



Valley VNA In-Touch

NEWSLETTER - JANUARY / FEBRUARY 2016



Valley VNA News

Theresa Pichelmeyer

President

Welcome to 2016! Its been a busy 2015 and now starting out with many goals to guide us forward in the new year. There are a few I would like to highlight for you:

Neenah was designated a Dementia Friendly Community by a proclamation by Mayor Dean Kaufert late 2015! A lot of work by many organizations has led to this honor and there is a lot of work yet to do, but we should all be proud that our community is investing in making this a great place to live for both individuals who are dealing with their own dementia and all those who help to provide care for them either in their own homes or in a residential facility. Look for businesses who display the Purple Angel on their doors which means they have had some basic education on making their environment welcoming to those with dementia.

The current and looming worker shortage not only in healthcare but all employment fields has us looking at many different

creative ways to fill those gaps. Valley VNA is working with local colleges and high schools to attract our younger workforce into the healthcare field. We have recently partnered with Fox Valley Technical College on a program called "New Americans". We will financially support students from other countries who are immigrants or refugees to complete the CNA program in return for their commitment to work for us either part or full time. This is a brand new program at FVTC and we are one of a few employers who have committed to make this successful for all! These students will complete their CNA training in the spring of 2016.

Valley VNA has also implemented an Employee Retention Committee with the goal of working with our long term employees to understand what causes them to stay working at VVNA and ideas on how to recruit and retain new staff. Some suggestions have already been implemented and more to come!

As you read further you will hear more about all the programs and activities occurring at Valley VNA. We are proud of the work of our staff and look forward to any feedback or suggestions on how we can continually improve!



Pat Hoogervorst, RN
Clinical Services Director

Assisted Living Updates



Angela Franz, Supervisor

A great deal of work was done in 2015 for the **Diamond Accreditation Program** which promotes ongoing quality improvement. Some of the quality improvement 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:

- There was a 21% improvement in medication administration accuracy.
- Fall rates reduced by 31%.
- ER visits and hospitalizations were reduced by 40%.

- Staff was trained for medication administration monthly and all staff uses this skill at least 25% of the shifts they work.

In addition committee work has begun in the area of the **Three Pillars of Care** as outlined in the Diamond program. Theresa Pichelmeyer will attend training in January to become a Diamond Accreditation Evaluator. All of the current quality improvement initiatives will continue and the goal is to develop additional quality improvement projects in other areas of Valley VNA in 2016.

The 2016 Customer Satisfaction Survey for CBRF residents will be sent to residents and POA's soon. Please help your loved one complete the survey. Feedback is very important to us, and we look forward to their responses.



Volunteer Drivers Needed!!!

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

We are looking for Meals-on-Wheels drivers! Volunteer with a friend or as a couple. Just commit to driving ONE day per month for about 1½ hours during the noon hour. Training provided. Volunteering with Meals-on-Wheels

is simple, flexible, and very rewarding. Call Bobbie at Valley VNA if you are interested – 920-727-5555.



Do you know someone within Neenah/Menasha that would benefit from Meals-on-Wheels. Give us a call to start home delivery!



In-Home Care Updates

Colleen Harvot, In-Home Care Director

It's that time again!

As many of you may know, all of the Personal Care Attendants participate in our annual Skills Review. This is a refresher class that gives our PCAs hands-on practice to insure they are comfortable and proficient in the skills they may use in your home. It also gives them the opportunity to share ideas and tips with their coworkers.

The 2016 session will include a review of personal cares, oxygen use, transfers and lifts, and vital signs. The sessions are conducted by our RNs and will run throughout January and February.

*"All of life is
a constant
education."*

ELEANOR ROOSEVELT



Life Enrichment Activities Update

VALLEY VNA IN-TOUCH PAGE 3

Resident Talent Showcase Event

Friday, January 22nd 1:30 pm—3:00 pm

Valley VNA, Keller Community Center



Our residents are invited to put their talents or interests on display for their peers and staff to see. Residents can showcase:

- drawings
- paintings
- crafts
- knitted or crocheted
- sculpted and/or painted
- baked goods (with samples, if they so choose!)
- poetry or short stories
- *anything* of interest to put on display, this is the time to show it off!

A table will be reserved for each resident who wishes to participate. Residents are free to decorate their “booth”/table as they see fit. If residents don’t wish to put anything on display, then they are encouraged to come and see what those taking part have to offer.

Participating residents are responsible for providing all the items needed for their individual display. Also, should we not have at least seven tables reserved for this event, we will reschedule again at a later date.

Looking forward to seeing all the talents!



Valley VNA Life Enrichment Team

Carrie Esselman & Bill Mauthe
Assisted Living

Corrie Jape
In-Home Care

Staying Active in the Cold!

Our caregivers work very hard to keep our clients active in their homes. During the winter months our caregivers bring activities along with them during their visits. Some examples are baking and cooking activities, arts and crafts and memory games. Our caregivers enjoy spending one on one time with their clients and look forward to doing enjoyable activities.



We also bring many of our clients to our Assisted Living Facility to enjoy the activities offered in our building. Visit our website to find the monthly calendar of activities offered in our facility.

Valley VNA website:

www.valleyvna.org/life-enrichment-activities-programs/

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



VALLEY VNA HEALTH CHAT

Personal Health Check List by Diane Schmude, R.N.

Start off the New Year right by making your health a priority. How often should you see the dentist, eye doctor, primary doctor and what shots do you need? Here are some basic guidelines.

Dentist - Teeth cleaning every 6 months; x-rays once a year or as your dentist suggests.

Eye Exams - Most health professionals recommend that you have a complete eye exam every 1-3 years.

Primary Physician - If you are a healthy individual you should see your primary physician at least once a year for blood tests and for general check up - this appointment could lead to referrals that could be life saving. Some of the things that should be checked are:

- Men - (PSA) blood test after the age of 50 and annually to check for prostate cancer.
- Women - Mammogram check for breast cancer and Pap Smear check for cervical cancer.
- Both - Screened for colon and skin cancer and cholesterol levels checked.

After your doctor appointment and blood tests are done, be sure to get a copy of all the tests and findings so you know if there is anything that you need to change to keep yourself healthy.



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

Your family ... our focus

