



Valley VNA Senior Services

A TRUSTED COMMUNITY RESOURCE FOR SENIORS AND FAMILIES SINCE 1908

WINTER/SPRING 2015

Valley VNA's mission—
Providing quality
choices for senior living

IN-HOME CARE

Seniors stay in their home with assistance. Services include help with household tasks, meal prep, bathing and dressing, medication reminders, errands, transportation, companionship, specialized dementia care and more.

SENIOR LIVING COMMUNITY

Located in southeast Neenah, our community of 92 apartments and suites offers independent and assisted living options including specialized care settings for those with early and later stage Alzheimer's or dementia. If you need short-term respite care, Valley VNA can also provide a temporary place to stay.

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www.valleyvna.org



Shift Change: Expanded RN Coverage Sets Us Apart

Assisted living residents at Valley VNA now have registered nurses available to them weekdays from 6 a.m. to 8:30 p.m. Based on resident and family feedback, a second shift was added last April to cover the evening hours. Angela Tracy, RN, came to Valley VNA in March and works from 12-8:30 p.m. Sue Frederickson, RN, joined our staff in October and works from 6:30 a.m.-2:30 p.m. Both women are clinical consultants charged with performing residents' nursing assessments, supervising front-line caregivers, managing residents' chronic conditions, communicating with physicians and family members, and preventing hospital admissions and readmissions.

As we welcomed Sue and Angela to our assisted living services, it gave Julie Fries, RN, an opportunity to move to our in-home care division as a client care coordinator. Julie's nursing expertise is put to good use as she assesses our in-home care clients to develop their personalized care plans. She is a critical link between our clients and their families as they all work together to create a safe, healthy and engaging lifestyle for people in their

homes. Julie also supervises in-home personal care workers who provide invaluable services as companions, homemakers and non-medical personal assistants.

Valley VNA is distinctive among assisted living homes and in-home care providers because we directly employ full time registered nurses. It's part of our ongoing commitment to quality and exceeding resident, client and family expectations for expert supervised care.

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Pat Hoogervorst, RN, Valley VNA Clinical Services Director for Assisted Living, observed, "If you have a passion for long term care, we are a very special place to work. As we approach the end of our lives, many people do not need acute or nursing home care. But we

all need warm, gentle and compassionate people around us. Our goal is to enrich the lives of older people and provide well-qualified disease management, palliative and end of life care. Our nurses are vital to helping our residents and clients live life to the fullest, on their terms."



From left to right: Angela Tracy RN, Sue Frederickson RN, Julie Fries RN, Pat Hoogervorst RN

Your family ... our focus



Drumming has been shown to particularly engage and soothe people with dementia.

And the Beat Goes On VNA's Esselman Helps Lead Regional Drumming Training, Performance

Carrie Esselman, therapeutic recreational specialist at Valley VNA, helped write a grant in conjunction with Susan McFadden of the Fox Valley Memory Project to fund drum circle training for 11 long term care facilities across northeast Wisconsin. The \$2500 grant will help pay for Tom Gill of Rhythm for Unity in Milwaukee to train therapeutic specialists and activities' directors to introduce drumming to their residents. Drumming has been shown to particularly engage and soothe people with dementia. "People in late stages of dementia begin to lose their ability to stay in step with others during an activity. They may also lose their ability to show emotion, and drumming has an amazing way of helping them participate and express themselves," Esselman said.

The regional training workshop held in March will lead up to a communitywide drumming performance at

the Thompson Community Center on June 6. Residents from as far away as Seymour and Freedom will join others from the Fox Valley in a celebration of drumming.

Do You Have the Heart? Turn Your Passion into a Profession

Are you a recent retiree who seeks meaningful part-time work? Or are you in search of full-time caregiving work to warm your heart and pay your way? Would you appreciate expert professional training for a new job at no cost to you followed by guaranteed placement?

The three-week caregiver training program at Valley VNA pays trainees as they turn their passion for caregiving into a profession. According to Cheryl Ehlers, education and training coordinator, "Our people are employees of Valley VNA from day one, and they know their future role as either a resident assistant in our assisted living, or as an in-home personal care worker. We specifically train them for the work they will actually be doing, based on our knowledge of the people we serve, and that really builds confidence." Past program participants demonstrate high rates of job satisfaction and job retention.

Ehlers seeks anyone with a heart for caregiving for seniors, even if they don't have any formal experience, yet. The 64 hours of classroom study and 40 hours of hands-on training are directed by her. Fully trained in-home caregivers can expect to help seniors with companionship, homemaking

duties and non-medical personal care. Resident assistants working in assisted living provide care and activities to frail seniors and those experiencing Alzheimer's or other dementias.

April applications for caregiver training are currently being accepted. New training sessions will start every other month. For more information, please contact Monica Askelson at (920) 727-5555 or monicaa@valleyvna.org.

Valley VNA is Energized by Volunteers

We've sent nearly 200 invitations out to our energizing volunteers to honor them at a luncheon in our Keller Community Center on April 15 during Volunteer Appreciation week. Some of them even live at Valley VNA and do a lot to help their fellow residents. From bible study and rosary prayer leaders, to owners and pet therapy dogs, newspaper readers, piano players and flu clinic registrars, our organization benefits from the passion and dedication of our volunteers every day of the year. We count each of them as a true blessing.



Three -week earn-as-you-learn caregiver training is provided at Valley VNA.

Many Happy Days Flow from Holiday Avenue

Holiday Avenue, our annual luncheon and boutique shopping experience, is held each November to raise money to support our life enrichment programs for both assisted living residents and in-home care clients. On Nov. 6, 2014, the event raised \$25,961 through ticket sales and individual donations. Of the 375 attendees, many picked a tag off the Giving Tree to sponsor \$1,700 in extra special experiences for our residents and clients. We expect many happy days will flow from their generosity. Here are just some of the opportunities for relaxation, engagement, and entertainment coming to Valley VNA in 2015:

- Barbershop quartet performance
- Apple iPod and iTunes gift cards
- Lunch in the park
- Catered fish fries
- A Polka band
- 30-minute massage therapy sessions

Our library of life enrichment supplies grows with the support of people at Holiday Avenue. As we discover the interests and talents of our in-home care clients, we bring them books or hands-on activities to share and discuss. Think vintage automobile coffee table books, bird feeder kits, and specially chosen board games.

Did You Know?



Holiday Avenue raised \$25,961 in 2014 for Valley VNA's life enrichment programs.

New for You at Holiday Avenue

Last November we extended our Holiday Avenue hours, to 12 noon – 7 p.m. Our 14 vendors appreciated the extended schedule, and our attendees said it felt much more relaxed. Evening hours also enabled people to come after work or treat a customer or client to a distinctive shopping experience. We plan to do it again in 2015!

Save the Date

Holiday Avenue 2015 will be held on Nov. 5 at Best Western Premier Bridgewood Resort in Neenah. You can expect to shop for boutique clothing, accessories, jewelry, soaps, and specialty foods, plus lots of good food and friendly conversation. For more info, call Renee Neumeyer at (920) 727-5555 or email reneen@valleyvna.org.

Explore Home Care at Our Meet & Greet

Tuesday, April 21, 2015
9-11 a.m. and 4-6 p.m.
At Valley VNA, 1535 Lyon Drive,
Neenah
(920) 727-5555

We'd be honored to help you create a safer, more comfortable and engaged lifestyle for that very special person in your life. Our informal meet-and-greet sessions give you a chance to visit with our in-home care staff and learn how home care can work for you or someone you love. Talk one-on-one about your individual needs and concerns. RSVP by calling (920) 727-5555 to reserve a spot. Walk-ins also welcome. Refreshments will be served.

A Treasure Trove of Talent

The fourth annual resident talent fair at Valley VNA Assisted Living was held on Feb. 2 from 1:30-3 p.m. Twelve booths featured residents showcasing their woodworking, needlework, scrapbooks and more. Bill Mauthe of the VNA life enrichment department coordinated the program that was attended by nearly 100 people. "Our goal was to help people feel special and share their lives with one another," he said. A fall talent fair is planned.



Do you have an idea to engage or entertain the residents at Valley VNA? Please share! Contact life enrichment at (920)727-5544 or e-mail Bill Mauthe at billm@valleyvna.org.

From left to right: Loretta Schmid, son John Schmid, and daughter Susan Demler at February's Valley VNA resident talent fair.

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