



Valley VNA In-Touch

NEWSLETTER - MARCH/APRIL 2016



Valley VNA News

Theresa Pichelmeyer

President

April 16th is National Healthcare Decisions Day--a day set aside in all 50 states to increase awareness

and education of the importance of Advance Care Planning (ACP). The theme this year, all too true, "It always seems too early, until its too late". ACP is not just about end of life. Its planning for anytime you may not be able to speak for yourself. This makes it important for all adults, 18 yrs and older, it is not just for the elderly or the terminally ill.

ACP is more than filling out documents, but is a process that focuses on the conversation about what you would want if you can't make your own choices; and deciding on who best in your life would make those decisions for you...your Power of Healthcare agent.

Keep in mind:

Wisconsin is not a next of kin state. Healthcare providers will not be able to consult a person's parent, spouse or family regarding their medical care if they are not specifically names in the advance

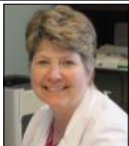
directive. **This is very important!**

Completing an Advance Directive helps avoid family conflict and disagreements. Without designating an agent to speak for you, family members are left to guess, or pay lawyers for the court to decide through guardianship, This unknown can tear a family apart when it is most important to be pulling together in support of the individual.

The best time to plan is when you are young and healthy. Its easier to make decisions when you are not faced with an immediate medical crisis, and allows time to discuss your wishes with your family. You can update this document throughout your life as your wishes and preferences may change.

Take that first step, no matter what your age! And if you have named an agent for one of your family members or friend, make sure you understand what their wishes are...you are making the decisions they would want, not what you want.

We spend enormous amounts of energy planning things like weddings or birthdays. One of the most important and inevitable events of our lives is that we will all die at some point. We don't know when that will happen so please give your family the gift of knowing what you want at that all important life event.



Pat Hoogervorst, RN
Clinical Services Director

Assisted Living Updates

Angela Franz, Supervisor



What is an ISP?

Resident care and services are determined through assessment of resident needs, development of the individual service plan, and ongoing evaluation of the plan. Prior to admission an assessment is done on each resident to learn the needs, abilities, and physical and mental conditions of the resident. Based on this assessment, the individual service plan (ISP) is established. This plan will be the guide for staff to meet the resident's needs and goals. The individual service plan defines the resident's needs, frequency of needs, specific approaches needed and who is to assist with the need. Each resident and/or legal representative should be involved in developing the ISP. The ISP should be reviewed around 30 days after admission, annually, and whenever there is a change in resident's needs, abilities or mental condition.

Valley VNA staff work diligently to ensure ISPs are accurate and thorough to the resident's needs. ISP review

meetings are held regularly with the resident and/or legal representative. In addition, Valley VNA staff that may be present at the review are the RN consultant, staff supervisor, shift manager, life enrichment staff or clinical services director. Other individuals involved with the plan of care such as hospice, skilled home care or Lakeland Care District may also be present.

Together all areas of care (clinical, life enrichment, dietary, laundry, housekeeping, etc.) are discussed with a goal to establish a person centered plan of care. These reviews are extremely important. They promote open communication for questions, concerns, updates, opportunity for learning, and emotional support for the resident, family, and staff.

If there are any questions regarding these reviews, please talk with Angela Franz or Pat Hoogervorst.

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

Right to live in a safe environment, and to be safe-guarded from environmental hazards. DHS 83.32(3)(n)

The right to live in a safe environment can apply to a lot of different things for our residents. It can mean physical safety: fob entry, wanderguards, cameras, safety checks, standard interventions for fall prevention, fire

prevention. Safe environment is also looking at person centered care and making sure their care plan addresses assistive devices and safe approaches. Or it could mean emotional safety: free from retaliation, free to present concerns or grievances. It can also mean health safety: standard precautions, proper hand hygiene, safe food handling, proper isolation procedures, proper med pass procedures.

These are all simple things that staff do all day every day to contribute to this resident right. If you have questions about resident rights, please talk to the Assisted Living Supervisor, Angela Franz; the Clinical Services Director, Pat Hoogervorst; Valley VNA President / CEO, Theresa Pichelmeyer; or the Education Coordinator, Cheryl Ehlers.



In-Home Care Updates

Colleen Harvot, In-Home Care Director

WHY CHOOSE HOME CARE?

A question that comes up frequently is “Why should I choose home care?” The obvious answer is that you get to stay in your “home”, where most people seek and find comfort, especially in times of illness. Home is familiar and there is evidence that patients heal more quickly once they are home. According to a study by the U.S. General Accounting Office, people that receive home care tend to live longer and have a better quality of life. With home care, the client receives only the care they need and are still in control of their routine - they eat when they want to eat and what they want to eat! The care is personalized, delivered one-on-one by dedicated care-givers who view their work as more of a calling rather than a job.

Valley VNA’s In-Home Care can provide help for as little as an hour per week up to 24-hours a day. We can step in and help short term after surgery/illness or provide help when the primary caregiver needs a break. We can help with transportation to appointments or the store, and also help with housekeeping, meal preparation and laundry. We can provide companionship for someone living alone and not able to get out socially. For those needing more assistance, we can help with bathing and dressing, mobility assistance, and medication reminders. We can also offer more intensive care for people with Alzheimer’s disease and other dementias.

In-Home Care is a wonderful way for many people to stay safely in the comfort of their own home. For more information, just give me a call!

Life Enrichment Activities Update

7th Annual SPRING FLING Concert

On Thursday, April 21st at 1:30 pm in the Alex Dining Room our very own Christy Feuersthaler will be leading a HUGE sing-along for this, our 7th Annual SPRING FLING Concert. Christy leads our weekly Lyrics & Laughter program on many of our Courts and the residents absolutely love having the opportunity to sing along to all their favorite songs from years gone by.

In the past we have featured a Big Band, an Elvis Tribute artist, a Polka Band and a Las Vegas Show at our Spring Fling events; but this year our very own **residents** will be the stars of the show! We will be serving NA Beer, NA Wine and a simple appetizer or dessert at this event as well.

This should be a wonderful program and I'm sure we will fill the Alex Dining Room with residents and staff, joining together to sing everything from "He's Got the Whole World in His Hands" to "The Beer Barrel Polka". Watch the VNA Facebook page after April 21st for pictures from what promises to be an enjoyable afternoon for everyone!!!

In Home Care Clients are welcome at the Valley VNA community in Neenah

Our caregivers bring many of our home care clients to our assisted living facility to enjoy activities like Bingo, Lyrics and Laughter and birthday parties. In home care offers a 1 on 1 companion that will bring clients to events, stay with them and bring them home after the event. Our clients enjoy getting out of the house and visiting with others with the same interests. Many family members have been excited to find out that we can bring clients to events here and feel good knowing they will not be left alone. Now that the weather is getting warmer, we look forward to more outings.



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

Valley VNA website: www.valleyvna.org/life-enrichment-activities-programs/

Check out our website for life enrichment activity calendars and on Facebook for great articles/blog and photos!



In celebration of Reading Across America, The Rotary Club of Neenah organized reading in our schools. Our very own resident Susan met with the kids at Coolidge School in Neenah to read the Dr. Seuss book, Green Eggs and Ham. Susan was an English Teacher before retiring, and was definitely in her element!



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— Exercise for Seniors

Seniors need to exercise for various reasons. Normal aging may bring problems with balance, agility, flexibility, posture and coordination. The risk for falls is greater for seniors. Some of these issues are complicated by changes in vision and hearing and conditions like arthritis, diabetes and high blood pressure.

The good news is that we have more resources than we ever had. Some of these resources are fitness centers, classes specifically for seniors, workout tapes with modifications for any issues you may have and many things we can do in our own home to keep fit. It is true that if you don't use it you will lose it when speaking of muscle and bone strength.

Find exercises that match your current fitness level. If possible get an exercise partner or group and commit to doing it at least 3-4 times a week. Include exercises for balance, flexibility, coordination and resistance exercises.

To keep your bones healthy you will need to include some weights and some of your own body weight to challenge the muscles that work with your bones to keep your body mobile and strong.

Safety tips for your workout:

1. Wait 2 hours after eating to start.
2. Don't exercise if you have a fever.
3. Don't exercise if you have high blood pressure without consulting your doctor.
4. Don't exercise knees, elbows or ankles if they are swollen, painful, or warm to touch. Exercise is not a "no pain, no gain" thing.
5. If you have osteoporosis, have exercises approved by your doctor.
6. Don't exercise if you have new pain or symptoms like swelling, shortness of breath, extreme tiredness. See your doctor.

Don't let these safety tips keep you from getting started. Your doctor will no doubt encourage you to do exercise and tell you what kind of exercise is best for you. If you are able, walking is still the best exercise.



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Your family ... our focus

