

# The Maple Ridge News

Rehabilitation • Skilled Nursing • Hospice • Respite

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

## Success Story: Bruce S.

On an autumn day in Benton Harbor, Michigan, I made my entrance into the world. The calendar read 24 October 1932. My family moved to Jacksonville, IL shortly after my birth. It was during the depression and Dad had to go where there was work. I went to school, played football, and was about to finish my second year in college in that small town located in the middle of Illinois.

After I enrolled for second semester courses at Illinois College, I came home to find an invitation from Uncle Sam to join the ranks during the Korean conflict. I served from 1953 to 1955 with the 22nd Ordinance Company in Munich, Germany

with the Occupational Army.

I returned to Jacksonville after the war and finished my BS degree at Western Illinois University. In 1963 I received a master's degree in Counseling from Northern Illinois University.

I met my wife Barbara the day after I was mustered out of the army in 1955. We were married March 30, 1956 in the oldest Methodist Church this side of the Mississippi. We just celebrated our 65th wedding anniversary while I was here in rehab.

We have two children, Elizabeth Ann and Andrew. A long-lost daughter Debra was added to our family in 1989. There are four grandchildren and three great grandchildren.

For 38 years I taught physical education in the Chicago suburbs. I was head coach for cross country and track and in 1980 was inducted into the Illinois Track coaches Hall of Fame.

In 1989 I retired, and Barbara and I moved to a lovely farm near Lake Mills, WI and became processed Cheese-heads. Never gave up loving the Chicago Bears though.

In 2000 I had a heart-attack and five-way bypass surgery. Shortly after that we inherited a beautiful acreage on

Gull Lake in Washburn County and have made it our home since 2001.

Our names were on the bottom of the COVID vaccine lottery, and the virus attacked both my wife and me in February. After weeks of hospitalization, losing over 15 lbs, and most of my strength, St. Mary's hospital in Duluth recommended Maple Ridge Rehab Center to complete my recovery where I have been receiving physical, occupational and cognitive therapies. I was all wrapped up in loving care for nearly a month.

The physical therapists I've worked with here are professionals. They have helped me regain my balance and ability to walk, get in and out of bed and climb stairs, and recover some of my pre-COVID strength. Together we have reached nearly all my goals, but they won't be finished when I leave here and they have instructed me in what I need to continue working on. It is a great facility and without hesitation I would recommend Maple Ridge Care Center to anyone who needs rehabilitative care. Even the food is great!

I would like to thank the entire staff and everyone who has worked with me here at Maple Ridge for making my stay as enjoyable as possible, but Hallelujah, I'm going home.

*Maple Ridge*  
CARE CENTER

510 First Street, Spooner, WI 54801  
715.635.1415 | [MapleRidgeCareCenter.org](http://MapleRidgeCareCenter.org)  
Jennifer Abernathy, Administrator

*the villas*  
*at Maple Ridge*

819 Ash Street, #W201, Spooner, WI 54801  
715.939.1759 | [VillasAtMapleRidge.org](http://VillasAtMapleRidge.org)  
Talia Benjamin, Administrator

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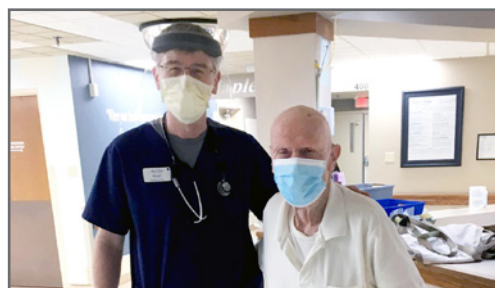


**Wisconsin Illinois**  
SENIOR HOUSING INC.

WE ACCEPT CREDIT CARDS



Bruce and CNA Elijah



Bruce with RN Brian

## Sudoku

5			4		8	6		
		7	1	5			9	3
	8	2	7	9		4	5	1
7	2	3	6	1		5		
	6					7	1	
	5	1					6	2
	3	6				1	8	5
	7	5			1			6
1	9	8		6				4

## June 17-24 National Nursing Assistants Week

Certified Nursing Assistants have a rewarding profession assisting patients and residents with activities of daily living, improving quality of life, and lending a listening ear and companionship. Show your appreciation for the CNAs who make a difference in your life or the life of your loved one during National Nursing Assistants Week, by giving them a special thank you.

**And from all of us here at our facility, a big thank you to all CNAs for everything you do.**

## Friendly Staff

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

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## June is Men's Health Month

There are common men's health problems that are treatable if caught early enough, but can be permanently debilitating or even fatal if they are not detected until after symptoms make themselves known. Prostate cancer is the most common cancer, excluding skin cancers, in American men. As



Americans continue to live longer lives, the overall impact of prostate cancer is becoming more prevalent. Fortunately, prostate cancer may be easily treated if it is detected early. For this reason, it is very important that men over the age of forty receive annual prostate examinations.

Prostate cancer symptoms may include, but are not limited to:

- Increase in urination frequency, especially at night
- Difficulty in starting urination, with painful or burning sensation
- Painful emission
- Blood in urine
- Pain or stiffness in the back, hips, or upper thighs

If you have one or a combination of any of the symptoms listed above, schedule an appointment with your physician as soon as possible.

## FREE CNA Classes

Call our HR Dept to get started today.



**JUNE 21-25, 8a-4:30p**

Free 16-hour online course plus free 59-hour in-person or zoom class needed to test for your nurses aide certification (75 hours total). 16+ may apply. Employment commitment required.

**DONATE SAFELY AND EASILY ONLINE:**

**MapleRidgeCareCenter.org/Donate**

