

Music Therapy & Enjoyment Open to Community Members

Lyrics & Laughter is a lively group activity designed around the benefits of music and singing for individuals with dementia and their caregivers. Through music, participants are able to engage and socialize in a safe and compassionate environment.

The program is free and open to all people in the community with Alzheimer's or other dementias and their care partners.

There are six Thursdays in a session. Choose one of two times: 9:30-10:30 a.m. or 1-2 p.m. For more information, please call (920) 727-5555.

2017 Sessions

Jan. 12-Feb. 16
March 19- April 13
May 4- June 8
Sept. 14-Oct. 19
Nov. 9- Dec. 14 (5-week session due to Thanksgiving)



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Would you like to update your mailing information or prefer to receive this newsletter via email? Call (920) 727-5555 ext. 2207 or send an email to - tammym@valleyvna.org

GENERATIONS

A Trusted Community Resource for Seniors and Families Since 1908

Fall/Winter 2016

Shining Bright: The Character of Our Caregivers

By Theresa Pichelmeyer,
President & CEO

Our leadership team, together with colleagues across the state and country, is intently focused on the current and projected shortage of caregivers in senior care. As Baby Boomers age, there will be an influx of seniors in need of in-home and residential care, and the real concern is that there will not be qualified staff to meet the need.

At Valley VNA, we've created an engaged employee retention committee that recognizes excellent employees and develops new ones.



Our Valley VNA caregivers are the heart of our organization.

A recent caregiver recruitment video asked several caregivers to explain the meaning behind our VNA values: trust, communication, safety, and teamwork. These primarily young people are skilled communicators, passionate caregivers, and an inspiration to all of us on the leadership team.

Their commitment and patience shown to our residents, clients, and fellow team members is both awesome and humbling. Our future looks bright at Valley VNA. It's a great place to live—and work! Help us spread the good word. We are accepting applications.

Welcome Candice, Valley VNA Wellness Coordinator

Candice Freese was named Valley VNA wellness coordinator in June. She has been a resident assistant at the VNA since 2012. After completing her training in occupational therapy, Candice now coordinates home exercise for Valley VNA residents. "I am a liaison between residents' visiting therapists and the VNA. I help ensure residents follow through on their home exercises to maintain their progress,



Candice Freese,
Valley VNA
wellness coordinator

educate and support staff, and plan on-site wellness activities for individuals and groups," she said. Candice's most popular group activities are indoor cycling (residents use a foot pedal device while seated in a chair), Walking Club, and Movement & Meditation. Her classes are already attracting 10-12 residents and growing.

There's So Much More Online!

www.valleyvna.org

Recent Blog Topics:

When to Stay Home with the Flu

How to Tour an Assisted Living Facility & Questions to Ask

Healthy Snacks for Seniors

Night Out and Out-of-Town Packages for Caregivers

Storytelling with an Elder

Engaging Friends with Dementia

Valley VNA's Mission

Providing quality choices for senior living.

In-Home Care

Allows seniors to 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.

920-727-5555



www.valleyvna.org



Camaraderie at the Heart of VNA Vets Group

Last May veterans Mike Hert and Adam Alexander teamed up as facilitators of the Valley VNA veteran's group. Hert has 35 years of U.S. Army military service with 10 years on active duty in both Cold War Europe and post 9/11 in Iraq, Afghanistan, and the Horn of Africa. He is also a mentor to vets who participate in the Outagamie County Veteran's Court. Army Reservist Adam Alexander served in the 432nd

Civil Affairs Battalion and was seriously injured by insurgent gunfire in Afghanistan in 2011. Alexander is the recipient of the Purple Heart, the Combat Action Badge, and the Army Commendation Medal with Valor. The men invite any veteran in the community to join the VNA veteran's group. Participants suggest and coordinate outings and conversations around members' shared experiences.



The Valley VNA veterans group took a trip to the Military Veterans Museum in Oshkosh in October. So much to see, so many stories to tell!

Will You Be a Meals-on-Wheels Driver?

Valley VNA coordinates the Meals-on-Wheels program for people within the cities of Neenah and Menasha in partnership with the Neenah-Menasha Emergency Society and ThedaCare Regional Medical Center-Neenah. Nutritious meals are delivered to our clients Monday through Friday during the noon hour.

We are currently seeking more Meals-on-Wheels drivers. Please consider volunteering with a friend or as a couple. You commit to driving just one day per month for about 90 minutes over the noon hour. Friendly training is provided. Please call Bobbie at Valley VNA at 727-5555 if you are interested in this rewarding service opportunity.



Meals-on-Wheels volunteers drive one day per month for about 90 minutes.

2016 Love Light Angels Program: A Warm Start to the Season

The Love Light Angel program is a dedication and tree lighting ceremony that calls to mind family and friends who are with us in spirit and those who have touched our lives in a special way. We celebrate the evening through inspirational words and music as the tree is lit for the first time this season.

Angel ornaments are adorned with the names of people we love and remember and placed on the tree.

Paper ornaments and invitations are mailed in advance and also available the day of the ceremony. Donations are gratefully accepted.

All Are Invited:

**Thursday, December 1 at 6 pm,
Valley VNA**

1535 Lyon Drive in Neenah

- Invocation by Rev. John McFadden
- Music by the Neenah High School Fairest of the Fair Choir
- Refreshments



2016 in Review—Accomplishments & Celebrations

Grants Received

Valley VNA received a grant from **The John N. Bergstrom Endowment Committee of First Presbyterian Church** in Neenah to help with the purchase of Eatwell tableware sets. The tableware set is designed to support independence during meal times for people with Alzheimer's and dementia by using high contrast colors, deep dish chambers, anti-slip bases, and ergonomically designed silverware. We will pilot this new system with a small group of residents and track its outcomes before expanding its use within the VNA community. We are grateful for this opportunity to innovate at Valley VNA.

The George & Gussie Balck and Art & Mary Leske Charitable Fund within the Community Foundation of the Fox Valley Region will support our Lyrics & Laughter™ and Music & Memory life enrichment programs along with our caregiver training program. The grant will allow us to provide enriching music programming for those in early to late stages

of dementia by reconnecting them with the world through music-triggered memories. We are grateful for this grant and the beautiful gift of music.

Valley VNA Values Video

An articulate and enthusiastic team of caregivers came together in September to help produce a VNA Values video that has since been shared all over social media. Our objective was to spotlight our professional, compassionate caregivers and give them the chance to share how VNA values of trust, communication, safety, and teamwork relate to them, their coworkers, residents, clients, and families. Spread the word about Valley VNA and help us recruit more fantastic caregivers. The video can be seen on YouTube at Valley VNA Senior Services.



Quality Improvement Nets Exemplary Rankings

We continue to be busy with many quality improvement projects as part of the Diamond Accreditation program through the Wisconsin Assisted Living Association (WALA).

"Quality is not an act, it is a habit."

ARISTOTLE

In addition to the Eatwell system, we are actively working on fall prevention, medication training and administration accuracy, resident rights awareness, congestive heart failure/pneumonia management, proper documentation, staff retention, and review of the discharge process. In early August we received from the WALA Diamond reviewers exemplary status in three areas and satisfactory rankings in four areas with an overall *satisfactory* status. We are proud of the hard work our teams have done to make quality a vital part of the care we give.