



CHIPPEWA MANOR connections

▶ A Look at What's Happening Around the Chippewa Manor Campus ◀

Jill Gengler, NHA • Chippewa Manor Corporation, President | Chippewa Manor Nursing and Rehab Administrator

P R E S I D E N T ' S N O T E

MANOR MATTERS

News, Notes & Tidbits

Radio Days Remembered By Christina Lindberg

Director of Activities

Chippewa Manor will be celebrating National Skilled Nursing Care Week May 12-18. This observance honors the dedicated care provided in skilled nursing centers across our nation. This



year's theme, "Radiant Memories: A Tribute to the Golden Age of Radio," celebrates the rich tapestry of stories and experiences of those who reside and work within skilled nursing care centers, recalling an era cherished by many of our community's elders.

Chippewa Manor will be buzzing with activities that pay homage to the golden age of radio, engaging residents, clients and staff, in a journey through time.

Our celebration will kick off with a Mother's Day Tea on Friday, May 10th with entertainment by Dave Engedal. Other activities include a window art showcase, resident and staff talent show / resident show & tell, radio show trivia challenge, musical bingo and ending with country music entertainment by Jack Gorski.

We look forward to celebrating the stories and achievements of our residents, whose lives are testaments to resilience and joy.



▶ Exciting New Pathways Ahead

Campus adding access points and parking spaces at CMRL



By Jill Gengler
*Campus President
CMNR Administrator*

Spring time provides us with a fresh new perspective. It's a time of hope and excitement. There is rebirth and growth and a promise of so many wonderful things ahead. Like the smell of fresh rain and flower blossoms, the sound of baby birds chirping for the first time, and this year, new access points and new parking spaces at Residential Living!

If you have not noticed already, there is a

lot of action happening around the exterior of our campus. We've seen excavators and trucks, digging, moving dirt and paving the way for what will be some exciting new access points and parking spaces adjacent to our Residential Living apartments.

This project will result in us getting a new drive way entrance from Woodward Avenue that will run all the way through to Irvine Street. It will include new parking spaces and updates to some of our paved areas. We are excited for these new pathways and look forward to an amazing spring here at Chippewa Manor.



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► Spring, Showers and a Whole Lot About Wildflowers



By Karen Davis, RN | *Director of Nursing*

It seems like we have had spring all winter much to everyone's delight. However true spring is now here and as we plan and look forward to it I would like to refer you to a great publication available from the Wisconsin Department of Natural Resources either in print or online. There is an issue every season and it covers topics from gardening to boating to ice fishing. It really encourages you to appreciate all we have in Wisconsin, our beautiful Badger State. Below is part of an article from the spring issue about "Spring Showers Bring Wildflowers."

"Butterflies, bumble bees, hummingbirds — oh, my! Pollinators are essential to our ecosystem and are slowly running out of habitat. But you can help, starting with the plants you choose for your garden this spring.

PLANT NATIVE: *Let's dig into the reasons native plants are important. First, they are designed and adapted to live in our environment.*

"Native plants are reliably adapted to local climate and soils," said Amy Staffen, conservation biologist for the DNR's Natural Heritage Conservation program. "This makes them low maintenance and more likely to survive after becoming established."

That means less work, water and fertilizer for you.

Because native plants are meant to live here, our native pollinators have evolved to be able to extract nectar from these plants using a specialized bill or mandible, or to digest the plants if they contain a certain enzyme.

Attracting pollinators to these plants helps them do their job: pollinate! They'll help spread these plants around your environment and produce fruit and seeds for other wildlife, increasing biodiversity.

MILKWEED MADNESS: *Monarch butterflies are excellent pollinators, but their population has declined by 90% in the last decade due to a drastic loss in habitat. You can help them by adding milkweed to your garden — they depend on it 100% for their food source.*

Milkweed is consumed by monarch larvae, the black, white and yellow-striped caterpillars you may see from June through early September. Because milkweed is the only plant monarch larvae eat, adult monarchs lay their eggs on milkweed, making it a vital part of their life cycle.

Research has found that a chemical in milkweed known as a cardenolide gives monarch larvae and adults a bad taste to predators, helping to protect them throughout their life. Once a predator, like a bird, tastes a monarch, they'll soon associate its pattern and coloring — both as a caterpillar and a butterfly — with the bad taste and will avoid preying on them in the future.

This all means that planting milkweed should be in your plans if you want to attract monarchs to your yard.

POLLINATOR PARTY: *Hummingbirds and bumble bees are important pollinators, too. Both have special adaptations to help spread pollen around your garden and beyond — from the tiny hairs all over a bee's body to the long bill of a hummingbird that causes pollen to get dusted over its face.*

If you're pining for some hummingbirds in your garden, opt for plants with colorful, tubular flowers like columbine, butterfly weed, cardinal flower and wild bergamot. Most bees aren't very picky, but there are a few native plants they really love.

LEARN MORE: *Spring is when native plant sales start popping up throughout the state, generally from late March until June. The DNR keeps a running list online, so check it early and often."*

SOCIAL SERVICES

► Some Great Tips for Improving the Quality of Your Life



By Mary Proue

Director of Social Services

With Spring upon us, now is the time to come out of hibernation. I recently read an article about improving the quality of life and ways to do that. Here are a few suggestions that can help get you moving in a positive direction.

*Get regular physical activity. Exercise can improve mood, sleep quality and relieve stress, anxiety and depression. On campus we have exercise groups regularly that you could take advantage of, or even just a walk in the hallway or outdoors on our beautiful walking path around the building when the weather is nice will help.

*Try new intellectual challenges. Solve crossword puzzles, brain

teasers as well as reading and writing are ways to keep your mind stimulated. We have large print library books at CMN&R (in Day Room 1) and a great library on the third floor of CMRL for your reading enjoyment. Check it out!

*Stay connected. Social interaction is essential to improving quality of life. Check out the many activities that are offered on campus that can keep you connected to others. There is musical entertainment, religious programs, card games, other games, movies, bingo, or just visiting in our lobby areas.

*Get better sleep and stay active. Staying active in mind, body and spirit to your ability, will overall help with creating a better quality of life, and allow you to enjoy the many activities offered here on campus.

COMMUNICATIONS

► The Good & Bad of Warmer Winter



By Rose Frederick
Communications Director

Most of us have been blissfully happy about our unseasonably warm winter and almost non-existent snow levels. Talking with family and friends who are snowbirds or on their winter or spring break vacations, we have smugly shared our mild temps and snowless winter activities, such as getting the lawnmowers ready, thatching yards in early March, maybe even pulling the boat or camper out of storage, and maple syrup being harvested! Bikers on the road! Is this what Spring Break means in Wisconsin?

But most of us know that having El Nino and/or climate change bring us this gift of a mild winter is not without pause. It has significant consequences for our tourism industry and its winter revenue sources. With no snow to insulate the ground and if temps drop into the freezing zone, alfalfa buds can be nipped, damaging this and other crops. All having a ripple effect on the economy.

The National Weather Service in the Twin Cities says, “The winter of 2023 – 2024 rewrote the record book for warmth in numerous ways.” In Eau Claire, WEAU-TV 13 had viewers on “Record Watch” more than several times this winter! The Twin Cities statistics state the warmest average temperature observed

from December through February period was in 2023-2024 at 29.9 degrees followed by 1877-1878 with 29.0 degrees. December 2023 was the warmest on record (34.3 degrees) going back to 1872! January 2024 was kept out of the top ten warmest months due to a stretch of below normal temps from January 12th through the 21st. February 2024 was also the warmest on record (33.3 degrees) going back to 1872. There were 70 days this winter between December and February with snow depth under 1” and there were 18 days of 50 degrees or warmer daily highs. The second highest was in 1980-1981 with 8 days, while the current average is 3 days with records going back to 1872-1873.

Daily Record Temperatures Set This Past Winter (National Weather Service from Twin Cities) were:

- 55 December 24th
- 54 December 25th
- 50 January 29th
- 55 January 31st
- 57 February 6th
- 53 February 8th
- 65 February 26th (warmest high on record for February)

Talk is that we will get some winter yet, although it may come when it is officially spring! For those who want to see more record breaking weather statistics, go to WhatWinterMsp.com.

RESIDENTIAL LIVING

► Get Your Green Thumbs Going



By Morgan Anderson | *Director of Residential Living and Human Resources*

Spring is right around the corner and at Chippewa Manor Residential Living residents are getting excited to once again plant in our raised garden beds. Here at our apartments, we have nine raised garden beds for our residents to plant their own vegetable or flower gardens. Each year we are able to see a variety of plants and they always grow quite well. Our Maintenance Department does a wonderful job prepping them for the season and they are ready for planting come Memorial Day weekend. Every year we also have one garden plot that is used by our kitchen. Last year was a good growing year for us and we were able to harvest tomatoes, radishes, beans, lettuce, and more that were incorporated into meals on campus. Any residents of Chippewa Manor Residential Living that would like a garden plot, please see Morgan or Brooklyn.

DINING

► Can You Help?



By Wanda Martell
Dietary Manager

Millions of Americans live in “food insecure” households – meaning they don’t have access to consistent, nutritionally balanced meals.

WE NEED YOUR HELP!

Please join Chippewa Manor by participating in our food drive “Feeding our Community” which will run the month of May. We will be collecting non-perishable foods for our local food pantry. Food items can be dropped off at the lobby of Chippewa Manor Nursing & Rehab or Chippewa Manor Residential Living.

Thank you for helping us fight hunger in our community by “Feeding our Community.”

Bundt Cake Breakfast

Quick, easy and delicious this innovative breakfast dish is always welcomed. It might even be a great idea for an Easter brunch!

Ingredients

- 1 cup diced ham
- 2 cups frozen tater tots
- 1 dozen whisked eggs
- 1 can unbaked biscuits- diced up
- 2 cups Cheddar or whatever cheese
- 1/4 cup milk
- Mixing bowl
- Bundt pan

Directions

- Preheat oven to 400 degrees
- Mix ingredients together in bowl
- Put mixture in greased bundt pan
- Bake at 400 degrees for 45 mins
- Flip onto platter when done



► Some Ideas to Get You Moving and Energized



By Debra Rykal
Managing Cosmetologist - The Salon

As spring blooms, there is a lot to look forward to. Walks around our beautiful campus and enjoying the birds and squirrels. Researchers know more than ever how puzzles, and games can keep the brain sharp. Start with tough games to challenge your brain, word find, sudoku, crosswords, and many more. Boost your energy by opening blinds. It helps suppress the melatonin, the

chemical in our body that makes you sleepy. Drinking peppermint tea has been found to keep us more alert and complete mental tasks faster. Chewing gum to increase alertness. Sing along to a song to increase the happy chemicals. When you are feeling sluggish go for a walk or take a break. YOU will feel recharged. Less than 10 minutes is enough for a noticeable energy boost.

Don't forget, The Salon offers many services to help you look and feel your best. Feel free to stop in anytime and schedule a relaxing service. Remember - Mother's Day is May 12th!



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CHAPEL OF THE RESURRECTION

► Matter of Perspective: Parable of the Pot Hole



By Rev. Carl A. Trapani
Chippewa Manor Chaplain

There once was man who had a pot hole in front of his house. It was left over from some work done on the gas lines done a few years earlier; right in the middle of the road. It started out small, but it quickly grew larger because it was hard to see until you were right on top of it.

Time passed, and the pot hole remained unfixed. This upset the man. He called the city again and pleaded for a remedy, but was again told they were very busy fixing other roads all over the city and would repair it just as soon as they could.

A few weeks later, he was driving home from work and noticed road-repair crews working on the street next to his. He stopped his car, got out, and asked the road-repair foreman if he would please come to the spot in front of his house and fix the hole. He was told, "If we have any material left from fixing all the holes on this street, we will come over and fix yours." The man went home and

waited hopefully on his front porch for the truck and workers to arrive.

Some time passed, and then the man saw the truck slowly coming up his street. He watched as it drove past his house. As it went by, the man ran off his porch to flag it down. Like so many other drivers, the repair crew had completely missed seeing the pothole and had passed right over it! The flustered man ran out to the pot hole, stood beside it, and hollered pleadingly to the workers, waving his arms, "Hey, you missed it! You missed it! It's right here." The workers politely acknowledged him, and then backed up and repaired the hole in the road in front of his house. Almost the end of this story. . .

Well, you might say, "OK, what's the point?" Here it is: The pavement in front of this man's house was in really good condition except for that one spot; that one worrisome blemish that constantly consumed this man's thoughts. Ninety-nine percent of the street in front of his house was perfectly fine! It was just that 1% that got his attention and rattled his nerves. This is a lesson for us all to learn. Don't dwell on negative things – look at all

the positive things instead.

There's a Bible verse that can help you know what to focus on. Philippians 4:8 (MSG) "Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse."

The non-Christian Roman emperor, Marcus Aurelius, shared this wisdom. "Very little is needed to make a happy life; it is all within yourself, in your way of thinking. The happiness of your life depends upon the quality of your thoughts." He believed that happiness comes from within if we cultivate a positive and grateful mindset, and that our own thoughts and attitudes are more important than our external circumstances.

If you consider the thousands of miles of good pavement we have in Wisconsin compared to a few temporary potholes, our roads are wonderful. Focus on all the good things around you. Then be glad you don't live in Florida with its sinkholes and only have to contend with Wisconsin's winter pot holes!