

Bluffview Newsletter

March/April 2018

Bluffview Administration:

Hello!

Bluffview has recently teamed up with Amy Brezinka from **Care Coach Connection** to offer a new caregiver support group. Caring Connections is a FREE, bi-monthly group that offers support and helpful information to family caregivers. This information will include: dementia education, communication techniques, and other valuable resource information. This is a time for caregivers to relax, share, learn, and connect with others! Persons living with memory loss are invited to attend with their care partner and will participate in Bluffview's Special Event of the day with the Life Enrichment Team. The Caring Connections group meets in a separate room, but will still have easy access and communication with the Life Enrichment Team and event. This program is open to both current residents' families as well as other caregivers from the area, so please spread the word about this great program.



When: 2nd and 4th Tuesdays of each month from 1:30pm to 3:00pm

Upcoming dates: April 10th & 24th

Where: Bluffview Memory Care, 2101 Bluffview Court in Holmen, WI 54636

RSVP is encouraged! For more information or to make your reservation, please call Bluffview Memory Care at 608-526-5864.

Warmest regards,

Ana Hines, NHA, Administration, ahines@bluffviewmemorycare.com

Tim Britain, CSA, Assistant Administrator, tbritain@bluffviewmemorycare.com



New Staff

Please help welcome the following new team members:

Nutritional Services

Quinten Meeks

Resident Care Coordinator

Zac Mumm

Michelle Kromke

Celena Stone

Jacob King

Reminders from our Receptionist:



Please stop at the front desk to sign-in and ask if any mail has arrived for your loved one that you would not like them to receive.

Normally the residents will receive personal letters, cards, flowers and packages.

Letter items including appointment reminders, transportation fees, Government issued items (i.e. SSN, tax, etc), and other miscellaneous letters are held back and placed in a filing system under the Customer Service Representative's desk.

This is accessible to staff members to retrieve for you if you come to the facility when I am not available as well.



During the month of February, Bluffview had a fundraiser of a spaghetti dinner to raise money for the victims of the January 12th apartment fire on McHugh Road in Holmen. The fundraiser and spaghetti dinner raised a total of \$349.00 for those victims. The money was taken to Park Bank to ensure it is put to good use on their behalf. Thank you all who contributed to the fundraiser! Your help was most appreciated!

With a Smile,

Angela Davies, Customer Service Representative, adavies@bluffviewmemorycare.com

Department News:

Nutritional Services:

What's cooking in the Kitchen?



Spring is here!!! Things are switching in the kitchen. Bluffview is trying something different with our menus. If you haven't already noticed, for the past 3 weeks, the kitchen has now been serving its bigger or heavier meal in the evening instead of for lunch. The goal for this is for the

Meal Prices:

Lunch -- \$6.00

Supper -- \$5.00

Residents to feel fuller in the evening and sleep better throughout the night. We have seen some positive changes in sun downing behaviors. This could lead to some much needed weight gain in some due to less expenditure of energy needs which happens with behaviors. We are also hoping to see less falls. The residents appear to be enjoying this as well.

I have been slowly introducing spring items into the menus, such as pasta salads, and cold plates. Our Spring Fling Brunch has been scheduled for April 14th, and we are all very excited. We have had great success the past few years and want to keep the rhythm going. Everyone is welcome to come join their loved one.



We held our monthly Resident Food Council several food topics were discussed. The Resident picked their Meal for the Month.

Resident Choice Meal:

Roasted Turkey w/ Cranberry Sauce
Baked Potatoes and Sour Cream
Waldorf Salad
Chocolate Chip Cookie.

Ready to enjoy Spring, my personal favorite time of the year.

Sincerely,

Tammy Atkinson, Nutritional Services Coordinator, tatkinson@bluffviewmemorycare.com



Environmental Services:

Spring is pretty much upon us, and we will have the pond fountain back in use as soon as I am sure that there is no more chance of frost.

Can I remind visitors that we are a no smoking facility and that includes the grounds, please do not extinguish cigarettes and throw them down outside the front door? Thank you.

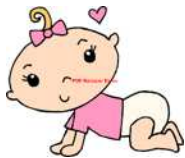
The laundry aid system that we have introduced seems to be working fairly well at the moment, but it is in its early days. We are still working out any teething problems; please ensure that any new clothing brought in for a resident is clearly marked with their name. If any existing clothing is currently not marked please bring it to our attention.

Cheers,

Phillip Davies, Environmental Services Coordinator, pdavies@bluffviewmemorycare.com

Resident Health Department:

The Resident Health Department wants to welcome back both of our new mom's: Patty and Alea! They have both had their babies: Patty had a bouncing baby boy in November, and Alea had a beautiful baby girl in January. All of them are healthy and doing well! We are very happy to have our department at full capacity again! We also want to welcome Coral back after the birth of her precious little girl!



Staff have been finding Over the Counter medications/supplements like Tylenol, cough syrup, ensure and boost, cleaning supplies/sprays and scissors in resident's rooms. Please remember that these items are not allowed in the resident's rooms. The safety and wellbeing of your loved one is one of our highest priorities. All medications, including vitamins, cough syrup and Tylenol require a physician order and must be kept locked up in the medication carts to be administered to your loved ones by staff. Supplements such as boost and ensure also require a physician order and must be kept locked up and administered by staff. POA's may give their loved ones' medications that are not on the physician ordered medication list, but they cannot leave them in the resident's rooms for self-administration. Self-administered medication also requires a physician order, (due to your loved ones having physician signed POA activations certifying that they are medically incapacitated and the potential for other resident's accessing these medications.) Personal cleaning supplies may be used in the rooms but also cannot be left in the rooms.

Blessings,

Bobbi Klaver, RHC, bkklaver@bluffviewmemorycare.com

Molly Carhart, RHC, mcarhart@bluffviewmemorycare.com

Patty Tourtellott, RHC, ptourtellott@bluffviewmemorycare.com

Alea Peterson, RHC, apeterson@bluffviewmemorycare.com



Life Enrichment:

At the moment of me writing this, there is still a lot of snow outside, and it's MARCH!! However, I know that the air is changing and everyone can feel it. Are you getting stir crazy? Having a little Spring Fever anyone? We all cannot wait to get outside, walk in the fresh air, and enjoy the warm sun. Hopefully this snow melts soon, and we can go on a couple of walks out in the courtyards with the residents.



As many of you know, I have volunteered to donate my kidney for the daughter of one of our residents here at Bluffview. As a little update, we had received a date for the surgery: March 29th however, it has once again been postponed. I will try to keep you all updated when we have more information and may be getting in contact with a couple of you who have so willingly offered to assist with some of the activities here in place of my absence. If anyone else is interested in helping out, please email me at spedretti@bluffviewmemorycare.com. Once again, thank you for all of your support you have given and your patience in my healing to come.

My last exciting piece of news is that my newest assistant Shane Hoffman has accepted a full time position in our Life Enrichment Department! You will be seeing a lot more of him soon, and he will begin taking on some new job duties as well. We are so excited to be able to have more freedom with what we will be able to do with our residents now!!

New News

- Thank you to everyone who helped with our giving tree this past winter! We were able to donate about thirty items to the La Crosse Area Humane Society. We are very thankful to the humane society for all that they do and for the wonderful Pet Therapy teams that they continually send our way. We are happy to give back.
- Winter Fest was a great success!! We had so much fun ice skating out on the pond, which is much bigger once you get out on it than it looks! Tammy made the most delicious hot chocolate with so many fun add-ons, and that soup, YUM! We're so glad that you were able to make it out and just enjoy a fun time with family and friends.
- As Angela spoke of in her receptionist sections, thank you again to everyone who came to the Spaghetti Dinner Fundraiser to raise money for the families who lost everything in the Holmen Apartment Fire in January. We were able to raise almost \$350.00!! I am also so amazed at your generosity.
- And our Sweetheart King and Queen of 2018 are.... JIM ANDERSON and DELORES KULIG!! We had a wonderfully fun Valentines and Mardi Gras Masquerade on February 13th with masks, goodies, and lots of music.
- **Things to look forward to:** Happy Easter... April Fools Party is April 1st at 2:00pm; Caring Connections with Music by Kent Larson is April 10th at 2:00pm; Bluffview's Annual Spring Fling Brunch with music by Steve Lankford is April 14th at 10:30am; Earth Day is April 22nd; Caring Connections with music by Hans Mayer and Sue Hauser is April 24th at 2:00pm.

Old News

- 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, CTRS, Life Enrichment Coordinator, spedretti@bluffviewmemorycare.com

Residents Celebrating April and May Birthdays:

April

Paul Strong, 7th
Ruth Blaylock, 29th



May

Bernard Pralle, 3rd
Joyce Halvorson, 10th
Maryjane Bess, 14th
Flo Schill, 18th
Delores Halvorson, 28th
Jane Kowal, 29th
Delores Kulig, 29th

Remembering Those Who Have Gone Before Us:



Joan Fanello, February 3rd
Pauline Dundee, February 8th
Lisle Trueblood, February 26th

Events:

Easter Day – Sunday, April 1st

April Fools Day – April 1st “What fun pranks do you play on Easter?”

Happy Easter Fools Party with Musical Entertainment with Rudy Rudesill – April 1st at 2:00pm

Monthly Happy Hour with Music by the Living Stones – April 3rd at 2:00pm

Angela’s 4th Grade Class Visit – April 4th at 1:50pm

Catholic Communion with Sister Bridget – April 5th at 11:00am

Musical Entertainment with Tom Baker – April 7th at 1:30pm

Monthly Ice Cream Social and Caring Connections with Music by Kent Larson– April 10th at 2:00pm

Music and Memories with Sue Degallier – April 11th at 9:30am

Ecumenical Communion Service – April 12th at 1:00pm

Bluffview's Annual Spring Fling Brunch with Musical Entertainment by Steve Lankford – April 14th from 10:30am-12:30pm

Pizza Party with Music by Gemini Entertainment – April 17th at 2:00pm

Music and Memories with Sue Degallier – April 18th at 9:30am

Casey's 4th Grade Class Visit – April 20th at 1:50pm

Musical Entertainment with Larry Langen – April 21st at 1:30pm

Earth Day – April 22nd

Resident Food Council with Tammy – April 24th at 10:30am

Monthly Birthday Party and Caring Connections with Musical Entertainment by Hans and Sue – April 24th at 2:00pm

Music and Memories with Sue Degallier – April 25th at 9:30am

Musical Entertainment with Shari Sarazin – April 27th at 10:00am

Resident Council Meeting – April 27th at 1:00pm

May Day Fun with Musical Entertainment with Hans and Sue – May 1st at 2:00pm

Good Bye Celebration for Angela's 4th Grade Class– May 2nd at 1:50pm

Catholic Communion Service with Sister Bridget – May 3rd at 11:00am

Cinco de Mayo Fiesta with Musical Entertainment by Larry Langen – May 5th at 2:00pm

Monthly Ice Cream Social and Caring Connections with Music by Kent Larson – May 8th at 2:00pm

Musical Entertainment with Shari Sarazin – May 9th at 3:30pm

Ecumenical Communion Service – May 10th at 1:00pm

Musical Entertainment with the Truth and Spirit Band – May 12th at 2:00pm

Mother's Day Celebration with music by Roger Ellis – May 13th at 2:00pm

50's Sock Hop with Music by Elvis of Gemini Entertainment – May 15th at 2:00pm

Music and Memories with Sue Degallier – May 16th at 9:30am

Good Bye Celebration for Mr. Davis' and Mrs. Casey's 4th Grade Classes– May 18th at 1:50pm

Musical Entertainment with Regina Chihak "A Thank You to our Armed Forces" – May 19th at 1:30pm

Living Word Christian Church Service – May 20th at 2:00pm "Pentecost"

Monthly Happy Hour with Musical Entertainment by the Living Stones – May 22nd at 2:00pm

Music and Memories with Sue Degallier – May 23rd at 9:30am

Musical Entertainment with Tom Baker – May 26th at 1:30pm

Memorial Day – May 28th

Resident Food Council – May 29th at 10:30am

Monthly Birthday Party & Musical Entertainment by Steve Lankford – May 29th at 2:00pm

Resident Council Meeting – May 31st at 1:00pm