

In-Touch *Assisted Living*

March 2011

Meet Joelin Kimball – Shift Manager

You may recognize Joelin as a Resident Assistant on Emerald Court, however Joelin has recently moved into the role of Shift Manager in Assisted Living. We are fortunate to have her positive upbeat attitude and commitment to seniors here at Valley VNA!



Recent Activities

Second Annual Pig Races - The 2011 pig races were another great success. Vinny the VNA Pig from Emerald Court won the race and McFly from A.L. admin won best dressed pig! They all get a short rest then back in training for next year.



Wii Bowling - We recently held a Wii bowling tournament in the Keller Community Center. Over 40 residents and staff formed teams and put their best

foot forward to earn some strikes! Plenty of spectators were also there to cheer them on. Irene K. was highest resident score with her awesome arm!



Veterans Benefits - Please join us to learn about available benefits for veterans and spouses of veterans. Robert Stone from the Winn Cty Dept of Veterans Services will talk about:

- Veterans Compensation & Pension
- Survivor Benefits
- Aid and Attendance Benefits
- How to go about finding out if you qualify

Wednesday, May 18th

Valley VNA

6:00 - 7:00pm - Presentation

(Q & A time follows)

If you plan on attending, please RSVP by Friday, May 13th to Marian - 920-727-5544

Quality Improvement

Hydration plays an important part in health & wellness for seniors. Best practice evidence shows that each individual will have a different need for fluids based on weight. There is a formula to determine an individual's hydration goals: $\text{Weight divided by } 2.2 \times 30\text{cc} = \text{Total recommended daily fluid intake/day}$.

We have set a goal for residents to receive between 70-100% of their TARGETED daily intake. Some steps we are taking:

1. Specific cups for measuring fluid intake
2. Frequent reminders by staff
3. Monitoring fluid intake
4. Regular reviews of results and planning for a way to up fluid intake by staff & RN's.

When you are visiting with your family or friends here at VVNA, encourage fluid intake and if there is a preferred beverage, let us know!

Valley VNA Senior Services - Your family ... our focus

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