

At press time, ALL VISITATION IS RESTRICTED for the protection of residents' health.

A Letter from the Director of Nursing

Pulling Together To Support One Another

Most folks do not know me as I joined the Maple Ridge Care Center team on May 1st, but I quickly learned how much the staff care for our residents and each other.

It was a nice spring day; the demands of the day included wearing a face mask, putting on a hair covering and carrying on with the work of caring for residents and making sure everyone had what they needed.

That day was just a little different as staff put up posters in the breakroom and brought in food from their homes to share for a special occasion. A yellow

and chocolate cake covered with white buttercream frosting with the words "Congrats!" and a picture of a graduation cap was waiting. One of the larger posters read, "Congratulations Class of 2020" and a mason jar was passed with "college fund" written on the side. The jar was full as I stuffed my contribution inside along with all the others.

I learned that a young new grad, who is also an employee at Maple Ridge, was not able to attend her graduation because of the pandemic and everyone wanted to do something special for her.

Staff moved to line a long hallway on both sides, socially distanced of course, with masks on and hair covered waiting for the guest of honor. While staff were preparing, a nurse had asked the young grad to come with her and she helped her don a borrowed graduation gown and cap from another employee. The gown was usual in length (to her knees) and the cap was black. As the recent graduate made it to the hallway, everyone began to clap. Some hummed the commencement theme, as others continued to clap. Tears filled the eyes of the young grad and many of us (including me) were clapping for her as she passed by.

Many of us were sad that a pandemic had robbed her of the usual rite of passage, while others cried as they

remembered what it was like when children grew up and experienced this same event. The young Grad just kept saying, "I can't believe everyone would do this for me."

Her parents were not able to be present because we're not allowed to have visitors, but what I saw was a hallway full of "family;" not the blood relatives that we "have to invite for Christmas," but the kind that want the best for those they are with.

I still tear up as I think about the love and compassion that was shared between all of us as we took time to recognize this new employee. I was reminded that it is this kind of compassion that allows us to care for residents who have family that can't see them when they want, or participate in life's events, but consoling in some small way to see that the compassion the staff shared and showed towards this newer employee as it is the same kind of compassion they feel for the residents they care for.

It is cold comfort to hear during this troubling times that "we are taking care of your family member," but being new to this facility and this staff, I can say that they do care, and that they are pulling together to support one another, and care for the residents in the same way. — **Grace Burkinshaw, RN**

Maple Ridge
CARE CENTER

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Jennifer Abernathy, Administrator

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JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Please Note: The calendar is subject to change. It is sent to print weeks in advance of the actual dates. There will be additions and corrections. Please look for postings and listen for the announcements. Thank you!			1 10:30 Arts & Crafts 11:30 1:1 Visit Time 1:45 Bingo 3:30 Outside Hour 5:45 Kickball	2 10:30 Baking With Jan 1:45 Pokeno 11:30 1:1 Visit Time 3:30 Outside Hour 5:45 Broom Ball	3 10:30 Fancy Fingers 11:30 1:1 Visit Time 1:30 Happy Hour 3:30 6-5-4 Dice Game 5:45 Balloon Toss	4 INDEPENDENCE DAY 10:15 Bingo 11:30 Trivia 1:30 Popsicles & Fun Outside! 3:15 1:1 Visit Time
5 9:45 Church Hymns 10:30 Outside Hour 11:30 1:1 Visit Time 1:45 Book Club	6 10:30 Bingo 11:30 1:1 Visit Time 1:45 Outside Hour 3:30 Fargo 5:45 Color & Chat	7 10:30 Arts & Crafts 11:30 1:1 Visit Time 1:45 Pokeno! 3:30 Birthday Party 5:45 Kickball	8 10:30 Bingo 12:00 Ladies Pizza Party 2:00 Outside Hour 3:30 Dominos 5:45 1:1 Visit Time	9 10:30 Baking With Jan 1:45 Pokeno 11:30 1:1 Visit Time 3:30 Outside Hour 5:45 Broom Ball	10 10:30 Fancy Fingers 11:30 1:1 Visit Time 1:30 Happy Hour 3:30 6-5-4 Dice Game 5:45 Balloon Toss	11 10:30 Saturday Sing-A-Long With Susie 11:30 Good News 1:45 Bingo 3:15 1:1 Visit Time
12 9:45 Virtual Church Sermon 10:30 Outside Hour 11:30 1:1 Visit Time 1:45 Book Club	13 10:30 Bingo 11:30 1:1 Visit Time 1:45 Country Karaoke & Cookies 3:30 Outside Hour 5:45 Color & Chat	14 7:15 Men's Breakfast 10:30 Arts & Crafts 11:30 1:1 Visit Time 1:45 Pokeno! 3:30 Outside Hour 5:45 Kickball	15 10:30 Beading Bellas 11:30 1:1 Visit Time 1:45 Bingo 3:30 Outside Hour & Root Beer Floats 5:45 Current Events	16 10:30 Baking With Jan 1:45 Pokeno! 11:30 1:1 Visit Time 3:30 Outside Hour 5:45 Broom Ball	17 10:30 Fancy Fingers 11:30 1:1 Visit Time 1:30 Happy Hour 3:30 6-5-4 Dice Game 5:45 Balloon Toss	18 10:30 Saturday Sing-A-Long With Susie 11:30 Good News 1:45 Bingo 3:15 1:1 Visit Time
19 9:45 Church Hymns 10:30 Outside Hour 11:30 1:1 Visit Time 1:45 Book Club	20 10:30 Veterans Meet 11:30 1:1 Visit Time 1:45 Bingo 3:30 Outside Hour 5:45 Color & Chat	21 10:30 Arts & Crafts 11:30 1:1 Visit Time 1:45 Pokeno! 3:30 Outside Hour 5:45 Kickball	22 10:30 Bingo 11:30 1:1 Visit Time 1:45 Smoothies On The Patio! 3:30 Oldies Karaoke 5:45 Current Events	23 10:30 Baking With Jan 1:45 Pokeno! 11:30 1:1 Visit Time 3:30 Outside Hour 5:45 Broom Ball	24 10:30 Fancy Fingers 11:30 1:1 Visit Time 1:30 Happy Hour 3:30 6-5-4 Dice Game 5:45 Balloon Toss	25 10:30 Saturday Sing-A-Long With Susie 11:30 Good News 1:45 Bingo 3:15 1:1 Visit Time
26 9:45 Virtual Church Sermon 10:30 Outside Hour 11:30 1:1 Visit Time 1:45 Book Club	27 10:30 Bake With Jan 11:30 1:1 Visit Time 1:45 Bingo 3:30 Outside Hour 5:45 Color & Chat	28 10:30 Arts & Crafts 11:30 1:1 Visit Time 1:45 Pokeno! 3:30 Outside Hour :45 Kickball	29 10:30 Resident Cook A Meal 1:45 Bingo 3:30 Outside Hour 5:45 1:1 Visit Time	30 10:00 Resident Council 1:45 Pokeno! 11:30 1:1 Visit Time 3:30 Outside Hour 5:45 Broom Ball	31 10:30 Fancy Fingers 11:30 1:1 Visit Time 1:30 Happy Hour 3:30 6-5-4 Dice Game 5:45 Balloon Toss	** ACTIVITIES ARE SUBJECT TO CHANGE **

Short-Term Therapy Success

Doug H. was born and raised in Minneapolis, MN, and lived there for many years. He moved to Wisconsin and has lived in the Voyager Village area for about 20 years. He was lucky to have been able to spend 13 of those years with Sally, the love of his life. Doug also served in the US Army from January 1968 to October 1969, spending most of his time in helicopters in Vietnam.

After falling at home and being taken to the hospital to recover, it was determined that a short term stay in a nursing home would be beneficial for him to work on strengthening and endurance. When he arrived here at Maple Ridge, he was unable to stand but was fearful of falling. During his rehab sessions, we made small goals each day. Examples of goals might be

to sit up on the edge of the bed, then to sit in the wheelchair, to take a shower, to propel his wheelchair around the room, to stand, then take a few steps, then walk down the hallway, etc. Doug worked hard and met his daily goals consistently. He is now independent with his walker and is making plans to return home.

Doug says he would recommend Maple Ridge Care Center to others. "The people here are good. They helped me get up and walk and take care of myself," he said. Doug looks forward to returning home to spend time outside on his deck and enjoy his own TV with a big variety of channels.

Thank you for staying with us, Doug!
It was fun getting to know you and we are excited about your success in rehab therapy.



Don enjoyed some personal time outside in our gazebo and showed off the bird house he made.

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 Abernathy

Administrator 635-1420

Kali Campbell

Activities Director 635-1437

Jackie VandeVoort

Business Office 635-1239

July is Anti-Boredom Month

Although many of us have spent the last couple months inside doing puzzles, coloring, and reading due to local shelter-in-place directives, July's midday summer heat may continue to keep many of us cooling off inside. With so much time inside, some of us may be experiencing moments of boredom, but the good news is that July is Anti-Boredom Month!

Let's bust that summer boredom now!

- ☐ Learn a new card game
- ☐ Draw a unicorn
- ☐ Organize boxes of family photos
- ☐ Try a new food
- ☐ Take a photograph of a rainbow
- ☐ Paint with watercolors
- ☐ Write a short story
- ☐ Paper airplane throwing contest

HELP STOP THE SPREAD OF GERMS

Prevent the spread of respiratory diseases like COVID-19

1. Cover your cough or sneeze with a tissue
2. Throw the tissue in the trash
3. Wash your hands

For more information go to: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Source: [cdc.gov](https://www.cdc.gov)

