



# Valley VNA Senior Services

A TRUSTED COMMUNITY RESOURCE FOR SENIORS AND FAMILIES SINCE 1908

Winter/Spring 2014

Valley VNA's mission -  
Providing quality  
choices for senior living

## IN-HOME CARE

Allows seniors to stay in their home with assistance. Services include help with household tasks, meal prep, bathing and dressing, medication reminders, errands, transportation, companionship, specialized dementia care and more.

## SENIOR LIVING COMMUNITY

Located in southeast Neenah, our community of 92 apartments and suites offer independent and assisted living options including specialized care settings for those with early and later stage Alzheimer's or dementia. If you need short-term respite care, Valley VNA can also provide a temporary place to stay.

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Neenah WI 54956

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www.valleyvna.org



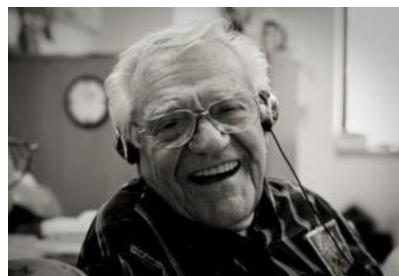
## Keeping you up-to-date!

**Music & Memory** - In November, Valley VNA became a certified site for the nationally recognized Music & Memory



program. This program provides personalized playlists using iPods and other digital audio systems enabling those with Alzheimer's, dementia and other cognitive and physical challenges to reconnect with the world through music-triggered memories. What are the anticipated benefits?

- Gives pleasure to persons with advanced dementia. Offers an enjoyable, fulfilling activity for physically frail people
- Increases cooperation and attention, reduces resistance to care—a real boost for staff morale
- Reduces agitation and sundowning
- Enhances engagement and socialization, fostering a calmer social environment
- Provides a valuable tool for the effort to reduce use of anti-psychotic medications



## Community Lyrics & Laughter -

Valley VNA now offers its *Lyrics & Laughter* program to the community. The first 6-week session ran last year Oct 17-Nov 21 and the second session was held Jan 9-Feb 13. The decision to offer the program to the public came after successfully running this program internally for over a year.



Modeled after "Singing for the Brain," an Alzheimer's Society program in the United Kingdom that uses music as a memory connection for those affected by dementia, the Lyrics & Laughter program combines singing and movement to stimulate the participant's memory and cognition in a relaxed format.

The program is free and open to the public. A third session is scheduled for Thursdays, May 1-June 5. For more information or to find out how you can participate, please call - 920-727-5555.



*Christy Feuerstahler leads a community session in an opening song.*

*Your family ... our focus*

Keeping you up-to-date - continued

## Certified Dementia

**Practitioners** - Valley VNA now has four Certified Dementia Practitioners on staff:

- Carrie Esselman- Therapeutic Recreation Specialist
- Bill Mauthe- Life Enrichment Coordinator
- Joelin Mueller- Dementia Care Specialist/Manager
- Christy Feuerstahler- Music Coordinator

As the number of dementia cases continues to increase, there is a great need to insure that care givers, front line staff and health care professionals are well trained to provide appropriate, competent, and sensitive direct care and support for those with dementia. These staff members have gone through training to become certified and are required to maintain their certification through ongoing education in the Dementia field.



**Senior Care Specialists** - A new optional service available to residents in our assisted living (CBRF) is “on-site senior care” provided by Senior Care Specialists through ThedaCare. This service brings primary care to the individual in the facility, instead of the resident having to



travel to the physician’s office for routine visits. Senior Care Specialists is comprised of physicians, nurse practitioners and RNs who work closely and collaboratively with Valley VNA staff.

For some residents whose physical condition makes it difficult to travel outside of the facility; or those with advancing stages of dementia, bringing primary care to their home is a welcome relief not only for the resident, but also for the family.

**Honoring Choices** - Valley VNA has partnered with ThedaCare and the State Medical Society to promote and support the work of Honoring Choices of Wisconsin. The mission of Honoring Choices is: to promote the benefits and improve processes for advance care planning across the state, in healthcare settings, and in the community.

Research shows that anywhere from 65-75% of the population do not have a completed Advance Directive or designated health care agent (for when you are unable to make your own

decisions). This unfortunately leaves difficult decision making often to those unprepared. There is a misperception that family members can automatically step in to make decisions if needed, however Wisconsin does not accept the family deferral and unless a healthcare agent is noted, guardianship may be needed.

This collaborative will focus initially on our residents (ensuring advance directives are present and meet state requirements) and staff. Our goals are creating an environment and process to start advance care planning conversations, ensuring that advance directives reflect the values and wishes of the individual, meet statutory requirements, and are available to all those who need access to the information.

While a completed advance directive document is desirable; more important is the conversation and thoughtful consideration that needs to occur before completing a document. Valley VNA and ThedaCare will provide education and facilitated support by individuals specifically trained in the process. We are very excited to be a part of this important work and look forward to extending this service to our community.



## A look back at the Love Light Program

The December 5th Love Light dedication ceremony marked the 22nd year for this event!

The first ceremony was held December 1992, and people braved the weather for the tree lighting held outside at Bank One (now Chase Bank) in downtown Neenah. A reception followed inside the bank and marked the first of many to come. In 1994 two outside dedications were held; one at Bank One and one at First National Bank Fox Valley in Menasha. The tree dedications remained outside until Valley VNA



1992 Tree in Bank One Lot



2002 Love Light at 201 E. Bell Street

moved to its Bell Street headquarters in 1998. In 2007, the ceremony was held in our current headquarters building and was the first year our residents could attend without going outside!

While the event has changed over the years, one thing that has remained the same is the reason for the event - giving people an opportunity to remember their loved ones who have passed and honor those who have touched their lives in a special way. It remains a meaningful evening for all who attend.

Nearly \$230,000 has been raised over the past 22 years and proceeds have supported many initiatives including the hospice program in 1990s, meals-on-wheels, flu vaccination clinics and our life enrichment programs.

Special thanks to all who have participated in this program throughout the years - our generous donors and sponsors, the choirs and musicians who performed beautiful music, and the clergy who provided inspirational meaning to the evening.



2013 Love Light

**SENIOR SCENARIO** We often hear how thankful people are for information they have received from us in a time of need. Although there are many scenarios, the theme is often the same, "We didn't even know where to start". Senior Scenario is an interactive tool on our website - check it out at [www.valleyvna.org](http://www.valleyvna.org).

### Who will help if you can't?

*For years, "Sue" has helped her frail and elderly mother stay in her own home. But now Sue is unable to do this as she spends several weeks recovering from surgery.*

Situations like this often catch families unprepared and can happen for a number of reasons: moving, illness, death and so on. With the primary caregiver unable

to help, what do you do?

Talking to a senior resource provider like Valley VNA, can educate you on your options and will help you and your family find the best solutions.

In many cases, you may not need as much help as you think. Your loved one may only need help getting up in the morning, taking medications and getting to bed at

night. If that's the case, home care is a great option. If home care is not an option, consider a respite stay at an assisted living community.



## 2013 Holiday Avenue - a big success!

The 11th annual Holiday Avenue was a great success, raising over \$25,000! Funds raised will support our 2014 life enrichment program for our residents and clients. **Special thanks to all who attended and ...**

**Event Sponsors:** Associated Trust Co., Bemis Company Foundation, Bergstrom Auto, BMO Harris Bank, Bomier Properties, The Business Bank, Coldwell Banker-The Real Estate Group, Jim & Gail Cummings, DiRenzo & Bomier, Fox Communities Credit Union, The Green

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**Boutiques:** Suzen Sez, Madison; Child's Play, Sturgeon Bay; Familiar Grounds & Magnolias Cakery, New London; Only Her, Ripon; The Front Porch, Waukesha; Wildtree Natural Foods, Greenville; and from Neenah - Elements Unleashed, Jewelry by Jessica Theresa, Sterling Gardens Florist & Boutique, The Natural Boutique, Vintique & W by Worth



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