



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

Summer Reminders

By Brooke Krumenauer

Living Services Coordinator



Summer is almost here. One thing to keep in mind with warmer temperatures is to wear sunscreen, or at least cover up

when spending 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!

Another thing to keep in mind is staying well hydrated, especially during the "dog days of summer." Drinking fluids, especially water, to keep hydrated during the summer, can help prevent heat stroke or heat exhaustion. If it is very hot out or high temperatures, it's good to limit your time out in the heat as well.



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

▶ Taking a New Perspective

Learning to take important cues from our next generation



As a new generation graduates, they remind us we all have a lot of important new things we can learn!



By Jill Gengler

CM Campus President

My oldest daughter graduated from college this past weekend. I could not help reflecting on how different her experience was from my own.

My post-secondary path can only be described as traditional. Her journey was not a direct route but rather a course altered many times. First by an internship that converted to a full time work experience in New York City, then a decision to return to (a different) school prompted by a pandemic and a combination of virtual and in-person class work to earn her degree.

The job market and world stage she is entering has changed in incredible ways. There is nothing traditional about it. Her options are varied and limitless. From remote work to "gigs" that extend her ex-

perience, education and network. Her sense of hope, adventure and security is amazing to see and is nothing short of inspiring.

I catch myself feeling negative about the events of the past few years, but seeing the world through her lens – it is all incredibly positive, exciting and hopeful.

The landscape of long-term care and senior living has been ever changed by the pandemic and the competition for human resources.

Chippewa Manor will take some cues from our next generation. We will learn to let go of how it always has been and push hard for how it can be best. To adapt to new environments while recognizing positives. To take advantage of opportunities, to take time for enriching experiences, to ask questions, take new roads and find new ways to reach goals and accomplish our mission.

To my daughter and all those in the class of 2022 – congratulations!



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NURSING DEPARTMENT

► Don't Forget About Influenza: *it's nothing to sneeze at!*

By Karen Davis, RN | *Director of Nursing*



Prior to the Corona virus pandemic, a valid worry in skilled nursing and assisted living settings was the good old-fashioned flu! People 65 years and older are at higher risk for flu complications. Influenza is highly contagious and easily spread.

Types A and B are the more common forms of this infection and may cause seasonal outbreaks.

Sometimes people confuse the “flu” with gastrointestinal illness. However, influenza is typically characterized by the following symptoms that are respiratory in nature:

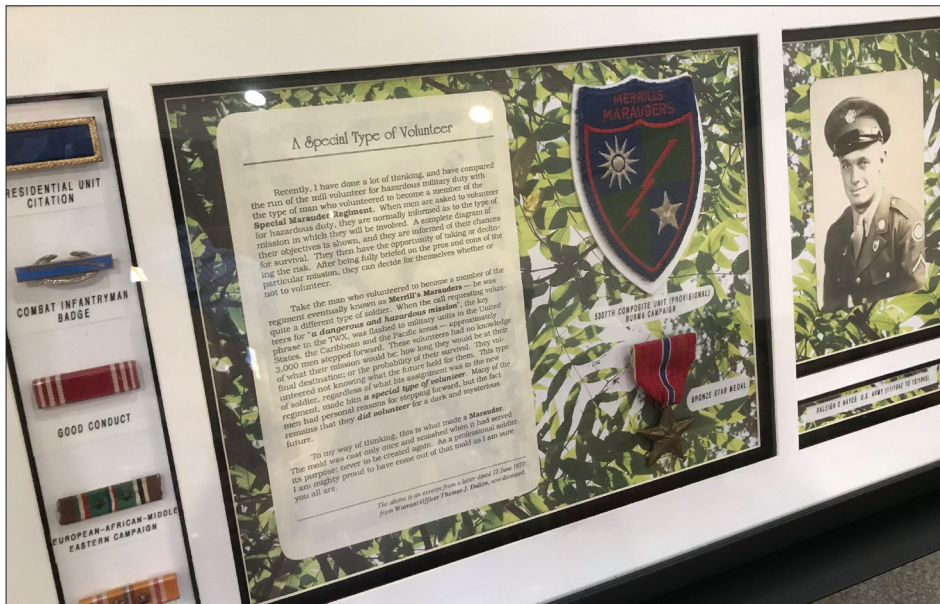
- Fever
- Cough
- Runny nose / Sore throat
- Body aches / Chills
- Fatigue

It is interesting to note that influenza rates were mild across the U.S. for the past two years. Could it have been the masks?

We hold an influenza clinic every year and anticipate offering the vaccine in September or October of this year.

While the focus seems to always be on Covid, it is important to protect yourselves from influenza as well.

SOCIAL SERVICES



Celebration of Raleigh Naves included some of his military decorations, special forces representative and a presentation of the Congressional Gold Medal.

► Naves Honored with Congressional Gold Medal



By Mary Proue
Social Services Director

As we celebrate Memorial Day and remember all those brave men and women who have sacrificed their lives to protect and

serve this great country, I would like to share with you a tribute to a gentleman who had been residing here at Chippewa Manor for several years.

Raleigh Naves was a member of the Merrill's Marauders during World War II. This was a particularly difficult mission at the time and many lives were lost. Raleigh survived and went on to live a comfortable life with his family and,

according to his family, he talked very little about what he went through but they knew it was a rough time for him.

Over the years there have been stories and since Raleigh was a resident here for several years, he was recognized every year during our Veterans Day programs and we learned more about what he went through.

The greatest honor though was on April 20, 2022 when Raleigh was presented with the Congressional Gold Medal here in the Chapel of the Resurrection at Chippewa Manor. A short ceremony, which was attended by several of his family members and a few staff members, was conducted and presented by a ranking of-

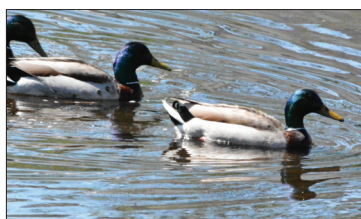
ficer from the Marine's special forces.

I felt honored to be a part of that ceremony and enjoyed the look on Raleigh's face and the pride exhibited by his family. Raleigh said very little about it but held his medal tightly that day.

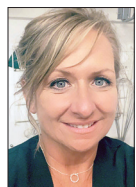
This presentation was recorded and will be part of a Congressional Gold Medal ceremony hosted by House Speaker Nancy Pelosi and will be broadcast on C-Span. (The Leader Telegram featured an article about this in the May 20-22 edition.)

On April 21, 2022 Raleigh Naves passed away. Perhaps he felt his life was now complete. Rest in peace Raleigh and thank you for your service!

L I F E E N R I C H M E N T



► A Walking Path Full of Great Views



By Michelle Lykens
Life Enrichment Coordinator

We have a beautiful walking path here at Chippewa Manor!

The path was completed last spring, and it opened a whole new world for our residents and staff.

You can find staff walking on their lunch breaks, and residents all day long are out enjoying it. We have been calling it "The Red Brick Road." A more formal name may be coming in the future.

The path runs around the entire campus and is under a mile long. Many have talked about starting a walking club to help motivate others to get out and get moving - and to keep each other motivated.

Along the path, we get to witness nature at its finest, from new spring buds to the changing colors of fall. There are many different species of trees: evergreens, maple, crab apple and oaks. There are ducks, birds, and squirrels that we enjoy watching.

We have many bird houses and feeders along the way. There are abundant worm sitings after it rains, so anyone needing any worms for fishing could get a whole bucket worth!

The walk is beautiful in any season, full of flowers and things to look at while you are on a stroll. We even planted some pumpkins on a mound this year so we can all watch them grow.

The path is free to use for Chippewa Manor staff, residents, clients and their visiting family and friends. Feel free to take a stroll with your loved ones. It is a comfortable ride for wheelchairs and walkers. You can also stop and sit on one of the many benches along the way if you get tired. We see many who stop to read books and collect their thoughts.

Some who may have been apprehensive about the path at first, say once they have done it, they love it and look forward to it daily!

We have our own little nature paradise here. And if you see people sitting inside, watching from their window, wave as you go by. They just love that!

D I N I N G

► A Tangy Jam



By Wanda Martell
Dietary Manager

This tangy strawberry rhubarb jam is likely to become a favorite with any family. You can put it on almost anything, but it's especially good on muffins or biscuits.

Strawberry/Rhubarb Jam Ingredients

- 2-1/2 cups crushed strawberries
- 1-1/2 cups finely diced rhubarb
- 2-1/2 cups sugar
- 1 can (8 z) crushed pineapple, undrained
- 1 package (3 ounces) strawberry gelatin

Directions

In a large kettle, combine strawberries, rhubarb, sugar and pineapple. Bring to a boil; reduce heat and simmer for 20 minutes. Remove from the heat; stir in gelatin until dissolved. Pour into refrigerator containers, leaving 1/2-in. headspace. Let stand until cooled to room temperature. Top with lids. Refrigerate for 3-4 weeks.

- Prep: 30 min. + chilling
- Yield 5 1/2 Cups



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

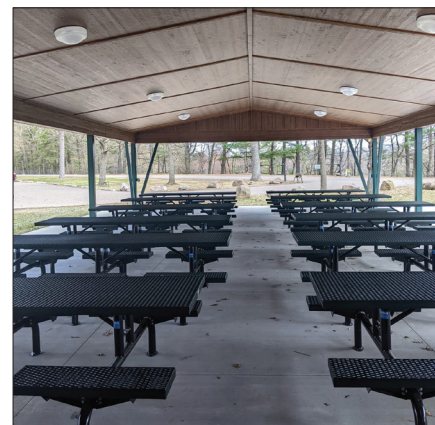
► Flag Hill Improvements Welcomed



By Rose Frederick | *Communications Director*

Irvine Park offers much to the Chippewa Falls community. In January, Flag Hill (in Irvine Park) received a new heated bathroom/warming house which is now open year-round. Park trails are used for skiing and snowshoeing with the cross country ski area adjacent to Flag Hill. The increased use of this area during winter months has made these improvements a welcomed addition for park users.

Along with the new bathroom/warming house, a new pavilion has been constructed that can host large gatherings during warmer months. The Flag Hill Pavilion was gifted by Susan and Gerald Joas who "visited Irvine Park regularly...and looked at the park as an extension of their own home and yard." The Flag Hill Pavilion can be reserved through the Chippewa Falls Parks and Recreation Department. Next on the list of improvements for Flag Hill is new playground equipment with expected installation to be some time in 2022.



► Ducklings, Walkways and Cool Summer Styles!



By Debra Rykal

Managing Cosmetologist - The Salon

As we start spring and head into the summer, let's enjoy the beautiful campus walkway, complete with birdfeeders and convenient seating along the way. I am so happy to report we have 8 little ducklings on the pond, so keep watch for

the cute, fluffy swimmers as you stroll by.

Summer heat is around the corner. Maybe you are looking

for a shorter, cooler cut? The Salon has a style book you can browse through with pictures of many different styles. I would be happy to help you with your choice. If you are looking for less maintenance, a perm can be a great way to keep you ready for summer activities.

Make your appointments now for the busy summer months. I look forward to seeing you all soon!



222 Chapman Road
Chippewa Falls, WI 54729

CHAPEL OF THE RESURRECTION

► The Centerpiece of Our Strength is "Family"



By Rev. Carl A. Trapani

Chippewa Manor Chaplain

Erma Bombeck, the late humorist, described family like this... "We are a strange little band of characters trudging through life

sharing diseases and toothpaste, coveting one another's desserts, hiding shampoo, borrowing money, locking each other out of our rooms, inflicting pain and kissing to heal it in the same instant, loving, laughing, defending, and trying to figure out the common thread that binds us all together."

Actor Michael J. Fox said this, "Family is not an important thing, it's everything." And the Late Princess Diana expressed her feelings by saying, "Family is the most important thing in the world."

The Christian community meets the criteria for family as The Apostle Paul explained in 1 Corinthians 12:26. "If one member suffers, all suffer together; if one member is honored, all rejoice together." When trouble comes, it's your family that

supports you. Family is the group of people who love you. They even put their arms around you and love you when you're not so lovable. Christians stick together and love each other.

What makes some families effective, resilient, happy? The single most important thing you can do for your family is very simple: develop a strong family narrative – tell the family stories.

Marshall Duke, a psychologist at Emory University studied American families during the 1990's. There was a lot of research at the time into what was wrong with the family. Dr. Duke was more interested in what families did that was positive and uplifting. He discovered that children who knew a lot about their families tended to do better when they faced challenges. They were more resilient and able to moderate the effects of stress. People who knew details about their parents' and grandparents' lives were better able to deal with their own life problems. "The answers have to do with a child's sense of being part of a larger family,"

Dr. Duke said. "Further studies have found that every family has a unifying narrative, a story that explains the family's history. These stories describe the ups and downs, successes and failures of the family members. When a parent or grandparent tells the story of the family, a wonderful bond of unity is built among the members. "Dear, let me tell you, we've had ups and downs in our family. We built a family business. Your grandfather was a pillar of the community. Your mother was on the board of the hospital. But we also had setbacks. You had an uncle who was once arrested. We had a house burn down. Your father lost a job. But no matter what happened, we always stuck together as a family. You are part of us and we love you."

The family story strengthens each member and makes them feel part of something greater than themselves. So, tell your children and grandchildren the story! Tell them about your earthly family and also your heavenly one. One of the great advantages of being a believer is having a huge universal family – with lots of heroes and successes! Just read your Bible!