

# ***In-Touch***

# ***Newsletter***



In-Home Care | Independent Living | Assisted Living

**July - August 2024**

**Theresa Pichelmeyer, EdD, RN**  
**CEO**

Once again, time seems to be flying by faster all the time. One month of summer down! We would typically be talking about our annual resident/family picnic by now which was held under a tent in the back parking lot. Due to construction we once again needed to cancel but hope this time next year we will once again be able to bring all together for some fun and food!

Some of you may have met and worked with Jordan Monroe, RN, one of our clinical team members. Jordan recently had a beautiful and healthy baby boy! We are very excited for Jordan! That did cause Jordan to have to make a hard decision to look for employment closer to home however, to spend much needed time with her new baby and is leaving Valley VNA.

We are in the process of replacing our open Clinical position and will be sure to share the news when we are successful! Until then Krystal and Bill are doing a great job of covering all of our residents as needed.

The remodel project is still on target for completion this fall....we know this has taken a toll on everyone, residents and families alike and we are very thankful for your patience and understanding. We believe the effort will be worth it.

## **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 chemical restraints (DHS 83.32(3)(f)). Freedom from physical restraints, except upon review and approval by the Dept. of Health Services upon written authorization from the resident's primary physician. (DHS 83.32(3)(g)).

Freedom from chemical restraints means that residents who have medications prescribed whose primary or secondary effect includes altering mood or behavior (for example anti-anxiety medication) can only be given in specific circumstances in accordance with the doctor's orders.

Freedom from physical restraints can apply to anything that restricts movement or would disallow a person to move freely. Examples might include seatbelts on wheelchairs, bed rails, blocking an exit door, and unplugging a lift chair so a resident cannot get out.

When developing an Individualized Service Plan (ISP) for residents, special attention is given to any safety items included to make sure we are continually upholding residents' rights to freedom from chemical and physical restraints, including reviewing the use of medications that may apply on a regular basis.

**Understanding resident rights helps uphold resident rights.**

## Heat Awareness

ReadyWisconsin and DHS recommend following these tips to beat the heat and stay safe during heat waves:

- Remain inside air-conditioned buildings as much as possible during the hottest parts of the day. Call 2-1-1 to find an accessible cool place near you.
- Drink plenty of fluids and avoid alcohol, caffeinated or high-sugar drinks. Don't wait until you're thirsty to drink.
- Seek medical attention right away if you develop heat stroke symptoms such as confusion, rapid breathing and heartbeat, body temperature above 104°F, or nausea and vomiting.
- Check in with loved ones and neighbors during heat waves, especially if they last a few days. Check for signs of heat illness and make sure they are cool and hydrated.
- During periods of extreme heat, each NWS Forecast Office uses multiple tools to assess the
- potential for heat-related health issues. One of those tools is the Heat Index which measures how hot it really feels when relative humidity is factored in with the actual air temperature.

The NWS uses these tools to issue the following heat-related alerts as conditions warrant.

- **Excessive Heat Warning:** An excessive heat warning is issued when the maximum heat index temperature is expected to be 105°F or higher and not go below 75°F for a Heat Index the morning before or after. Check-in with loved ones and neighbors during heat waves, especially if they last a few days. If the maximum heat index will be between 100-104°F for four days in a row, a warning will be issued.
- **Excessive Heat Watches:** Heat watches are issued when conditions are favorable for an excessive heat event within the next one to three days.
- **Heat Advisory:** A heat advisory is issued when the heat index temperature is expected to be 100°F or higher. If the maximum heat index will be between 95-99°F for four days in a row, then an advisory will also be issued.
- **Outlooks:** The outlooks are issued when the potential exists for an excessive heat event in the next three to seven days.