



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

Fun Times Ahead!

By Christina Lindberg

Director of Campus Activities



As the sunshine and warmer weather rolls in, we here at Chippewa Manor have been busy bees packing the calendar with all things FUN!

For the next couple of months our campus calendars will be filled with ice cream, outdoor activities, community outings and even a car show.

July, we celebrate Social Wellness month. Advantages of social wellness include living longer, responding far better to stress, and having a more robust immunity.

Do you have a few hours to spare each week?

Chippewa Manor is looking for volunteers to help transport residents to & from church, bingo, assisting with events and so much more! If you are already a volunteer, bring in your friends. This is a great opportunity to make a difference while fostering connections.

If you're interested in learning more about volunteering please contact the Activities Department. We'd love to hear from you!



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

► A Five-Star Achievement!

Chippewa Manor proud to be awarded top CMS recognition



By Jill Gengler

Campus President

CMNR Administrator

Chippewa Manor recently earned a pretty significant honor from the Centers for Medicare and Medicaid

Services (CMS), the U.S. government's regulating body for senior services.

The CMS Five-Star Quality Rating System was created to help consumers, families, and caregivers compare nursing homes more easily and identify areas of concern. The system assigns ratings based on various factors, including health inspections, staffing, and quality measures. Each nursing home is given an overall rating between one and five stars, with five stars indicating the highest level of quality.

The data gathered and reported in these reports are comprised of:

- The ratio of RNs to residents
- The total number of nursing hours per resident per day
- The presence of LPNs and nurse aides
- The turnover of key staff
- Frequency of falls with major injury
- Incidence of pressure ulcers (bed sores)
 - Use of antipsychotic medications
- Resident weight loss
- Management of pain



Over the years, Chippewa Manor Nursing and Rehab has consistently received a Five-Star rating. But what is notable in this quarter's report is that the team has achieved a Five-Star notation in each of the contributing categories that make up the overall rating. This is a remarkable achievement for the

team especially given the acuity of patients we are caring for in this fast paced environment.

I could not be more proud of this team!

We don't achieve this kind of rating without so many people doing their jobs with professionalism and pride.

Rick Frederick Earns Prestigious "Master Pilot" Distinction



Chippewa Manor is proud to congratulate Rick Frederick on recently receiving his Master Pilot designation. The Wright Brother's "Master Pilot" Award is the most prestigious award the FAA issues to pilots certified under Title 14 of the Code of Federal Regulations. This award is named after the Wright Brothers, the first US pilots, to recognize individuals who have exhibited professionalism, skill, and aviation expertise for at least 50 years while piloting aircraft as "Master Pilots".

Frederick, who is one of the volunteer pilots who perform the "Missing Man" formation flyover during our annual Veterans Salute, is also the husband of Chippewa Manor Communications Director, Rose Frederick. He has instructed 43

students to become licensed pilots and earned his pilot's license in February of 1973. Congratulations, Rick, and thank you for all you do to help make our campus Veteran's celebration a wonderful event.

NURSING DEPARTMENT

► Some Summertime Tips to Keep You Safe and Healthy



By Courtney Mudrick, RN
Assistant Director of Nursing, WCC

Summer is already upon us and with summer our nursing department would like to remind you of a few tips to keep you safe.

1. Stay hydrated: You should drink water the entire time you spend in the sun. Set a reminder on your smartphone to drink water.

2. Stay cool during your daily work out: Use your air conditioning to make your home cool. Use a blower fan and take a shower after your work out to cool down.

3. Dress in comfortable clothes: Avoid wearing dark, thick clothes. You should wear clothes made of linen or cotton and of light colors.

4. Wear sunscreen of 30 SPF or greater, wear sunglasses and avoid sun exposure during peak hours between 10am and 4pm.

5. Prevent trips and falls: Keep your body cool, your surroundings safe, and wear proper footwear.

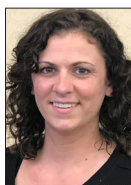
6. Use insect repellent or bug spray: Elderly are more likely to contract the West Nile Virus.

7. Know the signs of heat stroke: dizziness, headache, confusion, nausea. Call 911 if you are experiencing symptoms.

We hope these tips will help you to have a safe and fun summer.

LIVING SERVICES

► Precautions for Dealing with Summer Temperatures



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

Summer is here and it's important to wear your sunscreen, or at least cover up if you are going to have prolonged time in the sun. The sun's UV rays lead to skin cancer and cause the skin to age faster. Think wrinkles! Yikes! This doesn't mean you have to completely avoid the sun, but using sunscreen with an SPF of 30 or higher on any part of the body that will be exposed, or wearing clothes to cover the skin or sun hats is a way to protect yourself.

When you are outside you can check your shadow, and if your shadow is shorter than you, it means the sun's UV rays are at their strongest so beware! To help prevent heat stroke or heat exhaustion when it is very hot out or there are high temperatures, its good to limit your time out in the heat. Stay well and enjoy the summer!

RESIDENTIAL LIVING

► Updates to Parking Lot and Entryway at CMRL



By Morgan Anderson
Director of Residential Living & Human Resources

Chippewa Manor Residential Living has some exciting new updates occurring on campus. Our first project is the new updates to the north parking lot, which is the main visitor's parking lot along with resident parking. During this project, the parking lot will be completely torn up and redone. While the project is occurring, our

residents will be parking in our circle parking lot and the visitors will have plenty of parking in last year's updated parking lot.

Our second project occurring this summer is the installation of automatic doors in the circle (south) parking lot entrance. These new doors will mimic the current automatic sliding doors at our north entrance. They are much easier for our residents and visitors to use. We are excited for both of these wonderful updates to our campus.

SOCIAL SERVICES

► Caption-Phone Technology Options are Available



By Mary Proue | *Director of Social Services*

"Wait, What?" If your phone calls sound like this because you are having trouble hearing on the phone, there is help out there. Caption phones- specialized technology that displays spoken words as real-time text- can bridge this gap and help you to enjoy conversations on the phone while costing nothing for eligible individuals. This is a program funded by the FCC to help people to communicate on the phone. On a captioned phone, the live phone conversation appears as easy-to-read text on a large screen. Other than that, it works like a regular phone-just dial and answer calls as usual. Speak and listen using the phone handset as always. If you are interested in a caption phone, you will first choose a company that offers this service. For a list of some of the companies that offer the services, see Social Services.

To get a free caption phone and service, people with hearing loss must certify that their hearing loss necessitates the use of captioned phone service. Companies that offer this service can guide you through the qualification process.

There are no additional charges for delivery or installation. A local trainer will help install the phone in the home, make sure it works and teach you how to use it.

* A special thank you to Rick Martinez with CaptionCall for making this information available to me for this article.

COMMUNICATIONS

► What's with the Backyard Chickens?

**By Rose Frederick***Communications Director*

There are many reasons people are raising their own egg-laying chickens.

Food Freedom – Reducing your reliance on the grocery store.

Provide food for your family – knowing its source.

Price of eggs is increasing at the grocery store – doing it right you can offset your groceries a bit.

What's Chicken Math?

Well, chicken math is real. You start out with a few hens or chicks to raise for eggs and before you know it you are swimming in chickens!

Prepare for keeping chickens first and you will set yourself up for success and won't feel so overwhelmed.

One bird can lay an average of 4 -5 eggs per week!

Raising chickens is easy – they have very few needs:

- **Shelter** – provide a place out of the elements.

- **Protection** – Coop should be secure from dogs and overhead predators. A secure coop keeps egg thieves out as well. (Static coop, mobile coop, free-range, and chicken run are all possible alternatives that can be investigated further.)

- **Roosting Place** – Chickens like to sleep up off the ground. The roost should be inside the protective space of the coop.

- **Nesting Boxes** – This provides a nice, dry place for them to lay their eggs and they'll be easy to collect without disturbing the flock

- **Water** – Access to clean water at all times. Being without water can affect their egg cycle, slowing their laying down

- **Food** - Suggesting a non-GMO food purchased at your local feed store. They need 12 – 20% protein and ¼ to 1/3 lb of food total each day (this includes kitchen scraps, bugs in the fresh grass). Having these measurements available will help you determine how much feed to keep on hand. Some ferment their chicken feed to increase the volume of food or sprout the grains (called *foddering*).

- **Space** - Each bird needs 3-4 sq ft of living space and 10 -12 inches of roosting space. If your birds will be confined to a coop, then plan on 10 sq. ft. per bird.

If you'd really like to learn more about raising egg-laying chickens, go to rootsandrefuge.com and look for Raising Chickens 101. Everything you need to know! We only "scratched" the surface. (It is also important to find out the ordinances for the city or township you live in as it relates to having backyard chickens. Such as, some ordinances do not allow roosters..... some limit the number of chickens you can have.

DINING

► Salad Time

**By Wanda Martell***Dietary Manager*

Looking for a light but filling lunch item to serve your friends and family this summer?

Give this salad a try.

We think you will enjoy it!

Avocado Caprese Salad**Ingredients**

- 2 Cups mini mozzarella balls drained
- 2 Cups cherry tomatoes, halved
- 1/2 avocado- pitted, peeled, chopped
- 5 fresh basil leaves
- 4 Tbs good quality balsamic vinegar
- 8 Tbs extra-virgin olive oil
- Salt and freshly ground black pepper to taste
- Add fresh red onion slices- optional

Directions

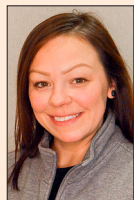
1. Combine mozzarella, tomatoes and chopped avocado in a small bowl. Tear basil leaves into pieces and sprinkle over the other ingredients
2. Drizzle on balsamic vinegar and extra virgin olive oil and toss to combine- season with salt and pepper
3. Divide into two serving bowls and garnish with additional fresh basil - serve immediately



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► Vitamin D Important for Your Hair and Scalp



By Lissa Kuehn

Managing Cosmetologist - The Salon

Did you know that opening the blinds and drinking a glass of water first thing in the morning can help your hair grow healthier?

Vitamin D plays a crucial role in hair growth and scalp health. Increased Vitamin D naturally infuses hair follicle formation, preventing future shedding and reducing breakage with the right combination of product and care. That is only a small part of the many significant health benefits Vitamin D offers.

Do your well-being a favor, take it all in! When there is not enough water, everything dries up and becomes brittle, itchy, scratchy, flakey, achey and breaky. Simply drinking a glass of water first thing in the morning gets everything on the right track!

LET'S TALK: The Salon offers complimentary consultations. This is where we will discuss your hair, health, integrity, shape, style, salon services, products, hair goals, history, routine care, and any questions and concerns you may have. Giving the two of us some time to dig deeper down to the "root" to be exact and personalize your hair journey together at The Salon.



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CHAPEL OF THE RESURRECTION

► Faith: The Quiet Force that Shapes Our Lives



By Rev. Carl A. Trapani

Chippewa Manor Chaplain

Among the many definitions for faith, one of my favorites is: "a firm belief in something for which there is no proof." I have had faith

since childhood. I believed that Santa Claus visited us every Christmas. The presents I opened on Christmas mornings were all the proof I needed. Other children tried to tear down my faith in Santa, but I persisted in believing and arguing for his existence until I was six. Then, late on Christmas Eve, I awoke and found my mother putting presents under the tree. While my faith in Santa Claus was shaken, something inside me yearned for greater realities I could trust and believe in. Eventually I transferred the force of faith into other things.

The Essence of Faith - At its core, faith is the ability to believe without having complete evidence. It's what drives someone to take a step forward when the path ahead is unclear. Religious faith, for many, provides a moral compass and a spiritual sense of purpose. It connects

individuals to something greater than themselves. It offers comfort during difficult times and provides guidance in decision-making. But even outside of religion, faith plays a vital role in everyday life. It can be the confidence things will improve, trust in a friend's loyalty, or belief in one's own potential.

Faith is part of being human. Most importantly, faith leads us to find hope, which helps us see beyond the problems to the possibilities. Hope helps us take responsibility for our choices. Hope stretches and energizes us to continuous growth and development. Hope urges us to go against the odds and do the impossible. Hope gives life meaning. Without faith and hope, life is empty and miserable.

Faith in Daily Life - People demonstrate faith in countless ways: In relationships, by trusting others and believing in their good intentions. In careers, by pursuing goals with no guarantee of success. In healing, by believing that recovery is possible. This kind of faith allows people to persist. It doesn't eliminate fear or doubt, but it gives us courage to act despite them.

The Strength of Faith in Adversity - It is often during the most difficult times that faith reveals its power. When life is out of control—loss, illness, betrayal—faith becomes a source of endurance. It doesn't always change the outcome, but it changes the experience of the journey. With faith, people find meaning in pain and hold on when reason alone says to give up. Like any inner strength, faith can grow over time. The longer a belief is held, the stronger it becomes.

Faith is Personal - Faith looks different for everyone. What's common is the underlying belief: that there is hope, that life holds meaning, that love endures. In a world often filled with uncertainty and doubt, faith is the thread that ties us to hope—and to each other.

Faith is more than belief in the unseen—it's a powerful force that anchors people through times of uncertainty, fuels their resilience, and offers them hope in moments of emotional darkness. Whether rooted in religion, personal conviction, or trust in others, faith is often the quiet, steady confidence that gives life meaning and direction. So, whatever your faith, keep it growing!