

# Bluffview Bulletin

July/August 2016

## **Bluffview Administration:**

Hello!

As the Administrator at Bluffview Memory Care, I am excited to announce that we are currently being considered to participate in a pilot study that will encompass the use of PRN (As needed) and scheduled psychotropic medications, as well as 1:1 staff interventions to reduce behaviors, agitation & psychological symptoms of dementia (BPSD). A total of 3 facilities throughout WI will be selected to participate. This project will begin with extensive education to physicians as well as staff participating in the study to provide the knowledge base and tools needed to respond to the needs and requests of residents and family members. The goals of the program are:

1. Improve staff and caregiver quality of life and work environment related to BPSD
2. Improve the quality of life and outcomes of people experiencing BPSD as measured by data that is collected by participating facilities
3. Implement educational interventions using the RE-AIM framework (reach, effectiveness, adoption, implementation, and maintenance to gather preliminary data for future research funding.

If Bluffview is one of the three selected facilities, an additional letter will be sent out to families with more information regarding the study as well as a for consent with those who wish to participate.

Thank you,

Ana Miller, NHA, Administration, [anamiller@bluffviewmemorycare.com](mailto:anamiller@bluffviewmemorycare.com)

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## **New Staff**

Please help welcome the following new team members:

### **Resident Care Coordinators**

Angela Jordan

Rebecka Mathews

Alicia Wilkins

Chelsea Sanders

Jolene Dunlavy

### **Life Enrichment Assistant**

Erik Anderson

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**Reminders from our Receptionist:**

Our Family Support Group Meetings will be the Second Wednesday of August, October, and December this year. It will always be at 5:30-7:00pm.

Families, if you are dropping off anything of great importance or value outside of our business hours, please place it in our suggestion box located right above the front desk. This box is checked on a daily basis, so your item will be received by management the very next business day.

A quick reminder to check with the Receptionist or one of the staff members in regards to any mail for your pick up. Also, don't forget the sign in/out sheet is now in the entry way just before coming into the facility. With any appointments or outings that are arranged for your loved one, please ensure to contact the receptionist as soon as possible. The receptionist then passes this communication to the relevant persons to ensure your loved one is ready, on time, and has along any medications if required to go along. If someone other than the POA plans to take the resident out of the facility please call to give your verbal consent.

With a Smile,  
Angela Davies, Customer Service Representative, [adavies@bluffviewmemorycare.com](mailto:adavies@bluffviewmemorycare.com)



**Department News:**

Nutritional Services:

Food for Thought,



Well the month of July went by with a BANG!!!!

We have continued to enjoy grilling out for the residents every week with summer classic meals. The residents have been greatly enjoying this. The menus continue to reflect all of the summer's bounty of fresh fruits and vegetables; some of them are even from our very own gardens right here in our court yards. We've been able to enjoy cucumbers, cherry tomatoes, lettuce, carrots and broccoli.

I am looking into the future for the Fall and Winter menus and would love input from YOU. We have a suggestion box at the front, and if you have a menu idea or a favorite recipe you would like to share, please put it in suggestion box! We will try to utilize all of your ideas if possible.

Hope this summer has been enjoyable so far,

Sincerely,

Tammy Francis, Nutritional Services Coordinator, [tfrancis@bluffviewmemorycare.com](mailto:tfrancis@bluffviewmemorycare.com)

Environmental Services:

Hello,

We are excited to announce that we have new trees on order and will be planting them in our beautiful courtyards as soon as they arrive. We have ordered beautiful Magnolia trees, so keep your eyes out for

those lovely flowers! We are also looking into the possibility of pond plants, but that's a steeper learning curve for someone who has never had a pond before! However, I did do well with the fish that continue to thrive and happily eat our unwanted frogs each year. We'll have to wait and see how this new venture turns out.

I also need to remind families that we are a non-smoking facility grounds, so can I ask again that you refrain from smoking on the facility grounds please? We have found numerous cigarette butts in the car park where they are discarded from vehicles.

Cheers,

*Phillip Davies, Environmental Services Coordinator, [pdavies@bluffviewmemorycare.com](mailto:pdavies@bluffviewmemorycare.com)*

#### Resident Health Department:

Greetings,

We would like to welcome Patty Café to the RHC Department. Patty will be overseeing Quad C and a few residents in Quad A. Patty has been with Bluffview Memory Care since it's opening in 2012. Prior to her promotion to the RHC department, she was an RCC3 on the medication cart administering medications to your loved ones. In addition to her experience here at Bluffview Memory Care, Patty has 13 years of experience as a CNA. She is a new mother of a 15 month old beautiful little girl and is soon to be married to her childhood crush. When you see Patty around the building please congratulate her on her promotion to the RHC department.

Sincerely,

*Kim Anderson, LPN, [kanderson@bluffviewmemorycare.com](mailto:kanderson@bluffviewmemorycare.com)*

*Amanda Middleton-Stellflue, [amiddleton@bluffviewmemorycare.com](mailto:amiddleton@bluffviewmemorycare.com)*

*Bobbi Klaver, RHC, [cklaver@bluffviewmemorycare.com](mailto:cklaver@bluffviewmemorycare.com)*

*Molly Carhart, RHC, [mcarhart@bluffviewmemorycare.com](mailto:mcarhart@bluffviewmemorycare.com)*

*Patty Café, RHC, [pcafe@bluffviewmemorycare.com](mailto:pcafe@bluffviewmemorycare.com)*

#### Life Enrichment:

The sweat is pouring down!! I'm sure all of you have felt that burning sun glaring down on you this last month. Well, we've tried to stay inside as much as possible these days in the wonderful cool of the air conditioner. We have gotten some sun though!! It's been nice to work a little in our gardens, walk around outside and sit soaking up a little sun.

#### **New News**

- Happy Independence Day!! We had fun this year with some great entertainment, pop-rock rocket cake pops, and those beloved patriotic sing-a-longs.
- We had two small outings this last month where we were able to take a small group of people out to ice cream and coffee! At the beginning of the month, we took three residents to The Frosty Mug right here in Holmen, and they all had delicious ice cream

sundaes! Toward the end of the month, we were able to take three residents out to Onalaska's Caribou Coffee, and they all tried their first caramel lattes!!

- We were so sad to say "goodbye" to Nora our Life Enrichment Assistant! But, we were able to send her off well with a great "Going Away Party" with music, dancing, and her favorite food. We will all miss her a lot, but hope that she has fun and learns a lot on her school internship in Colorado. However, when one door closes, another opens! Please, come in and welcome our new Life Enrichment Assistant Erik Anderson! We are excited to get to know him and enjoy his wonderful additions to the team.
- Our Outside Picnic this month just so happened to land on of course the hottest day of the year! So, we decided to move inside for an indoor picnic, and what fun we had. The Bistro was decorated up with checkered table cloths, vases with wild flowers, and other fun items. The residents all had a blast!
- We understand here at Bluffview how difficult it can be to lose your loved one, as we deeply care for each and every one of the residents. Please know that if you would like to remember your loved one through a memory pillow, a pillow sewn using an old T-shirt or sweatshirt of your loved one, we now have that service available for you. And as always, we are here for you during those difficult times!
- **Things to look forward to:** Family Support Group, August 10<sup>th</sup>; Pontoon Boat Ride and Fishing Trip, August 16<sup>th</sup>; Casino Fun Day and Magician Show, August 23<sup>rd</sup>; Monthly Bonfire, August 25<sup>th</sup>.

#### **Old News**

- If you are interested in getting a diffuser for your loved one's apartment, please go online to [www.mydoterra.com/bluffviewmemorycare](http://www.mydoterra.com/bluffviewmemorycare) to order! When you bring it in, my staff will utilize it with your loved one with the oils that we have on hand. Feel free to order your own oils as well! When anyone orders through our website, Bluffview gets a small incentive that we will use to purchase more for our residents!!
- We keep moving forward with our Music to Memories Program. Let Sarah know if you are interested in having your loved one added to the list for an iPod; we need to know what type of specific music he or she likes to listen to.
- We have a Life Enrichment Distribution list; if you would like to receive the weekly/monthly calendars, resident council meeting notes, and the newsletters via email, please send an email to Sarah with your name, and she will add you to the list!
- Please pick up a weekly activity calendar up front at the desk, and feel free to join your loved one for any program. As always, if you have any suggestions for new programs, or if you would like to volunteer, please contact Sarah!

Keep on Smiling,

Sarah Pedretti, TRS, Life Enrichment Coordinator, [spedretti@bluffviewmemorycare.com](mailto:spedretti@bluffviewmemorycare.com)



## **Residents Celebrating August and September Birthdays:**

### **August**

Clarence Dubiel, 6<sup>th</sup>  
"Chet" Knapton, 11<sup>th</sup>  
"Jean" Cooper, 17<sup>th</sup>  
Eldrid Kolve, 17<sup>th</sup>  
Mary Hayden, 22<sup>nd</sup>  
Donald Houlihan, 23<sup>rd</sup>

### **September**

Shirley Tollefson, 6<sup>th</sup>  
Greg Howe, 8<sup>th</sup>  
Jeanne Norby, 8<sup>th</sup>  
Marcy Deigmann, 19<sup>th</sup>  
Chong Kim, 21<sup>st</sup>  
Joan Lysaker, 23<sup>rd</sup>  
Nancy Roth, 25<sup>th</sup>

## **Remembering our Friends Who Have Gone Before Us:**

Mim Funk, Jane McClanahan, and Oscar Sagen

## **Events:**

Resident Food Council with Tammy – August 2<sup>nd</sup> at 10:00am  
Monthly Happy Hour & Musical Entertainment with Kent Larson – August 2<sup>nd</sup> at 2:00pm  
Catholic Communion Service with Sister Bridget – August 4<sup>th</sup> at 11:00am  
Musical Entertainment with Paul Martin – August 6<sup>th</sup> at 1:30pm  
Monthly Sundae Social & Musical Entertainment by Living Stones – August 9<sup>th</sup> at 2:00pm  
Music and Memories with Sue Degallier – August 10<sup>th</sup> at 9:30am  
**Family Support Group Meeting – August 10<sup>th</sup> at 5:30pm**  
Ecumenical Communion Service & Root Beer Float Social – August 11<sup>th</sup> at 1:00pm  
Musical Entertainment with Dale Montell – August 12<sup>th</sup> at 1:30pm  
Living Word Church Service – August 14<sup>th</sup> at 2:00pm  
Life Enrichment Outing: Pontoon Boat Ride and Fishing – August 16<sup>th</sup> at 7:30am  
Monthly Pizza Party & Musical Entertainment by Regina Chihak – August 16<sup>th</sup> at 2:00pm  
Music and Memories with Sue Degallier – August 17<sup>th</sup> at 9:30am  
Outdoor Picnic Lunch Day (tentatively) -- August 18<sup>th</sup> at 11:30am  
Musical Entertainment with Chris Von Arx – August 19<sup>th</sup> at 10:00am  
Musical Entertainment with Larry Langen – August 20<sup>th</sup> at 1:30pm  
Casino Fun Day & The Magic of Isaiah Show – August 23<sup>rd</sup> at 2:00pm  
Musical Entertainment with Sweet Notes Band – August 24<sup>th</sup> at 2:00pm  
Noon Meal of the Month – August 26<sup>th</sup>  
Resident Council Meeting – August 26<sup>th</sup> at 1:00pm  
Musical Entertainment with Tom Baker – August 27<sup>th</sup> at 1:30pm  
Monthly Birthday Party and Entertainment with Steve Lankford – August 30<sup>th</sup> at 2:00pm  
Catholic Communion Service with Sister Bridget – September 1<sup>st</sup> at 11:00am

Musical Entertainment by Kent Larson – September 3<sup>rd</sup> at 1:30pm

**Labor Day – September 5<sup>th</sup>**

Monthly Happy Hour & Musical Entertainment with Living Stones – September 6<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – September 7<sup>th</sup> at 9:30am

Monthly Ecumenical Communion Service & Root Beer Float Social – August 8<sup>th</sup> at 1:00pm

Musical Entertainment with ?? – September 10<sup>th</sup> at 1:30pm

Monthly Sundae Social & Musical Entertainment with Regina Chihak – September 13<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – September 14<sup>th</sup> at 9:30am

Musical Entertainment with Steve Szydel – September 16<sup>th</sup> at 1:30pm

Monthly Pizza Party & Musical Entertainment with Larry Langen – September 20<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – September 21<sup>st</sup> at 9:30am

Musical Entertainment with Tom Baker – September 24<sup>th</sup> at 1:30pm

Monthly Birthday Party & Musical Entertainment with Steve Lankford – September 27<sup>th</sup> at 2:00pm

Noon Meal of the Month – September 30<sup>th</sup>

**\*\*As always, feel free to join your loved one during any of these fun events!\*\***