



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

► Celebrating Milestones

Employees share their experiences, motivations and advice



MANOR MATTERS

News, Notes & Tidbits

Thankful Times Ahead

By Christina Lindberg

Director of Campus Activities



As we step into the cozy fall season, we have some exciting events lined up for our residents on campus.

A Holiday Market

& Bake Sale is happening Tuesday, October 14th from 1:30 p.m.- 6:00 p.m. It's the perfect opportunity to find unique crafts, delicious treats, and get into the holiday spirit. We look forward to seeing you there!

Trunk or Treat is coming - get ready for some Halloween fun! This event will be held on October 31st from 2:00 p.m. – 4:00 p.m. in the front parking lot of the Nursing & Rehabilitation building. Bring your little ghouls and goblins for a safe & spooky time!

As we reflect on the blessings of family, friends, and community this November, we invite you to brighten a resident's day by volunteering - whether it's sitting with them during one of our Friday musical events or assisting with Bingo. For more details, stop by the Activities Department to see how you can help.



By Jill Gengler
Campus President
CMNR Administrator

At Chippewa Manor, we are deeply grateful for the dedication of our employees whose compassion and consistency create a true sense of home for all we serve. Their commitment reflects the heart of what we do. We recently celebrated our Employee Appreciation event and honored several who had reached milestones in their employment. We asked these employees to share about their experiences working at Chippewa Manor.

Wanda Martell (top left) has been a fixture of Chippewa Manor. She recently celebrated 45 years of employment on our campus! Wanda serves as Dietary & Housekeeping Manager. She enjoys hanging out with friends and family and listening to country music bands.

"I feel like we are one big family that comes together with the same goal in mind – of comforting God's people," Wanda said. "The most rewarding experience for me is ongoing. I get to help people with quality nutrition when they need it most. I love what I do – it never feels like work to me."

The best advice Wanda ever received was "always treat people the way you want to be treated."

Maria Metzgar (top middle) has been part

of the Chippewa Manor family for 30 years. She began her career working in housekeeping before becoming a Dietary Aide.

Maria finds satisfaction and joy in what she does. "I enjoy the stability of working here and caring for our clients and residents," she said. "I really love seeing the smiles on their faces after interacting with them."

The most rewarding part of her job is simply making residents happy. Maria, who loves fishing, gardening and spending time with her family, offers this advice for new employees. "Do the best you can and always ask questions."

Pastor Carl Trapani (top right), our Campus Chaplain, appreciates the atmosphere at Chippewa Manor. "It is so positive," he said. "The staff are dedicated and competent – this is just a wonderful place." His most rewarding experience working at Chippewa Manor has been the feeling of making a positive difference in people's lives.

Pastor Carl, who was born in New York City and has visited 47 of our nation's states, came to Chippewa Manor in the Fall of 2019. His advice to new employees is to "ask questions and give of yourself freely."

Also reaching an employment milestone was **Cathy Bowe** (not pictured), who has served as a CNA for the past 35 years.

We are blessed to have so many amazing, hard-working, professional employees. Thanks to all of you for doing what you do to help make Chippewa Manor the wonderful place it is to live, rehab and work!

NURSING DEPARTMENT

► Statewide Order Makes it Easier to Get Vaccines



By Karen Davis, RN

Director of Nursing

Vaccines continue to be a hot topic!

We will be providing influenza and covid-19 vaccines to all residents and staff in October. If you wish to have your loved one get either, please stop at the nurses' station to fill out a consent and get a vaccine information statement. While vaccinations may not necessar-

ily prevent you from getting the virus, it will lessen the severity and helps in preventing hospitalizations.

The Wisconsin Department of Health recently issued the following memo regarding the COVID -19 vaccine:

As directed by Gov. Tony Evers' Executive Order #275, the Wisconsin Department of Health Services (DHS) has reviewed the scientific evidence surrounding the COVID-19 vaccine. Based on this review, DHS

issued a statewide standing medical order that allows most Wisconsinites who want the vaccine to get it at pharmacies across the state without a prescription. DHS continues to recommend the COVID-19 vaccine for Wisconsinites 6 months and older during this fall respiratory virus season.

Feel free to call (715) 723-4437 if you have any questions or concerns and talk to myself or Courtney Mudrick.

SOCIAL SERVICES

► The Amazing Effect of Color and Seasons on Our Bodies

From our food choices, weather patterns and clothing, color impacts us in many ways



By Tristi Crawford | Social Worker

As I write this, the trees are starting to show just a slight hint of color, including the favorite Red Maple tree here on campus in the circle drive. I really enjoy this time of year with the Fall colors and decorating my home. The blend of Fall colors brings me a feeling of comfort and warmth. This got me thinking about colors, weather changes, and the effect this can have on us. I read an online article by Beyond Healing Counseling, that talked about the effect of color and changes in seasons. Colors and seasonal weather changes have different effects on hormones in our bodies that then affect how happy/sad we feel, our ability to focus, and energy levels. For example, in the Spring the pastel colors can help us feel hopeful, calm, and excited about the new growth as trees begin to bud and grass grows. The bright yellows, blues, reds, and oranges of Summer tend to help us feel happy and energetic. The Autumn orange, reds, yellows, and browns may help us feel warm and relaxed. Winter brings with it white, grays, and blacks which can make us feel comforted or the opposite, bring a sad feeling over those months. Seasonal depression can show itself by persistent sadness, irritability, an increase in appetite over the Winter months, needing more sleep, etc.

Being aware of the impact that colors and the seasons can have on us and trying to make a few small changes in our lifestyle and environment might make a small difference in how we feel. As you decorate your home, try choosing colors to help brighten your spirits and give you a good feeling whenever you are in the room. The colors of the clothes you wear can affect how you feel. When feeling down, try wearing colors and patterns that you personally find uplifting. Also, the color and types of food you eat during the different seasons can affect your mood.

So, be sure to get outside on these beautiful days. Grab a friend or neighbor and visit our beautiful Red Maple here on campus. I know it brings a smile to Mary and I when we see it and it lifts our spirits.

RESIDENTIAL LIVING

► New Automatic Doors Make Life Easier at CMRL



By Melissa Halseth

Director of Residential Living & HR

At Chippewa Manor Residential Living we are always looking at new ways to improve the safety and security of our environments for our residents. This Summer we added to our second entrance (from

the courtyard) the same push-button sliding door as our main entrance. These doors create simplicity and safety for the residents, who have quickly fallen in love with its ease of operation.



C O M M U N I C A T I O N S



► Lessons in Relocating Honeybees



By Rose Frederick
Communications Director

A tree service working on a project in the north parking lot at Chippewa Manor discovered a large colony of honeybees had set up residence in an old oak tree that was taken down.

When the large hive was discovered, a call was made to long-time beekeeper Don Hauser, owner of Morning's Sweet Reflection in Lafayette Township, who has been in the business of bee keeping for over thirteen years. When Don arrived on the scene to re-locate the hive, he found it had fractured into three pieces with an estimate of 20,000 to 30,000 bees. He thought the hive could have been in existence from a few months to

over a year.

Dressed in beekeeping gear, Don made an attempt to remove the honeycomb and as many bees as he could and transport in a tote to his home. The bees were quite disoriented, but a large number made the trip. The next day he returned to remove any remaining bees and found that they had consumed most of the honey in preparation for establishing a new hive in a new location. For a hive to survive in a new location, the queen bee must be included in the move, which is hard to determine. This re-location attempt was not successful, but Don has had many that were, maintaining hives in several locations in Chippewa County.

Honeybees have a fascinating communication system both within and outside the hive. To learn more fun facts about honeybees, go to www.americanbeejournal.com.

L I V I N G S E R V I C E S

► Tips About Air Quality Alerts



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

Many of us are familiar now when there is an air quality alert. The outside appears hazy and can have an unpleasant smell similar to smoke or something on fire. There is more to this than just what it looks and smells like outside. Mostly, this has been related to the Canadian Wildfires. Air Quality alerts can be dangerous to populations such as children and elderly, pregnant people, and anyone who has asthma, heart disease or other chronic conditions. Poor air quality can lead to fine particle matter to settle into the lungs and blood stream and cause issues such as headaches, coughing, wheezing, irritated eyes, nose and throat, chest pain, asthma attacks, shortness of breath, heart palpitations to more serious problems such as heart attacks and strokes.

To reduce your risk of problems due to poor air quality, you can stay inside with your windows and doors closed, use air purifiers, wear a mask when you go outside, avoid strenuous activity when outside, monitor air quality via weather channels or weather apps on your phone, and seeking medical attention if symptoms worsen or something serious is going on. Stay safe outside if there is an air quality alert and you must go outside!

D I N I N G

► Autumn Scents



By Wanda Martell
Dietary Manager

Don't you just love the scents of Autumn? I can already smell the warm apples, the cool pumpkin, and the hot chocolate. You will too, because we will be enjoying these tastes here at Chippewa Manor this fall season. Here is a recipe we will be using in one of our baking group activities. Enjoy!

Apple Pie Bites

Ingredients

- 1/4 cup light brown sugar
- 1 tsp apple pie spice
- 3 Tbsp. butter melted
- 1/3 cup chopped pecans
- 1 small Granny Smith apple cored and sliced into 8 slices
- 1 – 8 oz. can Pillsbury crescent rolls

Directions

Pre-heat oven to 375 degrees. Line baking sheet with parchment paper. In a small bowl combine brown sugar and apple pie spice. Set aside. Melt butter for apple slices; set aside. Arrange crescent triangles on baking sheet. Sprinkle evenly with brown sugar/spice mixture followed by chopped pecans. Dip apple slices in butter and place on wide end of crescent roll and roll up.

Bake in oven 10 – 12 minutes. While warm top with more sprinkles of apple pie spice or drizzle with caramel topping.



► Make Your Holiday Hair Care Plans Now!



By Lissa Kuehn

Managing Cosmetologist - The Salon

With the Fall festivities and holidays rapidly approaching, things can get busy for everyone. Here's a friendly reminder to all clients, residents and even employees of Chippewa Manor - please make sure you book your holiday-hair appointments at The Salon sooner than later as spots are beginning to fill in pretty quickly.

Check your schedules for events and gatherings with friends and loved ones, also the Activities calendar to be sure we can get you set up with your desired appointments accordingly. Thank you!

Don't forget - gift cards are available in The Salon and make a great gift idea for those who are looking to get something for you! For more information about appointments, gift cards or beauty and hair care products, stop by The Salon Tuesday through Friday.



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CHAPEL OF THE RESURRECTION

► Embracing the Beauty of Seasonal Changes



By Rev. Carl A. Trapani

Chippewa Manor Chaplain

A Summer fades and Autumn arrives, we are reminded of the passing of time and the continual change of seasons. Each shift brings its own rhythm—Spring's bloom, Summer's vigor, Autumn's tapestry, and Winter's quietude. For those of us in our golden years, each season holds wisdom shaped by memories of days gone by.

Like us, each season carries a personality. Spring awakens the world from Winter's slumber, reminding us that growth is possible at any age. It also teaches that life rarely follows a straight path. One day may be sunny, the next a surprise snowfall. Isn't life much the same? Just when we least expect it, a friend reconnects or we hear of a child or grandchild's success, warming our hearts like daffodils blooming boldly through patches of snow.

Then comes Summer with its laughter and light. Many of us recall childhood days of endless play—running until sunset,

catching fireflies to keep as night lights, or savoring ice cream that melted faster than we could eat it. Those memories still bring a smile. Even now, Summer invites us outdoors for barbecues, firelight storytelling, and new adventures. Families bond not only over traditions but also through little mishaps—like forgetting the secret ingredient in Grandma's famous potato salad. Humor has always been one of summer's sweetest gifts.

Autumn, meanwhile, offers reflection. As leaves turn golden and drift to the ground, they remind us of the beauty in letting go and the wisdom that change can bring. Autumn invites us to look back on our battles, victories, and the legacy we want to leave. Sharing our stories with younger generations can be a powerful way to connect. And when they call you a "classic," just laugh—after all, a classic is something rare and valuable, like a great book, a painting, or a fine wine that grows better with age. By Thanksgiving, consider gathering family to share life lessons around a table filled with food and love. It's a

beautiful way to blend history with the warmth of unity.

Finally, Winter settles in with its blizzards and silences, wrapping the earth in white. Winter reminds us of the need for stillness amidst life's rush. It urges us to rest, reflect, and nurture gratitude. For some, it may stir memories of loved ones gone before, or remind us to lean into faith—whether in family, friends, or something greater. Winter teaches that even in the coldest seasons, warmth can be found in gratitude, reflection, and connection.

Together, these seasons mirror the stages of life. Spring's energy, Summer's joy, Autumn's wisdom, and Winter's peace are all gifts to be savored. As we transition through them, let's laugh heartily, share freely, and build memories that endure. Life is not measured by the number of breaths we take but by the moments that take our breath away.

So here's to celebrating every season of life—for each brings its own beauty. And remember, at 50 and beyond, life is not ending—it is just getting started. Every day is a gift, waiting to be embraced.