



## Guide to In-Home Care Services

### **IN-HOME CARE:**

Non-medical assistance for seniors in their homes.

- Companionship
- Help with household tasks, meal prep, bathing & dressing
- Medication reminders
- Errands
- Transportation
- And more!

### **OPTIONS & SOLUTIONS:**

Program helping seniors and their families learn about services in the community. Free RN consultation.

### **PREVENTIVE HEALTH**

#### **CLINICS:**

- Foot Care
- Blood Pressure Checks
- Seasonal Flu Clinics
- Monthly Health Chats
- Meals-on-Wheels in the Neenah/Menasha area

# Valley VNA In-Touch

NEWSLETTER - FEBRUARY 2014



## **Valley VNA News**

**Theresa Pichelmeyer**, President

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.

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.

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.



## **Assisted Living Updates**

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

**Cheryl Ehlers**, Supervisor

Valley VNA's assisted living is a member of the Wisconsin Assisted Living Association (WALA). One of our 2014 initiatives will be to participate in the WALA Diamond Accreditation program.

This program is designed to help

assisted living facilities maintain and improve high standards of quality care and services where individual needs are met in a safe, healthy, respectful and dignified environment. This is accomplished through the design and development of quality management

*More ...*

approaches and setting up and measuring quality indicators. More information and updates about the Diamond Accreditation program will be provided throughout 2014.

In 2014 we will be partnering with Care and Compliance Group, an online campus with training resources for staff. With almost 200 topics available, we look forward to having access to a wide variety of training resources to enhance the learning experience for our staff.



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

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

**In Home Care Annual Skills Review** - It takes a very special person to be a Caregiver, and Valley VNA is so fortunate to have some of the very best as part of our In Home Care team. 43% of our Caregivers have worked with us for 5 years or more.

While we know that compassion is one of the greatest strengths of our Caregivers, we also do our part to ensure that they have the skills to meet the needs of our clients. Each February all of our

Caregivers participate in our Annual Skills Review. Our RN Client Care Coordinators provide information on proper techniques and procedures as well as hands on demonstrations on the various skills. At this time the caregivers have the opportunity to share ideas and learn from each other's experiences. Our Caregivers also attend bimonthly in-service training and case specific training as needed. This is all done in an effort to provide our clients with the highest quality of care.

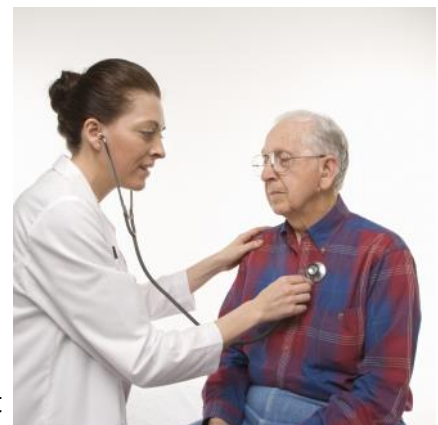


### **Senior Care Specialists**

A new optional service available to residents of 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.

We want to stress that this service is an option; and for residents in the CBRF only at this time. If there is interest in learning more, contact any of our RNs.



## Activities Update

**ACTIVITY ASSESSMENTS** - Our goal at Valley VNA is to provide quality of life for your loved one. To help us reach that goal, in 2014 we are completing an activity assessment on each individual that resides at Valley VNA. This process will help our staff learn about the individual's traditions and understand what has been important in their life. In order to gather all the information, we may need to contact family and loved ones. We look forward to learning even more about the people who reside at Valley VNA through this process.

VALLEY VNA  
LIFE ENRICHMENT  
TEAM

Carrie Esselman  
Assisted Living

Bill Mauthe  
Assisted Living

Corrie Jape  
In-Home Care



Please feel free to contact Bill Mauthe (920-727-5544) or Carrie Esselman (920-858-6172) with any questions, comments or concerns you may have.

**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 reliance on anti-psychotic medications

**WINTER DANCE PARTY** - While the weather lately may have worn us down a bit, we've decided that one of the best ways to fight the winter doldrums is to throw a party! So, on Friday, February 28<sup>th</sup> at 2pm, we will be having our **1<sup>st</sup> Annual Winter Dance Party** featuring music by local entertainer, **Bobby Rivers**. Bobby has performed throughout the greater Fox Valley. His hour long performance will focus upon three legendary performers of the 50s & 60s; **Elvis Presley, Buddy Holly and Johnny Cash**.



This should be a lot of fun for our residents and give them an opportunity sing, dance (in their seats, if not out on the floor) and think back to much simpler times. This is certain to be one event that our residents will not want to miss!

**POETRY AT PLAY** - Here is a recent poem our residents wrote -

### **SNOW**

Work, Shoveling  
Long underwear  
How pretty it is  
Down South we didn't do Snow  
We liked to see it though  
But not go out in it  
Nothing, I like about snow, nothing  
Skiing, sledding  
White, dirty white  
Yellow or Pure  
Not one lick!  
Dangerous, frozen windshield  
Beautiful snow today  
Coming down hard.  
Snow fort  
Snowmen, broom arms  
Igloo building with my brothers  
School's CLOSED.

## **Foot Care Clinics**

***Unless otherwise noted, please call 920-727-5555 to schedule your appointment.***

### **VALLEY VNA SENIOR SERVICES**

#### **1535 LYON DR, NEENAH**

Wed Feb 12 9am-12pm  
Thurs Feb 13 9am-12pm  
Thurs Feb 20 1pm-4pm  
Mon Feb 24 1pm-4pm  
Tues Feb 25 9am-12pm  
Tues Feb 25 1pm-4pm  
Wed Feb 26 9am-12pm

### **ISLAND SHORES**

#### **131 W NORTH WATER ST, NEENAH**

Wed Feb 5 9am-12pm

### **ELIZABETH CT APTS**

#### **936 6TH ST, MENASHA**

Thurs Feb 27 9am-12pm

### **MENASHA SENIOR CENTER**

#### **116 MAIN ST, MENASHA**

Wed Feb 5 1pm-4pm  
Thurs Feb 27 1pm-4pm

### **GREENVILLE YMCA**

#### **W6931 SCHOOL RD, GREENVILLE**

Wed Feb 18 1pm-3pm

### **OSHKOSH SENIORS CENTER-SOUTH**

#### **200 N CAMPBELL RD, OSHKOSH**

Call 920-232-5310 for appointment.  
Mondays & Wednesdays 9am-1pm  
Fridays 9am-12pm

### **WINNECONNE SENIOR CENTER**

#### **HIGHLANDS AT RIVER CROSSING**

#### **424 CLEVELAND ST, WINNECONNE**

Mon Feb 17 8am-11am

### **NEW LONDON SENIOR CENTER**

#### **600 W WASHINGTON ST, NEW LONDON**

Call 920-538-2974 for appointment.

Fri Feb 14 9am-12pm  
Fri Feb 28 1pm-4pm



## **FEBRUARY HEALTH CHAT:**

### **The Effects of High Cholesterol** By Diane Schmude, RN

Cholesterol is a vital part of the body's chemistry and is needed for your body to function properly.

Some of the good things that cholesterol does include:

- Help regulate blood sugar level
- Help defend the body against infection
- Help the body use Vitamin D which is responsible for strong bones and teeth
- Make bile which is needed to digest foods that contain fat.

High cholesterol however, can cause serious health problems, including heart problems. The effects of high cholesterol tend to develop over the course of several years, and because it does not cause any symptoms, many people are unaware that their cholesterol level is too high.

The only way to find out if your cholesterol is too high is to have a blood test. According to recent guidelines, everyone should have a fasting cholesterol test at least every 5 years. People with risk factors for heart disease should consult their

physician and be tested more frequently. Your doctor will probably check:

- Your total cholesterol
- Low density lipoprotein (LDL), also called "bad" cholesterol
- High density lipoprotein (HDL), or "good" cholesterol
- Your Triglycerides

### **5 FOODS TO LOWER CHOLESTEROL**



1535 Lyon Drive, Neenah WI 54956

315 Burton Road, Suite 106, New London 54961

920-727-5555 \ 1-866-930-8862 Toll Free \ [www.valleyvna.org](http://www.valleyvna.org)

*Your family ... our focus*

