



Dove Healthcare

April 2025 Newsletter · Dove Healthcare - South Eau Claire

Recreation Highlights

THANK YOU VOLUNTEERS . . .

April 20-26 has been set aside as a time to recognize and say thank you to our volunteers. The role of volunteers is an important one in any organization, but I think in a care center such as ours these caring individuals are even more valued.



Our volunteers are vital members of our team and take on many responsibilities and help to bring the community to our residents. They come from diverse backgrounds - students, parents, and retirees. There is always room for people who have the desire to serve! And so, to our volunteers, we say "THANK YOU"! We appreciate your dedication and everything you do to support our ongoing mission *to provide compassionate care and service to meet the needs of those who depend on us.*

To those who want to explore the possibility of serving others, we encourage you to take the next step - **become a volunteer!** If you are interested in joining our team of great volunteers and would like more information, please contact me: 715-895-9050 or malvar@dovehealthcare.com

Our volunteer application process is quick and easy! Just go to our website dovehealthcare.com and go to "Join our Team" and then click on the volunteer page to bring up the online application. We look forward to hearing from you!

Mandy Alvar
Recreation Director

A Testimonial from Karin Hill



Karin is pictured with Courtney (OT), Reana (Nurse Case Manager), and Michelle (PTA),

"I've been in physical rehabilitation facilities before, and I think everyone should be able to do this in order to transition from the hospital to home - it is so much easier! I am so thankful for the care and therapy I received here because now I am ready to go home without needing to rely much on others, especially my children, and I am able to return to my prior level of functioning.

I just feel that everyone is really helpful and considerate in making you feel comfortable and at home. Everyone here seeks to meet your needs. They are always considerate to see if you are in need of anything else before leaving the room, and they are always asking where / how they can help.

I am happy to be going home, but I will miss everyone here. I have stayed at Dove Healthcare - South Eau Claire before, and I feel like I knew everyone coming back, and this time around was more like a friendly reunion!

Between the therapists, nurses, CNAs, etc., everyone has been so nice and willing to help me so that I could get better as fast as possible. I feel confident going home now and returning to my life, as well as getting back to my favorite hobbies of sewing and making cards.

Thank you Dove Healthcare – South Eau Claire for making this happen for me!"

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 for a career because I have always loved taking care of and helping people. I knew it would be the best of both worlds to care and teach independence to my patients. I love being able to see the progression patients make from day one to discharge home."

**- Lauren Starkey, COTA
Rehabilitation Manager**

Dove Healthcare – Osseo and South Eau Claire



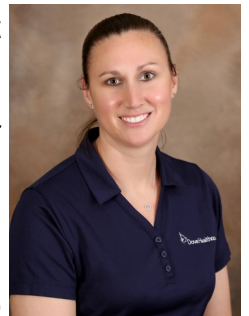
"I chose OT as a career because I wanted to help people. I enjoy the functionality of it and helping people get back to being independent."

**- Carrie Johnson, COTA
Dove Healthcare -
South Eau Claire**

"I chose OT as a career because it is so personal. You get to develop a rapport with your patients and follow them through their rehabilitation journey. I love helping people progress from their starting level and seeing them succeed in their goals for returning to independence. I love getting to teach people new techniques or

modifications to help them become more independent. When you see that progress, it's a wonderful thing!"

**- Courtney Ewoldt, OTR
Dove Healthcare - South 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

Congratulations to Michelle Hays! April Employee of the Month



"I am thrilled to announce Physical Therapist Assistant Michelle Hays as our April Employee of the Month! She pays great attention to detail and strives to know all about her patients. Michelle brings a sense of calm to all people she interacts with. She always steps up to the challenge when asked. Her positive attitude and strong work

ethic are an inspiration for everyone. Michelle has been a great addition to our therapy team, and we look forward to her continued growth here at Dove Healthcare," shared Rehabilitation Manager Lauren Starkey.

Michelle responded, "I'm honored to be employee of the month! Being recognized for your work is wonderful, especially when you love what you do. I'm blessed that I get to work every day with an amazing team and love making connections with residents while working with them to achieve their goals."

We sincerely appreciate you, Michelle! Thanks for all you do, and keep up the wonderful service and care.



Spring is here!



Congratulations to Will Nelson! April Rookie of the Month



"We are so proud of Will receiving this well earned recognition! This is his first nursing job, but he has shown such eagerness to learn and is incredibly responsive to any and all input he is given in order to apply what he is learning for the residents in his care. He is a breath of fresh air because of his positive outlook and the strong sense of teamwork and growth he has demonstrated since first starting at Dove Healthcare - South Eau Claire. We are all grateful to have him on the nursing team, and I know he will prove to be a successful nurse moving forward! Thank you for all you do, Will, and for choosing Dove Healthcare to start your nursing career," shared Nurse Case Manager Reana Ellenbecker.

Will responded, "I really appreciate the warm welcome Dove Healthcare, its staff, and its residents have given me. As a new nurse, I can really appreciate the flexibility and kindness that everyone I work with has shown me here. I am looking forward to figuring out this new career with everyone here! One of my favorite parts of the day is getting to hear about which activities and outings the residents are excited for, and I've definitely been surprised by some! I am so excited to be a part of what is going on at Dove Healthcare - South Eau Claire and looking forward to what lies ahead!"

It is such a joy to have you on the team, Will! We look forward to growing with you in your nursing career.



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.

2025 D'Oscars!



A BIG Round of Applause for Chippewa Valley Irish Dancers!

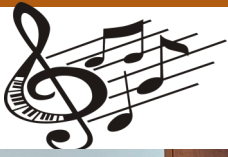
This very talented group performed different styles of Irish dances from traditional jigs to variations of hard shoe and soft shoe dances, explained the context, culture, and history of the different dances, and they even instructed how to do the steps by using their hands and then demonstrated with the residents. We are so thankful for them and are so thankful to have them back again this year! We had a lovely time!



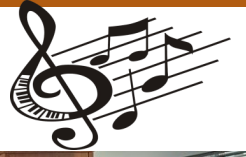


St. Patrick's Day Party with Pots of Gold!!





March Music Memories



Fat Tuesday Mardi Gras Celebration!!



Crafting Corner with Family, Team, and Volunteers





Team Highlights



Thank you, Employees and Volunteers! Dove Love!





| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|--|--|
|  |  | April Fools Day 9:30 Coffee Clutch & Morning Devotions 11:00 Music in Motion 3:00 Happy Hour | 9:00 Morning Visits 11:00 Music in Motion 1:30 Catholic Communion 2:30 Bingo | Hair Salon Day 9:00a-5:00p Hair Salon 11:00 Music in Motion 1:00-4:00 Manicures | 9:00 Morning Visits 11:00 Music in Motion 12:30-4:30 Mail Shopping Outing | 10:30 Messiah Lutheran Church Service 1:30 Afternoon Games |
| 6 (Family Time) | 7 9:00 Morning Visits 11:00 Music in Motion 3:00 Birthday Club Celebration | 8 9:30 Coffee Clutch & Morning Devotions 11:00 Music in Motion 1:00 Tucker the Dog 3:00 Happy Hour | 9 9:00 Morning Visits 11:00 Music in Motion 1:30 Catholic Communion 2:30 Bingo | Hair Salon Day 9:00a-5:00p Hair Salon 11:00 Music in Motion 1:00-4:00 Manicures | Dog Therapy Day 9:00 Morning Visits 11:00 Music in Motion 1:00 Card Club 3:00 Music: Matt Wahl (piano & vocals) | 12 10:30 Messiah Lutheran Church Service 1:30 Afternoon Games |
| 13 Palm Sunday (Family Time) Passover Begins | 14 9:00 Morning Visits 11:00 Music in Motion 1:30 Concordia Lutheran 3:00 Music: Hymn Sing with Mandy | 15 9:30 Coffee Clutch & Morning Devotions 11:00 Music in Motion 1:00 Chelsea the Dog 3:00 Happy Hour | FOOT CLINIC DAY 9:00-12:00 Foot Clinic 11:00 Music in Motion 1:30 Catholic Communion 2:30 Bingo | Maundy Thursday 9:00a-5:00p Hair Salon 11:00 Music in Motion 1:00-4:00 Manicures | Good Friday 9:00 Morning Visits 11:00 Good Friday Service 1:30 Music in Motion 3:00 Music: Good Friday Hymns on the Harp | 19 10:30 Messiah Lutheran Church Service 1:30 Afternoon Games |
| 20 Easter Sunday (Family Time) National Volunteer Appreciation Week (April 20-26) | 21 9:00 Morning Visits 11:00 Music in Motion 1:00 Humane Assoc. 3:00 Second Wind Singers | Earth Day 9:30 Coffee Clutch & Morning Devotions 11:00 Music in Motion 1:30 Spirit Lutheran 3:00 Happy Hour | 23 9:00 Morning Visits 11:00 Music in Motion 1:30 Holy Communion 1:30 Crafting Corner: Pillow Craft | Hair Salon Day 9:00a-5:00p Hair Salon 11:00 Music in Motion 1:00-4:00 Manicures Hairstylist Appreciation Day (Julie!!) | National Arbor Day 9:00 Morning Visits 11:00 Music in Motion 2:30 Bingo | 26 10:30 Messiah Lutheran Church Service 1:30 Afternoon Games |
| 27 (Family Time) | 28 9:00 Morning Visits 11:00 Music in Motion 3:00 Music: Dusty Engedal (guitar & vocals) | 29 9:30 Coffee Clutch & Morning Devotions 11:00 Music in Motion 3:00 Happy Hour | 30 9:00 Morning Visits 11:00 Music in Motion 1:30 Catholic Communion 2:30 Bingo |  | 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. |