



# 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

#### Showing Our Appreciation By Christina Lindberg

Director of Activities

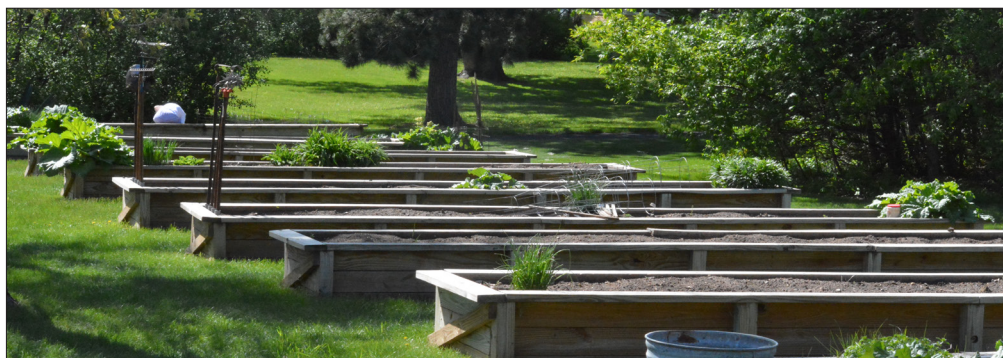
April showers bring May flowers and we are excited to see the first glimpse of spring soon!



April is Volunteer Appreciation Month! At Chippewa Manor, we celebrate the amazing volunteers

that assist in activity programming. Are you looking to make a difference in someone's day or just looking for something to do? Chippewa Manor is actively seeking volunteers who are willing to assist with activities, transporting residents too & from church services, BINGO, crafts and 1:1 visits. The opportunities are endless!! We would love to meet you and discuss your interests.

Some special happenings in April include a MACKS Community Day and Easter BINGO. As we move from April into May, we celebrate National Skilled Nursing Care Week, kicking off by celebrating all moms. This year's theme is "Tapestry of Life." It will be held May 11th - 17th and will include a Block Party. National Skilled Nursing Care Week (NSNCW) is dedicated to celebrating the essential role that skilled nursing care centers play in providing safe and effective care.



Raised planting beds, which are tended by our residents, are a spring fixture at Chippewa Manor.

### ▶ A Campus in "Full Bloom!"

*Spring brings abundant enhancements and improvements*



**By Jill Gengler**  
*Campus President  
CMNR Administrator*

As spring brings fresh energy and new beginnings, we're embracing the season with some exciting upgrades across our campus. These improvements are designed to enhance functionality, safety, and comfort for our residents, clients, and staff. At Chippewa Manor, we are constantly looking for ways to make things better, more effective and easier to navigate. Let's take a look at a few of these exciting enhancements that are happening this spring.

#### **Nursing and Rehab Enhancements**

We're excited to announce the creation of a new office space for our clinicians and Mayo providers. Located closer to resident and client rooms, this space is designed to foster greater collaboration and more efficient care. In addition, our nursing station is receiving a facelift, including new

carpet that complements the recently installed countertops, creating a more welcoming and functional workspace.

#### **CMRL Campus Improvements**

As CMRL approaches its 40th anniversary, we're moving forward with the next phase of our parking lot improvements. This spring, we'll be resurfacing the north-facing lot. Looking ahead, Phase Three—planned for next year—will upgrade the lot between our two buildings and introduce more green space, offering additional outdoor enjoyment for residents and clients across our campus.

We're also improving accessibility by updating the doors on the south side of the lobby. These will be replaced with fully automatic doors, matching the convenience of the north entrance and making the building easier and safer for residents to navigate. We take pride in maintaining and updating our campus to better serve everyone who calls it home.

Stay tuned for more updates as we continue to grow and improve.



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NURSING DEPARTMENT



## ► Immunizations Are Important Part of Staying Healthy



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

Did you know that Wisconsin keeps track of immunizations for its residents? The website is called the “Wisconsin Immunization Registry” and it can be accessed via the internet.

All information regarding vaccinations is documented there by health care providers. This allows access by other providers for their immunization records.

Covid, Influenza, Pneumovax and Tetanus are just a few that are recorded.

Upon admission to Chippewa Manor, we look up your vaccination records via the WIR and then recommend any vaccines that may be due or needed. So if you are questioned by the nursing staff about your vaccine history that is why!

We encourage needed vaccinations and will help you get them! According to the CDC, you need vaccines throughout your life.

If you would like more info regarding the 2025 Recommended Immunizations for Adults Aged 19 Years and Older, please feel free to call or stop in and I can give you a copy. Or visit: [www2.cdc.gov/nip/adultimmsched](http://www2.cdc.gov/nip/adultimmsched). If you are interested in a printout of your vaccination history we can provide that as well.

Our current pharmacy provider, Health Direct, has offered to provide a Covid Clinic in late April 2025. A booster dose is currently recommended.

Please stop in, email or call and ask for me or a charge nurse if you are interested in your loved one receiving this vaccine.

SOCIAL SERVICES



## ► Music Can Help Your Brain and Your Body Feel Good



**By Mary Proue**

*Director of Social Services*

Did you ever notice how when you listen to music, you just feel better? There have been many studies done about how music affects your mood and emotions. Music is incredibly powerful in helping you to feel better when you are feeling down.

The journal of Positive Psychology conducted a study in 2013 that discovered that individuals who listened to music that could be classified as happy and upbeat, were able to improve their mood and overall happiness in just a few weeks. We all experience times in our lives that we are generally not as happy or even feel down in the dumps. The next time you feel down, try finding some upbeat music. The music will pick you up and put a smile on your face!

Remember back to a specific time in your life. A time when you were really happy, then try to remember what music you listened to and play it again. You will be flooded with the emotions you experienced at that time, affecting the way you experience the world around you in the present moment.

We always have some music programs on the activity calendar each month so be sure to check it out to get yourself an extra dose of happiness! Happy Spring!



## COMMUNICATIONS

## ► Robins Find Ways to Adapt, Thrive



**By Rose Frederick**  
*Communications Director*

I won't be doing my normal search for the first robin this spring. Not because I don't get excited about the idea, it's because our robins never left this winter! I was surprised and quite concerned when I saw a group of robins in an almost bare mountain ash this winter. They were making a meal out of its remaining berries.

A Google search revealed not all robins go south for the winter. Some robins do migrate but, surprisingly, most of them stay put for the winter and they are able to adapt to the changes in the weather and their diet. They puff out their feathers which act as great insulators! The outside

of each feather is cold, like the air. But, just a few millimeters under the feathers, the bird's body temperature is a cozy 104°F. Amazing!

Robins that stay for the winter also adapt their menu from meat (earth worms, beetles, meal worms, other insects) during the spring, summer and fall seasons, to a plant-based diet in the winter searching for it in shrubs, trees and vines. In the winter, their plant-based diet includes sumac, chokeberries, mulberries, winterberries, poison ivy, seeds and fruit. Robins travel in flocks during the winter in search of food and when it is found, they stay at that site until the food is gone and then they move on. When spring arrives, they disband into smaller, breeding groups.

It will still make me smile and mark the date when I see my first robin hopping around on the lawn looking to break their plant-based diet and pull out a nice meaty worm!

## FROM THE SALON

## ► Celebrating Spring and Our Moms



**By Lissa Kuehn** | *Managing Cosmetologist - The Salon*

I'm always hopeful that spring is going to break through the lingering bone chill of winter. Birds will start chirping long before the sun even has a chance to start lifting the last night's sunset. Right on schedule, the Sun will begin rising, slowly stretching its rays far and wide, lighting up and warming our way into a brand-new day. Bringing a true soul-soothing warmth, that offers us a hopeful openness to change and new beginning. No matter how many winter blasts come our way, we are certain the change of season will come when it's time.

That's what it's all about! Being present. Adapting to change. Being mindful of what we can control, rather than what we can't. Mother Nature provides us with the elements that make life livable and always beautiful. From the depths of the oceans to the heights of the mountain tops, down to the simple ground we walk on, Mother Nature sets the pace. She is a true MOM - and there really is something so special about mothers.

In honor of Mother's Day approaching, let's celebrate all mothers in any and every form. Make the time special to show her how amazing she really is with all the unwavering love she has always made the time to show you. Let's also do our best to embrace the spring sunshine, fresh rain and new growth along with the changes that unfold with time. It's always a great day to celebrate all we have right here and now, with a wholehearted appreciation for where we come from. So happy Mother's Day! Happy Earth Day! Happy Spring! Not sure what to get mom? Gift certificates are available in The Salon!

## DINING

## ► Colorful Salad



**By Wanda Martell**  
*Dietary Manager*

Looking for a tasty, colorful, healthy salad to add to your Easter or Mother's Day breakfast or brunch?

Give this Seven-Layer, Fruit Salad a try. Your gang will love it - It's as great to eat as it is to look at!

### Seven-Layer Fruit Salad

#### Ingredients

- 3 cups diced watermelon
- 2 cups green grapes, halved
- 1 1/2 cup pitted cherries, halved
- 2 peaches, diced
- 2 cups blueberries
- 2 cups diced honeydew
- 2 cups diced strawberries
- 7 teaspoons sugar

#### Directions

Place the watermelon on the bottom of a large clear bowl or dish. Sprinkle with 1 teaspoon sugar.

Layer grapes on top and sprinkle with 1 teaspoon of sugar.

Repeat this process of sprinkling sugar as you layer the cherries, peaches, blueberries, honeydew and strawberries.

Refrigerate several hours before serving.



## ► Enjoy Our Paths, Patios and Garden Bed Areas



**By Morgan Anderson**  
*Director of Residential Living*

As the weather warms up many different things are happening to help residents enjoy the nice weather. A couple of highlights include the outdoor patio areas, the walking path, and the raised garden beds. Our great outdoor patio areas are located throughout the whole campus with lots of seating and umbrellas to shade you on those sunny days. Our walking

path runs around the entire campus. The path is used by both our residents and visitors on campus. It has chairs located around the circle to allow for people to rest along the way or to sit and chit-chat.

Residents of Residential Living plant flowers, vegetables, and fruit in our raised garden beds. We all enjoy watching these garden beds flourish and love seeing our residents get outside. If you live at Residential Living and are interested in your own garden bed, please see me as we love adding new residents to the list every year.



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### CHAPEL OF THE RESURRECTION

## ► Life is Really All About a Matter of Attitude



**By Rev. Carl A. Trapani**  
*Chippewa Manor Chaplain*  
*Proverbs 23:7 "As a man thinks in his heart, so is he."*

There once was a woman who woke up one morning, looked in the mirror, and saw that she had only three hairs on her head. "Great," she said, "I think I'll braid my hair today."

So she did and had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. "Hmm," she said, "I guess I'll part my hair down the middle."

So she did and had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only one hair left on her head.

"Wow," she said, "today I get to wear my hair in a ponytail." So she did and had a wonderful, wonderful day.

The next day she woke up, looked in the mirror and saw that there wasn't a single hair on her head.

"Thank God!" she exclaimed. "I was

running out of things to do with my hair!"

Have you ever wondered why one person seems to get all the lucky breaks and others get none? Why it is that some people seem to meet the right people who help them get ahead and others never do? Why do some people develop great careers, while others can never get ahead? Why do some people have great relationships with lots of friends, while others can't seem to get along with anyone?

The way we see life and react to it makes the difference between being happy or sad. What happens to us and the way we perceive it and react to it comes from our attitude. Some people are pessimistic and do not enjoy life. Their negative mindset makes it difficult to find pleasure or joy in anything. Others are optimistic and look for the good in everyone and everything. Which group do you think is happier?

Happiness is the result of the attitude that successful people have and how they approach life. So, what is attitude anyway? Attitude is the outward expression of an inner feeling based on the way we think. When a person seeks the good in any situation, they

are considered to have a good attitude. They almost unconsciously do creative things to seek a positive outcome. They are less stressed, appear happier and smile more. They know that life is not threatening, but what makes it "good" or "bad" is a matter of attitude. For that reason, they choose to face it in a positive way. On the other hand, people with negative attitudes see only the faults and difficulties in any situation. They are blind to opportunities and focus on why something can't be done. These people also tend to blame other people or outside forces for their difficulties. This is where the phrase "it is all about attitude" applies. Each of us chooses how we will face life events and situations. Whether the results are good or bad, will depend on whether our attitude is positive or negative.

Some people will tell you that we are born with our attitudes. That's not true. Attitudes come from the conditioning of our minds, either by ourselves or others. Our thoughts create our feelings. Feelings bring about emotion. Emotion drives the intensity at which we go after something. It is excitement, enthusiasm, passion and drive..."Life is really all a matter of attitude." So, what's yours?