



Theresa Pichelmeyer, President & CEO

Reflecting back on 2018; it was an exciting though challenging year. We mourn the loss of some of our long time residents, clients and friends.

We are adapting and rising to the challenge of new competition in the market, knowing our commitment to care and quality are what matter in the end.

We are working hard in many different avenues to take on the workforce crisis knowing this will be a long process. But most of all, here at Valley VNA we have the promise of continuing to meet the needs of the senior community. For that I am thankful.

Merry Christmas and have a peaceful, safe New year!



Independent & Assisted Living Updates

**Pat Hoogervorst, RN,
Clinical Director**

Questions often come from residents, family members, and staff about the psychotropic medications and what role they play in treatment for our residents. Psychotropic meds are drugs that affect the mood, emotions, or behavior and are frequently prescribed for residents. Categories of meds that are considered psychotropic meds are anti-depressants, anti-anxiety meds, sedative hypnotics, and anti-psychotic meds. When used appropriately and judiciously, these meds can enhance the quality of life of residents who need them. However, all of these drugs have potential to produce undesirable side effects as but not limited to: postural hypotension, dyskinesia, malignant hypothermia, and delirium.

Maximizing the residents wellbeing while minimizing the hazards associated with these meds are important goals when giving these meds. There are several rules of thumb: Start at the lowest dose possible and increase slowly, monitoring for side effects. It may take 6-8 weeks for the meds to be effective.

The physician and pharmacy should evaluate other meds for any adverse interactions

Consider the effect of one psychotropic med at a time before starting another.

Angela Franz, Administrator



The physician or service provider should share info about these meds to resident or POA.

Psychotropic meds are not indicated for behaviors as: wandering, resistance to care of ADLS, pacing, impaired mobility, screaming, nervousness, hoarding, and poor self-care. They may be indicated for auditory or visual hallucinations, severe delusions, or harmful behaviors to self or others.

All of these meds need ongoing review and evaluation of effectiveness and possible side effects. The psychotropic meds given as needed are reviewed monthly by the RNs. The reviews monitor to see if meds were used appropriately, frequency of use, and if any side effects occurred. Any concerns are reported to the physician. Also all scheduled psychotropic meds are reviewed quarterly. The reviews also look for effectiveness and side effects.

The goal is to use these meds only if all other interventions have been ineffective and if quality of life can be enhanced through use of these meds.



Colleen Harvot, In-Home Care Director
In-Home Care

We have been collaborating with several organizations to provide a respite program for caregivers needing time for doctor appointments, grocery shopping, enjoying coffee with a friend or do nothing at all. We started offering this program twice a month in September, now giving those caregivers four hours each month. This was made possible by funds given to support our Valley VNA professional caregivers within the program by The Community Foundation of the Fox Valley Region. We are excited to share this program will begin at a church in Oshkosh on December 18th, and will be offered on Tuesday's, twice a month. If you know of a caregiver who needs a break and a helping hand, please share our information, and have them give me a call to learn more.

Candice Jagla, Wellness Coordinator

Cycling Without Age

Cycling Without Age helps us understand the key to successful aging could lie within the quantity and quality of relationships. This especially holds true for people that have dementia who may need more care in forming and building relationships with others. The trishaw is merely a resource to reach the overall goal of enhancing and building relationships with Cycling Without Age. This medium of riding the bike can be a stimulus for those with dementia to increase abilities to converse, relax, connect to the community and most importantly decrease isolation.

The program has essential guidelines to follow that complement the overall goal of social connectedness. **Generosity** is exhibited by the volunteer pilot, who pedals the bike. Pedaling the trishaw slowly allows the resident to take in the environment and be in the present moment. Dementia can slow the cognitive process of receiving information. By pedaling **slowly** while conversing about the scenery, the resident could avoid feelings of missing scenes during the ride. **Storytelling** comes naturally while on the trishaw absorbing the environment. Both volunteer pilots and residents have the opportunity to share stories that may have been forgotten. The environmental stimuli and building **relationships** could remind a resident of a past memory or story. Most importantly the last guideline is **without age**. This program is steered toward any age and any ability. Aging should be meaningful and with grace. By following these guidelines, Cycling Without Age, allows the ability to do all of these things.

Valley VNA Senior Care has been a proud affiliate of this program. The Cycling Without Age 2018 season brought us 193 rides which equaled 212 total hours used. Again, it also allows us to bond with family, ride in the Independence Day parade, make new friends and most importantly continue to age with grace.



Life Enrichment Activities

The Greatest Investment we can ever make is to invest our life in the life of someone else.

Because holiday music is such a big part of the majority of our residents' past, we always try to have a number of music programs scheduled during the end of November and throughout the Christmas season. This year is no exception. Below are the holiday music programs we have scheduled over the course of the next several weeks.

Monday, December 3 at 2:00 pm (KCC)
TJ & Lynn's Holiday Sing-Along Concert

Friday, December 7 at 1:15 pm (KCC)
Shari Sarazin's Holiday Harp Concert

Monday, December 10 at 1:00 pm (KCC)
FVCA Bell Ringers Concert

Friday, December 21 at 2:00 pm (KCC)
December Birthday Party & Christmas sing-along with Vicki Belleville

Wednesday, December 26 at 2:00 pm (KCC)-The Y-Nots Fall & Christmas Concert



In Home Care Activities

Our caregivers are busy preparing for the holidays. This month our caregivers have pumpkin pie kits that include all of the ingredients and supplies to make pumpkin pies for Thanksgiving. In December, our caregivers will have cookies



and icing to decorate for Christmas. Some of our other holiday activities include going to Menominee Park in Oshkosh to see the Celebration of Lights event and the Paine Art Center and Gardens for Nutcracker in the Castle. If you are receiving home care and want a caregiver to take you to any events this winter, give us a call. Our caregivers are available to be a one on one companion so that you may still attend the events that you enjoy.



Marian, Candice & Ron ringing bells

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 CARE

1535 Lyon Dr., Neenah

MENASHA SENIOR CENTER

116 Main St., Menasha

AMERICAN LEGION WINNECONNE

536 W. Main St., Winneconne

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

324 Washington Ave., Oshkosh

OSHKOSH SENIORS CENTER

200 N. Campbell Rd., Oshkosh
For appointments call - 920-232-5310

RIVER CROSSINGS HIGHLANDS

424 Cleveland St., Winneconne

ST. JAMES UNITED METHODIST CHURCH

100 W. Capitol Dr., Appleton

HEART OF THE VALLEY YMCA

225 W. Kennedy Ave., Kimberly

**Namaste means to
"honor the spirit within".**

Namaste is a sensory based program that offers relaxing music, aroma therapy and gentle massages of the head, shoulders, and hands to our loved ones who have advanced Dementia.

**Jackee Lee,
Life Enrichment Coordinator**



Our Namaste program was implemented to promote and enhance the quality of end of life care for our love ones living at Valley VNA. It creates a welcoming, warm, unique, holistic environment for our love ones with dementia. With compassion and a soft warm touch, the Namaste program respects each individual spirit; each person goes through a meaningful sensory based program.

We track our resident's moods before, during, and after the program, this lets us collect the data we need to see the outcome of each individual attending Namaste. By collecting data we have observed hydration intake increase, uplifts their moods and overall wellbeing.

The Namaste program helps promote a sensory boosting environment to ensure the highest quality of care to our residents here at the Valley VNA.



**Tammy Malewski
Marketing & Fund
Development Director**

Love Light Angels

Please join us for a dedication and tree lighting ceremony. This special evening is a time to remember family and friends who are with us in spirit and those who have touched our lives in a special way.

Love Light Angels

Tree Lighting Ceremony

Thursday, December 13, 2018 6:00 pm

Valley VNA Senior Care
1535 Lyon Drive ,Neenah

Invocation & Reflection Pastor Tabitha Gallatin

Musical Entertainment

Madrigal Singers, Neenah High School

Reception to follow

(Please call for a paper invitation if you have not received one in the mail.)



1535 Lyon Drive, Neenah WI 54956

920-727-5555 | 1-866-930-8862 Toll Free | www.valleyvna.org