

The Maple Ridge News

Rehabilitation • Skilled Nursing • Hospice • Respite



Therapy Success Story: Neil S.

Neil S. was born at home in Eau Galle, WI. When he was young, his parents bought property in Chicoq for 50 cents an acre. He inherited 160 acres, and currently lives on 40 of those acres near the Totogatic River where he's enjoyed country life for over 30 years.

Sadly, Neil's wife, Karen, passed away in 2020 from COVID complications and other medical issues. They were married for 34 years and raised three daughters: Casey, Melissa and Nettie.

Neil worked in Minnesota as an arc welder for 34 years at Hoffman Engineering. He would stay in Minnesota all week and return to Wisconsin on the weekends to spend time with his family. Neil was also a state certified firefighter and an active volunteer firefighter for 45 years in Minnesota and Wisconsin.

Neil was admitted to Maple Ridge Care Center in late March following an extended hospital stay after sustaining a femur fracture. He said he stepped down off a cement slab, felt his bone break and down he went. Neil was initially sent to the hospital in Spooner but then transferred to St. Mary's in Duluth for surgery and recovery. After having a rod and pins surgically placed, Neil was sent to Maple Ridge for rehab and recovery closer to home.

Neil has participated well in therapy and worked hard at meeting his goals while keeping a positive attitude. He worked through pain and discomfort related to his surgery with the goal of becoming independent enough to return home

with family support. Neil participated in a home assessment as well.

During a home assessment, a Maple Ridge therapist visits with a resident in their home for about an hour to see how well the resident gets around and to check for any impediments. The therapist can help identify adaptive equipment such as a toilet riser, bath bench or grab bars. They can also determine things the resident needs to work on, such as getting in and out of bed or pushing a walker across the carpet. Modifications such as rearranging furniture or removing doors to allow a wheelchair to pass through may be recommended.

Neil's assessment went well and with a few pieces of equipment, he will be ready to return home.

Neil said he recommends Maple Ridge Care Center. "It's a nice place, and the food has been good," he said. "The rehab department has been great; I feel like I've come a long way." Neil's advice: "Don't get hurt!"


Maple Ridge Care Center prides itself on helping short-term rehab residents get the support and services needed to remain independently at home longer. We work closely with Transitions at Home, our sister home health care agency in Spooner, which provides in-home nursing care and rehab therapy. Having a home care agency under the same umbrella as Maple Ridge Care Center allows us to offer a continuum of care to help facilitate healing at home as well as a positive outcome.

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Hydration is Important

Maintaining adequate hydration is an essential component of health at every stage of life, yet can become more challenging as we grow older. For seniors, proper hydration has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Getting enough water in your body can prevent you from becoming dehydrated.

Tips to increase hydration:

- Speak to your physician to find out how much water you need daily
- Download a free app for your phone or tablet that can keep track and send reminders about your water intake.
- Keep a hydration log where you can easily update it
- Take sips rather than gulping down water all at once
- Drink steadily throughout the day, especially if you are active or older
- Carry a refillable water bottle with you with the ounces labeled, so it is readily available
- Infuse water with flavor by using mint, vegetables (cucumber or celery), and/or fruits (citrus or berries)



Men's Health Tips

Because we celebrate Father's Day mid-month, June is great time for men to schedule all those check-ups that have been avoided or pushed back. Now is the time to go to those appointments! **Remember, full-body health includes your cognitive, eating, resting, and activity habits. Here are some healthy tips for men:**

Schedule a complete physical with your doctor that includes checking testosterone levels, cancer screenings, a prostate exam, blood and urine tests:

- Visit an ENT to get your hearing checked
- Prioritize setting a sleep schedule
- Strive for 30 minutes of exercise daily
- Treat yourself to healthy, well-balanced portioned meals
- Visit the dermatologist to check your skin
- Schedule a check-up and cleaning with your dentist
- Visit a chiropractor to have your spine checked
- Enjoy leisure activities, such as fishing, watching sports, reading, or gardening
- Quit smoking
- Laugh everyday
- Be kind to yourself by not comparing yourself to others

Integrity is doing the right thing even when no one is watching.

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