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Bluffview Newsletter

September/October 2018

Editor: Sarah Pedretti

Bluffview Administration:

Warmest regards,

In Wisconsin, the famous saying is “if you don’t like the weather, just wait five minutes!” As we have seen, fall weather has truly come in with a fury with the feeling of winter right on its heels. With these cooler temperatures upon us, we would like to remind families that if you have not already done so please come in to exchange clothing to ensure your loved one has nice warm clothing on hand. With the season change, the sun also goes down earlier which can sometimes lead to earlier instances of sundowning behaviors. Please keep this in mind when you are planning your visits to get the most out of your time with your family member. We are also working with our care team to ensure residents get the special care that they need during this time. Thank you so much for partnering with us for your loved ones’ care. By working closely together with us, we can better help your family member receive the great care they so richly deserve.

Thank you,

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:

Environmental Services

Sara Boehme

Resident Care Coordinator

Laura Kagel



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. If I am not available, any staff member will be more than happy to assist you with finding your mail.

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

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.

I would like to remind you to please contact Bluffview with any appointments or outings planned for your loved ones. This will help ensure your loved one is up and ready to go. We will also ensure that any medications are then prepared to go with you if required. Also, if you would like to have your loved one added to the beauty shop list on Tuesdays or as a standing order for every Tuesday, please let me know.

The Health Drive forms are required as soon as possible so that we can process them for your loved one's Dental, Vision, Podiatry and/or Audiology care with Health Drive Medical and Dental practices.

We do have a Suggestion Box. It is located in the Reception office area on the wall just above where the menus and weekly activity calendar sheets are located. Please feel free to place any suggestions, comments, etc. in the box. This is checked regularly by the Customer Service Representative. This is also a place where you can deposit your month checks if you are unable to come during business hours.

With a Smile,
Angela Davies, Customer Service Representative, adavies@bluffviewmemorycare.com



Department News:

Nutritional Services:

What's cooking in the Kitchen?

Well the summer is coming to an end, and fall is upon us.

Several new fall menu items are being introduced; watch for the changes. Reminder to the families: you are always welcome to dine with your loved ones. There is always room for more!

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


THANKSGIVIGN MEAL
AT BLUFFVIEW:
ROASTED TURKEY
MASHED POTATOES AND GRAVY
BAKED SQUASH
HOMEMADE PORK SAUSAGE STUFFING
DINNER ROLLS
PUMPKIN PIE



Bluffview has been trying something different with our dining program. We have now transitioned to a "family style" meal where our staff dine with our residents. We are doing this for many reasons including visual stimulation to encourage better nutritional intakes of our residents and socialization. So far, we have seen improvements with intakes, stability in weights, and dining atmosphere.

Last but not least, it's time to think about Thanksgiving. Last year we had a very good attendance of family and friends on Thanksgiving Day. We would like the same for this year. You will see the menu listed on the side.

Dining will begin at 11:45am - 12:45pm. The cost of the meal will be \$8.00 and \$4.00 for children under 12 years of age.

We are asking to have all RSVP's submitted by November 15, 2018 to assure that we have enough food prepared. Like last year, we will have assigned seating and will also be utilizing the BISTRO.

Lastly, watch for our Holiday Raffle Basket starting November 1st. Everyone will have a chance to win with the purchase of tickets. The winning ticket will be drawn at 1:00pm on Thanksgiving Day. Attendance is not required to win. Tickets will be sold at the front desk and will be sold until 12:00p on Thanksgiving Day.

1 ticket = \$3.00
5 tickets = \$10.00



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

Environmental Services:

Hello,

We have purchased new flowers for the front area and courtyards to freshen up our look for Autumn. I have also picked up a pressure washer to help clean up the front area instead of just using a hose. So far this seems to have worked well.



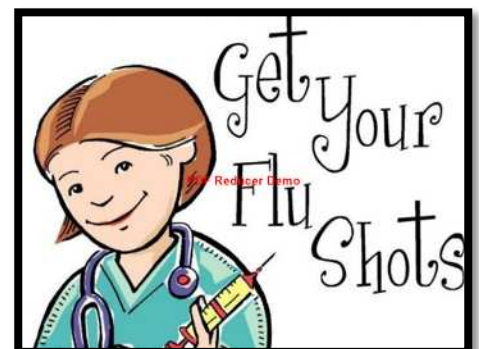
I would like to remind visitors NOT to allow anyone to leave the facility if you do not know for certain who they are. Not all our residents look as though they are residents. We are also asking that you please ring the doorbell every time you enter even if you have your own fob so that staff know whenever someone enters. I'd also like to remind visitors to sign in and out when they visit so we have an accurate tally of who is in the building in case of a fire emergency of any sort.

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

Resident Health Department:

The flu season is rapidly approaching. Rockmed Pharmacy will be here at Bluffview on October 15th for our annual flu vaccine clinic. Please contact the facility to provide a verbal consent or to decline the vaccine. You can also email the preference for your loved one to any of the Resident Health Coordinators, Administrators, or Angela. We encourage all of our residents to receive the flu vaccine for their safety, the safety of the other residents, and the safety of our staff. Thank you for your assistance in keeping everyone healthy this season.

Blessings,
Bobbi Klaver, RHC, klaver@bluffviewmemorycare.com
Molly Carhart, RHC, mcarhart@bluffviewmemorycare.com



Patty Tourtellott, RHC, ptourtellott@bluffviewmemorycare.com

Alea Peterson, RHC, apeterson@bluffviewmemorycare.com

Life Enrichment:

It's Autumn!!! This is hands down my favorite time of the year! Even if it's a cold and rainy fall so far, I am the happiest of people. I love the feel of the cooler weather, the changing leaves, the deeper blue skies, the wonderful, refreshing smells, and the clothes! I know that I have a few others who are right there beside me. I've had fun decorating for the season and am hoping to get a little more this week before our Fall Festival and Chicken Q. I hope that you can all make it out for the fun this October 11th.



New News

- Thank you to everyone who came to our first in-house Alzheimer's Walk: A Walk Down Memory Lane. I was so wonderful to have the residents join in our walk this year. We were able to raise over \$240.00 during our small event!!
- With our Alzheimer's Walk and the other events throughout the year, Bluffview Memory Care was able to donate over \$1,200.00 to the Greater La Crosse Area Alzheimer's Association Walk! Thank you for your support!!
- It was Assisted Living Week September 9-15th this year, and Bluffview had a fun time celebrating with dress up days, a Toga Party with the residents, treats each day, and a staff picnic!
- Life Enrichment Department staff Sarah and Shane were privileged to attend a three day Activity Professionals' Conference through the Wisconsin Representatives of Activity Professionals (WRAP) Organization. Each one had a wonderful experience and learned so much about new activities, interacting with residents, and looking after caregivers. Keep looking for some of those new activities that they are bringing back to Bluffview!
- **Things to look forward to:** Bluffview Bonfire, October 9th at 6:00pm; **Fall Festival and Chicken Q, October 11th from 3:00-6:00pm;** Riverside Swing Addicts Dance Performance, October 22nd at 6:00pm; **Halloween Hooligan Hootenanny, October 31st at 2:00pm;** Family Movie Night: Still Alice, November 2nd at 5:30pm; Veterans' Honoring Celebration, November 11th at 2:00pm; Thanksgiving Day Meal, November 22nd starting at 11:30am





Old News



- We have a wonderful Facebook page under Bluffview Memory Care, and we would LOVE for you to like us and stay up to date with events, news, and fundraisers that are coming up!
- 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 October and November Birthdays:

October

- Jime Thielman, 2nd
- Pat Switzer, 9th
- Jean Elstad, 16th
- Renata Arneson, 28th



Becky Langrehr, 29th

November

Gladys Pralle, 2nd

Nellie Braaten, 7th

Jeanette Limpert, 7th

Brad Holte, 23rd

Kathy Brandt, 29th

Events:

Monthly Ice Cream Social & Music by Hans Mayer and Sue Hauser - October 2nd at 2:00pm

Music and Memories with Sue Degallier - October 3rd at 9:30am

Angela's 4th Grade Class Visit - October 3rd at 1:55pm

Catholic Communion with Sister Bridget - October 4th at 11:00am

Musical Entertainment with Paul Martin - October 6th at 1:30pm

Columbus Day - October 8th

Monthly Happy Hour with Musical Entertainment with Larry Langen - October 9th at 2:00pm

Music and Memories with Sue Degallier - October 10th at 9:30am

Ecumenical Communion Service with Holmen Lutheran - October 11th at 1:00pm

Annual Fall Festival and Chicken Q Fundraiser - October 11th from 3:00-6:00pm

Musical Entertainment with Rudy Rudesill - October 11th at 5:00pm

Casey's 4th Grade Class Visit - October 12th at 1:50pm

Musical Entertainment with Shari Sarazin - October 15th at 3:00pm

Monthly Pizza Party with Musical Entertainment by Kent Larson - October 16th at 2:00pm

Monthly Birthday Party with Music by Steve Lankford - October 23rd at 2:00pm

Music and Memories with Sue Degallier - October 24th at 9:30am

Resident Council Meeting - October 25th at 1:00pm

The Good News Sing-a-Long Group - October 26th at 1:00pm

Musical Entertainment with Tom Baker - October 27th at 1:30pm

Resident Food Council with Tammy - October 29th at 10:00am

Musical Entertainment with Loren Wolfe - October 29th at 6:00pm

Happy Halloween! - October 31st

Halloween Hooligan Hootenanny with Gemini Entertainment - October 31st at 2:00pm

Caregivers and Alzheimer's Awareness Month -- November

Catholic Communion Service with Sister Bridget - November 1st at 11:00am

Family Movie Night: Still Alice - November 2nd at 5:30pm

Musical Entertainment with Larry Langen - November 3rd at 1:30pm

Daylight Savings: Fall Back - November 4th

Monthly Ice Cream Social with Music by Hans and Sue - November 6th at 2:00pm

Music and Memories with Sue Degallier - November 7th at 9:30am

Angela's 4th Grade Class Visit - November 7th at 1:50pm

Ecumenical Communion Service - November 8th at 1:00pm

Veterans' Honoring Celebration - November 11th at 2:00pm

Monthly Happy Hour with Musical Entertainment by Kent Larson - November 13th at 2:00pm

Musical Entertainment with Shari Sarazin - November 14th at 3:30pm

Mr. Davis 4th Grade Class Visit - November 16th at 1:50pm

Musical Entertainment with Regina Chihak - November 17th at 1:30pm
Living Word Christian Church Service - November 18th at 2:00pm
Monthly Pizza Party with Musical Entertainment by Steve Lankford - November 20th at 2:00pm
Music and Memories with Sue Degallier - November 21st at 9:30am
Happy Thanksgiving!! - November 22nd
Thanksgiving Meal at Bluffview - November 22nd starting at 11:30am
Good News Sing-a-Long - November 23rd at 1:00pm
Musical Entertainment with Tom Baker - November 24th at 1:30pm
Resident Food Council - November 26th at 10:00am
Monthly Birthday Party with Music with Gemini Entertainment- November 27th at 2:00pm
Music and Memories with Sue Degallier - November 28th at 9:30am
Resident Council Meeting - November 30th at 1:00pm