



Pine Valley
Community Village

Issue 2 • Summer 2018

NEW ADMINISTRATOR at Pine Valley Community Village

Tom Rislow, from Cashton, Wisconsin, began as the new administrator of Pine Valley on April 3, 2018. He takes the place of Kathy Cianci, who served in the same capacity for the past 21 years.

Tom's most recent experience was serving as the administrator of Bethany Riverside skilled care nursing facility in Lacrosse, Wisconsin – where he had been since 1989. Prior to Lacrosse, he had served facilities in Yuma, Arizona, and Preston, Minnesota.

He brings a combined 35 years of experience to his role at Pine Valley.

Having grown up on a small dairy farm and appreciating the rural setting, Tom is looking forward to working in Richland

Center and more specifically at Pine Valley. According to Tom, the country setting, the friendly staff, the reputation for high quality care, a strong leadership team, a supportive board of trustees, and an active fundraising Foundation, and a new facility were all factors that attracted him to Pine Valley.

Pine Valley, of course, celebrated its first anniversary in its new facility last November. It consists of 80 skilled beds and 16 Assisted Living beds—all private rooms. Pine Valley has served and cared for the elderly of Richland County for the past 140 years, and Tom is honored and humbled to join the current team in helping continue that tradition of caring.



News From Administrator *by Tom Rislow*

It was a nice sunny summer day; late in the afternoon; I was in my office. Staff came by pushing 'Mary' in her wheelchair – to go out the front door. Other staff were following with a mechanical lift – which made this unusual. So I got off my chair and left my office to go out to see what was happening.

As I looked, I saw a guy with black leather on, standing by a large Harley Davidson motorcycle. He got on the seat. Then staff brought 'Mary' alongside the Harley in her wheelchair and used the mechanical lift to place her on the back seat. The sneakers on her feet kept slipping off the footrests, and so they used her shoestrings to tie around the footrests to keep her feet secure.

Then after 'Mary' was all set, the driver slowly took off out of the parking lot, and down the road, with that classic Harley sound.

'Mary' was at end of life; on palliative care. During conversations with the staff she had shared a regret in life that she had never gotten to ride a Harley. One conversation after another happened after that, and eventually several different staff got an idea,

and someone had a friend who owned a Harley, and the next thing you know they had arranged this ride. I hadn't known anything about it.

When the driver and 'Mary' returned several minutes later, the look on 'Mary's' face was priceless. She was beaming from ear to ear.

Staff assisted in getting her off which was quite a chore but they managed. And 'Mary' went to sleep that night in her nursing home bed with a memory she would never forget.

She died a few weeks later. A funny foot note to this true story is that shortly afterwards I got a phone call from the State ombudsman – the elder advocate's office – who had received a complaint from a neighbor of ours – who said they thought we were now taking residents to clinic appointments on motorcycles and even using their shoestrings to tie them to the cycle.

When I explained the circumstances, the ombudsman totally understood – and was so appreciative to hear of how caring the staff

Calendar of Events

June 17

- **Father's Day**

June 24

- **Pine Valley Picnic**

*Performance by
Jim Gorman Band*

July 15

- **Antique Appraisal
1:00-4:00 pm**

Veterans Meetings

*Every third Thursday
of each month*

had been to make this happen for 'Mary'.

This happened at my previous place of employment and I'm sure there's been many such similar stories happen at Pine Valley over its history – of staff going out of their way to make a residents day. I am sure.

Having been at my previous facility 28 years, it was at one time hard to imagine being anywhere else. Would I find a place where the staff were as good as where I had left? Here at Pine Valley I can honestly say that the answer to my question is an emphatic 'yes'. I am honored to join such a good team, and am looking forward to helping serve the people of Richland County.

EnerG Wellness Program

Pine Valley Community Village & Aegis Therapies are excited to introduce EnerG. This a state of the art wellness and activity program that addresses quality of life through classes and events that focus on EnerG's seven dimensions of wellness: physical, occupational, intellectual, social, spiritual, environmental and emotional.

EnerG courses focus on age-related conditions including balance and fall prevision, diabetes, memory, cognition, bone health and pain management along with unique offerings including yoga and Tai Chi.

Pine Valley welcomes Mallory Bender who is Pine Valley's activity director and the facilitator for EnerG. She came on

board when this program started in February. Mallory states that the program has been well received by residents and one of the residents' favorite new activities is kick boxing! Mallory's favorite part of her job is spending time with the residents and also enjoys working with the Pine Valley staff.

There are many group activities held in the community room and often play music from different eras as well as have videos of the exercises. This new program has been added to the many other activities we continue to have such as bingo, crocheting, various musicians, karaoke, reminiscing, birthday parties just to name a few.



If you would like more information, or would like to volunteer, please call Mallory at 608-649-1728.

Easter Bunny Visits

On the afternoon of March 25th, the Easter Bunny visited Pine Valley Community Village to spend some time with children of all ages, share a special treat with them and peruse the 100 plus submissions that were received for the Easter coloring contest.

The Easter Bunny and the coloring contest were a big hit with everyone at Pine Valley but especially the resident's who ultimately were the ones that chose the winners. The winners of the contest were:

Children up to age 4: Camryn Burstsfield

Children ages 5-8: Ainsley Myers

Children ages 9-12: Zada Ludwig

The winners each received an Easter basket full of goodies and had their winning drawing displayed at Pine Valley.

This has become an annual event at Pine Valley and something the residents and staff look forward to every year. Pine Valley would like to thank everyone who participated in visiting with the Easter Bunny and/or participating in the coloring contest and be sure to visit us on Facebook and subscribe to our newsletter for entertaining pictures of the event.



Healthy Aging (Active Aging) at Pine Valley

Participation in activities that we love should not end as we grow older. Here at Pine Valley, we believe in remaining as active as possible throughout the life span. Healthy aging, which is the World Health Organization's (WHO) new way of referring to active aging, is a term used to "describe the process of developing and maintaining the functional ability that enables wellbeing in older age."

Pine Valley has partnered with Aegis Therapies to begin the EnerG program to our residents. This program allows us to break down our activities and effectively monitor the 7 dimensions of health (physical, emotional, spiritual, occupational, environmental, social,

and intellectual) to ensure all of our residents needs are being met. This includes opportunities for the resident to learn, grow, make decisions, be mobile, develop and sustain new relationships, and continue to contribute to society.

At this time, our activities department is looking at the whole resident and learning how best to meet their needs through all ability levels. We are an all-inclusive facility and believe that just because someone has a different ability level does not mean they should be left out of any activity. Instead, we modify the activity to facilitate active and purposeful participation. We have been incorporating increased resident

choice music in all of our activities and are working on some new events to help keep our residents involved in the community. A few examples of this have been playing host to the Jim Gorman Band, Brass in the Pines, the Richland Center High School Forensics Team, the Easter Bunny and many four-legged furry friends.

If you have a club or organization and are looking more community involvement, let us know! We would love to have you in for a demonstration, practice, or event. Our residents love the extra activities!

Pine Valley Gets a New Defibrillator: CPR in Motion

In March, Richland County Emergency Management Director, Darin Gudgeon, held Cardiopulmonary Resuscitation (CPR) certification classes for Pine Valley Community Village employees. Nurses, personal care workers, activity and maintenance staff, and other staff are required to hold American Red Cross CPR certification. Re-certifications must be renewed every two years, including completion of competency and written exams.

In addition this year, Darin also provided a 2-hour interactive class called, "CPR in Motion", held March 30th. He provided education on operationalizing

Pine Valley's emergency response to situations where CPR is indicated, with hands-on training and debriefing after the simulated event. Darin is a wonderful and experienced trainer and the staff left feeling better prepared to provide emergency care.

While here, Darin also assessed our facility's emergency equipment and storage in our new facility. He made recommendations for additional items that will make our emergency processes more streamlined and effective. His recommendations were then taken to the Pine Valley Foundation members for their consideration. Approval at the

April meeting for the purchase of two new emergency carts and an additional Automated External Defibrillator (AED) was received and are currently on order!

Pine Valley employees are grateful to Darin Gudgeon for sharing his time and expertise with us. And as always, we are appreciative to the members of Pine Valley Foundation for all that they do for us! If you are interested in learning more about the work that the Pine Valley Foundation does, please contact Angie Alexander at 608-649-1722 or any Foundation member.

Clergy Visit for Father Keating

Pine Valley resident, Father Joseph Keating was recently visited by several clergy from the Diocese of La Crosse including, The Most Reverend Bishop Patrick Callahan, Monsignor Roger Scheckel, Father William Dhein, Deacon Donald Tully and Father Joseph Keating.



Please check our Facebook page and website for upcoming holiday events!
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