

Bluffview Bulletin

September/October 2016

Bluffview Administration:

Hello!

Just like the leaves changing in the fall, Bluffview Memory Care is making a few changes! We are excited to announce that BMC is one of the few facilities in the State of Wisconsin to be selected to participate in a PILOT program designed to decrease dementia behaviors & reduce the use of PRN (as needed) and scheduled psychotropic medications through therapeutic interventions. Bluffview is currently going through education modules and will be implementing this into our community beginning next week!

The focus of the PILOT program is designed to study caregiver responses and assist in building their confidence and knowledge base when responding to difficult situations. All staff who are a part of this study have joined voluntarily and residents selected will remain anonymous and confidential.

In return, this will provide a better quality of life to those we serve. For more information regarding this PILOT program, feel free to contact Ana Hines, Administrator at ahines@bluffviewmemorycare.com or Kim Anderson, Facility Nurse at kanderson@bluffviewmemorycare.com.

Thank you,

Ana Hines, NHA, Administration, ahines@bluffviewmemorycare.com

Amanda Middleton-Stellflue, amiddleton@bluffviewmemorycare.com

New Staff

Please help welcome the following new team members:

Resident Care Coordinators

Alyssa Cooper

Margaret Finco

Tina Moeckly

Jennifer Newman

Carissa Cerke

Angie Brophy

Cheyenne LaRa

Jamie Backlund

Jaylee Newkirk
Jen Herzog
Michelle Henn

Nutritional Services

Saree Reindahl
Rayeann Jones

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Reminders from our Receptionist:

Our Family Support Group Meetings will be the Second Wednesday of October, and December this year. It will always be at 5:30-7:00pm.

Families, if you are dropping off anything of great importance or value outside of our business hours, please place it in our suggestion box located right above the front desk. This box is checked on a daily basis, so your item will be received by management the very next business day.

A quick reminder to check with the Receptionist or one of the staff members in regards to any mail for your pick up. Also, don't forget the sign in/out sheet is now 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 has along any medications if 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

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Department News:

Nutritional Services:

Food for Thought,

Well, where did the summer go? Summer is over; kids are back in school, and fall is upon us. The residents enjoyed many fresh fruits and vegetables throughout the summer with some from our very own garden. We made many summer time recipes and grilled foods.

Menus are now being adjusted to more fall/winter menu items and recipes. We'll still be continuing with some of the summer favorites and of course fresh fruits and vegetables. We recently celebrated Oktoberfest by cooking up an old time German favorite: Pork Hocks and Saur Kraut along with cold Apple Cider to drink. As winter approaches the menus will continue to adjust, and your recipes and menu ideas are welcomed.

In the near future Bluffview Memory Care is looking to make and hopefully publish its very own cookbook. We encourage YOU to share your own favorite recipes as well as our staff. When cookbooks are finished they will be sold at a price still to be determined and proceeds will go to activity needs for our Residents. If interested please submit your recipes to Sarah Pedretti, Life Enrichment, or Tammy Atkinson, Nutritional Services. We look forward to see what everybody has to share.

Sincerely,

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

Environmental Services:

Hello,

I've noticed that the weather is starting to cool down, and therefore, we are starting to prepare for the coming winter season. We have just had the lawn sprinklers blown out so that they do not freeze, not that we've needed sprinklers with all the rain we've been having. I will let the pond fountain run for as long as I can before turning it off in anticipation of the pond freezing.

Can I please remind visitors to be vigilant when leaving the facility in case a resident attempts to exit at the same time? Please do not leave with anyone you did not arrive with. And please don't be offended if someone asks you to wait! This is a small price to pay for keeping our residents safe.

Cheers,

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

Resident Health Department:

Greetings,

Cold and Flu season are upon us! Please remember to wash your hands, cover your mouth, and drink plenty of fluids. Here at Bluffview, the 2016 Immunizations for the Flu have been administered for our residents and staff.

DID YOU KNOW: Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Older people, young children, and people with certain health conditions, are at a higher risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

WHAT IS THE DIFFERENCE BETWEEN A COLD AND THE FLU?: The flu and the common cold are both respiratory illnesses, but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can sometimes be difficult to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can tell if a person has the flu or simply a common cold. In general, the flu is worse than the common cold, and symptoms are more common and intense. Colds are usually milder; people with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial

infections, or hospitalizations; however, the Flu can have very serious associated complications such as those listed above.

WHAT ARE THE SYMPTOMS OF THE FLU VERSUS THE SYMPTOMS OF A COLD?: The symptoms of flu can include fever or feeling feverish sometimes with chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue (tiredness). People with colds are more likely to have simply a runny or stuffy nose. Colds generally do not result in serious health problems.

OTHER GREAT NEWS! The nursing department has new and exciting things happening; from the Pilot Program to the Preceptor Program, we are empowering our staff. Feel free to ask us more about this amazing opportunity Bluffview has been given to help both our residents and staff.

Sincerely,

Kim Anderson, LPN, kanderson@bluffviewmemorycare.com

Bobbi Klaver, RHC, cklaver@bluffviewmemorycare.com

Molly Carhart, RHC, mcarhart@bluffviewmemorycare.com

Patty Tourtellott, RHC, pcafe@bluffviewmemorycare.com

Life Enrichment:

That cool, crisp air of autumn is moving in! Fall is my absolutely FAVORITE time of the month!! I love the changing colors, cooler temperatures, fall outfits and boots, pumpkin and apple goodies, and all the fun activities to do. I'm so excited to go out and have fun with the residents in the coming month. Look below for a few of our fun excursions and parties.

New News

- Happy Labor Day! I hope that you were all able to enjoy your long weekend if you were so lucky to get one
- The Alzheimer's Association had their annual walk on September 17th at Myrick Park. It was wonderful to see a few friendly faces joining the cause. We were even able to bring one of our own residents along with this year! It is so wonderful to have such great support for this wonderful Association.
- I am excited to announce that the 4th Graders from Prairie View Elementary School will be coming back to visit us on a regular basis starting this October. This is such a wonderful program and so fulfilling to both the residents and students. I love seeing the students warm up to the residents throughout the year.
- Don't forget that October 12th at 5:30pm is our next Family Support Group Meeting! Dr. Yeager the Medical Director of Hospice at Gundersen will be speaking. You will not want to miss it!
- PLEASE, PLEASE, PLEASE mark your calendars for October 22nd starting at 1:30pm for our Annual Family and Friends Fall Festival and Fundraiser. We have a wonderful fun filled day with delicious apple and pumpkin snacks, a hay maze, pumpkin patch, pumpkin painting, face painting, photo booth, yard games, petting zoo, and bonfire. We are also asking local businesses to sponsor us as we raise money for our Music to Memories

program. Give us a call or stop in if you would like some more information or if you would like to buy a 2016 Fall Festival T-Shirt.

- **Things to look forward to:** Oktoberfest Royal Family Visit, October 7th; Family Support Group, October 12th; Ecker's Apple Farm Outing, October 17th; Annual Family and Friends Fall Festival, October 22nd; Halloween Party, October 31st.

Old News

- If you are interested in getting a diffuser for your loved one's apartment, please go online to 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 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, TRS, Life Enrichment Coordinator, spedretti@bluffviewmemorycare.com

Residents Celebrating October and November Birthdays:

October

Jean Elstad, 16th
Martha Martin, 24th
Ruth Emmons, 27th
Larry Mueller, 27th

November

Nellie Braaten, 7th
Jeanette Limpert, 7th
James McCorkle, 10th
John Peterson, 17th
Kathy Brandt, 29th

Remembering our Friends Who Have Gone Before Us:

Edwin Koskovich, Elizabeth Strong, Clarence Dubiel

Events:

Resident Food Council with Tammy – October 4th at 10:00am
 Monthly Happy Hour & Musical Entertainment with Living Stones – October 4th at 2:00pm
 Angela's 4th Grade Class Visit – October 5th at 1:15pm
 Pet Therapy with Mary and Daisy – October 5th at 3:00pm
 Catholic Communion Service with Sister Bridget – October 6th at 11:00am
 Oktoberfest Royal Family Visit – October 7th at 11:00am
 Musical Entertainment with Larry Langen – October 8th at 1:30pm
 Monthly Sundae Social & Musical Entertainment by Regina Chihak – October 11th at 2:00pm
 Music and Memories with Sue Degallier – October 12th at 9:30am
Family Support Group Meeting – October 12th at 5:30pm
 Ecumenical Communion Service & Root Beer Float Social – October 13th at 1:00pm
 Musical Entertainment with Siouxsie West – October 15th at 1:30pm
Life Enrichment Outing: Ecker's Apple Farm – October 17th at 12:30pm
 Monthly Pizza Party & Musical Entertainment by Kent Larson – October 18th at 2:00pm
 Music and Memories with Sue Degallier – October 19th at 9:30am
 Pet Therapy with Mary and Daisy – October 19th at 3:00pm
 Jenny's 4th Grade Class Visit – October 20th at 1:00pm
 Musical Entertainment with Chris Von Arx – October 21st at 10:00am
Annual Family and Friends Fall Festival and Fundraiser – October 22nd at 1:30pm-7:00pm
 Monthly Birthday Party and Entertainment with Steve Lankford – October 25th at 2:00pm
 Music and Memories with Sue Degallier – October 26th at 9:30am
 Noon Meal of the Month – October 28th
 Resident Council Meeting – October 28th at 1:00pm
 Musical Entertainment with Tom Baker – October 29th at 1:30pm
Halloween Party and Games – October 31st
 Monthly Happy Hour & Musical Entertainment with Living Stones – November 1st at 2:00pm
 Catholic Communion Service with Sister Bridget – November 3rd at 11:00am
 Musical Entertainment by Gemini Entertainment – November 5th at 1:30pm
 Monthly Sundae Social & Musical Entertainment with Regina Chihak – November 8th at 2:00pm
 Music and Memories with Sue Degallier – November 9th at 9:30am
 Monthly Ecumenical Communion Service & Root Beer Float Social – November 10th at 1:00pm
 Music Therapy with Loren Wolfe – November 10th at 6:00pm
 Happy Veteran's Day with Musical Entertainment by Paul Martin – November 11th at 2:00pm
 Monthly Pizza Party & Musical Entertainment with Larry Langen – November 15th at 2:00pm
 Music and Memories with Sue Degallier – November 16th at 9:30am
 Living Word Church Service – November 20th at 2:00pm
 Monthly Happy Hour & Musical Entertainment with Kent Larson – November 22nd at 2:00pm
Happy Thanksgiving!! – November 24th
 Musical Entertainment with Tom Baker – November 26th at 1:30pm
 Monthly Birthday Party & Musical Entertainment with Steve Lankford – November 29th at 2:00pm

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

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August and September Pictures



Happy Autumn Everyone!