



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

Joy from Red to Green

By Christina Lindberg
Director of Campus Activities



As we step into the heart of winter, Chippewa Manor is filled with warmth, fun, and plenty of heart. February is the red month, a time to focus on love, wellness, and giving back, and we're proud to once again host our annual Heart Fund Fundraiser, with all proceeds benefiting the American Heart Association. For a donation of \$1 or more, your name will be placed on a heart and displayed on our Heart Tree in each building. All participants will be entered into a prize drawing. It's a simple, fun way to give back while having a chance to win.

February is also packed with activities, including Mardi Gras Bingo, Valentine cookie decorating, Friday music, and a variety of heart-themed events. A special highlight is our Sweatheart Luncheon on February 13 at Residential Living, featuring a chef-prepared meal.

Looking ahead to March, we're excited to celebrate the green of St. Patrick's Day, enjoy more bingo, and continue offering engaging activities as we welcome spring.

PRESIDENT'S NOTE



From left to right: Jessica Gall, Scott Davis, Terry Ellis, Sarah Frank, Jennifer Priem and Susan Baue.

► Welcome to the Family!

Therapy department now officially part of Chippewa Manor



By Jill Gengler
Campus President, CMNR Administrator

We are pleased to share exciting news regarding therapy services at Chippewa Manor. Our long-time partners from Midwest Therapy have officially joined the Chippewa Manor team as employees.

With previous ownership transitioning out of the industry, this change allows us to bring an exceptional group of professionals fully in-house—ensuring continuity of care with no disruption to services. Residents, clients and families can expect the same high-quality therapy, delivered by the same trusted professionals who have served our community for many years.

This experienced and dedicated team

brings decades of combined expertise to Chippewa Manor, including: Sarah Frank, Occupational Therapist – 14 years of experience, Susan Baue, Rehab Office Coordinator, Scott Davis, Physical Therapist Assistant – 22 years, Jennifer Priem, Physical Therapist – 11 years, Piper Langreck, Speech-Language Pathologist – 7 years, Ashley Eder, Occupational Therapy Assistant – 10 years, Terry Ellis, Physical Therapy Assistant – 20 years and Jessica Gall, Occupational Therapist – 2 years.

We are grateful for the many years of care, skill, and compassion this team has already provided and are excited to officially welcome them as members of the Chippewa Manor family. Please join us in celebrating this transition and extending a warm welcome to our therapy team!



► Show Some Random Kindness as Part of Heart Month

By Courtney Mudrick, RN | Assistant Director of Nursing



February is a month dedicated to both heart health and compassion. Recognized as American Heart Association Month, February encourages individuals and communities to take steps toward healthier hearts through awareness, education, and lifestyle choices. At the same time, Random Acts of Kindness Week, observed from February 14–22, reminds us of the power of simple gestures to make a meaningful difference.

Chippewa Manor is proud to recognize both causes by encouraging residents, families, staff, and community members to take part in Random Acts of Kindness Week. Acts of kindness not only uplift others but also support heart health by reducing stress, increasing happiness, and strengthening social connections.

Community members are invited to join Chippewa Manor in

spreading kindness through small but thoughtful actions, such as:

- Writing a thank-you or encouragement note to a client, resident or staff member
- Holding the door open or offering a helping hand
- Sharing a smile or a kind word
- Donating items or treats to brighten someone's day
- Checking in on a neighbor, friend, or loved one
- Volunteering time or services to support others
- Buy a coffee for the next person in line
- Give a compliment to a stranger

As we focus on heart health this month, Chippewa Manor encourages everyone to remember that kindness is good for the heart—both physically and emotionally. Together, through awareness and compassion, we can make February a month of healthier hearts and stronger community connections.

SOCIAL SERVICES



► Your Emotions and Your Heart Health are Linked

By Tristi Crawford | Director of Social Services

Did you know your emotional health can affect your heart health? If you are feeling stressed, anxious, or depressed, this can have effects on your heart and lead to increased chance of heart disease. Anxiety and depression can cause us to not have healthy eating habits, such as eating unhealthy foods or overeating, and to not get enough exercise, which can then lead to heart issues.

Here are some helpful techniques to try when you are feeling stressed, anxious, or depressed. Finding a way to relax such as taking a few minutes in a quiet area to close your eyes and taking deep breaths or listening to relaxing music. There are a variety of apps you can download on your phone that have relaxing music or sounds. I know the sound of rain relaxes me, what is the nature sound that you find calming? Go get some exercise, whether having a regular exercise program or just taking a walk. We have a beautiful walking path around the campus, so when the weather permits, go take a walk and enjoy the sunshine and birds. Eating healthy foods, such as fruits, whole grains, vegetables, keeping a journal to help express your feelings, getting a good night's sleep, and spending time with family or friends that are supportive can also be helpful.

Take the time to take care of yourself! Happy American Heart Month!

COMMUNICATIONS

► Dealing with the Loss of a Pet



By Rose Frederick
Communications Director

When you lose a pet, you lose far more than an animal — you lose a devoted companion who offered a listening ear, a steady heartbeat, and unconditional love.

They were woven into the rhythm of everyday life: letting them outside, taking them for walks, refilling the water bowl, feeding them. Riding shotgun in your car or truck. A stop at the drive-thru for a pup cup. A quick trip inside Farm & Fleet or another pet-friendly store. Carefully shopping for something special to tuck into their Christmas stocking. Trips to the vet or groomer. They weren't just pets — they were family, as much a part of our lives as spouses, children, or siblings.

When a pet is gone, the sense of loss can feel overwhelming. The grief is real. Your routine is suddenly different. You feel the absence of something you

loved with your whole heart — something you know can never be replaced, nor would you want it to be. They listened patiently to your stories, your jokes, your worries, and your successes. They watched TV with you, warmed your lap, shared your snacks (or supper), and waited faithfully outside — or sometimes inside — the bathroom door. They greeted visitors with barking, tail wagging, or excited anticipation. Maybe they even helped "redecorate" by selecting a brand-new pair of shoes from a full closet to chew on.

Perhaps your companion was a cat — a skilled mouser, a quiet entertainer, or an avid birdwatcher. Maybe they slept curled above your head or stretched comfortably across your stomach.

I've had many pets throughout my life, which means I've also known the pain of losing them — just like you. When it happens, it can feel impossible to imagine opening your heart again. And yet, sometimes all it takes is seeing that pudgy little puppy... and before you know it, you once again have a loyal friend riding shotgun beside you.

RESIDENTIAL LIVING

Our Annual Sweetheart Luncheon: Love is in the air!

By Melissa Halseth | Director of Residential Living & HR

CMRL will be having a Sweetheart Luncheon on Friday, February 13th at 11:30 am in the dining room! The menu will include Chicken Cordon Bleu, rice pilaf, vegetable medley and a heart shaped cookie! Call us to reserve your spot at a table for this sweetheart lunch. Residents are encouraged to invite their friends and family to join them for this "sweet" occasion.

LIVING SERVICES

Celebrating What's Ahead - No Matter What the Season

By Brooke Krumenauer | Director of Living Services

As February gives way to March, we find ourselves standing between two seasons. Winter still lingers with its quiet, cozy days, while signs of spring begin to appear—longer daylight, softer air, and the promise of new beginnings.

February reminds us of the importance of connection. Whether it's sharing stories, laughter, or a simple smile, our relationships bring warmth during the colder months.

Acts of kindness, both given and received, make our community stronger and brighten each day. February is also when we celebrate and have our "heart fund," where you can make a donation and put a heart on our tree! Ask Holly for more information about this event.

March invites us to look ahead with optimism. Spring is a season of renewal, reminding us that change can be gentle and beautiful. It's a perfect time to try something new, revisit a favorite hobby, or enjoy moments outdoors as the weather allows. Even small changes—opening a window to let in fresh air or noticing the first budding flowers—can lift our spirits.

As we move from winter into spring together, let's celebrate the comfort of companionship and the excitement of what's ahead. Each day offers opportunities for gratitude, growth, and shared joy. No matter the season, it's the moments we create together that make each day meaningful.

DINING

► Fresh Treat



By Wanda Martell
Dietary Manager

Who doesn't love a fresh treat — especially with a little whipped cream on the top. Give this one a try and share with your friends and family.

Raspberry Parfaits
Ingredients

- Raspberry Jam
- Fresh Raspberries
- Angel Food Cake
- Whipped Cream
- Fresh Mint Leaves (optional)

Use small to medium glass dessert cups or glasses so there is room for two layers of the ingredients.

Directions

1. Soften jam in microwave 10 – 15 seconds
2. Place a layer of angel food cake pieces in bottom of a dessert glass
3. Add a layer of fresh raspberries
4. Add softened jam
5. Add a layer of whipped cream (use softened cool whip if making ahead – it will last longer)
6. Repeat the layers one more time
7. Top with a raspberry & mint leaf

Serve immediately or store in fridge 1-2 hours before serving. You can also add chopped nuts or granola between the layers or drizzle a bit of raspberry liqueur over the cake layers.



► Laughter Might Just be the Best Medicine



By Lissa Kuehn

Managing Cosmetologist - The Salon

Ever realize how you feel during a great laugh? Even afterwards your body is sort of hanging on to the funny thing that kept you laughing, as if you can't get enough. The truth is, we naturally want more of that feeling. Laughter is a very strong medicine. It triggers physical and emotional changes in the body by the release of endorphins, which are the feel-good

chemicals of the body promoting overall well-being. Laughter not only brings people together; it also strengthens our immune system, boosts our mood, and decreases stress hormones. A good laugh even protects the heart, by increasing blood flow and improving the function of blood vessels. Sounds like laughter might just be the best medicine - and who doesn't love sharing a good laugh? So, call a family member or visit a good friend that can share a fun, lighthearted conversation. Enjoy the simple things and keep one another laughing often. It's good for your health!



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CHAPEL OF THE RESURRECTION

► Walking the Middle Path of Aging with Joy



By Rev. Carl A. Trapani
Chippewa Manor Chaplain

There's something about holiday visits that shines a brighter light on life than the twinkling bulbs on the tree ever could. Maybe it's noticing Mom shuffle a little slower than last year. Maybe it's realizing Dad's hearing isn't quite what it used to be. Or maybe—just maybe—it's the moment you caught yourself grunting while standing up from the couch and thought, "Wait... when did that start happening?"

After checking in on Mom and Dad, many of us realize we need a little checking on, too. If you returned from the holidays concerned about your older loved ones—and quietly aware of changes in yourself—you're in good company. You're part of a generation still independent and capable, yet close enough to the next chapter to feel its gentle nudge.

Watching others age has a way of turning

the mirror back on us. Seeing an older loved one struggle with everyday tasks doesn't spark fear so much as recognition. Aging isn't something happening "over there" anymore. It's a journey we're all walking—sometimes gracefully, sometimes creakily. When you watch your 90-year-old mother wrestle with a burnt-out lightbulb, you may suddenly notice how many bulbs are out in your own house. The groceries feel heavier. The stairs feel steeper. Aging becomes relatable, shared, and deeply human.

These moments don't need to make us anxious. Instead, they can awaken a gentle awareness: "If this is coming my way someday, how do I want it to look? Who do I want beside me? What small steps could I take now so my future self feels supported?" There's a bittersweet beauty in that clarity—it's the heart's way of preparing us with kindness.

It's also okay to admit you're doing the best you can... with the knees you currently have. Some people expect AARP-age

adults to swoop in and care for aging parents like professional superheroes. But let's be honest—your cape has been in the wash for years. Supporting your elders while navigating your own aging is a balancing act, and you're allowed to wobble now and then. (Just not literally. Please use the handrail.)

Humor helps more than we give it credit for. Laughing through tender moments keeps them from becoming heavy worries. There's humor in watching Dad insist he's "still steady" while using every piece of furniture as a handrail, and love in convincing Grandma that a grab bar is really a "spa feature." Humor doesn't hide aging—it softens it and turns concern into connection.

Small adjustments aren't signs of weakness; they're acts of wisdom. The real goal isn't fixing everything—it's staying connected. If you left the holidays feeling sentimental, protective, and a little more aware of your own aches, that doesn't mean life is slipping away. It means your heart is open. And that still matters most.