



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

Share the Season Together

By Christina Lindberg

Director of Campus Activities



On behalf of the Activities Department at Chippewa Manor, let me wish you and yours the happiest of holidays! Enjoy time sharing with

family and friends. Take time to relax and soak in the magic of the holiday season. Here in the Activity Department, we are busting at the seams, spreading holiday cheer. Did you know that doing good can make you feel good AND add years to your life? When you perform an act of kindness, your body releases the hormone oxytocin, which can lower stress and produce a calming effect.

Are you looking for a fun, unique way to volunteer this holiday season? Consider adopting a senior here, and help make their Christmas a little bit brighter. Stay tuned for more information on the Chippewa Manor Facebook page.

As we bid farewell to another year and welcome a new one, let's take a moment to express our heartfelt gratitude and appreciation for the amazing community we have at Chippewa Manor. It's truly a special place to live and work.



▶ A Year of Giving Reviewed

Campus employees raise nearly \$8,000 for charities in 2024



By Jill Gengler

Campus President, CMNR Administrator

The Mission Statement of Chippewa Manor is "To Comfort God's People," and that's something we take very

seriously. It's a mission that extends down our hallways and into the Chippewa Falls community.

Throughout 2024, our staff sponsored raffles, raised money for charitable causes, and paid \$1 on Fridays in order to wear jeans at work. We kicked off the idea in January and raised \$50 for Hope Village to support their Tiny Houses Initiative, helping people who are in need of shelter. In February, we donated \$569 to the American Heart Association (through paper heart sales for our campus "Heart Tree"). We raised another \$300 in March, as we supported Chippewa County Humane Association.

In April we raised \$481.37 for the Chippewa Manor Activity Fund. Then in May, another \$100 for Pantry Pal - along with some

non-perishable food items. We delivered meals to the Chippewa Falls EMS/Fire Services and Police Department staff and donated \$853 to help them fund their programs. In July we gave \$55 to Irvine Park. We participated in the school supply drive for Halmstead Elementary in August, then raised \$1412 for the Alzheimer's Association in September. We combined with US Bank (who matched our donation) in October to raise \$3800 for the Susan G. Komen Foundation for Breast Cancer. November, we participated in the Feed My People Food and Diaper Drive and capped the year with the Spirit of Giving Toy drive for local Children in need in December.

Our Chapel Foundation also made donations to both the Red Cross for Hurricane Relief and to Agnes' Table of \$350 each.

In all, our amazing staff came together to raise and donate \$7620 to charitable causes, capping off an incredible year of being true to our motto and sharing with our community.

As we head into the holiday season, we encourage you to take time to enjoy your family and friends. Give freely and love deeply and Merry Christmas to all!



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www.facebook.com/chippewamanor

NURSING DEPARTMENT

► Nursing Team Focuses on Giving Care and Being There

By Karen Davis, RN | *Director of Nursing*

In this season of giving, I have been thinking about the nursing staff and what they give of themselves every day.



Things that come to my mind are time, knowledge, expertise and experience. The Nursing staff educate residents on their conditions, encourage them and also educate on possible consequence of not doing the things that may be in their best interest, while at the same time recognizing their rights to choose. These are only a few of the things the nursing staff give daily to honor our mission.

I asked some of our nursing staff here what they feel they give of themselves to our residents. Some of the answers were laughter, caring, listening, providing advocacy, supporting families and developing relationships

They also take them on walks, assist in their brain health with puzzles, assist with daily care and those are only a few things that are done to give of themselves.

One nurse has an ongoing friendly bet on the Packers.

What the nursing staff gives 24 hours a day is truly admirable. I am so proud to be a part of such an amazing team!



SOCIAL SERVICES



► Suggestions for Some Great Holiday Gift Ideas



By Mary Proue
Director of Social Services

During the holiday season and throughout the year, there are gifts family and friends can give that do not cost money and are

often the most meaningful.

The gift of listening during your visits with others. Conversations are more meaningful when you really listen to what the other person is saying. (Put away your cell phone while visiting.)

The gift of showing affection to your loved ones. Hugs, gentle hand squeezing

or holding a hand and pats on the back are wonderful ways to let your loved one know how much you care.

The gift of a letter or card. People enjoy receiving cards/letters in the mail. It lets them know someone is thinking about them.

The gift of laughter. It has been said that it takes more muscles and energy to frown than to smile. Laughter has a way of lifting one's spirits.

The gift of a game. Playing cards or other games is a fun way to spend quality time with loved ones and often brings laughter and conversation.

The gift of doing a favor. Helping others is a gift that not only helps someone get a task done, but also makes the one helping also feel rewarded.

The gift of cheerful disposition. Cheerfulness and a positive attitude are contagious and make others feel good.

The gift of a compliment. Everyone knows how good it feels when someone gives you a compliment... pass this on to others.

The gift of prayers. Praying for someone is another way of letting them know they are special to you.

COMMUNICATIONS



► Becoming an Intentional Giver



By Rose Frederick
Communications Director

If gift giving is part of your holiday celebrations, you might benefit from practicing intentional gift-giving.

Many of us have probably experienced wasting money on an unwanted gift item and it's sad for both the giver and the receiver. And who needs more stuff that we end up not using or that adds to our clutter? Here, I am assuming we all have a little clutter.

Here are some ways we can thoughtfully and intentionally choose presents that will be used and loved:

Communicate – Ask what they want or what they enjoy and if you're exchanging gifts, be open about what you would enjoy and use.

Give Consumables – These can be enjoyed and don't take up room once used. Tailor it to their taste:

- Bath & Body Pampering Products
- Great Bottle of Wine
- Arts & Crafts Supplies
- Premium Coffee, Tea, or Chocolate

Give Experiences – These can be shared and remembered and are available to fit most budgets:

- Concert Tickets
- Museum Memberships
- Movie Tickets

- Gift Card for Massage or Manicure
 - Season Sport Passes
- Give Memories** – Choose gifts that bring back fond memories:
- Custom frame a photo depicting a special moment
 - Display heirlooms in a shadow box you have crafted
 - Custom frame a favorite recipe
 - Commission art featuring childhood home or beloved pet

Give Education – Learning a new skill makes us all more interesting (choose between in-person or online classes):

- Language Lessons
 - Cooking Class
 - Art or Craft Class
 - Yoga Lesson
 - Community College Course
- Give Time** – A thoughtful gift and so precious!
- Pet Sitting
 - Babysitting
 - Cooking a Meal Together
 - Help with a specific house project
 - Share something you are skilled at by offering lessons

• Offer to wrap their Christmas gifts
Give to a charity or favorite cause in their name.

Remember, asking may dilute the surprise factor, but will help ensure you are on your way to becoming an intentional gift-giver. Content credit to FastFrame.com and their blog.

LIVING SERVICES

CMRL staff embody the spirit of the season on a daily basis



By Brooke Krumenauer | *Director of Living Services*

For many people the word “giving” brings the holiday season to mind. But for me, it's a little different. Since I work in the nursing profession, I would like to highlight what that means for me and the Living Services team. Our CNAs and Resident Care Assistants take great pride in giving their best to our residents on a daily basis. They share their time, energy, love and sometimes even food - all while expecting nothing (well, except maybe a smile) in return. They help with dressing, bathing, medications, laundry, hygiene and other daily cares. They enjoy hearing about our residents' family, friends, pets and things experienced and enjoyed through life. They truly exemplify what giving means (sharing and caring) in their jobs everyday. I am so thankful to have them on my team!

DINING

► Soooo Good!



By Wanda Martell
Dietary & Housekeeping Supervisor

These holiday treats will melt in your mouth. They are perfect for get-togethers when there are lots of people around. Hope you enjoy them with your friends and family.

Chocolate Snowball Cookies

Ingredients

- 3/4 cup butter, softened
- 3/4 cup packed brown sugar
- 1 large egg, room temperature
- 1/4 cup 2% milk
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1/2 cup baking cocoa
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- Confectioners' sugar

Directions

1. In a large bowl, cream butter and brown sugar until light and fluffy, 5-7 minutes. Add the egg, milk and vanilla; mix well. Combine the flour, cocoa, baking powder, salt and baking soda; gradually add to creamed mixture. Cover and refrigerate overnight

2. Shape into 1-in. balls; place 2 in. apart on ungreased baking sheets. Bake at 350° until tops are crackled, 7-8 minutes. Remove to wire racks to cool completely. Roll in confectioners' sugar.



► You are a Gift and that Impacts so Many Lives



By Debra Rykal
Managing Cosmetologist - The Salon

You have everything you need to make this day a great day. It only takes one person to make a difference. You can be that person. See yourself as a gift - other people do. Smiles count more than you think - especially yours. Some things never change, like how special you are. Your life story is a continuation, write the next chapter. You make good things hap-

pen. Today, thanks to you, someone will smile more, a problem will be solved, something will get done, things will run more smoothly. Don't ever think you don't make a difference. Every day brings new reasons to thank goodness for you.

THE SALON: A great place to relax, refresh, and update yourself. The holidays are coming soon. I welcome you all to The Salon offering perms, haircuts, styles, color, highlights, gift certificates and so much more. We use certified organic products for your safety, health, and mine.



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CHAPEL OF THE RESURRECTION

► Learning to Embrace the True Magic of Christmas



By Rev. Carl A. Trapani
Chippewa Manor Chaplain

Have you ever really tried to pull off the perfect Christmas? I mean the Hallmark Channel, Martha Stewart quality kind! For years, my wife and I would plan weeks in advance to try

to make this happen. Each year we tried to do more than the year before.

We spared no expense or effort. It was our goal to be able to stand in front of the Christmas tree with a hot cocoa in hand, gazing at the twinkling lights, and be satisfied that each holiday season was perfect.

This went on for years. Then, one year, it all changed. Christmas, the holiday we had idealized into a Hallmark-movie vision of glittering joy, started to unravel. It wasn't because we weren't doing enough—we were doing too much.

It began one fateful November when a blizzard buried the mid-west in snow and sub-zero temperatures. There was no way to safely put up outside lights or decorations. To compensate, we decided to really outdo ourselves decorating the inside of our home. After spending hours searching local tree lots, I proudly hauled in the most magnificent

Christmas tree we had ever purchased. It was the perfect shade of green, with the fullest branches, the most even spacing, and it even smelled terrific.

I set it up with care and then my wife noticed that the top half sagged to the left. Despite my best efforts to “unsag” it, I finally wired the top to the wall pulling it to the right. The lights, which I pretested prior to placing them on the branches, refused to work properly. After spending more than an hour trying to “fix” the lights, we just simply laughed. We decided to not let a saggy tree or crazy Christmas lights ruin our Christmas spirit. We vowed to embrace the imperfections and just enjoy the season.

To help make up for the chaos, I had a grand idea. “Let’s bake a mountain of Christmas cookies to share with neighbors and friends.” We got out the flour, sugar, and butter, and began to channel our inner Betty Crocker. An hour later, the kitchen looked like a disaster zone. Our cookie dough was a sticky mess that refused to form into any recognizable shape, and somehow, every batch of cookies turned into brittle, flat little disks or weird-colored rocks. As we stood over a counter full of “cookies,” our grandson Roman walked in, looked at the scene, and said, “These look like

rocks. Can we eat them anyway?”

And in that moment, it clicked. Christmas isn't about perfectly baked cookies—it's about the joy of the process, the laughter shared, and the memories made. We ate those “rock cookies” and laughed ourselves silly. Amid the baking disasters, the tree lights with a mind of their own, and the tree that resembled a crooked circus tent, I found myself seeking something deeper. Christmas wasn't just about perfect moments, and it wasn't about stressing over every tiny detail. It was about something bigger. It was about the spiritual heart of Christmas—the birth of Christ, the hope and joy that His arrival brought to the world.

It wasn't about the perfect presents, the best cookies, or a flawlessly decorated home. It was about love, peace, and goodwill toward others and the simple act of giving without expectation. The real magic wasn't in the perfection of a holiday that followed a set of rules and traditions—it was in the laughter, the love, and the lessons I learned along the way.

Christmas isn't in the things we do or buy—it's in the way we show up for each other, imperfections and all. It's embracing the chaos and still laughing, sharing and loving. That, my friends, is where the real Christmas magic comes from.