



**Theresa Pichelmeyer**  
President & CEO

Happy New Year and new decade!

This is the time of year that we start sending out our annual resident/family satisfaction survey. We appreciate your participation in this survey and any helpful feedback or recommendations you can provide for us to continually improve. Please watch for the survey which will be coming out soon!

## Independent and Assisted Living Updates



**Pat Hoogervorst, RN**  
Clinical Services Director

Work in 2020 is already off to a busy start. Quality improvement projects continue in various areas. In the clinical area, falls prevention, medication accuracy, and disease management continue to be tracked and evaluated. The nutrition department continues to monitor and track processes for storage, labeling, and temperature of food items. The Life Enrichment team will enhance programming/activity choices and the Namaste program. Our education department continues to ensure all staff has dementia training.

The clinical team will also work with UW-Oshkosh RN first year students from February through May. In addition, a UW-Oshkosh Accelerated RN program student will precept



**Angela Franz**  
Administrator

with the Assisted Living RNs and In-Home Care RN from February through early March for six weeks. This student will help develop educational tools on dementia for residents and family members. Valley VNA remains committed to offer learning opportunities for future health care providers.

HyLife Oral Health will continue in 2020 to offer dental hygiene to any of our residents interested in using this service.

The clinical team also plans to develop end-of-life care standards and educational tools for our staff. The goal is to ensure that staff has proper training to meet the needs of our residents through all chapters of their lives.

## Life Enrichment Activities

Our residents are enjoying the calm after all the fun and excitement that the Christmas season brought us. This January we are busy doing activities that use our brain and bring us joy. We played our first ever game of Jeopardy on the Big Screen and the residents answered every question correctly. We might have to make the questions a little harder for the next round.



We have the “It’s About Time” quartet scheduled for their first performance at Valley VNA on Friday, January 24 at 2:00 p.m. in the KCC. Before we end the month and jump to February we will be celebrating with a Winter Carnival on Friday, January 31 at 2:00 p.m. in the KCC. We will have plenty of games, prizes, and cotton candy too. Please join your loved one for a fun-filled afternoon.

As we look into February we have another new and exciting fun filled month. On Wednesday, February 5 we have staff from the NEW Zoo in Green Bay visiting Valley VNA with their Zoomobile and we selected the furry, feathered friends group to visit us. Each resident will learn about the animals and their habitat and then have an opportunity to touch or pet each animal.



**JTDOG**  
Music LLC

A new performer is coming on Monday, February 17. His name is JTDog. He is well-known around other assisted living communities and we are excited to see him perform. He has a wonderful playlist for our residents including many

different genres that our residents are sure to love.

Stay tuned for what the residents will be doing in the coming months and stay warm out there!

## Are You Taking Care of You?

Being a caregiver for a family member or friend can be very rewarding but it can also be extremely stressful. Caregivers are often so worried about caring for their loved one that they forget to take care of themselves. The emotional and physical challenges can be overwhelming.

As a caregiver you need time for yourself knowing your loved one with dementia is being cared for. The **Memory Care Respite Partner** program is designed to help.

This free program is offered to give you two hours for appointments, grocery shopping, lunch, or coffee with a friend. During this time appropriate activities and snacks will be provided and professional caregivers will care for your loved one. This is a collaboration of many people to provide a much needed service for you.

Respite care is offered at the following sites:

### St. Paul's Lutheran Church in Neenah:

1<sup>st</sup> and 2<sup>nd</sup> Monday of the month from 1:30-3:30 pm

### Our Savior Lutheran Church in Oshkosh:

3<sup>rd</sup> and 4<sup>th</sup> Tuesday of the month from 1:30-3:30 pm



**Colleen Harvot**  
Director, In-Home

For more information or to register your loved one to attend please call me at 920.727.5555.

## 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 SENIORS CENTER

116 Main St., Menasha

### AMERICAN LEGION WINNECONNE

536 W. Main St., Winneconne

### NEW LONDON SENIORS 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

### APPLECREEK YMCA

2851 E. Apple Creek Rd., Appleton

### 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