



Valley VNA In-Touch

NEWSLETTER - SEPTEMBER/OCTOBER 2016



Valley VNA News

Theresa Pichelmeyer
President & CEO

Labor Day is behind us and every where I go in stores I see Halloween decorations, and worse large bags of candy! That being said, we still have some enjoyable weather ahead of us as we slip into fall. Busy here with setting up flu clinics beginning in October, and preparing for our annual fundraiser—Holiday Avenue.

We understand that today families and seniors have more choices than ever when choosing either in-home care services or residential living. We understand that beautiful new facilities are very appealing. That being said, what matters the most when making these decisions is that you feel safe, cared for and engaged in activities and interactions that are genuinely fun and enriching.



Assisted Living Updates

Pat Hoogervorst, RN
Clinical Services Director

Summer has passed so quickly and fall is here!! We continue to be busy with many quality improvement projects as part of the Diamond Accreditation program. In addition to the Eat Well System, we are actively working on falls prevention, med training process, med administration accuracy, resident rights awareness, CHF/Pneumonia management, proper documentation and ECP assess, staff retention, and review of the discharge process. In early August we received our latest Status Report from the Diamond program. We received exemplary status in three areas and satisfactory in four areas with an overall satisfactory status. The WALA Fall symposium which was devoted to Medication Management was

attended by the RNs of assisted living.

Fall also brings back a new group of UW-Oshkosh RN students to the VNA. They will be here on Mondays and Fridays from September 30 through December 9th. These students are sophomore level nursing students gaining clinical experience with our residents. Both the students and residents benefit from this collaboration.

On October 19th the residents will be receiving their annual influenza vaccine. We are in the process of getting the consents signed by the residents or resident representative. If a resident has an MD visit prior to this date and receives the vaccine from their primary MD, please inform the RNs so the vaccine is not repeated. We also encourage staff and family members to get the influenza vaccine yearly to protect our residents.



In-Home Care | Independent Living | Assisted Living

More ...



Angela Franz, Supervisor

Assisted Living Updates

Working with our residents who have dementia, Alzheimer's and special needs we are always looking for ways to improve their quality of life. Especially keeping their dignity and independence the best we can. We were given a grant by The John N. Bergstrom Endowment Committee of First Presbyterian Church, Neenah to help with the purchase of the EatWell tableware set. EatWell was inspired by a family member with Alzheimer's, the tableware set is designed to support independence during meal times by using high contrast colors, deep chambers in the dish and silverware with ergonomically designed utensils and anti-slip bases. We will begin to use this system in a small Pilot project with 3-4 residents as we are using our quality improvement steps to track the needs, success and improvements by using EatWell. As we continue to train staff and monitor the quality improvement we will introduce more residents with the tableware. Our appreciation and gratitude goes out to The John N Bergstrom Endowment Fund of the First Presbyterian Church for the grant to move this program forward!



In-Home Care Updates

Colleen Harvot, In-Home Care Director

Flu Clinics Coming Soon!

October will be here before you know it, so plan to get your flu shot within the month!

Valley VNA: Mondays 9 am to Noon: Oct 3, 10, 17, 24, 31 **Wednesdays** 4-6 pm: Oct 5, 12, 19, 26

Menasha Senior Center 9 am to noon, Thursday, October 6th

Oshkosh Senior Center Wednesdays 9 am to Noon: October 5, 19

Please bring ALL health insurance cards with you or a voucher as payment. Medicare Part B and most Medicare PPO Advantage Plans will cover the cost of the vaccine. Flu Vaccine \$38 for the Quadrivalent, \$65 High Dose

Get your Flu Shot!



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

Freedom from physical, sexual and mental abuse and neglect, financial exploitation and misappropriation of property. (DHS 83.32(3)(d)).

We focus on safety in many different ways: fall safety, safe transfers, safe environment – even safety of confidential health information. Resident Safety also includes freedom from Caregiver Misconduct, which includes abuse, neglect, and misappropriation. Training is provided for staff at orientation and at least once a year during continuing education in-services to provide knowledge on how to spot red flags for caregiver misconduct, as well as the reporting process and tips to uphold this resident right.

If you have questions about resident rights, please talk to the Assisted Living Supervisor (Angela F), the Clinical Services Director (Pat H), Valley VNA President / CEO (Theresa P), or the Education Coordinator (Cheryl E) .

Life Enrichment Activities Update

INTRODUCING INDOOR CYCLING/ SPINNING

Independent Living

In the near future, we will be introducing a new program to our VNA residents. It is called “Spinning” or “Cycling”. It mimics riding a bike and you are able to work your legs – or even arms if you wish - adjusting the resistance as you please, using a device like the one shown below.



While it could become a bit repetitive or monotonous to sit and “spin” for twenty minutes with no other stimulation, we have developed an easy “fix” for that. While our residents are “spinning” or cycling, we will have a virtual DVD of a given location playing on the Big Screen or on a television. These DVDs are filmed so as to give one the illusion of traveling down a path in Switzerland, a road in Italy, or along some exotic beach. Our residents will be so busy watching what is up on the screen they will likely forget that they are even exercising!!!

Watch for this exciting new program to be added to our schedule over the course of the next several months!!!

Assisted Living



Do you love to help others? Do you enjoy music, art, plants, cooking for fun, giving a manicure, prayer and worship? Do you want your cup to overflow with joy in helping others? Then we would love to have you as a volunteer for a few hours each week.

Call Joelin at 920-727-5544.

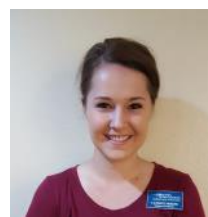
Thank you!



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

In-Home Care

Our home care clients enjoy many activities during the fall months with our caregivers. Our goal is to keep our clients active and engaged even if they cannot leave their home. Our caregivers bring activities and supplies to each home to enjoy. We have a life enrichment library with movies, crafts, puzzles and art activities available for everyone to use!. During the fall months we enjoy making pumpkin pies, spice cake and cut out cookies. We are excited to take our clients out for coffee and a ride in the car to see the fall colors. We also have gift cards to local coffee shops and restaurants for everyone to enjoy.



Meet Candice,

Valley VNA’s Wellness Coordinator

We welcome Candice, our part-time wellness coordinator.

As Wellness Coordinator I provide exercise individually or in a group setting to maintain overall health for the residents. Part of my role is to be the liaison between therapy and the VNA for the follow through of home exercise programs the therapist's provide. This entails carrying through the exercises, educating staff on follow-through, and monitoring these tasks. I also hold exercise programs in groups or on a 1:1 basis. My most popular groups are the Walking Club and a relaxation exercise group called Movement and Meditation.

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



Tammy Malewski
Marketing & Fund Development Director

Holiday Avenue is right around the corner! We are excited for another year with great vendors, sponsors, raffles and food. New this year are event boards! We hope you will stop in during the Bistro Lunch from 12-3 pm or the Evening on the Boulevard from 4-7 pm. Tickets are \$35 in advance and \$40 at the door. You can purchase tickets on-line this year on our website—www.valleyvna.org.

Fundraising for Holiday Avenue supports all the wonderful life enriching activities that we provide throughout the year.

We hope to see you there!

