



# Bluffview Newsletter



*November/December 2017*

## **Bluffview Administration:**

Hello!

With the holidays fast approaching, we hope you are able take a break and spend time with those you love and cherish. Sometimes it can become a little hard to decide on the best ways to celebrate which is why we wanted to share this article from Mayo Clinic:

## **Alzheimer's: Tips To Make Holidays More Enjoyable**

Holidays can be bittersweet for families affected by Alzheimer's. Try these simple tips to make the holidays easier on everyone.

The holiday season can cause mixed feelings for those who have a loved one living with Alzheimer's. It's common to experience a sense of loss for the way things used to be and to feel guilt about what we think we should do or how we think we should feel.

At a time when you believe you should be happy, you could instead find that stress, disappointment, and sadness prevail. You might also feel pressure to keep up family traditions, despite the demands caregiving places on your time and energy.

As a caregiver, it isn't realistic to expect that you will have the time or the energy to participate in all of the holiday activities as you once did. Yet, by adjusting your expectations and modifying some traditions, you can still find meaning and joy for you and your family. Here are some ideas.

### **Keep it simple at home**

If you're caring for a loved one who has Alzheimer's at home:

Make preparations together. If you bake, your loved one might be able to participate by stirring batter or rolling dough. You might find it meaningful to open holiday cards together. Concentrate on the doing rather than the result.

Tone down your decorations. Blinking lights and large decorative displays can cause disorientation.

Avoid lighted candles and other safety hazards, as well as decorations that could be mistaken for edible treats — such as artificial fruits.

Host quiet, slow-paced gatherings. Holiday gatherings often involve music and loud conversation, yet for a person who has Alzheimer's, a calm and quiet environment usually is best. Keep daily routines in place as much as possible and, as needed, provide your loved one a place to rest during family get-togethers.

### **Be practical away from home**

If your loved one lives in a nursing home or other facility:

Celebrate in the most familiar setting. For many people who have Alzheimer's, a change of environment — even a visit home — can cause anxiety. To avoid disruption, consider holding a small family celebration at the facility. You might also participate in holiday activities planned for the residents. Minimize visitor traffic. Arrange for a few family members to drop in on different days. Even if your loved one isn't sure who's who, two or three familiar faces are likely to be welcome. A large group, however, might be overwhelming. Schedule visits at your loved one's best time of day. Schedule your small gathering during that time.

Wishing you and your family a happy holiday season

Thank you,  
*Ana Hines, NHA, Administration,*  
[ahines@bluffviewmemorycare.com](mailto:ahines@bluffviewmemorycare.com)  
*Amanda Middleton-Stellflue,*  
[amiddleton@bluffviewmemorycare.com](mailto:amiddleton@bluffviewmemorycare.com)



PDF Reduce.com  
**SPECIAL REMINDER:**  
**BLUE CHRISTMAS GATHERING**  
**WEDNESDAY, DECEMBER 13, 2017**  
**5:30PM-6:30PM IN THE BISTRO**

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**New Staff**

Please help welcome the following new team members:

**Resident Care Coordinators**

- Tomisina Larkin
- Richard Bottorff
- Brooke Vian
- Courtney Storkel
- Brooke Evenson
- Marci Johnson

**Nutritional Services**

- Kyle Ritter
- Kala Diderrich
- Christin Dirard

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**Reminders from our Receptionist:**

When you leave the facility, be aware of who attempts to leave with you. Ensure the door is closed and locked behind you before you walk away. A sign in/out sheet is located at the front desk for your convenience to allow staff the opportunity to know who is in the building. If you plan to take a resident out of the facility, please ensure to sign him/her out and back in upon arrival. Please ensure to inform a staff member that the resident is being taken out of the facility as well to ensure that any medications have been administered beforehand. Don't forget to do these steps on the weekend especially!

Your loved one may also have received some business mail which I place in their own personal mailbox. If you are the POA and come to visit please do ask if there is any, and we will be more than happy to give the mail to you.

If your loved one has any appointments please ensure to let me know so that I can add it to the calendar and the communication board. It is always a good idea as then we will know he/she is ready to go on time for the appointment.

If you plan to eat a meal with your loved one please let us know sooner rather than later to ensure there will be plenty available!

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

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**Department News:**

Nutritional Services:

What's cooking in the Kitchen?

Well, what a busy month November has been. The facility started the month with the bi-annual survey from state. I am happy to announce that the kitchen passed with good praises from the surveyor. My dedicated staff have worked very hard learning all the changes in sanitation regulations. We held our Resident Food Council where the topic was deer hunting and all of our favorite ways of preparing venison. The resident choice meal was also picked by the council: Swiss Mushroom Burgers, Onion Rings, Baked Beans, and Apple Crisp. We celebrated Thanksgiving here at Bluffview with so many guests dining with their loved ones. What a glorious time this was for all. It was wonderful serving everyone.

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**Meal Prices:**  
Lunch -- \$6.00  
Supper -- \$5.00

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I hope everyone had a wonderful Thanksgiving, and wishing everyone a Spirit filled Christmas.

Sincerely,

Tammy Atkinson, Nutritional Services Coordinator, [tatkinson@bluffviewmemorycare.com](mailto:tatkinson@bluffviewmemorycare.com)

**If you would like to bring in Christmas decorations for your loved one, please be aware that any lights need to be fitted into a timer so that they are turned off for a few hours a day per our Holmen Fire Department. Thank you!**

### Environmental Services:

Winter is clearly approaching; I've turned off and stored the pond fountain until Spring in anticipation of the pond freezing over. I have also started routinely locking the courtyard access doors and have turned on the door alarms. Residents are still able to access the courtyards if they wish, but we do need to be sure we know who is there due to how cold and possibly slippery it will get.

Please take care when entering the facility during ice and snow periods.

Cheers,

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

### Resident Health Department:

We would like to inform you that we have a lost and found drawer in the back office. If your loved one is missing glasses or jewelry please inquire at the front desk the next time you are in to see if it might be located in the lost and found. As a reminder, with the cold weather upon us, please bring in winter clothing for your loved one and remove their summer attire.

Blessings,

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

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

*Patty Tourtellott, RHC, [ptourtellott@bluffviewmemorycare.com](mailto:ptourtellott@bluffviewmemorycare.com)*

*Alea Peterson, RHC, [apeterson@bluffviewmemorycare.com](mailto:apeterson@bluffviewmemorycare.com)*

### Life Enrichment:

Brrrrrrrr!!!! It is getting cold outside, and that wind is terrible! Luckily there is so much going on to keep us warm and cheery inside. I absolutely love this time of year with all the great food, family gatherings, and fun parties. And we have plenty of all!

#### **New News**

- Thank you to everyone who is a Veteran and has served our great country!! We had a wonderful service in honor of our Veterans November 11<sup>th</sup> with a touching speaker, Craig Bartos, Retired Navy Captain.
- Happy Alzheimer's Awareness Month; we happily painted the facility purple through our theme of Wine and Grapes this month in honor of Alzheimer's. We hope everyone who made it out for our Sip and Paint Fundraiser had a ton of fun!! Maybe this will be an annual event.
- **Things to look forward to:** We are hosting the ClogJam Dancers December 3<sup>rd</sup> at 1:15pm; **Blue Christmas Gathering and Love Lights Celebration is December 13<sup>th</sup> at 5:30;** Living Word Christmas Service is December 17<sup>th</sup> at 2:00pm; Christmas Eve Party, Bluffview Choir Performance, and Gift Opening is December 24<sup>th</sup> at 2:00pm; **Rotary Lights Viewing is December 28<sup>th</sup> at 6:00pm;** New Year's Eve Celebration is December 31<sup>st</sup> at 2:00pm.

## 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 and artists 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, CTRS, Life Enrichment Coordinator, [spedretti@bluffviewmemorycare.com](mailto:spedretti@bluffviewmemorycare.com)

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## **Residents Celebrating December and January Birthdays:**

### **December**

Lyle Blum, 27<sup>th</sup>

Carol Timm, 28<sup>th</sup>

Dennis Frappier, 31<sup>st</sup>

### **January**

Virginia Vopelak, 8<sup>th</sup>

Marilyn Conway, 14<sup>th</sup>

Margaret "Peg" Doering, 14<sup>th</sup>

## **Remembering Those Who Have Gone Before Us:**

Bernard "Boney" O'Neil, October 9<sup>th</sup>; Robert Helwig, November 2<sup>nd</sup>; Mary Anne Lyons, November 10<sup>th</sup>; Shirley Tollefson, November 12<sup>th</sup>; Glenn Gerdes, November 20<sup>th</sup>

## **Events:**

Musical Entertainment with Larry Langen – December 2<sup>nd</sup> at 1:30pm

Clog Jam Christmas Dancers – December 3<sup>rd</sup> at 1:15pm

Monthly Happy Hour with Gemini Entertainment – December 5<sup>th</sup> at 2:00pm

Angela's 4<sup>th</sup> Grade Class Visit – December 6<sup>th</sup> at 1:50pm

Catholic Communion Service with Sister Bridget – December 7<sup>th</sup> at 11:00am

Musical Entertainment with Roger Ellis – December 9<sup>th</sup> at 1:30pm

Loretta Renning Christmas Disk Jockey – December 10<sup>th</sup> at 1:30pm

Monthly Ice Cream Party with Music by Living Stones – December 12<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – December 13<sup>th</sup> at 9:30am

Pet Therapy with Mary and Daisy – December 13<sup>th</sup> at 3:30pm

**Blue Christmas Gathering and Love Lights Celebration – December 13<sup>th</sup> at 5:30pm**

Ecumenical Communion Service – December 13<sup>th</sup> at 1:00pm

Mondoro Cut-Ups Christmas Caroling – December 14<sup>th</sup> at 1:30pm

Casey's 4<sup>th</sup> Grade Class Visit – December 15<sup>th</sup> at 1:50pm

Musical Entertainment with Paul Martin – December 16<sup>th</sup> at 1:30pm

Living Word Church Christmas Service – December 17<sup>th</sup> at 2:00pm

Monthly Birthday Party with Music by Regina Chihak – December 19<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – December 20<sup>th</sup> at 9:30am

**Staff Christmas Party – December 21<sup>st</sup> at 1:30pm**

Musical Entertainment with Tom Baker – December 23<sup>rd</sup> at 1:30pm

**Christmas Eve Party and Gift Opening – December 24<sup>th</sup> at 2:00pm**

**Christmas Day – December 25<sup>th</sup>**

Musical Entertainment with Steve Lankford – December 26<sup>th</sup> at 2:00pm

Resident Food Council with Tammy – December 27<sup>th</sup> at 10:00am

Resident Council Meeting – December 27<sup>th</sup> at 1:00pm

Pet Therapy with Mary and Daisy – December 27<sup>th</sup> at 3:30pm

**Rotary Lights Trip – December 28<sup>th</sup> at 6:00pm**

**New Year's Eve Party – December 31<sup>st</sup> at 2:00pm**

**New Year's Day – January 1<sup>st</sup>**

Monthly Happy Hour with Musical Entertainment by Larry Langen – January 2<sup>nd</sup> at 2:00pm

Angela's 4<sup>th</sup> Grade Class Visit – January 3<sup>rd</sup> at 1:50pm

Catholic Communion Service with Sister Bridget – January 4<sup>th</sup> at 11:00am

Musical Entertainment with Tom Baker – January 6<sup>th</sup> at 1:30pm

Pizza Party with Musical Entertainment by Hans Mayer and Sue Hauser – January 9<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – January 10<sup>th</sup> at 9:30am

Musical Entertainment with Shari Sarazin – January 10<sup>th</sup> at 3:30pm

Ecumenical Communion Service – January 11<sup>th</sup> at 1:00pm

**Martin Luther King Jr Day – January 15<sup>th</sup>**

Monthly Ice Cream Party with Music by Steve Lankford – January 16<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – January 17<sup>th</sup> at 9:30am

Mr. Davis' 4<sup>th</sup> Grade Class Visit – January 19<sup>th</sup> at 1:50pm

**Around the World in a WEEK!! – January 22<sup>nd</sup> – January 26<sup>th</sup>**

**Celebration of the World – January 26<sup>th</sup> at 2:00pm**

Music and Memories with Sue Degallier – January 24<sup>th</sup> at 9:30am

Resident Food Council – January 30<sup>th</sup> at 10:00am

Monthly Birthday Party & Musical Entertainment with Kent Larson – January 30<sup>th</sup> at 2:00pm

Resident Council Meeting – January 31<sup>st</sup> at 1:00pm