

The Maple Ridge News

CARE CENTER

DECEMBER
2018



Rehabilitation • Skilled Nursing • Hospice • Respite

Thank You Karen

Happy Retirement to our beloved dietician, Karen. Karen has served the nutritional needs of our residents at Maple Ridge for many years and we are so very thankful for everything she has contributed to our team, residents, and facility. Thank for everything, Karen!



Nicole Danger
Administrator

now likes to spend his time assisting with special projects, like this one! Maple Ridge is special to Mark, as both of his parents reside here. We are thankful for his guidance and expertise to assist us in completing the project.

Letter from the Administrator Activities Courtyard Project

Our goal is to turn outdoor area into a safe, comfortable area that all residents and their families and visitors can enjoy. We are looking to include seating areas and a walking path that is wheelchair accessible. Our residents greatly enjoy the outdoors and we want to be able to give make it as accessible as possible for everyone to appreciate as they please.

As we continue our efforts towards the project, please be on the lookout of ways you can help or contribute. If any local contractors or Spooner residents are able to donate materials and/or their time, please contact William Wolf at 715-635-1287. We are also searching for rubberized material to create our safe walking track. Lastly, monetary donations will greatly help make this project possible. We will be sending out information on how you can make a donation in honor of or in memory of an organization or individual that will be displayed in the new courtyard.

Maple Ridge
CARE CENTER

510 First Street, Spooner, WI 54801
715.635.1415

Nicole Danger, Administrator

Like Us On Facebook

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

Please call our office.



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MapleRidgeCareCenter.org
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WE ACCEPT CREDIT CARDS



Christmas at Maple Ridge

For details on upcoming Christmas events or to adopt one of our residents for Christmas gifts, please contact our Activities Dept. at 715-635-1437.

We had a very Happy Halloween



Stephanie Mechtel, CNA, with her son Warren. Warren attends Cradles to Crayons, a daycare onsite, and visits Maple Ridge and our residents frequently.



Nicole Danger, Administrator, and Bob D. in costume.



Mary L. and Vicky B. were two of many who handed out candy to our trick-or-treaters. Maple Ridge is definitely a hot spot to fill your candy bags!

Therapy at Maple Ridge



Thomas D. completed his short-term rehabilitation stay at Maple Ridge. Pictured above is Thomas is working on Physical Therapy with Brenda Ford.



Did you know? It doesn't matter if you need short term rehabilitation or just some movement in your life. We offer it all at Maple Ridge Care Center. We provide inpatient and outpatient physical, occupational, speech and restorative therapy.



Employee Spotlight LezLee Ciesinski

Please welcome LezLee to our Maple Ridge Team. She began in the Activities department in October. LezLee now resides in Minong. Before she began at MRCC she had worked as an Activity Assistant, Therapy Aid, and Business Office Receptionist at other long-term care facilities. She brings such positive, energetic, and fun ideas to Maple Ridge.

LezLee enjoys crafts, baking, painting, flower gardening, hiking, and kayaking. Her other hobbies include: traveling, trying new foods, motor-cycling, watching football (she is a Patriots and Steelers fan, but we won't hold it against her ;)). She also greatly enjoys spending time with



her grandchildren and her Yorkies. LezLee states her favorite thing about her job is "working with the residents and members of the team." We couldn't be happier to have LezLee on our team! She sure knows how to make everyone smile.

Thank You Spooner Wesleyan Church



We want to give this volunteer group from Spooner Wesleyan Church a HUGE thank you! They completed a painting project for our residents. Stop in to see the fantastic renovation!

Welcome to our team:

Timothy Barkalow, Maintenance
Sarah Bontekoe, The Villas
Madeline Buckwheat, The Villas
Melinda Button, RN
Lezlee Ciesinski, Activities
Dana Davenport, CNA
Jennifer Grundin, RN
Dayna Johnson, The Villas
Jessica Mechtel, Housekeeping
Sonia O'Neill, The Villas
Stephanie Osborn, Medical Records Coordinator
James Wilkerson Seijo, Maintenance



Happy Birthday

Best wishes to our staff and residents celebrating birthdays this month.

Residents:

Mary D.	12/03
Theodora H.	12/05
Roberta C.	12/14
Patricia S.	12/18
Joyce H.	12/28

Staff:

Jolene Barbrick	12/04
Deanne Meyer	12/04
Lynn Preston	12/10
Jon Shanks	12/10
Jana Bronson	12/16
Sheila Slagstad	12/16
JoAnn Flores	12/19
Wanda Thompson	12/20
Hannah Stilwell	12/21

December 3-7, 2018 is National Hand Washing Awareness Week and, according to the Centers for Disease (CDC), “the most important thing you can do to keep from getting sick is to wash your hands.”

Handwashing can help prevent illness. It involves five simple and effective steps (wet, lather, scrub, rinse, dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

The CDC recommends you should wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or treats
- After touching garbage
- After changing diapers or helping a child who has used the toilet

Info taken from cdc.gov

Be Sure To Wash Your Hands!



Friendly Staff / Visiting Hours

Maple Ridge welcomes visitors at all times, but quiet hours are enforced during 8:00pm-5:00am to ensure a home-like and comfortable environment for our residents. We ask that if you do visit at this time to keep volumes low and/or to visit in one of our sitting areas if your loved one shares a room with another resident.

Maple Ridge staff can be reached 24 hours a day at 715-635-1415, or use the directory below for specific questions.

Nicole Danger	
Administrator	635-1420
Theresa LaPorte	
Activities Director	635-1437
Tracy McNitt	
Business Office	635-1239
Theresa Jensen	
Director of Nursing	635-1356
Randi Swanson	
Social Services	635-1440

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Flu Season - Bah Humbug!

The flu hits thousands of people every year, so every time you leave the house you run the risk of encountering someone with the flu. How should you protect yourself and stay healthy?

- 1. Strengthen your immune system.** Get plenty of exercise, which keeps you fit and also strengthens your immune system. Eating fruits and vegetables can boost your resistance by ensuring your immune system is getting all the vitamins and minerals it needs. Also, make sure to get plenty of sleep. Your body needs to recharge after each day. The more worn out your body is, the weaker your immune system can become.
- 2. Get a flu shot.** A flu vaccine is another simple way to keep yourself free from that pesky sickness this season.
- 3. Wash your hands regularly.** As you go through your day, your hands are touching all sorts of things, picking up germs and bacteria everywhere they go. Then if you eat or rub your face, all those germs are going into your system, forcing your immune system to kill them off, which makes it easier for the flu to take hold.

AVOID SLIPS AND FALLS THIS WINTER

- Wear the right shoes or boots for wintertime. Make sure soles have good traction.
- Clear snow and ice from steps, walkways and driveways.
- Use ice melt as needed to melt any residual ice or snow.
- Keep stairs and handrails up to the home in good condition.
- Step carefully, or ask for assistance if it is too slippery outside.
- Be active all year long to keep muscles healthy and strong.