

The Maple Ridge News

CARE CENTER

DECEMBER
2019



Rehabilitation • Skilled Nursing • Hospice • Respite

Short-Term Therapy Success Story: Larry B

Larry B. was born in St. Paul, MN and raised in south St. Paul. He worked as a sheet metal worker for the Burlington Northern Santa Fe railroad for 38 years. After retiring 5 years ago, he moved into his current home just outside of Spooner. Larry has a daughter, Brittney, and a granddaughter, Chloe, who is 15 months old.

Larry came to Maple Ridge Care Center in Spooner after sustaining a right femoral fracture and a right wrist sprain. A femoral fracture is a bone fracture that involves the femur (thighbone), which is the largest and strongest bone in the human body. Due to the high force needed to break the bone, these

types of fractures are typically sustained in high-impact trauma, such as car crashes. Larry's fracture was the result of a nasty fall he had while at his home. After being hospitalized and going through surgery involving a rod and pins being placed, Larry was ready to start his rehabilitation journey.

Larry requested a facility close to home, which is why he chose Maple Ridge. He said his favorite thing about Maple Ridge Care Center is, "The coordination of everyone to implement and get stuff done." Our team here strives to keep the lines of communication open between residents and staff. One way of doing this is by offering a care conference for new residents

within the first 24-48 hours of their stay to make sure there is a plan in place and that everyone is on the same page. It gives the resident an opportunity to meet the team, as well as ask any questions.

Larry says he would recommend Maple Ridge Care Center to others. Larry had this to say about our rehab department: "They got me up every morning and kept me pushing me." Larry has continued to work hard in his rehab sessions. He gets stronger every day and is planning on returning home soon so he can "get back to my day-to-day, and roll with the seasons." His words of advice for others in a similar situation would be: "Keep pushing yourself and don't be afraid to ask for or seek help."

Maple Ridge
CARE CENTER

510 First Street, Spooner, WI 54801
715.635.1415

Jennifer Gossen, Administrator

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Please call our office.



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MapleRidgeCareCenter.org

WE ACCEPT CREDIT CARDS



Brenda Ford, Physical Therapist Assistant, working on hill training outside with Larry B.



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We're non-profit; all donations are tax-deductible.



December 2019

Maple Ridge Care Center
Activitiy Calendar

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	1:30 Rosenbergs 2:00 Church of the Nazarene 3:30 Horse Races 6:15 Book Club	2	10:30 Coffee Clutch 1:45 Pokeno 3:30 Fancy Fingers 6:30 Kickball	3	10:30 Penny Ante 2:00 Spooner Baptist 3:30 High 5 Club 6:30 Book Club 6:30 John & Ken's Cribbage	4	10:15 Jan's Baking 1:45 Bingo 3:30 Quality 1:1 Visits 6:30 Grace Bible Singers	5	10:30 TV Time 1:45 6~5~4 Dice 3:30 Dean & Anna's Music 6:15 Christmas Light Tour	6	10:30 Piggy Bankers 1:30 Cindy's Popcorn 1:45 Happy Hour 6:15 Make A Word	7	10:30 Tony's Music 1:45 Bingo 6:15 Movie Night Wonderful Life
8	2:00 Shell Lake United Methodist 3:30 Horse Races 6:15 Book Club	9	10:30 Coffee Clutch 1:45 Pokeno 3:30 Fancy Fingers 6:30 Kickball	10	10:30 Beading Bellas 2:00 Calvary Lutheran 6:30 Lion's Club Christmas Party	11	10:15 Jan's Baking Noon Birthday Lunches 1:45 Bingo 6:30 St. Francis de Sales Kids ~kickball	12	10:30 "Better Together" 1:45 Mickey & Sally 3:30 6~5~4 Dice 6:30 Christmas Trivia	13	10:30 Long Word 1:30 Popcorn 1:45 Happy Hour with Vern & Carol 6:15 Kickball	14	10:30 Piano Recital 1:45 Bingo 6:15 Movie Night: White Christmas
15	1:30 Rosenbergs 2:00 Spooner Wesleyan 3:30 Horse Race 6:15 Book Club	16	10:30 Cradle to Crayons Visit 1:45 Pokeno 3:30 Fancy Fingers 6:30 Kickball	17	10:30 Lakeland Kids 2:00 United Methodist 3:30 High 5 Club 6:30 Book Club 6:30 John & Ken	18	10:15 Jan's Baking 1:45 Christmas Jingo 3:30 Activity Planning 6:30 Bible Study	19	10:00 Resident Council 1:45 6,5,4 Dice 3:30 Dean & Anna's Music 6:30 New Edition Band	20	10:30 Party Prep 1:30 Resident Christmas Party with Santa! 6:15 Christmas Trivia	21	WINTER BEGINS 10:30 Kickball 1:45 Bingo 6:15 Movie Night: Christmas Carol
22	HANUKKAH BEGINS 2:00 Cornerstone 3:30 Horse Races 6:15 Book Club	23	10:30 Coffee Clutch 1:45 Pokeno 3:30 Fancy Fingers 6:30 Music with Vern	24	CHRISTMAS EVE 10:30 Shake Loose A Memory 1:45 Yahtzee 6:15 Movie Night: A Christmas Wish	25	CHRISTMAS 10:30 Set up for dinner NOON Christmas dinner 6:15 Movie Night: The Nativity Story	26	KWANZAA BEGINS 10:30 Piggy Bankers 1:45 Bingo 6:30 Bible Study	27	10:30 Hangman 1:30 Popcorn 1:45 Happy Hour with 21 Card game 6:15 Kickball	28	10:30 Ring Toss 1:45 Bingo 3:00 Vicki's Music 6:15 Movie Night: Christmas Child
29	2:00 Lake Park Alliance w/ Rosenbergs 3:30 Horse Races 6:15 Book Club	30	10:30 Coffee Clutch 1:45 Pokeno 3:30 Fancy Fingers 6:30 Kickball	31	NEW YEAR'S EVE 10:30 TV Time 1:45 Book Club 6:30 New Year's Eve Party with Vern's Music!			Schedule is subject to change.		510 First Street, Spooner, WI 54801 715-635-1415 MapleRidgeCareCenter.org			

Activity Highlights

Tuesday, December 3rd - Kick off the Holidays with MRCC

Stop into MRCC for an open house, silent auction, tours, snacks, and to see what we have planned for future projects.

Friday, December 20 - MRCC Christmas Party! (For Staff and Residents)

Join us for a potluck in the upper break room, hot cocoa and a cookie bar, secret Santa gift exchange for staff, secret Santa for residents, visits with Santa, Christmas movies in the TV room all day, and Ugly Christmas Sweater/Christmas pajamas day.



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.

Jennifer Gossen
Administrator 635-1420
Theresa LaPorte
Activities Director 635-1437
Angela Rollins
Business Office 635-1239
Theresa Jensen
Director of Nursing 635-1356

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Tips for Keeping Active in the Winter

With winter approaching, there may be many upcoming cold days that simply make us want to stay inside and keep warm. Fortunately, there are a lot of things we can do to liven things up and stay active:

Yoga or Pilates: Taking a yoga or pilates class will help you get out and about, meet new people, and even tone up your muscles! This is great way to stay active and in shape over the winter.

Start or Join Book Club: Are you an avid reader? Do you want to read more? A book club is a great way to socialize and become exposed to new books and genres. Start one of your own with a group of friends who like to read; that way, you can decide when and where to meet and what to read.

Go for a Walk: Going for a walk is always a great way to get yourself in motion. It doesn't matter if it is a slow leisurely walk or a brisk one; you will get physical benefits from walking and being active.

Weekly Meeting with Friends: Scheduling a weekly meeting with friends is a great way to stay active in

winter and have a lot of fun as well. You should find yourself looking forward to each meeting with your friends.

Plant a Succulent Garden: If you like to be active in the garden in the spring and summer, there is no reason to stop just because the temperature drops. With a little research on succulent or inside sprout gardens, you can find plenty of things to plant, no matter what your region.

Happy Birthday

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

Residents:

Patricia S.	12/18
Maureen K.	12/25

Staff:

Jolene B	12/4
Deanne M	12/4
Jon S	12/10
Patricia B	12/11
Jana B	12/16
JoAnn F	12/19
Angela K	12/20
Hannah S	12/21
Wanda T	12/20



Job Postings

CNAs – NOC
Housekeeping – 1 PT
Nurses – 1 FT PM Charge RN
Social Worker – 1
Business Office Manager – 1



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