



# Valley VNA In-Touch

NEWSLETTER - MARCH / APRIL 2015



## **Valley VNA News**

**Theresa Pichelmeyer**  
President

April 16<sup>th</sup> is recognized as National Healthcare Decisions day to educate, inspire and empower the public and providers about the importance of advance care planning. We plan for meetings, vacations, weddings, but few of us plan for our wishes and end of life.

Not identifying our wishes for how we want to be cared for when we can't make decisions for ourselves often leave these decisions to our families or loved ones who may not know what we would want, or have the power to make those decisions for us.



## **Assisted Living Updates**

**Pat Hoogervorst, RN**  
Clinical Services Director

The 3-year project for Diamond Accreditation continues. This year staff teams will begin two quality initiatives:

- 1) Examine our current falls prevention program and look for areas of improvement.
- 2) Study and develop strategies to ensure safe medication administration.

An Advance Care Plan, including a Power for Healthcare Attorney, is a written document that expresses our wishes to be followed by our families and healthcare providers. Plans should be developed over time and include conversations with loved ones.

**Did you know?** Only one in four Americans state their end of life care decisions before they are incapacitated.

We have seen first-hand the challenges families face without a formal plan and also the peacefulness experienced by individuals and their families who have had the conversation and have a plan in place.

As a result, Valley VNA participated in the Honoring Choices Project with the Wisconsin Medical Society and ThedaCare. We now have four staff trained in facilitating discussions and writing of legal plans. If you would like more information about the process, please give me a call. 920-727-5555, ext 2201

In addition, collaboration with ThedaCare is also underway to develop protocols for care of residents with pneumonia.

In reviewing 2014's med training initiative, we've demonstrated progress. We have increased the number of training classes which has increased the number of staff available to pass medications at any given time and maintain their skills.

Introducing the newest addition to assisted living’s clinical staff – Angela Tracy has been hired to work as another RN Clinical Consultant.



She has extensive experience in long term care from years of work at skilled nursing homes. She enjoys caring for the elderly and will be an asset for the Valley VNA. She is currently in orientation and will be working from 12PM - 8:30PM. She looks forward to meeting all of the residents and their families. Please join us in welcoming her.

*From Assisted Living Supervisor—*

We have taken two steps recently to support our on-going fall prevention initiative – new chair/bed alarms and charting near resident rooms. The new

alarms are being used for residents who are higher fall risks. They send a “silent” page to staff to address resident needs quickly and also reduce the extra noise, creating a calmer living environment. Two new computer carts are being used in Sapphire Ct. hallways, allowing ease of charting while being closer to residents in need of attention.



**Angela Simon,**  
Supervisor

In 2015, we will focus on additional continuing education topics. In March, Ascercare Hospice will present end-of-life care and we will focus on best practices for assisting visually impaired individuals.



### **In-Home Care Updates**

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

**We have new caregivers hired and available to assist people at home. They are looking forward to being matched with clients.**

Our annual Skills Review was completed in February. This is a refresher class that gives our Personal Care Attendants hands-on practice to insure they are comfortable and proficient in the skills they may use in your home. The skills reviewed include personal cares, oxygen use, transfers and lifts, and vital signs.

**We are proud to say . . . all our caregivers passed with flying colors!**

Please keep in mind our **Resident/Client Referral Program**

In appreciation of your referrals, you will receive a \$50.00 VISA *Gift Card* when you make a referral that results in:

- A new resident moving into Assisted Living, or
- A new In-Home Care client who has received 50 hours of service.



The *Gift Card* can be used like cash anywhere, but cannot be used to pay for Valley VNA services. The **Referral Program** is also open to your family members, but the *Gift Card* will be given to Resident/Client or responsible party. There is a limit of 1 *Gift Card*, per referral, per family.

We appreciate your willingness to share a good word about Valley VNA. Please know that we will work hard to live up to your recommendation by providing your friends and family with the same level of service, dedication, and attention that you receive.

***Thank you for your continued confidence in Valley VNA Senior Services!***

## Activities Update

Our In Home Care clients are anxiously awaiting springtime and getting out and about again. Caregivers are planning trips to museums, movie theatres, favorite restaurants and our Spring Fling performance at Valley VNA.



Valley VNA will be participating in the Fox Valley Memory Project's drum circle training for eleven long term care facilities in our area. Tom Gill of Rhythm for Unity in Milwaukee is returning to the Fox Valley and will train therapeutic specialists and activities directors so they can bring drumming to their residents. Our residents currently experience drumming and we have seen first-hand how the music of drumming engages and soothes people with dementia. Christy and I are looking forward to this additional training opportunity.



Valley VNA Life Enrichment Team  
 Carrie Esselman & Bill Mauthe Assisted Living  
 Corrie Jape In-Home Care

Our annual Spring Fling Music Program has been scheduled for Monday, April 27th at 2pm in the Alexandrite Dining Room. Each year we try to

showcase a unique music program. This year we have recruited a local Elvis impersonator, John Hardginski, who will be performing.

John has won Elvis impersonator competitions and has performed in many venues throughout the state. We are looking forward to a variety of musical hits from the "King of Rock & Roll".



**Feel free to join us!**

## **Coming soon!**

Valley VNA will soon be launching a new website. It will be very responsive for all computer devices as people seek "senior care" information. In addition, the new format will make it easier for families to navigate the pages and see what's going on with Valley VNA.

## **Meals on Wheels**

**If you know someone living in Neenah or Menasha who needs a noon hour meal delivered to their home, please have them call Bobbie Rhoades at Valley VNA. 920-727-5555**

**Great volunteers deliver hot meals Monday through Friday.**

**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

**GREENVILLE YMCA**

W6931 School Rd, Greenville

**OMRO COMMUNITY CENTER**

130 W. Larrabee St – Omro

**RIVERS CROSSING HIGHLANDS**

424 Cleveland St, Winneconne

**OSHKOSH SENIORS CENTER**

200 N Campbell Rd, Oshkosh

For appointments call - 920-232-5310



**VALLEY VNA HEALTH CHAT**

***Nutritional Supplements: to use or not to use?*** by Julie Fries, R.N.

Should everyone be using nutritional supplements and what are they anyway? The Dietary Guidelines for Americans states that nutritional needs should be met primarily through diet. Whole foods offer three main benefits over dietary supplements:

- Greater nutrition
- Essential fiber
- Protective substances for good health

Some people however, do not take in an adequate diet which leads to poor nutrition and weight loss which should be taken seriously. Weight loss can also be an indication of frailty, which is not a normal part of aging.

When weight loss and poor nutrition are a concern, it is important to find the cause. There may be conditions that can be treated, such as ulcers, anemia, thyroid disease, dementia, depression or even ill-fitting dentures.

Supplements can come in the form of pills, powders, energy bars or drinks. When cleared by your physician, these products can be used to supplement regular meals. For most people, they should not be used in place of a meal. If three regular meals a day are a problem, try smaller well balanced meals and use supplements as between meal snacks.

It is also important to remember that taking too much of some nutrients, vitamins or minerals, can also cause problems. Depending on the supplement, your age and the status of your health, taking more than 100% of the daily value may actually be harmful.



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*Your family ... our focus*

