

The Maple Ridge News

APRIL
2021

Rehabilitation • Skilled Nursing • Hospice • Respite

Please check our website or call for updated information about our visitation policy.

Masks Are Still Needed

Even if you've been vaccinated, wearing a mask is still necessary. Experts have not determined when masks will no longer be required. To protect yourself and others, continue to wear your mask, social distance and wash hands often. **More FAQs on the COVID-19 vaccine can be found here: bit.ly/391gem0**

Residents watched the kiddos from the daycare build snowmen and play in the snow!



Maple Ridge
CARE CENTER

510 First Street, Spooner, WI 54801
715.635.1415 | MapleRidgeCareCenter.org
Jennifer Abernathy, Administrator

the villas
at Maple Ridge

819 Ash Street, #W201, Spooner, WI 54801
715.939.1759 | VillasAtMapleRidge.org
Talia Benjamin, Administrator

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A non-profit WISH community.



Wisconsin Illinois
SENIOR HOUSING INC.

WE ACCEPT CREDIT CARDS

JOIN OUR TEAM

Occupational Therapist:
Part-time

Physical Therapist:
Part-time

Resident Assistant:
AMs and PMs

CNA: Open Positions,
AMs and PMs

Dietary: Open Positions

Registered Nurse:

Full-time, AM and PM

Assistant DON: Full-Time



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Please Note: Activities are subject to change, 1:1 activities for all residents will be provided if necessary for safety of all.				1 APRIL FOOLS' DAY 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 Pokeno 3:15 Opening Day of Baseball Treat and Trivia 4-5 1:1 visiting time	2 GOOD FRIDAY 9:30 Move & Groove 10:00 Easter Ceremony 2:00 Easter Egg Dying 3:15 Movie Night 4-5 1:1 visiting time 6:15 Word Games	3 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 BINGO 3:15 Ice Cream Cart
4 EASTER 10:15 Church hymns 11:00 1:1 visits 1:45 Horse Races	5 NATIONAL CARMEL DAY 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 BINGO 3:15 Dominos 4-5 1:1 visiting time 6:15 Kickball	6 7:45 Men's Breakfast 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 Spa & Ahhh! 3:15 Arts & Crafts 4-5 1:1 visiting time	7 BEER DAY! 9:30&10:30 Move & Groove 10:30 Watch The Kids Play! 2:00 BINGO 3:15 Beer Cheese Soup and Beer Bread 4-5 1:1 visiting time 6:15 Balloon Toss	8 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 Pokeno 3:15 Sweet Treat 4-5 1:1 visiting time	9 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 Happy Hour 3:15 Fancy Fingers 4-5 1:1 visiting time 6:15 Word Games	10 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 BINGO 3:15 Ice Cream Cart
11 10:15 Virtual Church Service 11:00 1:1 visits 1:45 Book Club	12 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 BINGO 3:15 Dominos 4-5 1:1 visiting time 6:15 Kickball	13 9:30&10:30 Move & Groove 10:45 1:1 visits 12:00 Birthday Lunches 2:00 Spa & Ahhh! 3:15 Arts & Crafts 4-5 1:1 visiting time	14 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 BINGO 3:15 Baking Club 4-5 1:1 visiting time 6:15 Balloon Toss	15 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 Pokeno 3:15 Cherry Cheesecake 4-5 1:1 visiting time	16 9:30&10:30 Move & Groove 10:45 1:1 visits 1:30 Happy Hour and Country Van Ride 4-5 1:1 visiting time	17 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 BINGO 3:15 Ice Cream Cart
18 10:15 Church hymns 11:00 1:1 visits 2:00 Horse Races	19 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 BINGO 3:15 Dominos 4-5 1:1 visiting time 6:15 Kickball	20 9:30&10:30 Move & Groove 10:30 Resident Council 10:45 1:1 visits 2:00 Spa & Ahhh! 3:15 Arts & Crafts 4-5 1:1 visiting time	21 9:30&10:30 Move & Groove 10:30 Watch The Kids Play! 2:00 BINGO 3:15 Baking Club 4-5 1:1 visiting time 6:15 Balloon Toss	22 EARTH DAY 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 Pokeno 3:15 Earth Day Trivia 4-5 1:1 visiting time	23 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 Happy Hour 3:15 Fancy Fingers 4-5 1:1 visiting time 6:15 Word Games	24 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 BINGO 3:15 Ice Cream Cart
25 10:15 Virtual Church Service 11:00 1:1 visits 1:45 Book Club	26 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 BINGO 3:15 Dominos 4-5 1:1 visiting time 6:15 Kickball	27 PRIME RIBE DAY 9:30&10:30 Move & Groove 10:45 1:1 visits 12:00 Prime Rib Sandwiches 2:00 Spa & Ahhh! 3:15 Arts & Crafts 4-5 1:1 visiting time	28 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 BINGO 3:15 Baking Club 4-5 1:1 visiting time 6:15 Balloon Toss	29 INTERNATIONAL DANCE DAY 9:30&10:30 Move & Groove 10:30 Drop it, and Dance! 2:00 Pokeno 3:15 Sweet Treat 4-5 1:1 visiting time	30 ARBOR DAY 9:30&10:30 Move & Groove 10:45 1:1 visits 2:00 Happy Hour 3:15 Movie Night 4-5 1:1 visiting time 6:15 Word Games	



Happy Birthday

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

Residents

Arlene B. 4/13
Karnis S. 4/22

Staff

Megan N. 4/1
Karisa S. 4/5
Mary E. 4/6
Brianna A. 4/9
Heather R. 4/10
Maddie B. 4/15
Travis M. 4/17
Samantha M. 4/18
Elijah A. 4/20
Candy B. 4/20
John P. 4/23
Carol J. 4/28
Brian H. 4/29
Loretta S. 4/29

Friendly Staff

Jennifer Abernathy
Administrator 635-1420
Kali Campbell
Activities Director 635-1437
Jackie VandeVoort
Business Office 635-1239

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Healthy Ways to Cope with Stress



Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Learning to cope with stress in a healthy way can help make you, the people you care about, and those around you become more resilient.

Here are some healthy ways to deal with stress:

- Consider limiting news to just a couple times a day and disconnecting from your phone, TV, and computers for a while.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer, other health screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community or faith-based organizations.

WORD SEARCH

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

ARTIST
AWARENESS
CLASSIC
COPE
EARTH
EASTER
EGG
ENVIRONMENT
JELLY
PEANUT BUTTER
RECYCLE
SHAKESPEARE
STRESS
THERAPY
VACCINE

C	C	L	A	S	S	I	C	A	O	A	B	C	B	E
J	O	V	F	V	E	Z	M	M	P	Z	F	T	S	P
I	D	A	H	Z	A	B	C	B	C	P	E	B	A	R
U	O	R	R	B	R	C	S	A	P	N	N	S	U	R
R	I	T	E	P	T	S	C	Z	E	S	V	P	E	D
A	F	I	C	B	H	H	J	I	A	U	I	I	L	U
W	H	S	Y	C	O	A	E	U	N	O	R	Y	S	J
A	M	T	C	T	T	K	L	T	U	E	O	Y	T	A
R	A	U	L	N	H	E	L	L	T	H	N	U	R	F
E	E	Z	E	T	E	S	Y	S	B	Z	M	I	E	X
N	K	E	B	E	R	P	A	B	U	A	E	I	S	T
E	U	G	A	I	A	E	J	M	T	S	N	Q	S	E
S	S	G	T	Z	P	A	G	K	T	Z	T	U	P	T
S	J	W	W	X	Y	R	O	I	E	A	H	O	V	Z
F	H	U	Z	C	I	E	V	E	R	C	C	U	C	J

DONATE SAFELY AND EASILY ONLINE:

MapleRidgeCareCenter.org/Donate

