

# Bluffview Newsletter

**September/October 2017**

## **An Answer To The Call For Help:**

As we informed you last month, Diane Hooker the daughter of one of our residents is in end-stage kidney failure and in need of a kidney transplant. Amazingly, there have been a handful of people who have so generously stepped up to offer their help by beginning testing to see if they would be a perfect match for Diane. We are excited to announce that one of our own staff members has been approved to be a donor!

Sarah Pedretti our Life Enrichment Coordinator, has been through the lengthy, invasive process at Mayo Health Clinic in Rochester, MN to see whether she is a good candidate for a living kidney donor. She had to attend a three day evaluation with appointment after appointment; now, she has finally been approved as a donor! However, there are a few things standing in the way of Sarah donating to Diane directly. Luckily, Mayo Clinic has a great system set in place for these specific situations; it is called Paired Donation.

A paired kidney donation is a transplant option for candidates who have a living donor who is medically able, but cannot donate a kidney to their intended candidate because they are not a perfect match. What happens is the transplant center staff enter the eligible donor and recipient medical information into a computerized system. That system works with transplant centers throughout the United States to search for cases where the donor in each pair is compatible with the recipient in another pair (or multiple pairs). By exchanging donors, a compatible match is found for both recipients. With this process, Diane is guaranteed a kidney that is a perfect match for her without having to wait on a long donor list since Sarah is still willing to donate.

Thank you again for your support and involvement. If you would like to help Diane and her husband Dave through this process, please email a manager or leave your information at the front desk, and we will get that information to them to follow up on.

Sarah will also need your support during her recovery; she is expecting to be out for at least four weeks in order to fully recover. If you would like to help out with the Life Enrichment Department during this time through volunteering, please email Sarah at [spedretti@bluffviewmemorycare.com](mailto:spedretti@bluffviewmemorycare.com) and let her know what you would be willing to assist with and at which times! Thank you again!!



**Bluffview Administration:**

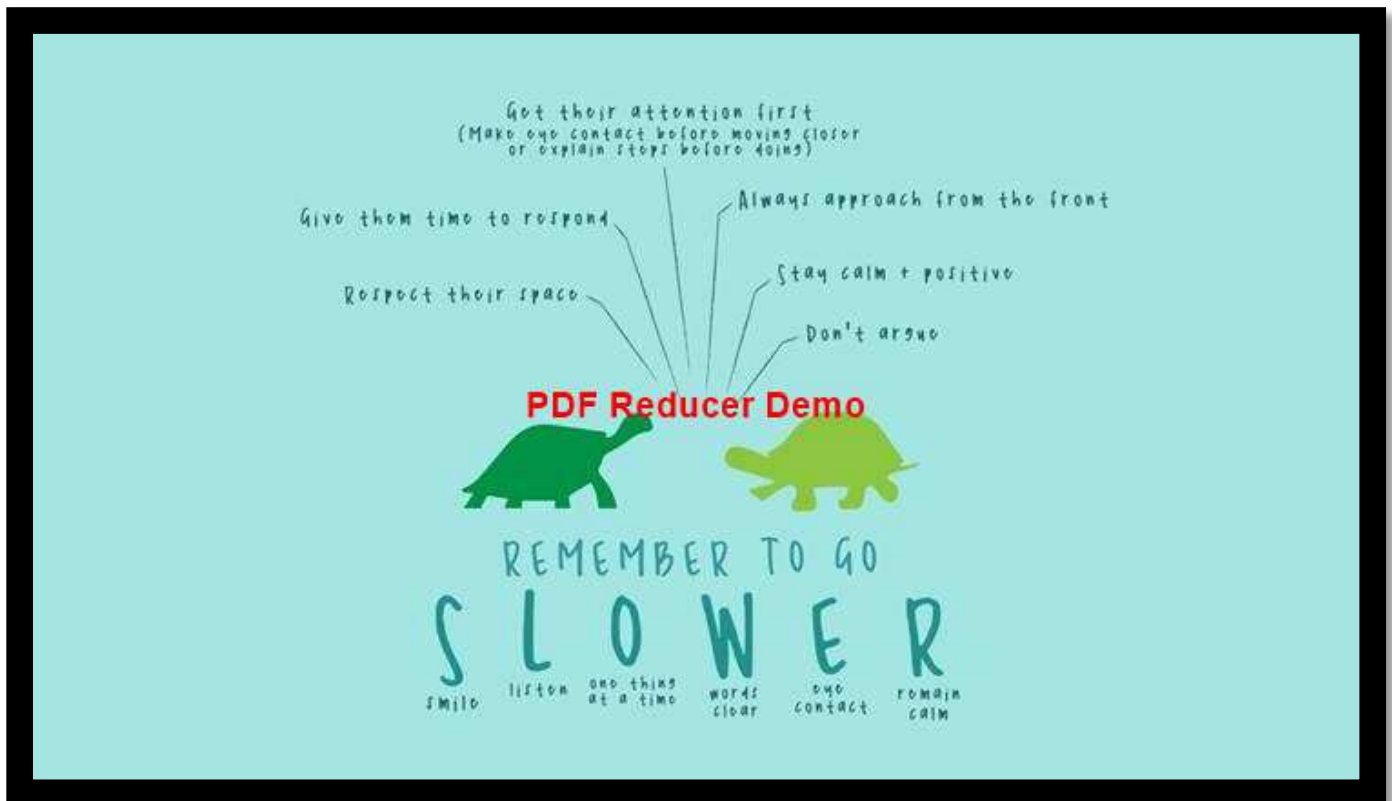
Hello!

With the leaves changing color and the air turning crisp, Bluffview Memory Care would like to wish you and your family a happy fall! As you visit your loved one, you may have also noticed some changes in the Administration Office. Amanda Middleton-Stellflue is now on maternity leave after welcoming their beautiful baby boy to their family. Amanda will be returning from maternity leave on January 2, 2018. In the meantime, if questions or concerns arise please feel free to contact Administrator, Ana Hines.

Email: [ahines@bluffviewmemorycare.com](mailto:ahines@bluffviewmemorycare.com)

Phone: 608-526-5864

We will also continue holding our bi-monthly Family Council Meeting. In August, we had a great turnout and would love to keep this going! Meetings will be held on the 3<sup>rd</sup> Wednesday of every other month at 5:30pm. Our next meeting will be on Wednesday, October 18<sup>th</sup> in the Bistro. We hope to see you there!



Thank you,

Ana Hines, NHA, Administration, [ahines@bluffviewmemorycare.com](mailto:ahines@bluffviewmemorycare.com)

Amanda Middleton-Stellflue, [amiddleton@bluffviewmemorycare.com](mailto:amiddleton@bluffviewmemorycare.com)

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**New Staff**

Please help welcome the following new team members:

**Resident Care Coordinators**

Aaisha Perrilliat

Paige Wagas

Sarah Pollock

Tomisina Larkin

Richard Bottorff

**Nutritional Services**

Josiah Nall

Christin Girard

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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

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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**FAMILY MEETING**

**WEDNESDAY, OCTOBER 18, 2017**

**5:30PM-6:30PM**

**IN THE BISTRO**

## Department News:

### Nutritional Services:

What's cooking in the Kitchen?

Well, Fall is upon us, and where did the summer go?

With fall here and winter soon to approach, let me remind you how important it is to get adequate hydration. Older Adults are at risk for hydration and complications regarding this for a number of reasons. It is recommended that the elderly population drink six-seven/ eight ounce glasses of fluids a day to maintain adequate hydration.

Some new recipe ideas have been introduced into our menus the past month. I would like to thank Bruce Landron for sharing his family cookbook with us! It has been a joy looking through them and implementing some of them into our menus.

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

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We continue to hold Resident Food Council every month, and the topic of our last meeting was about all the vegetables and fruits we harvest this time a year. Residents enjoyed talking about harvesting, and canning. The resident choice meal was thought up at this time as well. They requested for their meal Meatloaf, Scalloped Potatoes, Squash, Dinner Roll, and Apple Pie with a Slice of Cheddar Cheese on top. Reminder that family members are always welcome to attend.

Sincerely,

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

### Environmental Services:

Autumn is well and truly here. I'm secretly glad we don't have many trees here at Bluffview as that would mean I would have leaves to rake. The lawn sprinkler blowout is scheduled for November and that will include the fountain supply. So, at that time, the fountain will be turned off for the Winter, and we all know what Winter in Wisconsin means.

Cheers,

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

### Resident Health Department:

With Fall upon us and winter rapidly approaching, please be sure to go through your loved ones clothes, removing the summer wear and providing more appropriate winter clothing. We are also having our Rockmed Pharmacy Flu Injection Clinic at the facility on October 19, 2017. If you have not already been contacted regarding having your loved one receive their flu shot this year, please give us a call.

Blessings,

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

The golden fields, fiery leaves, cooler nights, and most importantly the autumn smells have finally come! This is my all-time favorite time of the year with apple orchards, corn mazes, chilly nights around the bonfire, pumpkins, and more. Of course the autumn activities here are crazy fun too!

### **New News**

- We have been very busy in our community these past few months. What a fun time we had with everyone at our Golden Birthday!! Thank you all for your support in our business within these first five years! We also had a hoot of a time at the Kornfest parade this year, and some of us are already planning our float for next year! We hope you can join us then.
- A HUGE thank you to everyone who participated in this year's La Crosse Walk to End Alzheimer's. We had a wonderful time at Myrick Park with friends, family, and even two of our residents. We were happy to have raised over \$300.00 to donate!
- **Things to look forward to:** It's that time of year for **THE FALL FESTIVAL FOR FAMILIES, FRIENDS, AND FELLOW FOLKS on October 7, 2017** from 1:00-5:00pm! October 13<sup>th</sup> we will be taking some residents to Ecker's Apple Orchard at 12:00pm; let us know if you would like to come. October 31<sup>st</sup>: Happy Halloween!! Prairie View Elementary School has invited us over for their student Halloween parade and we'll be celebrating on our own starting 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 October and November Birthdays:

### October

Pat Switzer, 9<sup>th</sup>  
Jean Elstad, 16<sup>th</sup>  
Becky Langrehr, 28<sup>th</sup>

### November

Nellie Braaten, 7<sup>th</sup>  
Jeanette Limpert, 7<sup>th</sup>  
Kathy Brandt, 29<sup>th</sup>

## Remembering Those Who Have Gone Before Us:

Robert Clement, August 4<sup>th</sup>

## Events:

Monthly Happy Hour with Music by Larry Langen – October 3<sup>rd</sup> at 2:00pm

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

Catholic Communion Service with Sister Bridget – October 5<sup>th</sup> at 11:00am

**Fall Festival for Families, Friends, and Fellow Folks – October 7<sup>th</sup> starting at 1:00pm**

Monthly Pizza Party with Music by Living Stones – October 10<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – October 11<sup>th</sup> at 9:30am

Ecumenical Communion Service – October 12<sup>th</sup> at 1:00pm

**Ecker's Apple Farm Tour and Social – October 13<sup>th</sup> at 12:00pm**

Monthly Ice Cream Party with Music by Regina Chihak – October 17<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – October 18<sup>th</sup> at 9:30am

Musical Entertainment with Hans Mayer and Sue Hauser – October 20<sup>th</sup> at 1:00pm

Musical Entertainment with the Truth and Spirit Band – October 21<sup>st</sup> at 2:00pm

Resident Food Council with Tammy – October 24<sup>th</sup> at 10:00am

Monthly Birthday Party & Music with Tim Bohnenkamp – October 24<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – October 25<sup>th</sup> at 9:30am

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

Musical Entertainment with Tom Baker – October 28<sup>th</sup> at 1:30pm

**Halloween Parade at Prairie View Elementary School – October 31<sup>st</sup> at TBN**

**Halloween Hootenany – October 31<sup>st</sup> at 2:00pm**

Catholic Communion Service with Sister Bridget – November 2<sup>nd</sup> at 11:00am

Musical Entertainment with Gemini Entertainment – November 4<sup>th</sup> at 1:30pm

**Daylight Saving – November 5<sup>th</sup> "Don't Forget to Turn your Clocks Back!"**

Monthly Happy Hour with Musical Entertainment by Roger Ellis – November 7<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – November 8<sup>th</sup> at 9:30am

Musical Entertainment with Loren Wolfe – November 9<sup>th</sup> at 9:30am

Ecumenical Communion Service – November 9<sup>th</sup> at 1:00pm

**Veteran's Day Party with Music by Larry Langen & Special Guest Speaker – November 11<sup>th</sup> at 2:00pm**

Monthly Pizza Party with Musical Entertainment by Living Stones – November 14<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – November 15<sup>th</sup> at 9:30am

Musical Entertainment with Paul Martin – November 18<sup>th</sup> at 1:30pm

Living Word Church Service – November 19<sup>th</sup> at 2:00pm

Resident Food Council with Tammy – November 21<sup>st</sup> at 10:00am

Monthly Ice Cream Party with Music by Regina Chihak – November 21<sup>st</sup> at 2:00pm

Music and Memories with Sue Degallier – November 22<sup>nd</sup> at 9:30am

Resident Council Meeting – November 22<sup>nd</sup> at 1:00pm

**Thanksgiving Day – November 23<sup>rd</sup> “Let’s Be Thankful!”**

Musical Entertainment with Tom Baker – November 25<sup>th</sup> at 1:30pm

Monthly Birthday Party & Musical Entertainment with Steve Lankford – November 28<sup>th</sup> at 2:00pm