



Dove Healthcare

July 2025 Newsletter · Dove Healthcare - Bloomer and Bloomer Assisted Living

ACTIVITY ANTICS

June, June, gone so soon! Here and gone in the blink of a firefly! It's no wonder, as it was one event to the next the whole month through.

We were out fishing twice this month, dedicated one day to garden gnomes, another to dairy, and a third to dads, and hosted our second summer concert (indoors, unfortunately!). The **Chippewa County Rural Heritage Club** volunteered their time, energy, and resources to plant the "Dove field" in sweetcorn, sunflowers, and pumpkins. Checking the progress will no doubt be an ongoing bit of fun for many folks here who have farming in their bones.

June's "big event" was probably the privilege of going to the **Chippewa Valley Air Show's practice day**. This is a special opportunity set up just for people residing in long-term care or individuals with special needs. On top of watching the acts get practiced up for the weekend, we also get lunch and unbeatable seats... all for free! The Blue Angels did not fail to stun all of our senses... especially our sense of wonder!

July is *popping* in with just as many promising moments. We plan to head out to **Irvine Park** and to **Culver's** on the bus and hope to start reeling in more fish. There will be another summer concert with **John Lynch and ice cream treats on July 23**. If you are looking for an evening event, join us! The music will be top notch, and we never mind the company. If it rains, the fun commences inside!

...Continued

I have one note about outdoor fun this summer: we have set a new goal to really stress the importance of getting people out and about! This year's goal is called "**The 50 Fish of Summer**". We are hoping to catch at LEAST that many fish, but hopefully so many more! If you are an angler and have some time that isn't already *hooked*, maybe you are interested in fishing with some of our folks down at the dock?! Get in contact with me, and we will talk!

Finally, make sure to take a moment to appreciate the glory of summer and the beauty of the USA!

Laura Odness, Recreation Director



The Bloomer Parade

With the summer whizzing by, I feel the need to address an upcoming event sooner than later; The **Bloomer Community Parade** will be here before we know it! This year it is **August 10**.

Every year Dove Healthcare enters floats in the parade. This time around, we will have the trishaw, the golf cart, and the Dove Healthcare van go through the parade, but we would like to try something new. **We would like the residents and tenants to be able to watch the parade this year to honor many requests by them to do so.**

What I am looking for is a place that we can reserve on the route for our group. We cannot have these folks arrive very early, so we need a place that can be accessed just prior to the start of the parade and will allow us to pick them up directly afterward.

If you have a little spot on the route that could accommodate us, please get in contact with me directly.

Laura Odness, Recreation Director
(715) 568-2011 lodness@dovehealthcare.com



SAVE THE DATE!

The annual **Resident and Family Picnic** is set for **Wednesday, August 27!** We will offer a meal, music, and other fun that evening. Complete details will be available with our next newsletter, but go ahead and mark your calendar now!



It's Hot!

This is a good time of year to remind everyone to hydrate, hydrate, hydrate! More sweat out requires more liquid in. And if all that water is starting to bore you, just remember that H₂O is only *one* source of fluid. Anything that contains it can be counted toward your intake; from lemonade to watermelon, and iced tea to popsicles... it all helps.

July is also **ICE CREAM MONTH!** Ice cream **ALSO** counts as a liquid... must I give you any further permission to visit your local ice cream parlor? So grab a cone and drink up... who knew you could say you were eating ice cream *for your health?!*

Tip offered by Abbie Pedersen, Infection Preventionist, RN



Follow Us on Facebook!

facebook.com/dovehealthcarebloomer

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.

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

Outpatient Therapy

- **Do you feel like you are losing strength?**
- **Are you worried about falling?**
- **Are your normal activities painful?**

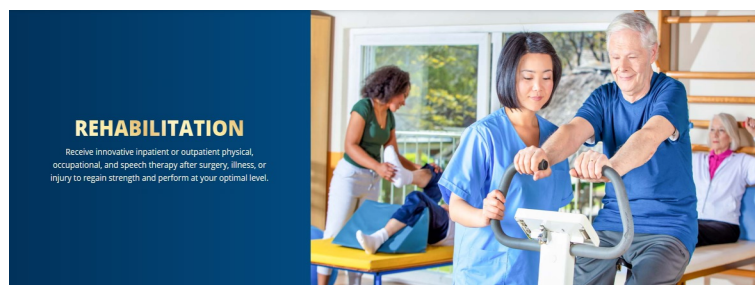
If you answered “yes” to any of these questions, you may benefit from outpatient therapy, which includes physical, occupational, and speech therapy. Dove Healthcare’s skilled nursing and rehabilitation centers are **open to the public** for outpatient therapy.

In order to qualify for out-patient therapy, a (free) evaluation must be completed by one of our therapists and then a signed physician order to justify medical necessity. Dove Healthcare will also complete a (free) benefit check to ensure the type of coverage provided by your insurance(s), along with any payment that you may be responsible for. There is a strong likelihood that your insurance will provide 80-100% coverage for outpatient therapy services.

Please feel free to call or email anytime to discuss the outpatient services we offer to the public.

Sincerely,
Jessica Magur, Rehabilitation Manager

Learn More:
dovehealthcare.com/rehabilitation



July 2025 Newsletter · Dove Healthcare - Bloomer





An Update from Dove Healthcare - Bloomer Assisted Living

As we rocket into July, we left behind many wonderful and memorable events in June.

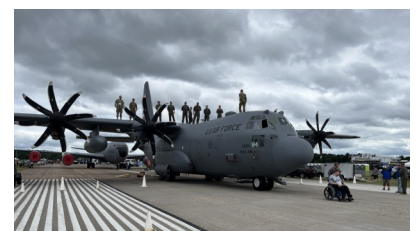
We celebrated Wisconsin's Dairy Farmers with an entire month of "moooving" exercises, trivia, and games including cow bean bags and brown cow dice. On Mondays, we sampled a different variety of cheese at afternoon social time. Everyone loves cheese, but the favorites may have been good old Colby longhorn.

To celebrate Father's Day, our fathers and volunteers gathered at the lake and tried their luck at fishing. Some went on the pontoon and others fished from the dock. Both groups had some pretty good luck, but we released them as no one was volunteering to clean them! Later, the men enjoyed a cookout with their family members in the community room.

Our outdoor concert was once again held indoors. Mother Nature rules the roost, and she decided we should enjoy the concert by Rich Schroeder inside. It was a great evening of wonderful music and strawberry shortcake.

The highlight of the month may have been the Blue Angel Air Show at the Chippewa Valley Airport. The day was cloudy which made for better viewing as we looked to the skies and watched with amazement at their precision movements. It was a wonderful way to close out the month.

We look forward to all that July will bring our way. It promises to be explosively fun with all the good times we've planned!



Congratulations to Michael Perrin! June Employee of the Month at Dove Healthcare – Bloomer Assisted Living



“Michael is someone who everyone can count on. He always knows what is going on and doesn't hesitate to take the lead when its needed. As assistant director, he is responsible for making sure the day-to-day duties are being completed and running smoothly.

Michael holds a high standard for the care he provides to the tenants and the attention he gives to the families. Michael is such a big asset to our team, we could never thank him enough for all he does,” said Director Katie Kuehn

When asked, the tenants shared:

- “Michael always listens to my concerns and has an answer.”
- “Michael always comes with a gentle approach.”
- “Michael is the best, he is always pleasant.”

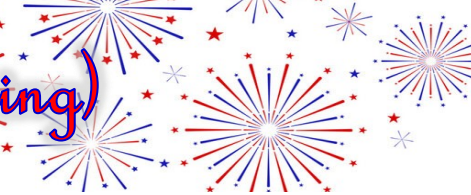
We could go on and on about all the great things Michael does for Dove Healthcare – Bloomer Assisted Living.



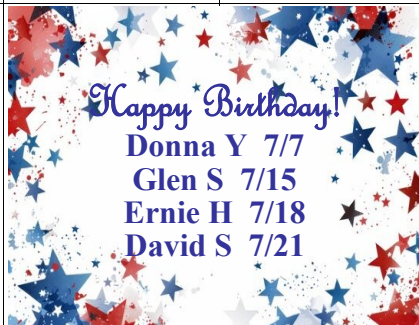
Congratulations and thank you, Michael!





July (Skilled Nursing)



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 10:00 Worship w/ Pastor Sparby 10:45 Balloon Ball 2:00 Catholic Mass 2:45 Hollywood	2 9:00 Let's Go Fishing! (Weather alt: Devotions) 2:00 July Crafternoon Popcorn Cart	3 10:00 Manicures 11:00 Rosary 2:00 We Love America Piano w/ Kathy & Mary Patriotic Pub	4 10:00 Patriotic Harp Music w/ Bethany Shuda 	5 10:30 Bingo! Independent Supplies Available in Altar Area (coloring, word games, puzzles, etc)	
	6 11:15 Worship w/ Richard Fossum	7 10:00 Devotions 10:45 Monday Moves Exer- cise 2:00 Bingo! Popcorn Cart	8 10:00 Worship w/ Pastor Metcalf 10:45 Balloon Ball 2:00 Catholic Mass 2:45 Hollywood 6:00 Red Cedar Sounds Choir	9 10:00 Devotions 11:00 Out- ing: Irvine Park Picnic & Zoo Exploration (RSVP) Popcorn Cart	10 10:00 Devotions 11:00 Rosary 2:00 Out & About (Trishaw & Golf Cart) Weather Alt: Trivia Time	11 10:00 Manicures 2:00 Music w/ Rich Schroeder 3:00 Pub & Popcorn	12 10:30 Bingo! Independent Supplies Available in Altar Area (coloring, word games, puzzles, etc)
	13 11:15 Worship w/ Richard Fossum	14 10:00 Devotions 10:45 Monday Moves Exer- cise 2:00 Bingo! Popcorn Cart	15 10:00 Worship w/ Pastor Strand 10:45 Balloon Ball 2:00 Catholic Mass 2:45 Hollywood	16 10:00 Devotions 2:00 The Dove Open: Mini Golf! Popcorn Cart	17 10:00 Devotions 11:00 Rosary 11:00 Out- ing: Lunch @ Culvers 2:30 Afternoon Card Party	18 10:00 Manicures 2:00 Music w/ Larry Radle 3:00 Pub & Popcorn	19 10:30 Bingo! Independent Supplies Available in Altar Area (coloring, word games, puzzles, etc)
	20 11:15 Worship w/ Richard Fossum	21 10:00 Devotions 10:45 Monday Moves Exer- cise 2:00 Bingo! Popcorn Cart	22 10:00 Worship w/ Paula P. 10:45 Balloon Ball 2:00 Catholic Mass 2:45 Hollywood	23 1-3pm Car Show! *4:30 Early Supper 5:30 Summer Concert w/ John Lynch & Ice Cream Treats 6:15 Cards with Kids	24 10:00 Devotions 11:00 Rosary 1:30 Let's Roll! D ice Games	25 10:00 Manicures 2:00 Music w/ Roger Mickelson 3:00 Pub & Popcorn	26 10:30 Bingo! Independent Supplies Available in Altar Area (coloring, word games, puzzles, etc)
27 11:15 Worship w/ Richard Fossum	28 10:00 Devotions 10:45 Monday Moves Exer- cise 2:00 Bingo! Popcorn Cart	29 10:00 Worship w/ Pas- tor Rhodes 10:45 Balloon Ball 2:00 Catholic Mass 2:45 Hollywood	30 10:00 Great Lakes 11:00 Resident Council 2:00 Shipwrecks of the Great Lakes	31 10:00 Devotions 11:00 Rosary 1:30 July Kitchen Club: A BERRY Good Recipe!			

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Worship / Pastor Sparby 2:00 Catholic Mass 2:45 Hollywood	2 11:30 Chair Exercises 2:00 Patriotic Sing a Long 3:00 Social & In The News	3 11:30 Chair Exercises 2:00 Red, White & Blue Cooking Club 3:00 Social & Trivia	4  10:00 Patriotic Harp Music 6:30 Fireworks on You Tube & Snacks	5 1 10:30 Firecracker Bingo!
	6 11:15 Worship w/ Richard Fossum	7 11:30 Exercise Explosion 2:00 Bingo 3:00 Popcorn & Book Club	8 10:00 Worship /Bruce Metcalf 2:00 Catholic Mass 2:45 Hollywood	9 11:30 Chair Exercises 2:00 Word Games 3:00 Social & In The News	10 11:30 Chair Exercises 2:00 Fireworks Bean Bags 3:00 Social & Trivia	11 9:30 Manicures 10:30 Devotions 11:00 Exercises 2:00 Music w/ Rich Schroeder 3:00 Pub & Popcorn
13 11:15 Worship w/ Richard Fossum	14 11:30 Exercise Explosion 2:00 Bingo 3:00 Book Club Sundaes on a Monday	15 10:00 Worship / Pastor Strand 2:00 Catholic Mass 2:45 Hollywood	16 9:30 Spots & Stripes Kids Storytime, Games and Snacks 2:00 Bloomer Historical Museum Outing	17 11:30 Chair Exercises 2:00 Dice Games Roll A Star 3:00 Social & Trivia	18 9:30 Manicures 10:30 Devotions 11:00 Exercises 2:00 Music w/ Larry Radle 3:00 Pub & Popcorn	19 10:30 Bingo!
20 11:15 Worship w/ Richard Fossum	21 11:30 Exercise Explosion 2:00 Bingo 3:00 Popcorn & Book Club	22 10:00 Worship /Paula Peterson 2:00 Catholic Mass 2:45 Hollywood	23 1-3pm Car Show! *4:30 Early Supper 5:30 Summer Concert w/ John Lynch & Ice Cream Treats 6:15 Cards with Kids	24 11:30 Chair Exercises 2:00 Joanne Spenlee 3:00 Social & Trivia	25 9:30 Manicures 10:30 Devotions 11:00 Exercises 2:00 Music w/ Roger Mikelson 3:00 Pub & Popcorn	26 10:30 Bingo!
27 11:15 Worship w/ Richard Fossum	28 11:30 Exercise 2:00 Bingo 3:00 Popcorn & Book Club	29 10:00 Worship / Pastor Rhodes 2:00 Catholic Mass 2:45 Hollywood	30 11:30 Chair Exercises 2:00 Card Games 3:00 Social & In The News	31 11:30 Chair Exercises 2:00 Crafternoon 3:00 Social & Trivia	<div><div>HAPPY BIRTHDAY</div><div>Jean Blythe 5th</div><div>Jerry DeMars 13th</div><div>Clara Trebelhorn 31st</div><div></div></div>	