

Bluffview Bulletin

March/ April 2015

From Bluffview Administration:

An update of BMC's Community Involvement

Walk to End Alzheimer's

For the second year in a row Bluffview Memory Care will be participating in the Walk to End Alzheimer's on September 19, 2015 at Myrick Park in downtown La Crosse. Our goal is not only to raise awareness of the disease but also advance research to treat and prevent Alzheimer's, and provide programs and support to improve the lives of millions of affected Americans. To become a member of our team or donate please visit www.alz.org and click *Walk to End Alzheimer's*. From there, you can search for our team, Bluffview Memory Care.

The Longest Day

On June 21, 2015 the Bluffview Memory Care team is participating in The Longest Day, an event to honor the strength, passion and endurance of those facing Alzheimer's disease. From sunrise to sunset, we will be completing multiple activities at our facility to raise awareness and funds for the care, support, and research efforts of the Alzheimer's Association.

We will be reaching out to our community, families, and friends of our residents, co-workers, and volunteers to help us reach our fundraising goal. We are planning on organizing a day event filled with different entertainments, games, vendors, and prizes. We are hoping to not only raise money for the Alzheimer's Association but to raise awareness in our community and bring a greater understanding of the disease to those who are affected by it.

Together, we can advance research to treat, prevent and, ultimately, cure Alzheimer's, and provide programs and support to improve the lives of those affected today. To become a member of our team or donate please visit <http://act.alz.org/goto/bluffviewmemorycarewithlove>

Thank you,

Ana Miller, NHA, Administration, anamiller@bluffviewmemorycare.com

Joe Coppola, D.O., Administration & Medical Services Director for MCP, LLC.

drjoe@bluffviewmemorycare.com

New Staff

Please help welcome the following new team members:

Resident Care Coordinators

Jenelle Becker

Blong Lee

Jessica Schroeder

Alfonso Bell

Anita Hofer
Molly Snodgrass
Deborah West

Dining and Nutritional Services

Kayla Balk
James Locashio
Jason Abdella

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News:

Appointments

Family members please remember to contact Angela Davies, the front desk representative, for any upcoming events or doctor appointments where your loved one will be leaving the facility. Angela can then ensure to place it in her calendar and forward the communication to those working on the floor closer to the time of the appointment. All of this will assist in preparations to have your loved ones ready to go upon the time of your arrival to the facility. She would like to thank all of you who already do this!

If there has been a cancellation or a re-schedule of an appointment please let me know as soon as possible so I can make the adjustment on the calendar.

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Department News:

Nutritional Services:

Nutritional services a.k.a. the kitchen and foodservice department here at Bluffview Memory Care, have some wonderful new things happening. We are doing a brunch this coming Sunday (April 12th); with an open invitation to friends and family to come eat with loved ones. We have been doing lots of new ideas as of lately and have been having so much fun! I am also putting together a few ideas so that in the future, you can plan a meal or snack when you come to visit. As always you can drop in and eat our normal meals at any time. Last month, we collaborated with Life Enrichment and had a three course meal on our restaurant night. We had a salad course, tenderloin steak for the main course, and a warm brownie ice cream sundae for dessert! We even had live piano music from a talented performer.

Nutritional services have joined forces with Life enrichment once again to come up with some really great food / activities for the next few upcoming months. For Mother's day, we will be having a High Tea for the women with some freshly brewed teas and a few delicious snacks. Father's day, we will be doing an entire day of activities starting at sunrise and ending at sunset as a fundraiser for the Alzheimer's Association's "The Longest Day." To start that day off, we are having Donuts for Dads, where you will be able to come in and have donuts and coffee with Dad or Grandpa! It is sure to be a great day, because any day that starts off with donuts is a slam dunk. As always, I am constantly looking for new ideas and things we can do here, if you have any ideas on something you would like to eat here with your loved

one, just ask to speak to someone from the kitchen, and we will be sure to do our best to make it happen. I am looking forward to seeing some new faces out at these and many other activities.
Thank you,

Joshua Parnow, Head Chef/Nutritional Services Coordinator, jparnow@bluffviewmemorycare.com

Environmental Services:

When the snow and ice melted we were able to check the pond to see how well the goldfish we put in it last year had fared. It would appear most have successfully survived the winter, and we will be adding to the number again this year.

We will start weeding and planting shortly, to get our yard and patios looking beautiful. Perhaps we can begin after the rain has stopped.

The recent bout of GI that we had here gave us some work! We had infection control in full swing, and it successfully limited the outbreak.

We are now busy preparing rooms for new residents coming almost on a weekly basis.

Cheers,

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

Resident Health Department:

Family members and Friends,

Please take note whenever you enter or exit the building that you are cautious of our residents and only letting you and your party members in or out. We do have residents that look and sound as though they are visitors but are not. Again, please just be extra cautious to keep our residents safe.

Now that spring has sprung, please prepare appropriately labeled clothing and maybe a hat/protective eye wear for your loved one. At times they may choose to go outside with LE or sit in the courtyard enjoying the warm sun. Our facility does supply sun screen.

Sincerely,

Sheena Gifford-Whitesitt, RHC, swhitesitt@bluffviewmemorycare.com

Chelsea Henry, RHC, chenry@bluffviewmemorycare.com

Amanda Stellflue, RHC, Amiddleton@bluffviewmemorycare.com

Bobbi Klaver, RHC, cklaver@bluffviewmemorycare.com

Life Enrichment:

“Spring has returned. The Earth is like a child that knows poems.” ~Rainer Rilke

I love the smell of rain, watching the trees bud, the new grasses push themselves up from the old, and the strong spring flowers begin to bloom. There are a lot of fun activities that we will soon be able to start back up. We have already started our planting! We have small little green shoots opening up from

the seeds that we planted just a couple of weeks ago. We can't wait to go and sit out on our patios and enjoy the warm sun shining down on us.

New News

- Our St. Patrick's Day was a blast in March! We had some great music and funny leprechaun stories. The kitchen turned out these amazing little Rueben sandwiches and there were mint brownies that made everyone's mouths water.
- Prairie View Elementary School has been coming to our facility for many months now, and I know that it is everyone's favorite time, kids and residents alike. The month of March was filled with many exciting times and games with the kids. We broke out the active games and had a ball or twenty flying all over the room. The kids are so well behaved and anxious to help out each and every resident; it really warms my heart to see.
- April Showers Bring May Flowers!! Happy Easter everyone! We had some fun decorating eggs, going on Easter Egg hunts, and baking up special Empty Tomb Rolls.
- Our All-You-Can-Eat Spring Brunch is April 12th!
- This month we are planning a fun outing for the residents to go to the University of Wisconsin- La Crosse's Planetarium! This is be Wednesday, April 29th from 1:00pm-4:00pm. Residents will be asked to pay a portion of the expenses with their petty cash. If this is something you think your loved one would enjoy, let us know, and we'll get them on the list!
- Just a heads up; we will be having High Tea for all of the Mothers, Daughters, and Granddaughters on Mother's Day, May 10th. This event will begin at 2:00pm with no expense to those attending. We are also in the midst of planning The Longest Day event through the Alzheimer's Association on June 21st. This is an all-day fundraiser to raise money for the Alzheimer's Association. We will have Donuts for Dads, a bake sale and cake walk, silent auction, fun games, music, lots of food, and constant entertainment! This event will be free to attend, but any food stuffs and large group games will require a small fee that will be fully donated toward the Alzheimer's Association.

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, 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!

Sarah Pedretti, Life Enrichment Coordinator, spedretti@bluffviewmemorycare.com

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Residents Celebrating March and April Birthdays:

March

Edith Ekern, 10th

April

Ruth Blaylock, 29th

Events:

Kari and Rayna Volunteer – March 5th at 3:45pm

Musical Entertainment with Truth and Spirit Band – March 7th at 1:30pm

Sundae Social and Musical Entertainment with Tim Bohnenkamp – March 10th at 2:00pm

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

Monthly Catholic Communion Service with Sister Bridget – March 12th at 11:00am

Monthly Ecumenical Communion Service & Root Beer Float Social – March 12th at 1:00pm

Chastity's 4th Grade Class Visit – March 13th at 2:30pm

St. Patrick's Day Party and Entertainment with Larry Langen – March 17th at 2:00pm

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

Musical Entertainment with Sister's in Song – March 18th at 2:00pm

Jennifer's 4th Grade Class Visit – March 19th at 1:00pm

Noon Meal of the Month – March 20th

6th Grade Girl Scout Troop Visit Playing Cards and Dice – March 20th at 3:15pm

Musical Entertainment with Living Stones – March 21st at 1:30pm

Monthly Pizza Party and Entertainment with Steve Lankford – March 24th at 2:00pm

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

Angela's 4th Grade Class Visit – March 25th at 12:45pm

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

Monthly Birthday Party and Entertainment with Kent Larson – March 31st at 2:00pm

Musical Entertainment with Living Stones – April 4th at 1:30pm

Happy Easter! – April 5th

Sundae Social and Musical Entertainment with Regina Chihak – April 7th at 2:00pm

Monthly Ecumenical Communion Service & Root Beer Float Social – April 9th at 1:00pm

Musical Entertainment with Larry Langen – April 11th at 1:30pm

All-You-Can-Eat Families and Friends Spring Bruch – April 12th at 10:00am-1:00pm

Monthly Happy Hour and Entertainment with Tim Bohnenkamp – April 14th at 2:00pm

Music and Memories with Sue Degallier – April 15th at 9:30am

Musical Entertainment with Sister's In Song – April 15th at 2:00pm

Noon Meal of the Month – April 17th

Monthly Pizza Party and Entertainment with Kent Larson – April 21st at 2:00pm

Music and Memories with Sue Degallier – April 22nd at 9:30am

Resident Council Meeting – April 24th at 1:00pm

Musical Entertainment with Tom Baker – April 25th at 1:30pm

Monthly Birthday Party and Entertainment with Steve Lankford – April 28th at 2:00pm

Music and Memories with Sue Degallier – April 29th at 9:30am

Pet Therapy with Mary and Daisi – April 29th at 1:00pm

UWL Planetarium Outing – April 29th at 1:00pm

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