



Dove Healthcare

June 2025 Newsletter · Dove Healthcare - West Eau Claire



Save the Date for our 2nd Annual Summer Jamboree!

The Thundermen will headline the 2nd Annual Summer Jamboree! Rain or shine, this free event includes a carnival-theme lunch, Olson's ice cream (free to first 200!), mini horses, TWO bounce houses, Balloons by Kevin, dunk tank, games, and more!

Presented by Dove Healthcare – West Eau Claire and Orchard Hills Assisted Living - both located on the corner of 14th Street and Truax Blvd - the festivities will be hosted on our 14th St. parking lot.

Bring the whole family to join in the fun on July 25 from 1-3PM!

For more info:

dovehealthcare.com/events
info@dovehealthcare.com
715-930-6044



Caring for Wisconsin PERSONAL. LOCAL. LOYAL.

Nursing Headlines

What is a Tracheostomy?

A tracheostomy is a surgically created opening through the neck into the trachea to provide an airway and remove secretions from the lungs. This is done by a procedure called a tracheotomy. A tracheostomy tube is placed into the opening or stoma to allow it to remain open and give the individual the ability to breathe through the tube rather than through the mouth or nose.

Tracheostomies can be either temporary or permanent depending on the person's medical condition.

Tracheostomy tubes come in a variety of sizes and types and are made of different materials. The size and type of a tracheostomy tube depends on things such as lung mechanics, upper airway resistance and clearance, ventilation, and communication / speech needs.

The care of a tracheostomy is important in helping a person maintain their airway and remove secretions that may obstruct the airway. Proper care and cleaning of the tracheostomy ensures that the airway stays open and decreases infection risks in and around the tracheostomy tube.

The introduction of a tracheostomy can be overwhelming to the person. Not only does the individual have to adapt to breathing through the tube, but they must navigate through the after effects of communication deficits, altered body image perceptions, depression, anxiety, and more. Psychosocial care is paramount to their well-being and adaptability to this change.

To learn more about specialized tracheostomy care at Dove Healthcare - West Eau Claire, please contact me.

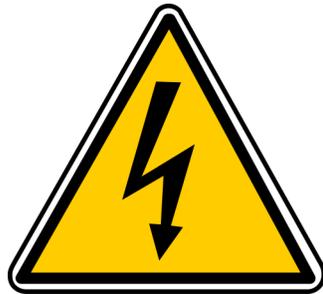


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A Minute With Maintenance

Electricity powers our modern world, but can pose significant hazards when not treated properly.

1. Avoid overloading outlets.
2. Unplug appliances when not in use to save energy and minimize the risk of shock or fire.
3. Regularly inspect electrical cords and extension cords for damage.
4. Never run cords under rugs/carpets, doors, or through windows.
5. Extension cords should only be used on a temporary basis.
6. Never plug a space heater or fan into an extension cord or power strip.
7. Plug in smartly. Make sure cords do not become tripping hazards.
8. Keep papers and other potential combustibles at least three feet away from space heaters and all other heat sources.
9. Make sure you use proper wattage for lamps / lighting.
10. Make sure your home has smoke alarms. Detectors are required on each floor and outside all sleeping areas. Test them monthly, and change batteries yearly.



Nutritional Notes

Recipe of the Month!

New menus = new recipes! Are you looking for something different? I have just the soup for you!

Dill pickle potato soup (serves 5)

- 3 cups heavy cream
- ¼ cup chopped dill pickles
- 2 ¾ tsp dill pickle juice
- 1 cup small diced cooked potatoes (or thawed hash browns)
- 2 ¾ tsp Worcestershire sauce
- 1 ¼ tsp onion powder
- 1 tsp minced garlic
- ¼ tsp dill weed
- ¼ tsp Italian seasoning
- Salt & pepper to taste
- Mix all ingredients and simmer over low heat until heated through

78.55 Cal, 16.36g carbohydrate, 0.9g protein, 1.4g fat, 213.18mg sodium, 207.02mg potassium, .27mg Iron, 29.23mg calcium, .79g dietary fiber, 1.53g sugar, 18.32mg vitamin E, .01mg thiamin, .01mg riboflavin, .02mg niacin, .61mg vitamin C

*Pairs well with BLT or ham sandwiches or just some crusty bread!



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2025 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 seven 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.

The 2025 healthcare careers scholarship recipients include Reese Allen of Barron; Zoey Schwartz of Bloomer; Simon Fish of Chippewa Falls; Alyssa Straschinske and Sophia Burt of Eau Claire; Hailie Knudtson of Osseo-Fairchild; and Julia Holthaus of Rice Lake.

Foundation Board Chair Cayci Young 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 Dove Healthcare Community Foundation, a non-profit 501(c)(3) organization, has a special interest in advancing the healthcare workforce in Wisconsin, as well as supporting programs and initiatives that aim to enhance the lives of seniors, including Veterans and those with a chronic or complex health condition or rehabilitative need.

To learn about the foundation’s accomplishments and make an online donation to support their efforts:

Web: dovehealthcarefoundation.org

Phone: 715-552-0460

Email: info@dovehealthcare.com

2025 Scholarship Recipients!



Tips for Walking on Uneven Ground

As the weather begins to warm up this summer, you may be looking to enjoy some time outside, which may mean walking on uneven terrain such as grass or gravel.

Here are some tips about how to walk safely on uneven ground:



- **Footwear:** Be sure to wear supportive footwear such as tennis shoes or hiking shoes instead of flip flops or sandals that do not offer as much support.
- **Watch your step:** Avoid areas where you can visibly see mud, water, or loose rocks.
- **Choose your device wisely:** A single point cane is better than a quad cane, and a walker with big wheels is better than a walker with small wheels.
- **Go slow:** Walk slowly and carefully, take shorter steps, and pay attention to the terrain ahead of you.
- **Use the sidewalk:** When a sidewalk is available, it would be beneficial to use it to avoid the need to walk on uneven ground.

For more information from our therapy team:
info@dovehealthcare.com 715-552-1030

Article contributed by Rehabilitation Manager and COTA Amy Scribner, Dove Healthcare - Spooner

Recreation Highlights

Keeping Our Community Engaged, Inspired, and Active!

Welcome to June! The days are longer, the flowers are blooming, and our calendar is full of sunshine and smiles. As we move into the summer season, our recreation department is excited to bring a fresh wave of engaging events, outdoor fun, and creative experiences for our wonderful residents.

Highlights This Month:

1. Tacos and Margaritas – Friday, June 6

Join us for this themed Happy Hour in The Pub!

2. Jewelry Making Class – Tuesday, June 10

We have residents that would like to share their jewelry making skills with all of us. We will be making our own jewelry to take that day.

3. Out to Eat at a favored local establishment:

Wednesday, June 11 at Randy's Family Restaurant

4. As a Friday regular we will have Happy Hour on each Friday and on two occasions, we will have live music with our cocktails. June 13 with Emily VanOpDorp, June 27 with Mickey Lynnes

5. Happy Hour with Andy returns - Tuesday, June 17 in The Pub

6. June is Dairy Month so we are going to have ICE CREAM! **Monday, June 16** we will build our own **banana splits**; **Tuesday, June 17** we will be having an **Ice Cream Social** with our friends from Dove Healthcare - Orchard Hills Assisted Living

7. Picnic in the park & visit with the animals – Monday, June 30: Irvine Park in Chippewa Falls

8. FINALLY it is **TRISHAW** season once again, and Jesse will be taking residents out on the bike trails, as weather permits, throughout the week. Please contact recreation if you are interested in going for a ride with a resident. It is a favorite here!

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Ongoing Weekly Activities

Morning Brain Games– Mon-Wed at 10AM

Mass with St. James – Thursdays at 10AM

Morning Sing a longs –Fridays at 9:30AM

Bingo – Tuesdays at 5:30 PM & Thursdays at 1:30PM

Birthday Bash – Every third Wednesday 1:30 PM

Sunflower Boutique- Every fourth Monday at 1PM

Pet Therapy Visits with Eau Claire Humane Association – Every fourth Wed at 1:30PM

Family Corner

As the weather warms up, we welcome families to join us for outdoor visits and special events. Please contact me with any questions, concerns, suggestions, or just stop in to say hello. We love seeing your smiling faces! Have a great start to your summer.



Melissa Neill
Recreation Director
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Memories from the Month



"What a great way to relax!" Geri really enjoyed folding these clothing items as a sensory therapy activity.

Memories from the Month



Laura was thrilled for a great turnout at her latest 'stretch and relax' program! It's a monthly activity, this month with a garden theme.





better brain FRIDAYS

Community Room

Dove Healthcare - West Eau Claire
1405 Truax Blvd, Eau Claire
10:00 - 11:30 AM

May 23, 2025

What's the Case for Memory Testing?

Joan Hamblin, MD, Family Physician/Geriatrician
Northlakes Community Clinic

It's simple...learn the who, when, why, and how should you be screened and tested. If you are 65 or older, you will want to be at this workshop.

June 13, 2025

Putting Your Mind at Ease: Creating and Maintaining Your Advance Directives

Kris Modl, BSW, CSW, ACBSW, Admissions Director / Social Services Consultant, Dove Healthcare

What are advance directives and why are they important? Kris will address all your questions and provide step-by-step guidance on how to complete the State of Wisconsin Power of Attorney for Healthcare form.

June 27, 2025

Transforming Intentions into Actions: Practical Approaches to Making Changes in Life

Jean Jirovac, MSMFT, Retired Marriage and Family Therapist

The one constant in our life is change. Sometimes by accident, at times by our own desire or intention. It can be the result of a birth, a graduation, a marriage, a divorce, a move, an illness, or a death. How we manage change can lead to paralysis or enlightenment. Feeling stuck or feeling energized. We will explore how we can manage change and turn our intentions into action to maintain a healthy, positive outlook on our lives, which is good for brain health!

July 11, 2025

Artificial Intelligence (AI):

What is it and What Does it Mean for Me

Melody Brennen, PhD, Director of Educational Technology
CVTC

Learn the facts about this new technology: the benefits, the risks, and how it can address the lifestyle needs of people age 50+. You might be quite surprised...find out if you are already using it!

July 25, 2025

Improve Your Memory:

Techniques, Strategies, and Apps

Lindsey Creapeau, Ed.D., LALD, CDP, FACHCA
Hunter Follis, Student, Class of 2026
Health Care Administration Program, UW-Eau Claire

This interactive session will provide practical ideas to enhance memory retention. We will explore various techniques and discuss top-rated apps. Come prepared to have some fun!

August 8, 2025

Creative Hobbies to Engage Your Brain

Chippewa Valley Hobbyists

Did you know hobbies are good for your brain and mental health? In this session you will hear from a variety of hobbyist on what they are passionate about and how you might be able to get started trying something new!

August 22, 2025

It's a Wrap!

Lisa Wells, MA, Aging & Disability Resource Center (ADRC)

Another year of better brain health! Let's pull it altogether and discuss key learning points from each webinar and put it into practice! In this webinar you will also have an opportunity to help "brainstorm" and plan for our 2026 brain health series.

No RSVP Needed. Park in the 2nd floor parking lot & enter Community Room doors.

**Contact the ADRC with questions:
715-839-4735 or adrc@eauclairecounty.gov**

Series Sponsored By:

