

## Community Embodies Holiday Giving Spirit

We are so very thankful to Walsh's Ace Hardware for sponsoring the resident giving tree and to the community for picking names off the tree in the store and purchasing gifts for the residents again this year! On Monday, December 18th, members of the Walsh's staff appeared with bin after bin of beautifully wrapped and decorated presents to be delivered to the residents of Pine Valley Community Village. This marks another year in the tradition that our local hardware store started several years ago of partnering with the community to make the lives of the residents at Pine Valley a little brighter during the holidays. The giving tree goes up at Walsh's in November with suggestions for gifts. Customers, visitors, employees, etc. pick a card and purchase the items listed. The unwrapped item is then returned to Walsh's where employees wrap and purchase any items not provided by the community. Two Ace employees then delivered over twenty totes of beautifully wrapped gifts for the residents. The gifts were distributed

to the residents during their annual Christmas party on Friday, December 22nd. Many residents were touched by the generosity of members of the community and Walsh's for thinking of them!

Walsh's also donated 500 lbs. of bird seed for the many bird feeders surrounding Pine Valley, and a check to help fund the resident celebration. The staff and residents wish to thank everyone who purchased items for the residents and Walsh's for sponsoring the activity and their kind and generous donation! Many other church's and businesses also contributed with resident donations, caroling, etc. We are thankful for time and treasures from WCCU, United Methodist Women, Kay Gies, Rosemary Koch, Kay Levy, Walsh's Ace Hardware, Five Points Lutheran Church, Sacred Heart Alter Society, Terri McGraw, Richland County Bank, Richland Electric Cooperative, Ithaca School, St. Mary's Catholic Church, Five Points Homemakers, 4-H groups and many other individuals.

## Calendar of Events

### February 14

#### • Valentine Dance

**1:30-3:30pm**

*featuring Jim Gorman Band*

### March 18

#### • Brass in the Pines

**2:00-3:00 pm**

### March 24

#### • Easter Bunny Visits

### March 30

#### • Veteran's History Fair

**10:00-4:00 pm**

### May 13

#### • National Skilled Nursing Care Week

### May 14

#### • Start of Treasure Token Hunt

### Veterans Meetings

**Every third  
Thursday of  
each month**



*Thanks to Ace staff - Paul Kroetz and Greg Noble for delivering the gifts.*

*Finished and ready to party.*



# News From Pine Valley Community Village

It is with mixed emotion that I write this, my last column from Pine Valley. I am retiring from a vocation that I truly love-caring for the elderly. It is something that I have devoted 37 years of my life to. I am thankful and happy as I reflect on my years at Pine Valley. Thankful that the County Board made the commitment to continue to care for the elderly of Richland County as there is a growing need, and thankful for our supportive community that has donated selflessly of their time, treasures and talents to make Pine Valley what it is today.

The healthcare and long term care industry is changing. Richland County has a greater number of people aged 65 and older than most other Wisconsin counties and this population is growing. Almost half of County residents over 65 depend on social security as their only source of income. This leaves little to spend on housing and services.

Some folks may think that they will never need a nursing home. However, studies show that many people aged 65-74 spend time in a nursing home to recuperate from surgery or illness. Nationally, **almost 60% of those aged 57-61 will spend some time in a nursing home** during their lifetime.

The Pine Valley Trustee Board considered building a new nursing home for many years. Faced with an aging structure and outdated operating systems that needed complete replacement, three options were evident-build a new structure, close the nursing home, or do nothing. The do nothing option would ultimately lead to closure as the cost to continue the structural operation would skyrocket. In 2011 Wipfli analyzed the future need for long term care services in the county and if a new building was feasible. The study showed a continued and growing need for nursing home beds with assisted living into the future. It indicated that the new building would generate additional revenue that could be applied towards the debt service.

The building subcommittee made every decision with consideration to develop efficiencies and provide value to the taxpayers, including features such as: automatic light shutoffs, geothermal, HVAC controls to optimize rooms in use and a layout placing supplies close to point of service.

**The building project poured \$867,445.54 locally into the economy with businesses such as: Sears, American Do It Center, Bob Ewers Excavating, Lakes Gas, Strang Heating, Niesen Landscaping, Town and County TV, Joan Carley Upholstery, Greeley Signs, Dennis Brown Landscaping, Frame Corner, Harlan's Furniture, Nelson's Tru Value, Walmart, Genuine Telecom, Center Stove and Fireplace, Augelli Concrete, Bandbox Cleaners, Bindl Bauer, Culligan, Gander Cleaning, Kraemer Water Store, Nature's Way, Lycon, Pine River Leasing, Premier Coop, Richland Observer, Schmitt Technical Service, Town and Country Sanitation, Weiser Concrete, and Johnson Inspections. Contractors such as Vogel Brothers, Gerke, H & H, NAMI, JF Ahern Plumbing and Rural Masonry employed local artisans, trades and labor for an additional \$7,990.409.00.**

Pine Valley made its first loan payment for the new building and was prepared to make a second loan payment but the Richland County Finance Committee decided that Pine Valley's cash was needed to fund other county departments for a bulk of the year in 2018. Pine Valley has already set aside the majority of the third loan payment which will be made October 2018, and plans to make its loan payments in the future.

Every county department receives an appropriation from the county general fund for their operations. Some departments generate revenue and others do not. The amount allotted to Pine Valley from the general fund has

by Kathy Cianci  
Administrator



decreased steadily over the years. In 2018 the amount has been reduced to a little more than \$120k that Pine Valley will receive from the general fund (of an \$8M budget). Apart from this amount from the general fund, Pine Valley is self-supporting. It pays for any equipment, repairs, supplies, wages and wage increases that are approved. A recent study found that **Pine Valley operations have a financial impact to the local economy of \$18,759,341.00, and creates 200 jobs.**

Pine Valley is rated 5 stars by the Centers for Medicare and Medicaid, (a distinction only 10% of nursing homes share). It is listed among the top nursing homes in U.S. News and World Reports. I work with many caring and competent staff who dedicate their lives to making the lives of others better in some way. We are interested in providing the facts and true information about Pine Valley. If you have a question, feel free to attend a board meeting, read the minutes or call Pine Valley and speak to the social worker, business office or administrator if you have a question. You can also visit the Pine Valley website read the weekly blog. This can be found at: [pinevalleycommunity.org](http://pinevalleycommunity.org).

I know there is an increasing need for nursing home beds, and that odds are I will need long term care at some point in the future. I consider myself fortunate to have worked with the caring and skilled staff of Pine Valley Community Village and am thankful that when I need it, this excellent facility and staff are here.



## The Generosity of Friends

Irene Martynuik was a resident that resided at Pine Valley Community Village for over nine years before her passing in late 2016. She was an absolutely lovely lady that loved to give to others. Irene gave of her time and her talents endlessly. She volunteered preparing the dining room daily, visited residents, made gifts for holiday gift-giving, and always had a smile or kind word when you saw her. Irene was so excited for the move to our new facility! She participated in some of the early planning committees, wanting to make sure that certain details were included to make our new home better for residents and staff.

Shortly after her passing, members of her family contacted us and wanted to donate something in Irene's memory.

They were clear that they wanted it to be an item that would make the job of those that cared for Irene a little easier. After speaking with some of her caregivers, it was decided that a Computer on Wheels (or COW as it is referred to) would be perfect! The staff is able to use the COW to complete their necessary documentation, while remaining in a community area near residents. They can take it to a resident's bedside, or into a family meeting if needed.

Pictured are three of Irene's caregivers with the COW. We would like to thank Karen Gulsrud and all of Irene's family for their generous gift! And as one of the caregivers said, "I think of Irene every time I use it!"



*Pictured: Diane Hrubes, CNA; Cindy Studnicka, MA; and Stacie Hemling, CNA.*

## Flag Pole Dedication: Rifle Salute Marks Pine Valley Community Village Flag Pole Dedication



The weather was extremely hot but it didn't stop people from coming out for the Pine Valley Community Village flag pole dedication that took place Saturday, September 23 at the front entrance to the building. The master of ceremonies was Pine Valley's own Tom Perry, Navy veteran. The flag pole was a gift from the construction company that built the new Pine Valley facility, CG Schmidt, represented by Ben Delzer. Pine Valley administrator, Kathy Cianci, had words of thanks and praise for everyone involved in bringing the new facility to fruition and thanked CG Schmidt for the gift of the flag pole. Members of local Boy Scouts were also represented and led everyone in the Pledge of Allegiance. A local area veteran's color guard presented



the colors and saluted the new flag with a rifle salute. The ceremony concluded with a beautiful and moving rendition of Taps. Everyone adjourned to the Café to cool off with punch and cookies. Thank you to everyone that participated.

## Veterans Meetings

Pine Valley Community Village has the honor of being home to many veterans. These men served their country protecting our freedom and many continue this dedication to serve as part of the Legion or VFW. Now these veterans are unable to participate in these groups. Pine Valley has started an in house Veterans Group to allow our Veterans to continue their service and provide comradery among our Veterans. The meetings loosely follow the order of service organizations and begin with Posting of The Colors and the Pledge of Allegiance to the Flag. Veterans wear their hats representing the branch of

service they served in and reinforcing their sense of identity and service. The local area Veterans Groups support and participate in the meetings. At the December meeting, the Veterans packed a box for a Richland Center Veteran that is living in the Tomah VA, allowing our veterans to help another veteran in need. The meetings are held every third Thursday of the month at 1:30 in the Community Room. The public is welcome to attend.





## Pine Valley Employee's Holiday Celebration

Pine Valley Community Village employees took time out of their busy schedules on Thursday, December 14th, to come together and celebrate the holidays with an all facility potluck. A wonderful meal was enjoyed with hot ham sandwiches and punch provided. Employees shared some of their favorite dishes to add to the potluck. We truly have some amazing cooks/bakers. Employees were able to win various door prizes and cash prizes. The "Ugly/Pretty Christmas Sweater" day is always a hit with staff and residents—won by Echo Bristol who dressed like a Christmas elf.

New this year was a "Spread the Christmas Cheer" event. Employees wrote positive comments about Pine Valley, what they like about Pine Valley and especially about their coworkers. It was heart-warming to see the many wonderful comments. There were 146 comments. Here are just a few:

"It's wonderful to see how much the staff cares for the Residents like family. Pine Valley is a nice place to work. It's been a great experience working here. Thank you to everyone that has trained me and who I have worked

with. Something wonderful about Pine Valley is that everyone is super nice and accepting. I love the environment here. I love the new building and working with the world's greatest staff."

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 210 years of service! The following employees received pins in honor of their years of service.

### 25 Years:

*Therese Deckert, Ronda Marish*

### 20 Years:

*Kathleen Cianci, Valerie Deckert*

### 15 Years:

*Scott Miller, Debra Mueller, Thomas Perry*

### 10 Years:

*Ashley Dank, Marilyn Jensen, Trudi Perry,  
Nikki Allbaugh, Chelsea Cox*

### 5 Years:

*Sally Auz, Dana Fritz, Jenna Brady, Jasmine Schaller, Diane Cavadini*

### The following employees were recognized for having perfect attendance for an entire year:

*James Unbehaun, Lisa Ziech, Ryan Elliott,  
Steve Alexander, Scott Miller,  
and Irene Walmer.*

### 2017 Retirees:

*Ellen Alvin, Joan Bailey, Tami Boelman, Carol Danehy, Margaret Fish, Ila Hagenston,  
Sharon Haug, Luanne Honer, Janice Keller,  
and Heidi Schwichtenberg.*

Funds are limited so the party is self-funded. Due to the generosity of many staff we had a wonderful party with lots of delicious food and numerous door prizes. Many staff commented how much they enjoyed the party, food, and honoring their fellow employees.

Pine Valley Community Village 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. Kathy Cianci, administrator, thanked the staff for their involvement in the lives of the residents and giving of themselves everyday while caring for the residents.

## Pine Valley Community Village Marks First Anniversary of New Building with Open House

Pine Valley Community Village celebrated the first anniversary of the new building with an Open House Saturday, November 11th from 10-11:30 a.m. Fred Clary, Pine Valley Trustee chairperson and County Board vice-chair opened the celebration by saying that the project broke ground in the summer of 2015 with the goal of building a high quality, resident-friendly, efficient building that would last and

the citizens of Richland County could be proud of for many generations. He went on to say that having achieved that goal, Richland County is continuing a 139 year tradition of caring for its citizens. He commended the residents and the veterans in the audience.

Jeanetta Kirkpatrick, County Board chairperson and Pine Valley Trustee vice-chair expressed gratitude to those people who made the vision and dream of the new facility possible: the staff who work so hard to go above and beyond their normal duties to transition to the new building and to the residents and families who adapted their routines and schedules over the past year to adjust to the move and their new home. Ms. Kirkpatrick went on to note the supportive vision of the County Board and the community for their support, trust and encouragement to create a



beautiful, safe and nurturing space for adults and elderly of the community.

Tours followed which included a "poker run" scavenger hunt where participants drew cards to make a poker hand. The best "poker" hand at the conclusion of the day won a gift certificate to the Richland Locker. Congratulations to Carl Bethke!

The day concluded with refreshments prepared by New Horizons culinary staff that services Pine Valley, including: ham and cheese sliders with cranberry relish, vegetable shooters, fresh fruit, caprese skewers, and a variety of home-made cookies. Cranberry punch and coffee were also served.

***Pine Valley would like to thank all those who attended the first anniversary open house and take out to the community for their support.***



*Jeanetta Kirkpatrick, Co-Board Chairperson*

# It is COLD AND FLU Season!

There is no cure for colds and flu. As they say, prevention is the best medicine! Prevention of the flu is best accomplished by getting your flu shot. It is an important measure in long-term care facilities like Pine Valley, where so many people are living and working. Approximately 93% of our staff have been vaccinated against the flu, a real testament to the concern that our staff have for our vulnerable residents. While you will hear that this year's vaccination is not a great match for the circulating strains, it is thought that those that are vaccinated and do become ill may become less ill and thus less likely to be hospitalized.

In an article written in WebMD there were eight additional measures you can take to lessen your chance of getting sick this cold and flu season! They are as follows:

## **#1 Wash Your Hands**

Most cold and flu viruses are spread by touching germs that have been left on surfaces like telephones, keyboards, or doorknobs. Someone sneezes into their hand and touch the object. Because germs can live of surfaces for hours, someone else comes along and touches the object and end up sick.

## **#2 Cover your Cough – and NOT with your Hands!**

Germs cling to your bare hands and then are spread to surfaces you touch. Sneeze into a tissue, then throw it away immediately. If you don't have a tissue, cough or sneeze into the inside of your elbow or sleeve.

## **#3 Avoid touching your Face**

Cold and flu viruses enter your body through the eyes, nose, or mouth. Touching their faces is the major way children catch colds and a key way they pass colds on to their family.

## **#4 Exercise!**

Aerobic exercise gets your heart working, gets more oxygen into your blood and makes you sweat. These things strengthen our immune system, helping us to fight off the cold and flu viruses.

## **#5 Eat more Fruits and Vegetables**

The old say, an apple a day keeps the doctor away was pretty great advice! Natural chemicals called "phytochemicals" contained in plants give the vitamins in food a boost. Better than taking a vitamin pill, eat more dark green, yellow and red fruits and vegetables.

## **#6 Don't Smoke**

Statistics show that heavy smokers get more severe colds and more frequent ones. Smoke attacks your immune system, dries out your nasal passages, and paralyze "cilia" that line your mucous membranes and sweep cold and flu viruses out of our nasal passages. Smoke from one cigarette can paralyze these tiny hairs for 30-40 minutes.

## **#7 Cut Alcohol Consumption**

Heavy alcohol consumption suppresses the immune system making you more prone to infections. Alcohol also dehydrates the body.

## **#8 Relax**

Relaxation boosts your immune system. When relaxation skills are put into action, your interleukins -- leaders in the immune system response against cold and flu viruses -- increase in the bloodstream.

Try to do something relaxing for at least 30 minutes every day. Read, take a walk, or just breath!

Lastly, please remember the importance of staying home when you are ill! While we are always happy to have visitors at Pine Valley, please delay your visit until you are well. If you see a sign on the door that alerts you to illness in our facility, please consider visiting at another time as well. Stay healthy!



**Please check our Facebook page and website for upcoming holiday events!**  
**[pinevalleycommunity.org](http://pinevalleycommunity.org)**



*If you do not wish to receive this newsletter, please contact Activities at 647-2138.*



Pine Valley Community Village  
25951 Circle View Lane  
Richland Center, WI 53581

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## Pine Valley Foundation Gifts

The Pine Valley Foundation serves and commits its donations to Pine Valley Community Village 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:  
Pine Valley Foundation Inc.  
25951 Circle View Lane  
Richland Center, WI 53581