norman
Classic Rock, Country + Oldies

MENU: hamburgers with all the fixings, potato salad & a bar

July 30: Hap and Hawk

featuring John Lynch + Mike Schlenker
Neo-Traditional Country + Americana Music

MENU: bratwurst with all the fixings, macaroni salad & ice cream

If it rains, event will be moved inside to our grand dining room. ★



Dove Healthcare

THE CHIPPEWA VALLEY DEMENTIA COALITION PRESENTS



Caring for Your Loved One at Home

A Skills Fair for Family Caregivers

**A Day of Learning, Support, and Resources
For Family Caregivers of
Dementia • Parkinson's • Stroke • Etc.**

- ✔ **Learn everyday caregiving techniques**
 - Oral Care
 - Bathing & Dressing
 - Management
 - Helpful Adaptive Equipment
 - Handling Medications
 - Incontinence
 - Transferring
 - and Much More!
- ✔ **Hands-on demonstrations by:**
 - Registered Nurse
 - Physical Therapy
 - Occupational Therapy
 - Speech Therapy
- ✔ **Visit vendors offering community resources**
- ✔ **Discover your caregiver support options & share takeaways from the day**

FREE EVENT!

**THURSDAY, AUGUST 14, 2025
8AM-3PM**

 **JACOB'S WELL
CHURCH** | 989 122nd St
Chippewa Falls, WI

**DOOR PRIZES • LIGHT BREAKFAST
& LUNCH WILL BE PROVIDED**


Senior care is available during the event
Call Rellim at 715-600-0746
~Scholarships available~


*"Thank you so much for this
event! It helped me feel
more confident in my skills
and knowledge."*

-2024 Caregiver Attendee

REGISTRATION REQUIRED BY AUGUST 7

 www.adrcevents.org

 715-839-4735

 **Chippewa Valley
Dementia
Coalition**