



# The Maple Ridge News

CARE CENTER



Rehabilitation • Skilled Nursing • Hospice • Respite

## National Heart Health Month: *Know Your Heart Health*

We all know that keeping up with our heart health is important.

We also know that there are a wide variety of factors that cause heart problems, and there are some basic ways to help protect the health of our hearts. What many people do not realize, however, is that key to their heart health may be different than the key to the heart health of others.

It is important that each of us takes the time to learn about our own heart health and to learn about the possible methods of ensuring our heart health in the future.

One of the best ways to become

familiar with the needs of your heart is to see a physician. A physician can help you determine not only the current health of your heart, but also give you a better understanding of specific things you can do to help prevent heart attack or heart disease.

For some people, the most significant factor in achieving and maintaining heart health is to change their diet. The foods we choose to put into our bodies affect our heart health in more ways than we know. Eating large amounts of sugar, carbohydrates or processed foods will eventually take a toll on our heart health.



For others, a physician may address exercise and physical fitness habits. Heart health can be significantly altered based upon a person's level of exercise and personal fitness.

**It is never too late to take your heart health seriously. Make an appointment to see your physician today.**

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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ILLINOIS  
SENIOR HOUSING INC.

MapleRidgeCareCenter.org

WE ACCEPT CREDIT CARDS

## You Can Make The Difference!

Our mission is to serve seniors with long term care and skilled nursing, even those who can't pay. Medicaid helps, but doesn't cover the actual cost of care, limiting how many state supported seniors we can admit.

Your tax-deductible donation helps provide essential activities, new programs and equipment, enhanced amenities and more, allowing us serve as many seniors as possible who need us.



**NEW**

Donate safely and easily online:

**MapleRidgeCareCenter.org/Donate**





*Nicole Danger*  
Administrator

## *Letter from the Administrator*

December was an amazing month at Maple Ridge Care Center. Thank you to everyone that contributed to making this

such a special Christmas and Holiday season for our residents, especially our Activities department who put on a full calendar of events to celebrate!

We began December by decorating our facility full of Christmas lights, trees, and decorations. During the month we were able to have two Christmas Light Tours, where we filled our Maple Ridge Van and drove around the communities looking at the best Christmas Light displays. December 11th was our annual Lion's Christmas Party, put on by the

Spoooner-Trego Lion's club. They graciously gave us Christmas Carols, gifts for each and every resident, and a night full of fun and joy. December 19th and 21st we celebrated with our Staff and Resident Christmas parties, where every staff and resident received a special gift. December 25th our dietary department provided residents, their families, and our staff with a traditional Christmas dinner. We ended the year with a New Year's Eve party which included a piano recital by Cathy Jacob's students and Music by Vern.

We are thankful for a wonderful 2018 and thankful for each one of you that have brought so much joy to Maple Ridge. Thank you for being part of our family and cheers to another successful year ahead of us! I hope you enjoy the photos from our special events.





# Resident of the Month: Dan K.



On February 23, 1941 in Cochrane, WI. Kenneth and Myrtle K. welcomed their 2nd son into the world.

They decided

to name the baby boy Dan Stewart. He was named after a trotter horse, Dan Patch, that Myrtle's father owned. He had many work horses on his farm. Myrtle loved the horses so much that she decided to name all her children after them: Dick, Dan, Nancy, Jim, Mary, and Betty.

When Dan was three, the family moved to Spooner, WI. Dan's father was a high school teacher until he retired. He and his siblings were never taught by their father. Dan shared some treasured memories with us: riding his bicycle to Siegner Hill in the summer and going sledding down that hill in the winter.

Dan graduated from Spooner High School in 1959. He went on to college at the University of Wisconsin Platteville. He graduated college with a Bachelor of Science degree in Civil Engineering. He worked in Madison, WI for 2 years. He moved back to Spooner and worked for the DNR for a few years. After that, he found a job in Rice Lake, working for a company called Cooper Engineering. In 1992 – 1993 Dan decided to start his own company, ECG Inc. His company specialized in Municipal Engineering, working for cities and towns such as Spooner, Shell Lake, and Minong. His company installed waste water treatment facilities, public water supply wells, and towers.

As the business grew, they also began installing streets, curbs, and water gutters. He was responsible for planning and installing the Spooner Hospital parking lot. In addition, he

planned and installed the Life Flight helicopter landing pad! The old hospital parking lot is currently the employee parking lot here at Maple Ridge. On October 23rd 1993 he married his wife Janice (Jan) in Shell Lake Methodist Church. They met



each other 4 years earlier at a school meeting. He was attracted to her the first time she smiled at him, and to this day he still loves her smile - of course, he still loves her kind, caring, loving personality. Through the years they have had many adventures together. They love to travel and have been to many places on vacations.

Dan and Jan have 4 children - 3 daughters and 1 son. They have been blessed with 9 grandchildren, and Molly, their cockapoo. She's been a part of the family for over 10 years. Dan and Molly have a special bond, and she adores him. When Dan would sit in his chair, Molly would curl up and sleep on his feet. She also likes to sit next to him.

When asked what he enjoyed most about being a dad, he answered, "Being with the kids and hanging out." The family used to go camping a lot, but in the winter, they all enjoyed snowmobiling. He taught his kids the value of responsibility and being honest. Dan feels his major accomplishments are raising great successful children, owning his own business, and being able to build his dream home.

Dan's hobbies include hunting and going to the family cabin that his dad and uncles built. Their family has had many good times there. "It sleeps

27!" he said. He also enjoys fishing in Canada and traveling. He and Jan both agree that out of all the places they have been, they absolutely fell in love with the desert areas in the south western parts of the United States. When asked who influenced his life and in what way, it had to be his father. "He taught me to value and enjoy my family, and to finish a project that you start."

If Dan could impart wisdom on us, he says it would be to "believe in yourself."

– Written by: Theresa LaPorte



## Happy Birthday

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

### **Residents:**

Dan K.	02/23
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### **Staff:**

Taylor Shutt	02/01
Melissa Polzin	02/04
Sarah Karpawicz	02/06
Rosemarie Serra	02/09
Naomi Morley	02/12
Jessica Whalen	02/12
Jennifer LaVeau	02/12
Jennifer Grundin	02/13
Verdell Pettey	02/17
Madisen Ferguson	02/18
Brenda Ford	02/20
Andrea Bauch	02/24
Sally Didier	02/25

## FAMILIES AND FRIENDS OF MAPLE RIDGE

*We give a huge thank you to those of you who gave gifts to our residents and staff, volunteered your time, and/or gave donations. On behalf of everyone at Maple Ridge, thank you! You made this Christmas one to remember.*

## Welcome to our team:

Cora Karpinski,  
Business Office Coordinator  
Billie LaBumbard, The Villas  
Lisa Madsen,  
Assistant Director of Nursing  
Karisa Scribner, Nursing  
Brittany Sockness, Nursing

## Black History Month

The month of February is a time to honor the achievements of African-Americans in U.S. history. Since its first observance at Kent State University in February 1970, Black History Month (also referred to as African-American History Month) has evolved into a country-wide celebration.

### Did you know:

- Thomas L. Jennings was the first African-American to receive a patent for his discovery of a process

called dry-scouring (later dry-cleaning) in 1821.

- Along with being a powerful anti-slavery organizer, James McCune Smith was the first African-American to achieve a Medical Degree in 1837.
- In 1988 Oprah Winfrey founded Harpo Productions, which made her the first woman in history to own and produce her own talk show. She was also the first

African-American (man or woman) to own an entertainment production company.

President Gerald Ford, the first president to recognize Black History Month in 1976, urged us all to "seize the opportunity" to honor African-American accomplishments "in every area of endeavor throughout our history."

## 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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## More Photo Highlights



Students of Spooner High School's Select Choir visit Maple Ridge for a special show for our residents and their families. Thank you SASD!



Residents and staff supporting Chris Kroeze on NBC's The Voice