



Pine Valley Newsletter

News from Pine Valley Healthcare and Rehabilitation Center

January 2016

Excitement Surrounds Pine Valley Healthcare and Rehabilitation Center on a Daily Basis

Since July, residents, staff and visitors have been watching the evolution of the grounds surrounding Pine Valley with both new construction and some renovation of the current building. There has been construction on all sides of the current structure for several months now. Each major event such as: demolition of the West Home, getting the walls up, installation of windows, roofing being done, and the paving of a partial parking lot have not only provided the residents and staff with marvelous front-row seats to an historic transformation to providing long term care for the elderly of Richland County, but also provides an incremental view of how long term care has evolved over the years. (We removed some trees early that were already marked for destruction so that residents had clear views out their window of the construction) This new and newly renovated structure of 77,313.83 square feet will feature: a 16 bed Assisted Living facility, energy efficient geothermal heating and cooling, most-desired private rooms with private in-room showers, small independent neighborhoods with satellite kitchens, personal clothing laundered in the neighborhood, intimate gathering places and a Village Commons including a café, therapy gym and beautiful community room.

The construction is being completed in three phases. This will entail some temporary relocation of staff functions, but will not affect resident care.

Move-in day for the residents is planned for fall of 2016! Then renovation of the portion of the current building which will be repurposed, will start in earnest. This includes the part of the building north of the north elevator located near the prior activity room. This will become the main entrance with Village Commons housing: reception, staff



offices, business office, therapy gym (conveniently located steps from the front entrance), the café, community room, and central kitchen. The lower level will house the laundry, staff break room an office and storage. The first wing to be constructed and visible from Highway O is the Assisted Living facility. This is conveniently located near the village commons and mainly enjoys views to the East and South. Many people are already expressing interest for rooms in the assisted living.

25 visitor parking spaces will be adjacent to the front entrance which features a protected canopy.

Four twenty-bed households are grouped into forty-bed neighborhoods that comprise the two skilled nursing wings and will enjoy beautiful views from their location. Space was deliberately set aside for potential addition of another wing in the future should the need arise.

Once a portion of the current building is renovated, the remainder will be torn down and additional parking will be added.

We urge caution when visiting Pine Valley during construction and to watch for signs directing parking, and apologize for any inconvenience it may cause.

We hope that you will enjoy the new facility when it is complete, and look forward as we continue to care for the elderly of Richland County.



**KEEPING HIGH
QUALITY CARE
CLOSE TO HOME!**

From the Administrator's Desk

The Pine Valley Healthcare and Rehabilitation Center building project consisting of 80 new Skilled Nursing Home beds and 16 new assisted living beds, with reuse of the administrative wing, is off to a good start! Efforts have been made to employ local businesses and staff through a local bid process. Here is a listing so far of local companies: Bindl Stone, Simpson Tractor, All American Do It Center, Randy Olson Trucking, Ramada Inn, Daryl Rossing Quarry, Nature's Way, Town and Country, LF Painting, Prairie Ready Mix and Tri-County lumber. Local labor includes: Vogel-Foreman, H & H-Foreman, NAMI-Foreman, Gerke-operator.



Staff and residents are excited about the improvements the new resident care areas will bring to facilitate care, provide more resident choice and streamline care delivery. Residents and staff alike enjoy watching the facility take shape.

We ask for patience while construction continues. When visiting Pine Valley, please slow down and watch for signs and signalmen to direct you in and out of the facility. We apologize for any inconvenience and dust during this phase, but hope that you will enjoy the benefit it will bring to the community when it is complete. You can watch the construction online at the Pine Valley Healthcare website under "construction cam": pinevalleyhealthcare.org. Or receive regular updates via our facebook page.

PINE VALLEY FOUNDATION NEWS

By Linda Beggs, Pine Valley Foundation

The foundation board has been busy focusing on their latest project. Our current goal is to raise money to purchase three whirlpool baths/spas for our new facility, opening in the fall of 2016. After many years of use, our current whirlpools, used daily and greatly appreciated by the residents, need to be replaced. This type of therapeutic bathing system provides comfort by alleviating pain due to arthritis, sore muscles and following joint replacement surgery.

We need to raise \$40,000 dollars for the three whirlpools in the next 9 months and are asking for your help. We are a charitable, non-profit organization and any gift is tax-deductible. We are most appreciative of all donations of any amount.

We plan to have various fundraisers in 2016 and all the proceeds will be used for this project. We're counting on the support of our community to help guarantee the success of the fundraisers.

We plan to have updates throughout the coming year on WRCO and in our newsletter, charting the progress of this campaign and hope you will come for a tour of the new facility and actually see the new whirlpools in place.

2016 is going to be a very exciting year for Pine Valley Healthcare and the Foundation and we want you to be a part of it! We are very grateful to our residents, their families, our employees, and the community, who by their generosity, have made all of our goals attainable. We sincerely thank all of you for your continued support!



PINE VALLEY EMPLOYEE'S HOLIDAY CELEBRATION

December 14th – 18th was a fun week at Pine Valley as employees celebrated the holidays with a different food and activity daily. With the present construction we asked for an open house theme to last all week. Employees were able to win prizes and a variety of food and beverages were provided in the break room throughout the week. Monday was cookies and coffee; Tuesday, cheese and crackers; Wednesday soup day; Thursday Hot chocolate and popcorn and a Baked Potato Bar was provided on Friday. Staff joined in the events by bringing in their favorite recipes, cheese and soup.

Santa came to visit and provided a photo op for both residents and staff; each floor participated in the Snowman Wrapping Contest, guessing how many treats in jars, and of course the annual “Ugly/Pretty Christmas Sweater” day. There were also drawings held daily for various door prizes. The grand prize was a lap top. Many positive comments were made throughout the week from employees stating they liked having something small every day for all shifts rather than one large gathering and meal.

Numerous employees were recognized for their years of service. Employee's years of service are recognized in 5 year increments. This year 16 employees were recognized for a combined 225 years of service! The other employees received pins in honor of their years of service.

35 Years: Joan Bailey

20 Years: Darlene Dice, Sharon Haug

15 Years: Ellen Alvin, Charlene Condon, Carol Danchy, Rosie Orsburn, Cecelia Perry, Irene Walmer, Grace Walsh

10 Years: Robert Frawley, Marce Jelinek, Harriet Jewell

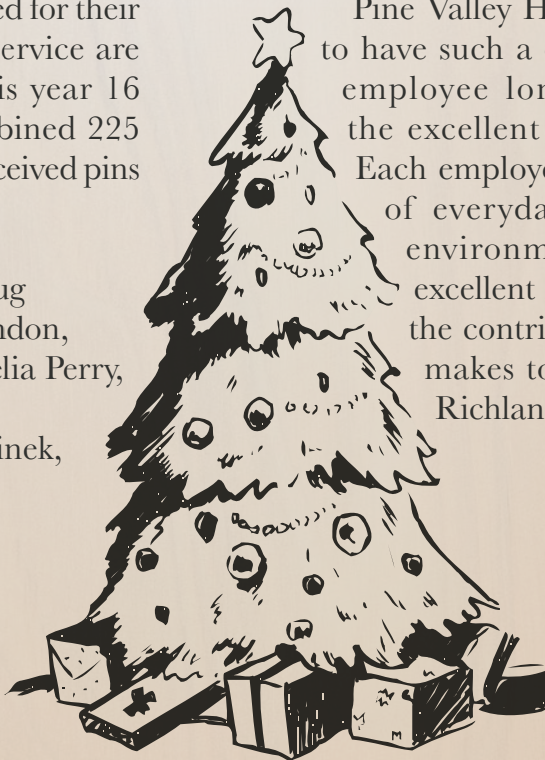
5 Years: Sandra Bailey, Amy Jacob, Kayla Mueller

The employees with perfect attendance for an entire year received \$10.00 cash. This included all of the following employees: Angie Alexander, Steve Alexander, Ellen Alvin, Echo Bristol, Diane Cavadini, Charlene Condon, Darlene Dice Chris Glasbrenner, Tammy Goodyear, Stacie Hemling, Janice Keller, Trudi Spinner, Sandra Turner, Irene Walmer, Denise Walstead.

2015 Retirees: Trish Bicknell, Linda Chamberlain, Nancy Clary, Cindy Maly, Vivian McCauley, Shirley Miller, Elaine Nockerts, Mary Oman, Susie Wallace, Laura Whiteaker.

Funds are limited as the party is self-funded, however due to the generosity of many staff we had a wonderful party with numerous door prizes. Pine Valley employees truly appreciate all the work, creativity, donated items and food the members of the Holiday Party Committee organized. A big thank you to the members of the Christmas Party Committee: Chris Glasbrenner, Dana Fritz, Ila Hageston, Irene Walmer and the Activity Department. Thank you also to “Santa “ for taking the time to visit us.

Pine Valley Healthcare is so fortunate to have such a dedicated team; we feel employee longevity contributes to the excellent care for our residents. Each employee plays an integral part of everyday life in our homelike environment. This was also an excellent opportunity to recognize the contributions Pine Valley staff makes to care for the elderly of Richland County.



Lots of Holiday Fun in 2015



What will she be? Mummy, ghost, or snowman...



Delicious buffet for the staff.



Santa couldn't resist giving Ryan a hug – We think he enjoyed it!!



Frosting Christmas cookies is a must for Alma.



Santa brought a smile to Joe, but not sure if Ozzie was impressed!!



Residents always enjoy gathering to listen and sing along with Dave Brock & Company.

More Holiday Fun in 2015



Tada!! Finished product. Yes – snowman.



Doudna students entertain an enthusiastic crowd



Staff had a blast coming up with ideas to dress someone up as a snowman (woman) as there was no snow to build a real one. Residents gave some great tips!



Who will win??



This talented group from Doudna impressed residents with their performance.

Therapy Rehab Grads

The need for rehab as a result of a fall for Dan Carroll was good enough reason to find help at Pine Valley Healthcare and Rehab as it is close to home and he is familiar with the area. The rehab he received was very helpful.



Dan was able to participate in walking, stair climbing, biking and constantly stretching muscles. After a short stay and intensive rehab, Dan was able to return home and says to hopefully stay there. Pine Valley's doors are always open if Dan should need us again though.

Eloise Wheeler came to Pine Valley Healthcare after suffering a broken arm. Therapy for Eloise consisted of diathermy, e-stim for right shoulder healing, exercises, walking, biking and practicing cooking.



Eloise was glad she stayed an extra two weeks as the therapy was definitely helpful and would recommend Pine Valley to any friend that may need therapy for any reason. Always finding humor in most things, the therapist would have to remind Eloise jokingly to "behave yourself". It was a delight to have Eloise as an accomplished therapy graduate.

Did you know...

Did you know that we recently updated our webpage? On our user friendly page you will be able to find information on admissions, job openings, fund raisers and it's also a place to get current news on what's happening with the building project. We even have a construction camera where you can watch live footage of the building being built. Just visit our website at: <http://pinevalleyhealthcare.org> and click on the future facility tab.

We are also on facebook too!! Be sure to "Like" our page to follow us to be kept current with the most up-to date information on changes with the building, parking and entrances to use and to see pictures of the construction project.

**"LIKE" US ON FACEBOOK;
"FOLLOW" US AT OUR WEBSITE:
WWW.PINEVALLEYHEALTHCARD.ORG**

Christmas 2015

The Christmas holiday season quickly approached with eager participation. A season full with a flurry of excitement and joy. The residents and families were blessed to be greeted with exciting opportunities from the community to catch the Spirit of the season. All the floors and many rooms were decorated to reflect the individual holiday cheer.

The Buena Vista Wonder Workers filled a Sunday afternoon addressing Christmas cards and decorating the dining room for the festive season. The Kiwanis Key Club and Syresville Starlets encouraged the residents with joyous Christmas caroling.

The city school busses arrived carrying Doudna Kindergarden and 2nd graders, who put on a fantastic musical event filled with songs, smiles and many hugs. The Ithaca High School Band and Choir also brought us great cheer and excitement with their ensembles and special teenage greetings.

Universally fun event , Dave Brock returned filling the air with karaoke Christmas songs and Hymns. Town and Country Church also offered a beautiful Christmas program for our enjoyment.

The season concludes with a joyous Resident Christmas Party. Gifts and goodies sponsored by our generous community support and Walsh's Ace Hardware Holiday Event. This season is filled with joy and excitement for all, ages young to old. A season of giving and receiving filled with joy. All of us at Pine Valley Rehabilitation wish you and your loved ones a most joyous and blessed season. May many smiles including joy of the season delight and bring warmth to all.



Thanks to Chad, Trinda, and Paul of Walsh's Ace Hardware for their generosity and help delivering all of the items to Pine Valley.

Recipe Corner

CROCKPOT MUSHROOMS

Pine Valley employee Dana Fritz recently brought this to an employee potluck and many employees asked her for the recipe.

“Excellent mushrooms to serve with steak, baked potatoes or just as a side.”

Ingredients

- 2 pound fresh whole button mushrooms*
- 2 stick of butter
- 2 (1 ounce) envelope Italian salad dressing mix

Directions

1. Put mushrooms, butter, and Italian salad dressing mix in a slow cooker.
2. Cook on Low for 3-4 hours.

you could add another pound of mushrooms if you want less juice





Pine Valley

Healthcare & Rehabilitation Center

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Pine Valley Foundation Gifts

The Pine Valley Foundation serves and commits its donations to Pine Valley Healthcare Residents and the ones who care for them to help serve their needs. With your generous gifts of money, the residents' lives are enriched with the items purchased for them. Thank you for your gifts and your continued support.

- I would like to donate my/our gift of money \$ _____ towards the Pine Valley Foundation for resident items.
- I would like to donate my/our gift of money \$ _____ towards upcoming major purchase projects.
- I would like more information on the following:
 _____ Volunteer opportunities
 _____ Upcoming fund-raising events

In Memory Of donations _____

In Honor Of donations _____

Mail To:

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25951 Circle View Drive
Richland Center, WI 53581