



Issue 3 • Fall 2018

NOTES FROM ADMINISTRATION

New Pine Valley Team Member

Truth be told, I had not intended on leaving my last facility. However, when leaving became the best decision, I was almost certain I would never again have such an outstanding group of people with whom to work; from supervisors to housekeepers, from charge nurses to aides, they were the best, or so I thought.

Here at Pine Valley I have met some extraordinary people who are committed to Pine Valley being the best place it can be. They take their responsibilities seriously, but not themselves seriously. They perform the work when it's time, but also bring a smile and have fun in the process.

They look after each other, and pitch in to help one another. Instead of doing only what they were hired to do, they'll see something that needs doing, and do it. That's what's impressed me the most.

They are also passionate, sometimes to the point where tempers flare, but always because they want what's best for

the resident. One supervisor told me that it motivates them even more to know that we're not only responsible to our residents and their families and to each other, but also to the taxpayers of Richland County. Therefore, she says, she is always trying to go the extra mile and take that extra step so to exceed rather than just meet expectations.

They are also generous in their financial support of each other, and in their emotional support when someone is hurting. This is something good families do and is nice to see employees do it here as if they were family to one another.

The Medical Director is generous with his time and expertise, and the Pine Valley Foundation is generous with their support.

I could go on; speaking of the wonderful physical, occupational and speech therapy staff. I could mention the longevity of some of the staff. I could talk about how good it is to have an assisted living facility as part of our campus, or write about the private rooms and the overall new facility. It's all good.

I'm just so glad to be here and to be a part of the Pine Valley team.

Calendar of Events

October 12

- **Farmer's Market**

October 27

- **Safe Trick or Treat**
1:30-3:00 pm

November 25

- **Thanksgiving Meal**

Veterans Meetings

*Every third Thursday
of each month*

Pine Valley Picnic *by Moe Dray*

A good time was had by all at the annual Pine Valley Foundation resident/family picnic on Sunday, June 24th. This was the second time we've had the picnic in the new facility and it was great to have so many folks attend and see the new Pine Valley Community Village. Everyone looks forward to this day as there is lots of activity, great food, conversation, music, and a silent auction.

Lynn & Irene Walmer got up with the chickens to begin their "almost famous" barbecued chicken which was delicious! The menu also included potato salad, beans, chips, rolls, and homemade pie. The pies were donated by many employees and Foundation members, while Marce Jelinek, Pine Valley CNA, went above and beyond by donating 21 homemade pies. Family & friends had

the opportunity to dine while listening to the music of The Jim Gorman Band. Other groups chose a more family like setting for the meal and dined with their loved ones in the many family areas throughout the building. Members of the Ithaca Happy Hour 4-H group helped with serving the meal and proved that "many hands make light work"

One never knows the treasures that may be found at the Silent Auction, there were baskets full of goodies, with everything from fishing rods to Packer memorabilia, gift certificates, and many other items donated by members of the Foundation and PV employees. Everyone had an opportunity to bid on the items and the winners were announced at the end of the day.

Members of the Pine Valley Healthcare Foundation were selling raffle tickets. This is an annual fundraiser with the Grand Prize of a quilt donated by Ron and Beth Fruit. The drawing was held September 9, 2018. (See page 2 for the winners.)

Pine Valley would like to thank all the staff and volunteers who helped make this day a success, whether it was donation of pies, silent auction items, or your time. A special thanks to Lynn & Irene Walmer for the hours spent barbecuing the chicken. We sincerely thank friends, family, community members and residents who attended the picnic. We appreciate your support and hope to see everyone next year!

National Physical Therapy Month

October is National Physical Therapy Month, the goal is to raise awareness of the important role that our physical therapists and physical therapy assistants play in helping people decrease pain, improve mobility, and engage in healthy lifestyles. With physical therapy it can

help to restore and improve motion, it can improve quality of life, it helps keep you fit, active and in some cases help to avoid surgery and long-term use of prescription medications.

At Pine Valley we have a wonderful Therapy Team that helps our residents

regain their strength and mobility and they also provide great rehab after a surgery or injury.

We also have a great restorative team that helps our residents maintain their mobility and function after they have graduated from therapy.

Annual Fundraiser Winners

Quilt - Pat Rippchen

Andirondack Chair - Eleanor Siebert,

Cash Prizes - Therese Scheckle,

Dave Worrel & Dorrie Hihn



Kitchen Creations

NO PEEL APPLE CAKE WITH CARAMEL SAUCE

4 C. apples (do not peel)	1 C. chopped nuts, optional
2 eggs	2 C. flour
2 C. sugar	2 tsp. baking soda
1/2 C. oil	3/4 tsp. salt
2 tsp. cinnamon	1 C. raisins, optional

Put apples in large bowl. Break eggs over apples. Add sugar, oil, cinnamon, nuts, and raisins. Add remaining ingredients. Bake in ungreased 9x13" pan at 350° for 55 minutes. Do not open while it's baking!

CARAMEL SAUCE:

1/2 C. brown sugar	1/3 C. flour
1/2 C. sugar	1/2 C. water

Boil 3 minutes, add 1/2 cup butter and 1 teaspoon vanilla. Serve warm over cake.



Five Star Quality Rated Facility



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.

Activities Galore!

In the last three months our Pine Valley residents have seen an increase in activities to their daily schedule. While we have continued with our traditional programs such as church, veterans group, and reading groups we have revamped our exercise classes, watched monarch butterflies grow and fly away, added an aquarium for our residents to enjoy, started a cooks in the kitchen class where we use new and old recipes to let the residents cook, we have created a garden group who is extremely energized into growing vegetables to use in the cooks in the kitchen class, had our first ever Farmers

Market for the residents which was a huge success, celebrated June Dairy Days with wheelchair pulls, and had our Annual Chicken Barbeque Cookout where Jim Gorman performed.

Towards the end of September we were gearing our residents up to be more active and participate in Walk with Aegis and the Alzheimer's/Dementia Walk. In both of these residents were encouraged to participate by walking or rolling.

If you or someone you know is interested in being a part of our growing selection of activities please contact

the Pine Valley Activity Director to learn how you can volunteer today!

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

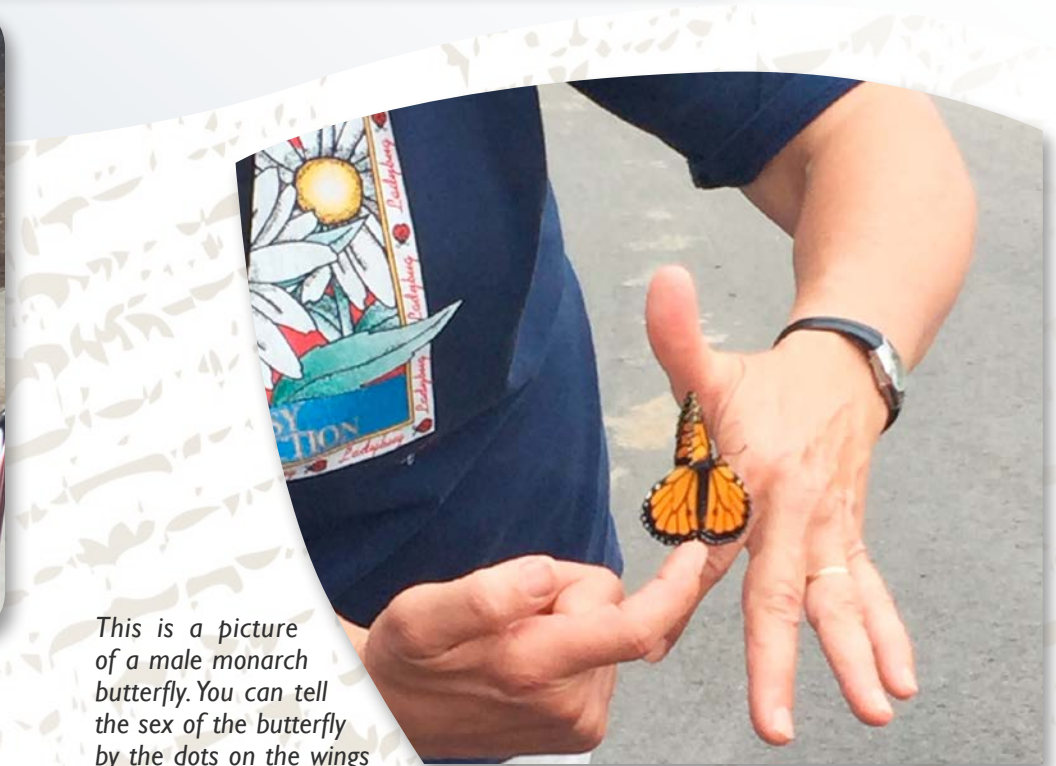
Just a sample of the wonderful items that were donated for our first ever farmers market. We are looking at expanding for our upcoming farmers market in October.



Members of the Park Street Christian Church Choir came in for the 4th of July to sing patriotic songs for our residents. THANK YOU!



Resident Duane Williams and a female Monarch butterfly on a day when we released 1 out of our 20 butterflies.



This is a picture of a male monarch butterfly. You can tell the sex of the butterfly by the dots on the wings



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