

Five Sessions of Lyrics & Laughter Offered in 2016

We are pleased to offer five sessions of Lyrics & Laughter in 2016. The Lyrics & Laughter Community Program is a lively, fun group activity designed around the benefits of music and singing for individuals with dementia and their caretakers. Through music, participants are able to engage and socialize in a friendly and safe environment. This program is free and open to all people with Alzheimer's or other dementias and



their care partners.

Lyrics & Laughter Sessions in 2016

Each 6-week session is held on Thursdays at two different times: 9:30–10:30 am or 1-2 pm.

Jan 14-Feb 18
Mar 10-Apr 14
May 5-Jun 9
Sep 15-Oct 20
Nov 10-Dec 15*

To learn more, please call (920) 727-5555.
*5-week session due to Thanksgiving



BOARD OF DIRECTORS 2016

Frank Kearny,
Chairman of the Board
Curtis Baltz, M.D.
Dianne Bergstrom
Sam Bomier
Jeff Buchta
Denise Burkett
Tim Galloway
Joe McGrane
Jon McMurtrie
Steve Morton
Theresa Pichelmeyer

Would you like to update your mailing information or prefer to receive this newsletter via email? Call (920) 727-5555 ext. 2207 or send an email to tammym@valleyvna.org

Neenah Named A Dementia Friendly Community

In collaboration with Fox Valley Memory Project, Valley VNA Senior Services, and city hall, Neenah was officially declared a Dementia Friendly Community on Nov 24th. A Dementia Friendly Community makes a concerted effort to understand Alzheimer's and dementia and is able to support community members with the disease. Retailers and service providers are trained to recognize people who may be confused or anxious and help them complete their tasks, like shopping or banking.

Dementia is a disability that can be accommodated through patience, kindness and understanding.

Education can help break down barriers and allay fears that hold back the understanding of the disease process. Community members can contribute to everyday joys that result when someone can stay in his or her home and community.

If your business would like to be trained as dementia aware, please call Renee at (920) 727-5555.



Businesses who complete the training are asked to display a Purple Angel at their front door as a sign of their commitment to dementia awareness and



City of Neenah Mayor Dean Kaufert and Theresa Pichelmeyer, Valley VNA president and CEO, declare Neenah a Dementia Friendly Community.

their pledge to help people with the disease.

Welcome Rev. John McFadden as Chaplain at Valley VNA



Rev. John and Dr. Susan McFadden at Holiday Avenue 2015.

The Rev. John McFadden is a graduate of Drew University School of Theology and served at First Congregational Church in Appleton as their senior pastor from 1983 to 2006. John serves as chaplain for the memory units at Bridges of Appleton and Valley VNA with a

particular focus on pastoral presence to persons with advanced dementia. He writes and speaks extensively about aging, spirituality and dementia. John and his wife, Dr. Susan H. McFadden, are co-authors of *Aging Together: Dementia, Friendship and Flourishing Communities*. Welcome, John.

Special points of interest:

- Neenah Proclaimed a Dementia Friendly Community
- Rev. John McFadden Welcomed as Valley VNA Chaplain

Inside this issue:

FVTC New Americans Program Trains CNAs

Meals-on-Wheels

Love Light Angel Program

Mission & Programs

A Year in Review

Lyrics & Laughter

Valley VNA's Mission

Provide seniors with resource information, choices for living, and personalized compassionate care.

In-Home Care

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

Senior Living Community

Located in southeast Neenah, our community of 92 apartments and suites offers independent and assisted living options including specialized care settings for those with early and later stage Alzheimer's or dementia.



(920) 727-5555

www.valleyvna.org



Collaboration with FVTC Will Train New Americans as CNAs

The New Americans CNA project pairs recent immigrants eligible to work in the U.S. who have an interest in health care with prospective employers willing to sponsor the students to help defray the costs of school.

The program will provide a path to skilled employment for these students while helping to ease the critical national and local shortage of CNAs across all health care settings.

Beyond current shortages, there are growing demands for

these workers. The U.S. Bureau of Labor Statistics expects the demand to grow more than 21 percent by 2022, which will mean more than 300,000 new jobs in the field.

Valley VNA plans to sponsor a select number of new Americans in their quest to become CNAs. Training is provided at Fox Valley Technical College (FVTC), where English language, medical terminology, and patient care classes are all essential components of the program.



Photo courtesy of Fox Valley Technical College.



Calling Volunteers for Meals-on-Wheels

Valley VNA coordinates the Meals-on-Wheels program in partnership with the Neenah-Menasha Emergency Society and ThedaCare Regional Medical Center-Neenah. Nutritious meals are delivered to people living within the city limits of Neenah and Menasha Monday through Friday during the noon hour.

We are looking for Meals-on-Wheels volunteer drivers. Many volunteer with a friend or as a couple and commit to driving one day per month for about 1½ hours during the midday. Training is provided. Volunteering with Meals-on-Wheels is simple, flexible, and very rewarding. Please call Bobbie at Valley VNA at 727-5555 to learn more.



Rev John McFadden gives the invocation as the Fairest of the Fair singers from Neenah High listen.

Love Light Angels Program Features Memories, Music

The annual Love Light Angel program is a dedication and tree lighting ceremony and a time to remember family and friends who are with us in spirit and touched our lives in a special way. This year, we celebrated the evening on Dec. 3rd, with inspirational words and music. The Love Light Angels tree was decorated with more than 65 angels this year, each of them requested or sent by supporters of Valley VNA who wished to

honor a loved one. The tree was lit during the program and stayed lit through the first of the year.

Rev. John McFadden, VNA chaplain, delivered the invocation and reflection. The Fairest of the Fair madrigal choir from Neenah High School blessed us with their beautiful voices and attire. Monetary donations received in conjunction with Love Lights will go toward the Neenah—Menasha Meals on Wheels program.



2015 A Year in Review—Accomplishments & Celebrations

Government:

Valley VNA hosted a public hearing for Neenah-based Wisconsin Rep. Mike Rohrkaste (R), chair, Task Force Around Alzheimer's and Dementia on Nov 10th. The state government task force was created to study and make recommendations on policy initiatives that will improve the care of those suffering from Alzheimer's and dementia. We were proud to host the group of government officials, activists, caregivers, and concerned citizens to discuss a topic vital to individuals, families, health care providers, and communities.

Staff Satisfaction:

Valley VNA has established an Employee Retention Committee with the goal of understanding the dedication of our long term employees and how to best recruit and retain new staff. Several suggestions have already been implemented and there are more to come.

CNA Recruitment:

The current and looming worker shortage in health care and other fields has us looking at many creative ways to fill needs for qualified and dedicated people. Valley VNA is working with local colleges and high schools to attract young people to the health care field. We recently partnered with Fox Valley Technical College to train new Americans as CNAs. We will help financially support a few students from other countries to complete the CNA program in return for their commitment to work at Valley VNA either part or full time. Valley VNA is one of the first area employers to commit to the new program and we look forward to our new students completing their certifications this spring.

Quality Improvement:

Much work was done in 2015 for the Diamond Accreditation Program that promotes on-going quality improvement. Some of our successful projects included: medication training, medication administration accuracy, disease management of congestive heart failure and pneumonia, fall prevention, staff retention, and awareness of resident rights. Some of the positive results achieved were:

- 21% improvement in medication administration accuracy.
- Fall rates reduced by 31%.
- ER visits and hospitalizations reduced by 40%.
- Monthly staff training for medication administration. All staff apply these skills during at least 25% of their shifts.

We are proud of the dedication of our staff.

If you can imagine
it, You can achieve
it. If you can dream
it, You can become it.

- William Arthur Ward