



# 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

## MANOR MATTERS

News, Notes & Tidbits

### New Face & Lots of Fun

By Christina Lindberg

Director of Campus Activities



We are excited to announce the addition of Aaltje Lessard to our Life Enrichment program.

Aaltje comes to us with activity experience in a

memory care setting. She is excited to assist and help implement programing with the life enrichment team.

Aaltje lives in Eau Claire. During her free time, she enjoys outside activities with friends at the lake, going to the movies and spending time with her miniature blue healer "Ruby".

It's hard to believe we are already heading into August, the Dog Days of Summer. The Life Enrichment Department is excited about all the great activities that are planned for August and September. It's sure to be FUN for the next couple of months.

Our residents, clients, staff and families enjoy listening to the wide variety of musical entertainment, along with "Yummy" popcorn treats.

There are so many things to look forward to in the months ahead. Activities and events include ice cream socials, meals on the patio, picnics, block parties and "Camping Days." Be sure to keep an eye on the Chippewa Manor website for times of all the exciting events. Stop on by, we hope to see you!



## PRESIDENT'S NOTE



Kris Hanson, Tristi Crawford and Mary Proue have more than 80 years of combined service at Chippewa Manor.

## ▶ Making Long-Term Investments *Chippewa Manor celebrates heritage of committed employees*



By Jill Gengler

Campus President  
CMNR Administrator

Chippewa Manor is blessed to have many employees who have served our campus for many years

over the years.

We recently had three ladies who celebrated some long-term career milestones. We took a few moments to ask them about their experiences.

Kris Hanson is originally from Bloomer. She has worked at Chippewa Manor for 30 years. She's currently working as Medical Records Coordinator.

Hanson said the atmosphere of the campus is special.

"Chippewa Manor has a family feel and it's a fun place to work," she said. "We provide awesome quality of care. I have had a lot of family come through here (including great grandma, grandparents, dad) that says a lot that I trust they are getting the best possible care!"

"During my interview, the longevity of many of the employees stuck out to me. I thought to myself - this must be a wonderful place to work - and it has been."

Hanson says the best part of her job is interacting with clients on a daily basis. She loves hearing about their life stories and

learning from their life lessons.

Tristi Crawford was born in Midland, MI, but her parents are from Eau Claire. Her family moved back to the area when she was a few years old. Tristi is a Social Worker and also serves as our Resident Admissions Advisor. She has worked at Chippewa Manor for the past 25 years

"Chippewa Manor was my first professional job out of college," Crawford said.

"(The organization) cares about their employees, residents, and clients. They truly care about carrying out the facility mission statement of "Comforting God's People. It's more than just a job. We all take pride in being part of this."

Mary Proue is the Director of Social Services. She is originally from Chippewa Falls and has worked on campus for more than 25 years.

"I decided to come work at Chippewa Manor, because when I came to interview, the staff were so friendly and made me feel comfortable and welcome," Proue said.

"I really enjoy being able to help people through difficult situations and see things work out well for them. (Here) you feel like people care about you. We offer a lot of flexibility with schedules and we provide really good care. I am proud to say I work at Chippewa Manor."

Thank you Kris, Tristi and Mary for your long-term investment in Chippewa Manor and the people that we serve.

NURSING DEPARTMENT

## ► Some New Guidance on RSV Vaccines for Older Adults



**By Karen Davis, RN** | *Director of Nursing*

In anticipation of the fall flu season, the Centers for Disease Control and Prevention (CDC) is revising its guidelines for the respiratory syncytial virus (RSV) vaccine. The recommendations strongly advise that adults aged 75 and older receive the RSV vaccine.

Meanwhile, adults aged 60 to 74 who are at heightened risk of severe RSV due to chronic medical conditions like lung or heart

disease, particularly nursing home residents, should also get vaccinated. RSV infections have had severe outcomes for vulnerable populations.

We will be conducting a vaccine clinic for clients, residents and staff this fall with more info to come regarding the dates.

Chippewa Manor Nursing and Rehab will offer the following vaccines: Influenza and Covid-19 booster.

If you are interested in getting the RSV vaccine, please contact me and I can help with making arrangements.

LIVING SERVICES

## ► Improve Your Balance and Strength to Avoid Injuries



**By Brooke Krumenauer** | *Director of Living Services*

Having good balance while standing is important for many activities in life such as walking, using the stairs (if able) and sitting. Have you wanted to improve your balance but haven't figured out the way to do so? There are many exercises you can do to improve your balance, improve your strength, flexibility, and endurance. These exercises can all lead to lessening in falls and injuries and in turn will lead to less doctor visits and hospitalizations. If you are curious or want to learn more about exercises you can do to help improve balance you can look into joining the activities on campus i.e. chair yoga exercises. Reach out to our Therapy Department here on campus and inquire about exercises to help with

balance, or reach out to your doctor if you think you may need some short term therapy so they can help you with the exercises to gain strength and endurance, and improve your balance.

SOCIAL SERVICES

## ► Helpful Hints for Dealing with Hearing Impaired



**By Mary Proue**

*Director of Social Services*

Many people experience hearing difficulty. This can make visiting with friends and loved ones challenging. Here are some helpful tips that can make communication easier:

- Face the hearing-impaired person directly on the same level, and in good light whenever possible,
- Do not talk from another room (Not being able to see each other when talking is a common reason people have difficulty understanding what is said.)
- Speak clearly, slowly, distinctly, but naturally, without shouting or exaggerating mouth movements. (Shouting distorts the sound of speech and may make lip reading more difficult.)
- Say the person's name before beginning a conversation.
- Avoid talking too rapidly or using sentences that are too complex.
- Keep hands away from your face while talking. (If you are eating, chewing, smoking etc. while talking, your speech will be more difficult

to understand.)

- If the hearing-impaired listener hears better in one ear than the other, try to make a point of remembering which ear is better so that you know where to position yourself.
- Try to minimize outside noise when talking.
- If the hearing-impaired person has difficulty understanding a particular phrase or word, try to find a different way of saying the same thing.
- Pay attention to the listener. A puzzled look may indicate misunderstanding.

If communication remains difficult for someone who does not have hearing aids, another option may be a device called a "Pocket Talker". It is a small device (resembling a small radio) with a microphone and a head set that the hearing-impaired person wears. They are relatively inexpensive and often helpful.

Most importantly, try to be patient and allow time to communicate. Trying to communicate is not only frustrating for those who are initiating the visits, but especially for the person with the hearing impairment.

RESIDENTIAL LIVING

## ► Boost Your Immune System - Focus on Your Diet!



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

Fall is right around the corner which means fresh fruits and vegetables are coming your way. This is a great time to start focusing on your diet and ways to help boost your immune system. Several great foods to focus on during the fall season are pumpkins, apples, sweet potatoes, cranberries, and kale. All these foods provide great nutrients for your body, boost your immunity, and increase your energy levels. Here at Chippewa Manor, the residents once again had beautiful garden beds this year growing tomatoes, potatoes, beans, and lots of flowers. We also have new garden plots located by our new parking lot that will soon be flourishing with our famous pumpkins. If you are strolling on our walking path, be on the lookout for big, beautiful pumpkins!

COMMUNICATIONS

## ► Farmers Market: Some History



**By Rose Frederick**  
*Communications Director*

Farmers markets started booming in the 1990's, but they have been in practice since ancient times. Farmers markets were recorded in Egypt over 5,000 years ago, selling their wares and produce along the Nile River to passing travelers.

It has always been common to find fresh produce, meats, and baked goods at farmers markets, but over the years they have expanded to include fresh flowers, candles, cheese, honey, maple syrup, salsa, jams, jellies, crafts and much more!

The USDA data reflects that there are over 8,600 farmers markets in the United States! They are more popular and more accessible than ever! This is due in part to the growth in health awareness and the positive impact of eating fresh, organic produce. A farmers market also provides an opportunity for local economies and small businesses to thrive, with money from purchases going straight into a local farmer's business and boosting the local economy. And, outdoor shopping is a fun outing to visit with local growers and vendors, and bump into a neighbor or two! Buy local and eat fresh!

There are many local farmers markets

in our area. Here are five, all with websites you can refer to:

**Chippewa Falls Farmers Market** – June through Mid-October 12 pm – 6 pm, Allen Park

**Chippewa Valley Farmers Market** – Every Mon – Thurs, Saturdays & Sundays, June through October

- Mon – Festival – Mall Drive (EC) 11 - 5
- Tues – Festival Birch St. (EC) 11- 5
- Wed – Festival Westridge (EC) 11 -5
- Thurs – Festival – CF – 11-5
- Sat – Festival Westridge (EC) 8 – 2
- Sun – Festival – Birch St. (EC) 8 -2

**Eau Claire Farmers Market** – June through October – Phoenix Park downtown Eau Claire along the Chippewa River

- Wed 7:30 – 1:00
- Thurs 12:00 – 5:00
- Sat 7:30 – 1:00

**Cadott Farmers Market** – Mid June through September – Riverview Park along the Yellow River

- Sat mornings 9 – 12

**Market on the Main – Bloomer**  
Thursdays 4 pm – 6 pm Xpeditions Parking Lot

DINING

## ► Cucumber Salad



**By Wanda Martell**  
*Dietary Manager*

*This cucumber salad recipe features thinly sliced cucumbers, red onion, fresh dill, and a sweet and tangy vinegar dressing. Cooling and refreshing, this summer salad is a perfect BBQ or picnic side dish.*

### Cucumber Salad Ingredients

- 2 cucumbers (English cucumbers are recommended) thinly sliced
- ½ large red onion, thinly sliced
- ¼ white wine vinegar
- 1 tablespoon honey or agave nectar
- 1 teaspoon sea salt
- 2 tablespoons chopped fresh dill
- Chopped fresh chives, optional for garnish
- Freshly ground black pepper

### Directions

1. In a large bowl, toss together the cucumber, onion, vinegar, honey and salt. Chill for 20 minutes.
2. Transfer to a serving bowl, leaving any excess water behind. Sprinkle with dill and chives, if desired. Season with several grinds of pepper and serve. Serves 6.



## Chippewa Manor Employees Find Fun Ways to Give Back and Say Thank You to EMS

During the month of June, staff at Chippewa Manor hosted a bake sale, held a raffle, and donated money via Casual for Cause (wearing jeans and paying to do so) all to benefit our local EMS services and our police department. Thank you to community members that participated with us by purchasing baked goods and raffle tickets, and to those making direct donations. As a result of these efforts, Chippewa Manor staff were honored to present a check to the CF EMS Services and the CF Police Department for \$853.00.

On June 27th, over 50 grilled chicken dinners were delivered to the CF fire station and our local police department in appreciation for all they do to keep our community safe through the many services they provide on a 24/7 basis.

## ► The Many Positive Affects of Journaling



**By Debra Rykal**

*Managing Cosmetologist - The Salon*

Journaling can be a great asset. It helps protect the hearts of those who have too much stress in their lives. Journaling helps shut down stress, allowing the body to lower heart harming inflammation and speeds. Research in the Journal of Phycological Science found that journaling about things that are important to you for 15 minutes a day helps you shed as many as 3.5 lbs over a 10-week period. How? It helps re-

duce stress, curving cravings, easing pain, and helps create positive outlooks, says Dr. Ken Hansrij M.D. Dr. Hansrji suggests grateful journaling is key since jotting down three things you are thankful for is shown to calm the heart and relax your body for less stress and inflammation. Hope this helps you feel better.

Come to THE SALON and get your hair refreshed for the hot, summer days. Relax in the calming Salon environment.

I look forward to seeing all of you soon! Enjoy the wildlife, flowers, and pathways on the campus.



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### CHAPEL OF THE RESURRECTION

## ► How to Live the Legacy You Want to Leave



**By Rev. Carl A. Trapani**

*Chippewa Manor Chaplain*

As we journey through life, each of us fills a unique space – leaving behind a legacy that defines our existence long after we are gone. Our impact on the world – our legacy - consists of unique memories that represent what we were all about, what we offered to this world, and how we touched and shaped others, whether it was in helpful or unhelpful ways.

What defines your legacy? Is it the impact of your career, the positions of leadership you held, the wisdom you shared with others, or the love, time, and energy, you generously gave to others? For seniors, pausing to reflect on your legacy is important, because it prompts us to think about what we value most and how we wish to be remembered by those whose lives we have touched. It also helps guide our actions as we seek to leave a lasting mark on the world.

The great leader of India, Mahatma Gandhi, can be looked upon as one of the greatest visionaries of all time. As a boy, Gandhi was

very shy, had no unusual talents and was less than average in studies at school. To change his life, he transformed his thinking, which led to a much simpler and happier life for him. Gandhi's legacy resonates through the principles of truth and compassion that guided his life's work. His steadfast resolve to walk his own path, despite opposition and adversity, underscores the power of personal conviction in shaping a meaningful legacy. His example inspired other social activists such as Dr. Martin Luther King Jr., Nelson Mandela, and the Tibetan leader, Dalai Lama to work for social justice around the world.

Albert Einstein's groundbreaking theories changed the world and reshaped our understanding of the universe. His genius led to the development of the atomic bomb and the harnessing of nuclear power. But his legacy also includes his role as a great humanitarian. In 1933 Einstein fled as a refugee from Nazi Germany. After safely moving to the United States, he worked to save others from Hitler's oppression. He and his wife made visa applications for other German Jews and personally vouched for

refugees fleeing Nazi rule. His actions meant that his legacy includes many lives saved.

Throughout history, the world has often measured success simply by how much a person could acquire. Jesus taught that a person's life should consist of more than acquiring wealth and social status (Luke 12:15). He taught that everything we gain eventually goes to others – you can't take it with you. He declared it is better to live with our hearts full of love for others – living as a kind and loving person – and that living this way, is the greatest legacy you can have.

As you pause to ponder your imprint on life – your legacy, consider if your friends and loved ones really know your hopes, values and beliefs. Does your life reflect what you truly love and believe in? Are you making a positive impact on the lives of others through your example and encouragement? Remember that it is never too late to make a meaningful impact. Whether through acts of love, kindness, or generosity, everything you do contributes to the tapestry of your legacy. Embrace the opportunity to leave a lasting imprint—a legacy that enriches the lives of others and inspires future generations.