



# Dove Healthcare

April 2024 Newsletter · Dove Healthcare - Settlers' Trail



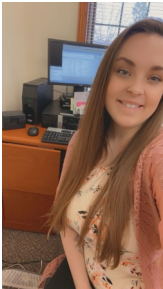
## A Message from the Apartment Manager

Greetings! I am so excited to share our very first newsletter with you. If you have not heard the news, we merged with Dove Healthcare on March 4, 2024. I want to take this opportunity to read through all the great things Settlers' Trail will have to offer in the near future.

If you or someone you know is in need of a welcoming and comfortable senior 55+ apartment, please give me a call to ask questions and schedule a tour. If our apartments are full when you call or tour, I can add you to the interest list and notify you when we have an apartment open.

Thank you for staying informed on our vibrant community at Dove Healthcare - Settlers' Trail. Should you have any questions or suggestions, please feel free to reach out to me anytime.

Hailee Martinson, Apartment Manager  
608-592-1361  
hailee.martinson@dovehealthcare.com



## A Minute With Maintenance

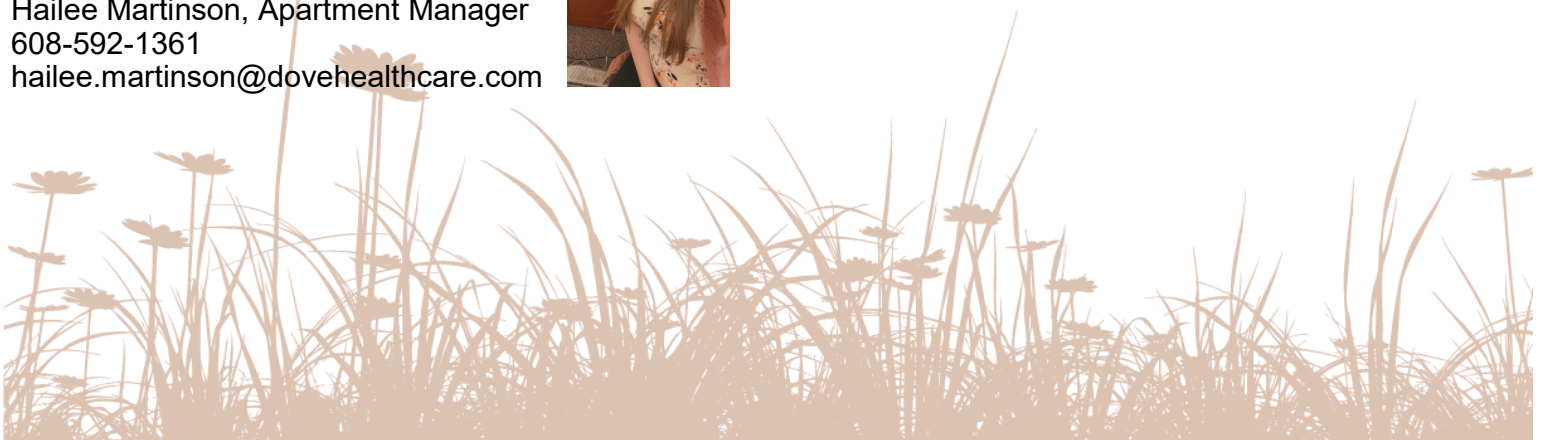
My name is Tim Keeler, and I have been providing general maintenance services at Dove Healthcare - Settlers' Trail since July 2023. I've taken on a variety of tasks that range from cleaning up the grounds to basic electrical and plumbing fixes. With 19 apartments there are always small jobs to do, like replacing lightbulbs, garbage disposals, and appliances.



More recently, we've focused on reorganizing materials and tools, as well as general maintenance supplies. We even freshened things up a bit by painting the lobby area and hallways.

I hope to continue sprucing up Dove Healthcare - Settlers' Trail to accommodate the needs of our valued tenants. As the weather warms up, we will also begin a refresh of the outdoor areas. Our goal is to have all areas of our residence feel positive and welcoming!

Thank you,  
Tim Keeler, Maintenance Technician





# Find us on Facebook

Follow Us on Facebook!

[facebook.com/dovehealthcaresettlerstrail](https://facebook.com/dovehealthcaresettlerstrail)

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](https://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 apartment manager 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](https://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.

## Dove Healthcare - Settlers' Trail Wish List

We are working towards more life enrichment activities for our tenants and warmly welcome any of the following donations. Thank you for your consideration and support.

- Bingo Prizes
- Magazines
- DVDs for Movie Events
- Plant Growing Kits
- Outdoor Planters
- Bird Feeding Supplies
- Travel Size Lotions
- Finger Nail Polish and Nail Files

**Take steps to prevent or improve your bladder and bowel health.**

In just one month, you can learn strategies to prevent or improve symptoms, so you can focus on doing the things that matter to you.

March 27, 2024  
April 10, 2024  
April 24, 2024  
10:00am - Noon

Call to Register, space is limited  
ADRC of Columbia County  
608-742-9233 or 888-742-9233



601 Clark Street  
Lodi, WI 53555  
[ReachOutLodi.org](https://ReachOutLodi.org)



**Mind Over Matter**  
Healthy Bowels, Healthy Bladder






**WELCOME**

**SPRING**

Caring for Wisconsin

PERSONAL. LOCAL. LOYAL.

# Services in the Lodi Area

## Foot Clinic

*Please call in advance for current rates.*

A registered nurse will soak, clean, and clip your toenails, file calluses, and apply lotion to your feet.

### **New 2024 Rates:**

- \$42.00 for initial appointment or if a year or more since last appt.
- \$34.00 for follow-up appointments
- \$39.00 for individuals with special health care conditions such as diabetes, vascular disease, or those taking blood thinners.

**Appointments are required. Call (608) 742-9233.**

Clinic Hours: 9AM - 3PM

1st Tuesday **and** the 1st and 3rd Thursday of each month.

**ADRC of Columbia County**

**111 East Mullett St.**

**Portage, WI 5390**

## Free Services Offered by Columbia County

### **BLOOD PRESSURE CHECKS**

Walk-in blood pressure checks available Monday through Friday from 8:30AM-4PM at Columbia County Health and Human Services.

### **COVID-19 AT HOME TEST KITS**

Free at-home COVID test kits ARE available at Columbia County Health and Human Services Monday-Friday from 8:30AM-4PM. If you are experiencing symptoms please DO NOT enter the building. Call 608-742-9751 for questions on how to receive your kit.

## Support Groups

*Please call the support group in advance to confirm schedule.*

### **Diabetes Support Group**

1st Thursday of each month

1:30PM

Divine Savior/Aspirus

Contact: 608-745-6289

### **Lodi Caregiver Support Group**

3rd Thursday of the Month

1 - 2:30 PM

Reach Out Lodi

601 Clark St., Lodi

Contact: Nellie Mueller

608-742-9726

### **Lodi Memory Café**

4th Friday of the month

1 - 2:30PM

Reach Out Lodi

601 Clark St., Lodi

Contact: Rose Kearney

608-232-3400, ext. 115

### **Vietnam Vet Support Group**

2nd Friday of the month

1 - 2:30PM

Place: Columbia County Administration Building,  
Veterans Service Office

112 E Edgewater St., Portage

(Lunch provided)

Contact: Ken Prust, 608-264-5342

### **Relatives Raising Relatives**

Support Group

Last Wednesday of the month

5 - 6:30PM

Place: ADRC of Columbia County

111 E. Mullett St., Portage

Contact: Ashley Pikalek, 608-742-9283

## Quick Cook Recipes

### Everything Bagel Cucumber Bites

- 12 cucumber slices
- ½ cup whipped cream cheese
- 2 tablespoons plain Greek yogurt
- 1 tablespoon Everything Bagel Seasoning



Cut your cucumber into 12 thin and uniform slices.

Mix together the cream cheese and Greek yogurt until smooth.

Put it in a piping bag or zip lock bag with the corner cut out.

Carefully pipe or spread the cream cheese and Greek yogurt mixture onto the cucumber.

Sprinkle the Everything Bagel Seasoning on top.

### Frozen Strawberry Greek Yogurt Smoothie

- 2 cups frozen strawberries
- ¾ cup Greek yogurt unsweetened
- 1 teaspoon honey or agave



Add strawberries, Greek yogurt, and honey into a jar. Use an immersion blender to blend everything until smooth. Serve immediately. Alternatively you can also use a blender to blend ingredients.



## Transportation Reminders

***Please remember the following:***

**\*Please call in advance for current rates.**

- Dress appropriately for the weather.
- Mobility devices (with the rider in it) are to be less than 30" wide.
- Be ready at your pick-up time.
- Remember to bring your personal items to and from your appointment.
- Madison appointments can start as early as 7AM, no later than 2PM. Local appointments can start as early as 6AM, no later than 3PM.
- Procedures need to be scheduled in the morning.
- You will receive a confirmation phone call the business day before your appointment.
- You will be charged for cancellations less than 2 hours prior to pick-up.

### ***How do I schedule a ride?***

Call the ADRC of Columbia County at 608-742-9213 to schedule a ride as soon as *you make your appointment*. If you call less than 24 hours before, you may have to reschedule your appointment or find a different ride.

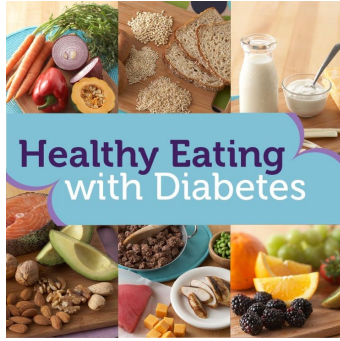
When you call, please be ready to provide:

- Your name, address, and phone number
- The name and address of the medical facility
- The date and appointment time
- Approximately how long your appointment will last
- Any special ride needs, including if you need someone to ride with to assist. Name and date of birth is needed for riders.

**Office hours are Monday through Friday, 8AM - 4:30PM.**

## Nutritional Notes

Happy Spring, Everyone! It's just wonderful to hear the birds chirping and the days filled with sunshine! This month, I want to share some information about diabetes; those with diabetes know it's important to eat well to stay healthy.



Nutrition care should be personalized for each person based on blood glucose (sugar) level, blood lipid (fat) levels, risk factors for heart disease and high blood pressure, exercise habits, and food preferences. For most people, general guidelines for diabetes are as follows:

- Aim to maintain a healthy weight
- Exercise moderately for about 30 minutes at least five times per week
- Get your carbohydrates mainly from fruits, vegetables, whole grains, legumes, and low-fat or skim dairy products
- Limit saturated fats, trans fats, and dietary cholesterol
- Consider using sugar substitutes
- Do not use low-carbohydrate diets to control diabetes

### **Boost Flavor Without Unhealthy Fats and Salt**

Look for recipes that use herbs and spices for flavor instead of salt, butter, lard, or other unhealthy fats. Try these tricks to season your food:

- Squeeze fresh lemon or lime juice on steamed vegetables, broiled fish, rice, salads, or pasta
- Try salt-free lemon pepper or mesquite seasoning on chicken
- Try a salt free herbs and spices. Fresh herbs are also a great choice
- Use onion and garlic to liven up meats and vegetables
- Try marinating and grilling chicken or pork with barbeque sauce or with a homemade marinade

Have a great month, and stay healthy friends!

*Article submitted by Michele Kuffel,  
Nutritional and Environmental Services Director  
for Dove Healthcare - Rice Lake*

## Interesting Spring Facts

Despite the snow lingering outside, we eagerly welcome the arrival of spring. While winter's chill may still hold on, let's think warm thoughts with these interesting "spring facts":

**Vernal Equinox:** Spring officially begins with the vernal equinox, marking the moment when the sun crosses the celestial equator, resulting in nearly equal day and night lengths. This event typically occurs around March 20 in the Northern Hemisphere.

**Cherry Blossom Festivals:** Across various parts of the world, particularly in Japan, spring is celebrated with cherry blossom festivals known as "Hanami." These festivals attract millions of visitors who gather to admire the fleeting beauty of cherry blossoms in full bloom.

**Animal Migration:** Spring signals the return of many migratory bird species after wintering in warmer climates. It's a time of great activity in the animal kingdom, with animals emerging from hibernation and birds embarking on long journeys to their breeding grounds.

**Spring Ephemerals:** Spring ephemerals are wildflowers that bloom briefly in early spring, taking advantage of the sunlight before trees fully leaf out and shade the forest floor. These flowers include species like trilliums, bloodroots, and Dutchman's breeches, adding bursts of color to woodland landscapes.

**Spring Equinox Celebrations:** Spring equinox celebrations have ancient roots in cultures around the world. Many festivals and traditions symbolize the themes of rebirth, renewal, and fertility associated with the arrival of spring. Examples include the Persian New Year celebration of Nowruz and the Hindu festival of Holi.

Hoping your spring is full of joy!




*Article submitted by Lori Van Ess, Director of  
Dove Healthcare - Barron Assisted Living*





# April Recreation Calendar 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 National Beer Day 7	April Fools Day 1 8:00 Nick cleaning 1st and 2nd floor apartments	1:00 Bingo 3:00 Euchre	3 8:00 Nick cleaning 1st floor apartments	4 9:30 Coffee Clutch	5 2:00 Movie and snack 3:00 Dominos	6
National Beer Day 7	8 1:00 Bingo 3:00 Euchre	9 1:00 Bingo 3:00 Euchre	10 8:00 Nick cleaning 1st floor apartments	11 9:30 Coffee Clutch Dog Therapy Appreciation Day	12 2:00 Movie and snack 3:00 Dominos	13
14	15 8:00 Nick cleaning 2nd floor apartments	16 1:00 Bingo 2:00 Happy Hour 3:00 Euchre	17 1:30 Communion Service 2:30 Bingo	National Exercise Day 18 9:30 Coffee Clutch	19 2:00 Movie and snack 3:00 Dominos	20
21	Earth Day 22	National Picnic Day 23 1:00 Bingo 3:00 Euchre	24 8:00 Nick cleaning 1st floor apartments 10:30 Van Outing	25 9:30 Coffee Clutch Hairstylist Appreciation Day	26 2:00 Movie and snack 3:00 Dominos	27
28	29 8:00 Nick cleaning 2nd floor apartments 10:30 Resident Meeting	International Jazz Day 30 1:00 Bingo 3:00 Euchre				The recreation calendar is subject to change based on tenant needs, interests, and current infection control guidelines.