



Dove Healthcare

April 2025 Newsletter · Dove Healthcare - West Eau Claire

Memories from the Month



We scarfed down the breadsticks and so much more at Olive Garden! Thanks to the Olive Garden team for great service and great food!



Thanks, as always, to Kevin with the Eau Claire Community Humane Association for bringing Lilly by for us to love on! She is a Border Collie mix, and so loveable!



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.

Nursing Headlines

Hello Everyone,

With winter coming to an end and respiratory illnesses decreasing, a friendly reminder that it is still just as important to maintain best practices in regards to hand hygiene. Proper hand hygiene etiquette is the most effective way to prevent transmission of infectious organisms. Please continue to be mindful of using appropriate hand hygiene techniques for each situation, whether that be alcohol based sanitizer or using soap and water. Reference the information below for a refresher on proper techniques for each method.

How to clean hands...

with an alcohol-based hand sanitizer:

- 1.) Put product on hands and rub hands together.
- 2.) Cover all surfaces until hands feel dry.
- 3.) This should take around 20 seconds.

with soap and water:

- 1.) Wet your hands with warm water. Use liquid soap if possible. Apply a nickel or quarter sized amount of soap to your hands.
- 2.) Rub your hands together until the soap forms a lather and then rub all over the top of your hands, in between your fingers, and the area around and under the fingernails.
- 3.) Continue rubbing your hands for at least 15 seconds. Need a timer? Sing the "Happy Birthday" song twice.
- 4.) Rinse your hands well under running water.
- 5.) Dry your hands using a paper towel, if possible. Then, use your paper towel to turn off the faucet and open the door if needed.

(source CDC)



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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
- spinal cord injury
- developmental disabilities
- low vision
- amputation

conditions, including rotator cuff tear /repair, carpal tunnel syndrome, tendonitis, and arthritis.



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





Find us on Facebook

Follow Us on Facebook!

facebook.com/dovehealthcarewesteauclaire

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.

A Minute With Maintenance

Spring Cleaning

Spring is the perfect time to think about cleaning gutters, downspouts, and air vents. These components often get neglected during the winter months and can become clogged causing damage to your home and or property.

Gutters and Downspouts

Over time, gutters can accumulate dirt, leaves, and twigs. If left unchecked, this can block water flow, leading to overflow, water damage to your roof, walls, and foundation, and an increased risk of mold or rot. Use caution when tackling this project yourself by using all the proper safety equipment. If you're uncomfortable with using ladders and heights, it's always best to contact a professional.

Exterior Vents

Exterior vents, such as those for your dryer, bathroom fans, or HVAC systems, can also collect dirt, lint, and debris over the winter months. This will reduce airflow reducing the life of your drier, exhaust fans, and HVAC system. Inspect each vent for any obstructions and clear them by removing the buildup. It's best to use a vacuum, or remove the vent and rinse with water.

Spring cleaning your gutters, downspouts, and vents is a small investment of time that can save you from bigger problems down the road. Regular maintenance ensures these systems work efficiently with minimal downtime.



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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



continued...

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



6
9:00 Morning Visits
10:00 Messiah Lutheran Day Room
1:30 Unsolved Mysteries Day Room
3:00 Visits



13
9:00 Morning Visits
10:00 Messiah Lutheran Day Room
1:30 Easter Watercolor Day Room
3:00 Visits



20
9:00 Morning Visits
10:00 Messiah Lutheran Day Room
1:30 Weekend Surprise
3:00 Visits



27
9:00 Morning Visits
10:00 Messiah Lutheran Day Room
1:30 Midwest Harp Concert Community Room
3:00 Visits



1
9:00 Morning Hello/Paper
10:00 Trivia Day Room
1:30 Believe It Or Not w/OH West Day Room
1:30 Spa Day With Laura
3:30 Rosary - Day Room
5:30 Bingo - Day Room

8
9:00 Morning Hello/Paper
10:00 Crossword Day Room
1:30 Charades With Kristin Day Room
3:00 Visits
5:30 Bingo Day Room

15
9:00 Morning Hello/Paper
10:00 Trivia Day Room
1:30 Baking With Jesse Day Room
1:30 Spa Day With Laura Day Room
3:30 Rosary - Day Room
5:30 Bingo - Day Room

22
9:00 Morning Hello/Paper
10:00 Trivia Day Room
1:30 Bible Study With Laura w/OH- WEST Day Room
3:00 Visits
5:30 Bingo Day Room

29
9:00 Morning Hello/Paper
10:00 Boggle Day Room
1:30 Crafting Cardboard Flowers Day Room
3:00 Visits
5:30 Bingo Day Room

2
9:00 Morning Hello/Paper
10:00 Crossword Day Room
1:30 Group Spring Art Day Room
3:00 Dove Cart 2nd
5:30 Pokeeno Day Room

9
9:00 Morning Hello/Paper
10:30 Out To Eat - Chippewa Family Restaurant- RSVP
1:30 Movie Day Room
3:00 Dove Cart 2nd
5:30 Pokeeno Day Room

16
9:00 Morning Hello/Paper
10:00 A Different Kind Of Crossword Puzzle - Day Room
1:30 Birthday Party w/OH- Day Room
2nd Wind Singers Community Room
3:00 Dove Cart 2nd
5:30 Pokeeno - Day Room

23
9:00 Morning Hello/Paper
10:00 Word Circle Day Room
1:30 Humane Association Pet Visit - Day Room
3:00 Dove Cart 2nd
5:30 Pokeeno Day Room

30
9:00 Morning Hello/Paper
10:00 Jeopardy Day Room
1:30 Nesting Dolls With Laura Orchard Hills Living Room
3:00 Dove Cart 2nd

3
10:00 Mass Community Room
1:30 Bingo Day Room
3:00 Sensory Oasis
5:30 Chicago Dice Game Day Room

10
10:00 Mass Community Room
1:30 Bingo Party 1st Floor
3:00 Sensory Oasis
5:30 Nature Video Day Room

17
10:00 Mass Community Room
1:30 Bingo Day Room
3:00 Sensory Oasis
5:30 Dried Flower Craft Day Room

24
10:00 Mass Community Room
1:30 Bingo Day Room
3:00 Sensory Oasis
5:30 Stretch and Relax Gardening - Day Room

25
9:00 Morning Hello/Paper
9:30 Sing A Long At Orchard Hills
10:00 Sunshine Bible Study At Orchard Hills
1:30-3:00- Happy Hour At Orchard Hills
5:30 Pokeeno Day Room

4
9:00 Morning Hello/Paper
9:30 Sing A Long At Orchard Hills
10:00 Sunshine Bible Study At Orchard Hills
1:30-3:00- Happy Hour 1st Pub w/OH
5:30 Pokeeno Day Room

11
9:00 Morning Hello/Paper
10:00 Sunshine Bible Study At Orchard Hills
1:30-3:00- Happy Hour 1st Pub w/OH
5:30 Tell Me Your Story Day Room

18
9:00 Morning Hello/Paper
10:00 Good Friday Service Messiah Lutheran Orchard Hills Living Room
1:30-3:00- Happy Hour 1st Pub w/OH
5:30 Tales Of Wisconsin Day Room
Good Friday

25
9:00 Morning Hello/Paper
9:30 Sing A Long At Orchard Hills
10:00 Sunshine Bible Study At Orchard Hills
1:30-3:00- Happy Hour At Orchard Hills
5:30 Pokeeno Day Room

5
9:00 Morning Visits
10:00 Trivia/Social Day Room
1:30 Why Do We Say It? Day Room
3:00 Visits



12
9:00 Morning Visits
10:00 It Starts With Day Room
1:30 Bible Study With Laura w/OH - West Day Room
3:00 Visits



19
9:00 Morning Visits
10:00 Trivia/Social Day Room
1:30 Root Beer Floats- Treat Cart
3:00 Visits



26
9:00 Morning Visits
10:00 Trivia/Social Day Room
1:30 Participant Choice Pick-1 - Day Room
3:00 Visits



April 2025

"Resident Of The Month" Joe Hegenbarth

Activities Are Subject To Change