



Happy Birthday to our Residents

Lawrence “Bud” Duss - July 10
Jerome “Bud” Padrutt - July 26

Happy Birthday to our Employees

Kennedy Schultz - July 3
Brooke Zahnle - July 17
Darlene Webster - July 22
Jazzalin Bowe - July 28

Happy Anniversary to our Employees

Anna Gabriel - 2 years
Anna Erickson - 2 years

Meet our New Maintenance Technician



We are happy to introduce you to Dan Sokup, our new maintenance technician. He previously worked in maintenance at the Eau Claire Academy and a former Eau Claire nursing home and also has a

background in auto mechanics and construction. As Dan says, “I’m a jack of all trades.” He also shared, “I’ve lived near Dove Healthcare – Rutledge Home for over 25 years, and I have frequently thought about working here. The opportunity presented itself with good timing, and I am excited to finally be here.”

Dan is a father of five grown children with a first grandchild on the way. He has lived in Chippewa Falls his entire life, and his hobbies include everything outdoors, especially hunting and fishing.

Welcome to Dove Healthcare – Rutledge Home, Dan! We’re so glad you’re here!



A Message from the Director

It is hard to believe that I have been at Dove Healthcare - Rutledge Home for a month already, but what a great month it has been. I completed my resident assistant training and have met all the residents; what a wonderful group! I will continue to help as a resident assistant when needed. I have not had the chance to meet a lot of



family members, so I am looking forward to meeting more of you in the near future... stay tuned for details about an upcoming “meet and greet” on the patio!

Until then, please don’t hesitate to contact me with any questions or concerns. Happy 4th of July!

Brooke Zahnle, Director
715-723-5566
brooke.zahnle@dovehealthcare.com



Hello Everyone,

THANK YOU for your support of our first *Cupcakes for a Cause* fundraiser! With your orders and donations, we raised \$535.84 for our resident council fund! Not only was it profitable, our residents enjoyed frosting the cupcakes for team members, friends, and family. This was a great time and we can't wait to do it again next year. Again, **THANK YOU, THANK YOU, THANK YOU!**

June was warm, so we spent more time indoors during the day, getting out for walks in the mornings and early evenings. Our garden looks great, and we appreciate the help from our nutritional services team for the extra hands and gardening advice.

We enjoyed a concert by Larry Radle while sipping on root beer floats. He played a variety of music, and we had many residents singing along, even one resident who got up to boogie! It was a great afternoon, and we are looking forward to monthly concerts!

We also tie dyed t-shirts for the 4th of July celebration this week! We all made our own shirt to wear and will enjoy the day with sparklers and ice cream!

Our Road Runners have started getting their laps in outside...four laps around the home, and we have a mile! Much nicer to walk outside in the fresh air, so stay alert to some more residents reaching their first mile and receiving their Road Runners t-shirt.

We have a few outings planned in July that include a Farm Tour, a trip to the Northern Wisconsin State Fair, and walks through Irvine Zoo. We also have Walmart trips back on the calendar, which the residents seem most excited about! Our Courtyard Concert this month is a three-person band called "Nostalgia".

We are always looking for volunteers - especially if it is to accompany your loved one on an outing to make a memory or two! Please contact me if you are interested.

Enjoy the sun and warmth,
Kena Luzinski, Recreation Director
Kenarae.Luzinski@dovehealthcare.com



Meet our Resident of the Month: Raquel

Raquel Hoepner-Ausman recently celebrated her 60th birthday, although she will tell you she only feels 32! Raquel had a wonderful time at her birthday celebration and can't wait for her next one.

Raquel was born in the Philippines and came to the United States when she was 19 years old. She is number five of nine children, with four sisters and four brothers born to her parents Agustin and Margarita. All of her siblings names start with an "R", and she can rattle them off like an auctioneer. She is very proud of her big family, and she is in contact with them as often as she can be.

Raquel worked at Macy's in the fine jewelry department before retiring. Her hobbies include working in the garden and collecting purses, which she still likes to shop for. Raquel's husband Paul lives near Dove Healthcare - Rutledge Home and visits daily. She has two children, Nikki and Andrew, and one grandson, Jack, who she likes to play outside with when they visit.

Raquel enjoys everything that Dove Healthcare - Rutledge Home has to offer, which is "a lot", and she is usually our first resident to join an activity. We are so happy to have Raquel living with us, and we congratulate her on being our *Resident Of The Month!*

**HOME
OF THE
FREE
BECAUSE
OF THE
BRAVE**



Meet our Employee of the Month: Gina



Gina with residents D and Jim

Gina lived in Minnesota for 43 years before moving to Chippewa Falls with her husband Chris and daughter Sami. Gina and her family also have

three dogs; Foxy, Lucy, and Chuks. Gina's dogs are regular visitors for the residents of our home, with many keeping treats in their rooms for when they visit!

Gina's favorite movie is Halloween and favorite band is ABBA. Her favorite memory is a big one... growing up in the 80s! Her favorite drink is a strawberry margarita, and her goal is to be retired by age 55 and sipping those while laying on a beach in Florida (and probably snacking on her favorite candy of white peanut butter cups!). She lives by the motto "don't spend money you don't have", which will help her retirement plan come to fruition.

Gina enjoys working with other team members to provide quality care to the residents and putting smiles on their faces. We are lucky to have you as part of our team, Gina, and congratulations on being July's *Employee of the Month!*

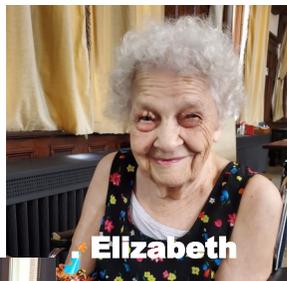
Memories from the Month



June Birthday Celebrations



Regina



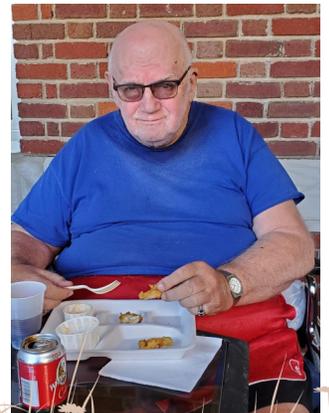
Elizabeth



Raquel



Helen



Nursing Headlines



**STAY
HYDRATED**

Dehydration can occur in any healthy person, regardless of age or gender. Dehydration in the elderly can sometimes be more difficult to manage and

prevent. The reasons why include dulling thirst sensations, changes in physiology, and the need for medications may also play a role.

It becomes increasingly important to maintain proper levels of hydration as we get into older ages. Elderly dehydration can become an emergency situation if it becomes severe enough.

There are a few reasons why seniors are more susceptible to dehydration than those who are younger. Our sensation of thirst starts to dull and become less noticeable as we age. Our water and sodium balance also begins to change.

The elderly tend to have more impairments. Because of handicaps or disabilities, it may be more difficult to access fluids as often as they are necessary. Certain medications also have side effects that may cause dehydration in the elderly. Thirst is usually one of the first dehydration symptoms in the elderly, but there are numerous other warning signs. A few of these signs include:

- Headache
- Fatigue
- Weight loss
- Darker colored urine
- Increase in heart rate
- Lowered blood pressure
- Sunken eyeballs
- Less frequent urination
- Dry mouth and dry eyes
- Constipation
- Some seniors also may find that they feel lethargic, confused, or weak as a result of dehydration.

Stay cool and drink your water!



It's Strawberry Season!

It's the perfect time of year to give this tasty recipe a try. Enjoy!

Fruit Pizza

- 1 (18 ounce package) refrigerated sugar cookie dough
- 1 (7ounce) jar marshmallow fluff
- 1 (8 ounce) package cream cheese softened
- Sliced fruits of choice - mango, strawberries, blueberries, grapes, and kiwi are favorites!

Preheat oven to 350 degrees. Smooth the cookie dough out on an ungreased pizza pan and bake about 10 minutes, until edges are lightly browned and center is not doughy.

In a medium bowl blend the cream cheese and marshmallow fluff and spread over the cookie crust. Top with fruits of your choice and store in refrigerator until ready to serve.



Effective Communication

Senior care professionals and families with a loved one living in a senior care home are invited by the Alzheimer's Association Wisconsin Chapter to a virtual program on effective communication.



You will learn:

- How to connect with family even when they lose the ability to use their words.
- Strategies to help you communicate at each stage of the disease.
- Tips for common caregiver communication challenges.
- Alzheimer's Association resources and how you can get involved in the fight against Alzheimer's disease.

RSVP for this event: <https://bit.ly/ricelakesc>
Register to participate in the Walk to End Alzheimer's: https://act.alz.org/site/TR/Walk2021/WI-Wisconsin?pg=entry&fr_id=14891

Questions? Contact Rachel Bachhuber at rebachhuber@alz.org or 715-861-6175.

Healthcare Careers Scholarship Recipients Announced

Established in 2019 to recognize and encourage high school seniors pursuing a career in a healthcare related field at an accredited technical college or four-year university, the **Dove Healthcare Community Foundation** recently awarded eight scholarships to graduates in Barron, Bloomer, Chippewa Falls, Eau Claire, Osseo-Fairchild, and Rice Lake.

Applicants included with their completed application an essay about why they chose a career in healthcare, educational and career goals, influential persons or events, opportunities they had to work or observe their chosen career field, as well as how the scholarship would affect their future education.

Foundation Chair Joe Muench shared, “Our scholarship selection committee had the wonderful honor of reviewing applications from many talented and driven students. The workforce needs in healthcare are great and the opportunities are endless, so it was exciting to have a glimpse into the aspiring, young minds ready to take on the challenge. Our foundation is so happy to play a small role in supporting their bright futures.”

The 2021 scholarship recipients include Carter LaLiberty of Barron; Hannah Thorson of Bloomer; Alina McIntyre of Chippewa Falls; Paige Burrows, Aria Hite, and Emily Black of Eau Claire; Madison Hugdahl of Osseo-Fairchild, and Lianna Muschinske of Rice Lake.

The Dove Healthcare Community Foundation has a special interest in programs, services, projects, and events that aim to support and enhance the lives of those 55+, including Veterans and those with a chronic or complex health condition or rehabilitative need. The non-profit 501(c)(3) organization serves Eau Claire, Chippewa Falls, Rice Lake, Barron, Bloomer, Osseo, and surrounding communities.

Learn More:
dovehealthcarefoundation.org or 715-552-0460

