

# Valley VNA In-Touch

NEWSLETTER - NOVEMBER / DECEMBER 2016

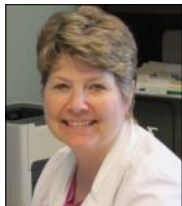


## **Valley VNA News**

**Theresa Pichelmeyer**  
**President & CEO**

It's that time of year again when we take a look back at what we have accomplished as well as look forward to the future and what is yet to come. A few of the things we are very proud of here include our continued work on quality improvement initiatives such as reducing falls, continuing to offer our Community Lyrics and Laughter program, and our intent focus on our programming for our residents and clients, ensuring quality over quantity. Now let's look forward and what is forecast for the senior care industry. According to an article by Angela Hickman

(2016) Forecasting the Next Decade in Senior Living these following issues will be of top priority: resident expectations will change, the industry will require more quality metric reporting, dementia services and supports will expand, focus on workforce, senior living will face increasing cost and service demand, technology advances will improve the experience, and more education and awareness will be necessary to encourage americans to save for long term care. Future In Touch editions will examine each one of these predictions and share how Valley VNA is either currently meeting or planning to meet these expectations and challenges. Excited to share and hear from you as we look forward to 2017!



**Pat Hoogervorst, RN**  
**Clinical Services Director**

## ***Assisted Living Updates***



**Angela Franz, Supervisor**

The Holiday season is upon us it's hard to believe we are entering the second week of November with the weather we have been blessed with. Even with the above average warm weather sickness is around and we ask that if you or a family member is feeling under the weather you wait to visit. While visiting if you have a larger group, the sunrooms and parlors are available. Our residents can become overwhelmed and at times extra people and louder visits in the courts and dining rooms can increase anxiety. If you wish to reserve the Bergstrom Dining Room or the Keller Community Center please contact Marion.

As a reminder we ask that you refrain from giving individual gifts to staff. If you would like to give, you

may give to the caregiver appreciation fund. This fund is used for all staff members throughout the year. Families have asked for suggestions for gift ideas for loved ones. Here are a few ideas: Lotions, body washes, a favorite nail polish color, salon certificates, a new outfit, magazine or newspaper subscription. Wishing you and your family a healthy and happy 2017.

We have a "REFER A FRIEND" Special for November and December. Receive a \$100 Visa gift card when you refer friends or family to Valley VNA Assisted Living!

**Holiday Visits**—The holidays are most special because we are able to spend time with our families and loved ones. During Thanksgiving and Christmas we have cookies and coffee for residents and families to enjoy. Just a reminder we are not able to accommodate guests at Thanksgiving and Christmas dinners. If you need a gathering space during the holidays please call Marian to reserve a space.

**Dining**—If you have a guest join you for a meal in the dining room, please let the dining room staff know 24 hours in advance so they are able to plan for enough food. Thank you!



## **In-Home Care Updates**

**Colleen Harvot**, In-Home Care Director



## Tips To Help Family Caregivers Manage Holiday Stress

Let's face it, the holiday season is a stressful time for most people, without the added responsibility of caring for a loved one. Here are some tips for managing the stress of this busy time. We hope it will help you experience the magic and joy of the holidays.

### **Accept imperfection.**

So your gingerbread men ended up a little funny looking and you used gift bags instead making sure the wrapping on your gifts is perfect. Don't stress. Enjoy the time you're spending with family and friends and worry less about having a "perfect" holiday.

### **Practice flexibility.**

Do your best to just "Go with the Flow". Things don't always go according to plan. Your ability to accept this and just take few deep breathe may ease some of the pressure and stress that you are feeling.

### **Don't overlook yourself.**

Schedule time for yourself to rest and relax and have some quiet time. Whether it is 30 minutes to read a book, take a hot bath, or simply go for a walk, taking time for you is extremely important.

### **Use your team.**

Asking for help doesn't always come easy for caregivers but it is a great way to reduce stress. If you are preparing the meal ask a few guests to bring a side dish or dessert. If you have errands to run ask a family member or friend to stay with your loved one. This gives you a chance to take a break but it also gives them some one to one time with that person. In home care agencies such as Valley VNA are also a great resource to care for your loved ones and free you up for holiday activities.

We hope that these tips are helpful and wish you a holidays season filled with memories, joy and love.

## **Spotlight on Resident Rights**

We respect and support our residents in exercising their rights. The Department of Health Services has established a list of resident rights for Community Based Residential Facilities (CBRF) in the state of Wisconsin. Over the course of several newsletters, Valley VNA will highlight some of these rights. A full list is located in your Resident HANDBOOK

***Physical and Emotional privacy in treatment, living arrangements, and caring for personal needs, including but not limited to privacy for visits by spouse, health care privacy, and confidentiality of health and personal records.***

Resident privacy is respected not just by making sure that doors are closed for completing cares, but also in keeping charting information confidential, allowing space and time for family visits, and making sure that questions and conversations about resident needs are conducted appropriately.

If you have questions about resident rights, please talk to the Assisted Living Supervisor (Angela F), the Clinical Services Director (Pat H), Valley VNA President / CEO (Theresa P), or the Education Coordinator (Cheryl E) .



**The Greatest Investment we can ever make is to invest our life in the life of someone else.**

*Corrie, Christy, Carrie, Bill, Candice, Joelin*

## **Life Enrichment Activities**

### **2017 RESIDENT TALENT FAIR**

On Monday, January 23rd from 1 pm-3 pm we are inviting residents to put objects they own or other talents on display for both staff, peers and families to see. Residents can showcase rare coins, pictures of exotic locations, newspaper clippings, drawings/paintings or crafts, as well as things knitted, crocheted, sculpted and/or painted. Baked goods can be presented as well (with samples, if you so choose). Poetry or short stories can be made available for the reading. If you have a talent or possess something that others may find interesting - and it can be exhibited - now's the time to show it off! A table will be reserved in the Keller Community Center for each resident who wishes to participate. Residents are free to decorate their booth/table as they see fit.

**All table reservation requests must be in to Bill Mauthe no later than Friday, January 16th at 3pm. Should we have more requests than tables available (12), we will simply schedule a second Talent Fair in the coming months! If you don't wish to put anything on display, then be sure to come and see what our what everyone has to offer on Jan. 23rd.**

*Participating residents are responsible for providing all the items needed for their individual display.*

### **Dementia Training Seminars**

Part of Valley VNA's vision is being a resource for seniors and their families in our community. Looking ahead to 2017, we are planning on providing a series of Dementia training seminars available to Families and loved ones of those living with Dementia. A committee is formed to carry out these trainings, but they are looking to get input from YOU and what topics of Dementia you are looking to learn more about. We appreciate your input and look forward to hearing from you! Please email [info@valleyvna.org](mailto:info@valleyvna.org) with your topics you wish to see discussed at these seminars.

### **In Home Care Activities**

Winter is our busiest time of the year. Our clients that receive care in their home do many fun activities even when the weather is not so fun. This year



our caregivers will be making winter crafts and baking cookies for the holidays. Our caregivers bring all of the materials and ingredients to the home. We also enjoy many community activities such as Nut-cracker in the Castle and the Oshkosh tour of lights. We look forward to being with you during the holiday season.

**Foot Care Clinics**

*Public clinics are offered at the following locations throughout the Fox Valley. For clinic dates and times and to schedule an appointment, please call 920-727-5555 (unless otherwise noted).*

**VALLEY VNA SENIOR SERVICES**

1535 Lyon Dr, Neenah

**MENASHA SENIOR CENTER**

116 Main St, Menasha

**ELIZABETH CT APTS**

936 6th St, Menasha

**NEW LONDON SENIOR CENTER**

600 W Washington St, New London  
For appointments call - 920-538-2974

**PINEWOOD MANOR**

125 Pine St., Hortonville



**GREENVILLE YMCA**

W6931 School Rd, Greenville

**OMRO COMMUNITY CENTER**

130 W. Larrabee St – Omro

**OSHKOSH YMCA DOWNTOWN**

424 Washington Ave, Oshkosh

**OSHKOSH SENIORS CENTER**

200 N Campbell Rd, Oshkosh  
For appointments call - 920-232-5310



**Tammy Malewski**  
**Marketing & Fund Development Director**

The 14th Annual Holiday Avenue was held on November 3rd at the Bridgewood Resort in Neenah. Attendee’s enjoyed delicious food, boutique shopping, door prizes, raffles, and silent auctions.

Our proceeds from Holiday Avenue support the Life Enrichment program throughout the year including activities, music, Lyrics & Laughter to name a few.

We hope you will all attend our Holiday Avenue event in 2017!



**Love Light Angel Angels**

**Tree Lighting Ceremony**

*Please join us for a dedication and tree lighting ceremony. This special evening is a time to remember family and friends who are with us in spirit and those who have touched our lives in a special way.*



*Honor A family member or friend with your donation to Valley VNA. Your Angel will be placed on our holiday tree and dedicated at the program on December 1st.*

**Thursday, December 1, 2016 6 pm**

**Valley VNA Senior Services**

**1535 Lyon Drive—Neenah**

*To receive an invitation and angel ornament please contact us at 920-727-5555.*

