

Bluffview Bulletin

November/December 2015

Bluffview Administration:

An article from the Alzheimer's Association:

The holidays are full of emotions, so it can help to let guests know what to expect before they arrive.

If the person is in the early stages of Alzheimer's, relatives and friends might not notice any changes. But the person with dementia may have trouble following conversation or tend to repeat him- or herself. Family can help with communication by being patient, not interrupting or correcting, and giving the person time to finish his or her thoughts.

If the person is in the middle or late stages of Alzheimer's, there may be significant changes in cognitive abilities since the last time an out-of-town friend or relative has visited. These changes can be hard to accept. Make sure visitors understand that changes in behavior and memory are caused by the disease and not the person.

You may find this easier to share changes in a letter or email that can be sent to multiple recipients. Here are some examples:

>> "You may notice that ___ has changed since you last saw him/her. Among the changes you may notice are ___.

>> "Because ___ sometimes has problems remembering and thinking clearly, his/her behavior is a little unpredictable.

>> "Please understand that ___ may not remember who you are and may confuse you with someone else. Please don't feel offended by this. He/she appreciates your being with us and so do I."

Involve the person with dementia

Build on past traditions and memories.

Focus on activities that are meaningful to the person with dementia. Your family member may find comfort in singing old holiday songs or looking through old photo albums.

Involve the person in holiday preparation.

As the person's abilities allow, invite him or her to help you prepare food, wrap packages, help decorate or set the table. This could be as simple as having the person measure an ingredient or hand decorations to you as you put them up. (Be careful with decoration choices. Blinking lights may confuse or scare a person with dementia, and decorations that look like food could be mistaken as edible.)

Maintain a normal routine.

Sticking to the person's normal routine will help keep the holidays from becoming disruptive or confusing. Plan time for breaks and rest.

A holiday is still a holiday whether it is celebrated at home or at a care facility. Here are some ways to celebrate together:

- Consider joining your loved one in any facility-planned holiday activities
- Bring a favorite holiday food to share
- Sing holiday songs and ask if other residents can join in
- Read a favorite holiday story or poem out loud

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

Jamie Frawley – RCC

Ardie Harper – RCC

Mandy Hellerud – RCC

Alea Herrmann – RCC

Rockell Hopper – RCC

Linda Meyer – RCC

Elizabeth Scowden – RCC

Dining and Nutritional Services

Shieda Davis – Nutritional Services

Susan Stratten – Nutritional Services

Management

Hilary Kiel – RN

Reminders from our Receptionist:

A festive reminder to check with the Receptionist or one of the staff members in regards to any mail to pick up.

The sign in/out sheet is now available 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 if any medications are 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

Department News:

Nutritional Services:

“What’s Cooking” Corner,

Well, the Nutritional Services continues to move forward. Many changes have been made, from the menus and the way the food is prepared, to the order of what dining rooms are served and how they are served.

Thanksgiving has quickly gone by and now preparation begins again for yet more holidays. What a busy time of year! I would like to send a reminder to the families and friends that you are more than welcome to dine with your loved one during the Christmas Holidays; however, to better meet everyone’s needs, we do ask that you let us know as soon as you can so that we can be sure there is enough food prepared. You can sign up at the front desk or call to make your reservations. A big meal will be served on Christmas day.

From Nutritional Services We wish you all a Merry Christmas and a Happy New Year.

Thank you,

Tammy Francis, Head Chef/Nutritional Services Coordinator, tfrancis@bluffviewmemorycare.com

Environmental Services:

Can I ask all families and visitors to Bluffview to be extra careful when entering and leaving the building to make sure no resident uses that opportunity to slip out?

We do have residents that are simply prone to wander; we have residents that actively seek to leave, and we have residents that are relatively young and may be easily mistaken as another visitor. There is a delay on the door lock after it closes; please ensure the lock activates before you walk away from the door and please be aware if anyone went through the door while you had it open. This is particularly important on weekends and in the evening as staff are not present at the front desk; however this also applies during the day as it is very easy for the staff to be busy and therefore distracted with other tasks.

Even if a resident slipping out is immediately known to staff they can sometimes be very difficult to coax back inside once out, and as it is now cold outside, we can’t afford to have residents outside for long periods of time. If you are in any doubt, please speak to a staff member. We would rather you did that than allow a resident outside by mistake.

Can I also ask that visitors sign IN/OUT and inform a staff member when they take a resident out of the facility? We do have a sign IN/OUT sheet at the front desk, but unfortunately, it does sometimes get

taken by residents. Therefore, we have a second sign in sheet by the keypad between the front doors. If you take a resident out then please sign them out and inform the staff in case any medicines need to be sent with the resident. Please do not take a resident out without informing the staff first.

Again, please sign in and sign out when you visit the facility so that staff are aware who is in the building at all times. This is obviously paramount for example in the event of a fire alarm or other life threatening event.

Cheers,

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

Resident Health Department:

Dear Family and Friends,

The holidays are a wonderful time to spend with your loved one whether it is here at the facility or in your home. If you plan to take your loved one out, please call ahead of time and inform staff to allow them plenty of time to get your loved one ready and to check out his or her medications.

As a reminder, now that cooler weather is upon us, please replace any summer clothing articles with winter clothing articles. It would be a good idea to have a coat, hat, and mittens in the closet even if they are not regularly out of the facility just in case of an emergency. These items should be labeled with their name or initials. We do have markers available upon request for labeling.

Sincerely,

Hilary Kiel, RN, hkiel@bluffviewmemorycare.com

Amanda Stellflue, RHC, amiddleton@bluffviewmemorycare.com

Bobbi Klaver, RHC, cklaver@bluffviewmemorycare.com

Molly Carhart, RHC, mcarhart@bluffviewmemorycare.com

Life Enrichment:

"We wish you a Merry Christmas, we wish you a Merry Christmas, we wish you a Merry Christmas and a Happy New Year!" I am so excited during this season of love, giving, and joy. We are all decorated and continuously getting more and more put up almost every day! If you come in and look around, you will find SEVEN Christmas Trees set up throughout the building. We have two special trees this year: the Alzheimer's Association Tree (white and purple at the front desk) and our "Warming Tree" in the front lobby from which we are collecting items to give away to the La Crosse Warming Center. We would LOVE to have you stop by and take a look around at our Christmas Cheer!

New News

- We have recently found out that through your generous contributions, the donations from our staff members, and through fundraisers, Bluffview Memory Care has recently been recognized as a Champion Club Member of the Alzheimer's Association. You can find our certificate hanging by the front door as you head out. Thank you!

- We enjoyed a wonderful Veteran's Day Celebration this last month; what an honor it is to celebrate the men who have served our country. They were all so proud! We were also excited for the wonderful turn out we had during our Fall Festival for Families and Friends. It always warms our hearts to see families come and enjoy themselves with their loved ones; it was also really fun to see so many come and take pictures in our little photo booth! We were able to take a couple of the ladies shopping to Valley View Mall; we were able to see Santa and three beautiful ballerinas who we convinced to share a little dance with us.
- So far this December, we've had one fourth grade class come and visit and share a fun Hot Cocoa Craft with us, and a second grade Girl Scout Troop came to decorate cookies, sing Christmas songs, and craft with us. There is a lot of music this month which is marvelous as we all love singing those joyous Christmas songs! We will be having our Secret Santa Christmas Party December 24th starting at 1:00pm; each resident will be given a gift chosen specifically for them by one of our staff members. We are excited to be able to take our residents to the Rotary Lights this year! It will be December 30th at 6:00pm. Please let us know if you are interested in coming along!!

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, Life Enrichment Coordinator, spedretti@bluffviewmemorycare.com

Residents Celebrating December and January Birthdays:

December

Karl Wall, 8th

James "Jimbo" Hindes, 11th

Carol Timm, 28th

Clarice Knudtson, 31st

January

Lewis Whitehead, 5th

Virginia Voplak, 8th

Edwin "Ed" Koskovich, 11th

Margaret "Peg" Doering, 14th

Thomas "Tom" Christenson, 20th

Edith Loose, 24th

Events:

Monthly Happy Hour with Musical Entertainment by Paul Martin – December 1st at 2:00pm

Angela's 4th Grade Class Visit – December 3rd at 1:00pm

Musical Entertainment with Kent Larson – December 5th at 1:30pm
Girl Scout Troop Cookie Decorating and Hot Chocolate Social – December 6th at 1:30pm
Sundae Social with Musical by Tim Bohnenkamp – December 8th at 2:00pm
Music and Memories with Sue Degallier – December 9th at 9:30am
Monthly Catholic Communion Service with Sister Bridget – December 10th at 11:00am
Monthly Ecumenical Communion Service & Root Beer Float Social – December 10th at 1:00pm
Musical Entertainment with Evelyn, Elinor, and Barb – December 11th at 2:00pm
Pizza Party with Musical Entertainment by Living Stones – December 15th at 2:00pm
Music and Memories with Sue Degallier – December 16th at 9:30am
Jenny's 4th Grade Class Visit – December 17th at 1:00pm
Noon Meal of the Month – December 18th
Chastity's 4th Grade Class Visit – December 18th at 1:00pm
Musical Entertainment with Triple Nickle – December 19th at 1:30pm
Living Word Church Service – December 20th at 1:45pm
First Day of Winter – December 22nd
Monthly Happy Hour & Musical Entertainment by Steve Lankford – December 22nd at 2:00pm
Resident Council Meeting – December 23rd at 1:00pm
Resident Christmas Party and Gift Opening – December 24th at 1:00pm
Christmas Day – December 25th
Musical Entertainment with Larry Langen – December 26th at 2:00pm
Monthly Birthday Party and Entertainment with Steve Szydel – December 29th at 2:00pm
Life Enrichment Outing to the Rotary Lights in La Crosse – December 30th at 6:00pm
New Year's Eve Party with Musical Entertainment by Laurel Brandt – December 31st at 2:00pm
Musical Entertainment by Kent Larson – January 2nd at 1:30pm
Happy Hour with Musical Entertainment with Living Stones – January 5th at 2:00pm
Music and Memories with Sue Degallier – January 6th at 9:30am
Monthly Catholic Communion Service with Sister Bridget – January 7th at 11:00am
Angela's 4th Grade Class Visit – January 7th at 1:00pm
Musical Entertainment with Paul Martin – January 10th at 1:30pm
Sundae Social and Musical Entertainment with Regina Chihak – January 12th at 2:00pm
Monthly Ecumenical Communion Service & Root Beer Float Social – January 14th at 1:00pm
Winter Wonderland Waltz with Entertainment by Gemini Entertainment – January 16th at 1:00pm
Monthly Pizza Party with Musical Entertainment with Larry Langen – January 19th at 2:00pm
Music and Memories with Sue Degallier – January 20th at 9:30am
Jenny's 4th Grade Class Visit – January 21st at 1:00pm
Noon Meal of the Month – January 22nd
Chastity's 4th Grade Class Visit – January 22nd at 1:00pm
Musical Entertainment with Tom Baker – January 23rd at 1:30pm
Monthly Birthday Party and Entertainment with Steve Lankford – January 26th at 2:00pm
Resident Council Meeting – January 29th at 1:00pm

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