

# The Maple Ridge News

CARE CENTER

AUGUST  
2019



Rehabilitation • Skilled Nursing • Hospice • Respite

## Howdy Pod'ner!

We would love to have you mosey on down to Maple Ridge Care Center Activity Room on Tuesday, August 27th at 5:00pm until 7:00pm, We will be having a grand ol' country time to appreciate our volunteers! We sure do appreciate our volunteers, yes, every one of you! We will have a delicious cook-out and be entertained with live country western music by DJ Salquist. Please give us a 'holler' and let us know if you can come by August 20th

## Restorative Program



**Maple Ridge Care Center's Restorative Program is on the move... to a new room, that is!** We made the transition into our new, bigger, bright room up the hallway and closer to the Therapy department at the beginning of July. We

held our first class in the new room on Tuesday, July 2nd. The residents and Restorative staff members are enjoying the bigger space and the opportunity to focus on their individual restorative programs.

The goal of our Restorative Program is to help our residents maintain their strength and endurance levels while promoting their independence for as long as they are able. Residents who participate in the Restorative programs have classes and group exercises 6 days a week. Classes are led by Restorative Aids, Carol Johnson and Carrie Carlson, and is overseen by Brittany Sockness, LPN/Rehabilitation Nurse. The group exercises last 30 minutes each and are performed throughout the day. Residents are led through a range of stretches, weightlifting, and breathing techniques. The Restorative team focuses on active and passive range of motion, transfer and ambulation programs and will be including a cognition program in the future.

The Restorative Program has recently celebrated the successes of our residents Kathleen C. and Arlene B., who were both able to exceed their restorative goals and graduate from the Ambulation program!

There are exciting things happening in the future of Maple Ridge's Restorative Program. We are looking forward to working hand in hand with our Therapy department to further individualize the resident programs, design a Rewards Program and complete a Walk to Hawaii!

Stop in and visit us in our new space!

DONATE SAFELY AND EASILY ONLINE:

[MapleRidgeCareCenter.org/Donate](https://MapleRidgeCareCenter.org/Donate)



Maple Ridge  
CARE CENTER

510 First Street, Spooner, WI 54801  
715.635.1415

Jennifer Gossen, 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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WE ACCEPT CREDIT CARDS

# Rodeo King and Queen



## Happy Birthday

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

### Residents:

8/1	Sue L.
8/2	Richard B.
8/3	Lorraine C.
8/5	Shirley N.
8/7	Julie H.
8/15	Mary L.
8/17	Kerry K.
8/19	Mary H.

### Staff:

8/8	Laurie Breeden
8/14	Rita Gretschmann
8/16	Sarah Bonekoe
8/17	Nancy Barrett
8/20	Courtney Lange
8/21	Donna Riedell
8/24	Michelle Stair
8/28	Christal Kraimer
8/30	Cheri Lyga
8/31	Susan Coquillet



## Job Postings

CNA's (All Shifts)

RN Day Shift Charge

PM LPN

Business Office Manager

Environmental Service Manager

PTA (Casual)

Housekeeper (Casual)

Dietary Aides (2, PT)

## Maple Ridge Care Center is participating in the Walk to End Alzheimer's again this year.

The walk is scheduled for Saturday, September 21st, 2019 at the Trinity Lutheran Church in Spooner. Maple Ridge Care Center is encouraging residents and family members to join the team this year and assist with fundraisers for the walk. We have a lot of fun fundraisers planned at MRCC such as the garage sale in August, Kiss the Pig, Penny Wars and a Silent Auction. We are

also planning some community fundraisers also. If you would like to join the team contact Danielle Hanson - Team Captain



# Photo Highlights



*Verdell and Max*



*Middle School Helpers*

## Courtyard Project News

**Are you looking to give and make a difference in someone's life? Donate to our "Activities Courtyard" project, this is a gift that keeps on giving!** We have a large project to add a courtyard/patio next to the activities department, which includes landscaping, a new walkway, moving some large noisy equipment and adding a large window in the activities department overlooking the new courtyard. Stay tuned for updates in upcoming monthly newsletters.

Your gift will brighten dozens of people's days. You can give a gift in Memory of or in Honor of a loved one. As a non-profit we rely on donations to help with this project for our long-term care residents. For more information please contact William Wolf, Facilities Manager at 715-635-1430 or Tracy Knutson, Business Office Coordinator at 715-635-1430.



# Therapeutic Activities May Help Memory Loss Patients

Many people understand that FDA-approved prescription medication may help slow the progression of the memory loss, but did you know that caregivers can complement treatment with activities that may help reconnect their loved ones to daily life?

“In addition to obtaining a diagnosis and beginning medication, it’s important that caregivers plan activities to share with their loved one, like playing games and going on outings,” explained Eric Pfeiffer, M.D., Professor of Psychiatry and Founding Director of the Suncoast Gerontology Center at the University of South Florida Medical Center. “Even doing simple tasks like baking cookies or feeding pets can help to

give a patient with memory loss a sense of self-esteem or self-worth.”

**According to research, engaging a person with memory loss in activities that they enjoy may reduce many of the symptoms such as agitation, frustration, and wandering.** Activities should benefit both patient and caregiver, by providing an opportunity to spend quality time together to connect both mentally and physically. Activities can include:

- Playing music (patient’s choice)
- One-on-one interaction
- Playing videos of family members
- Walking and light exercise
- Pet therapy
- Baking or light cooking

## 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  
Tracy McNitt  
Business Office 635-1239  
Theresa Jensen  
Director of Nursing 635-1356  
Teresa Thoms  
Social Services 635-1440

## Celebrate Friendship Day

In 1935 the first Sunday of August was proclaimed the first annual Friendship Day. **This year Friendship Day falls on Sunday, August 4th.** The celebration of Friendship Day has become an annual event in the United States. Over the years this tradition spread to other countries and they also started celebrating this day with much excitement.

This is a day for us to spend time with our friends and let them know how much they are loved and appreciated in our lives. Friendship Day is a celebration of those in our lives who give life meaning and joy. It allows us to pay tribute to our friends, new and old who have played an important role in helping to shape who we are today. Give them a call, send them an email, or write a heartfelt letter and let them know how much they mean to you.