PVHC staff are indeed thankful for the thoughtfulness of residents and families, particularly during this special season of giving. While it is not at all our intention to squelch this spirit of benevolence and wanting to “give back”, we do need to recognize the County Statutes, which state that Winnebago County employees are unable to accept any substantial gifts, gratuity, or favors for services employees provide. If there are any questions as to what is meant by “substantial”, please contact the PVHC Administrator.

The entire Park View Health Center staff want to wish each of you the warmest of Thanksgivings and the merriest Christmas holiday season to you and yours!

Pictured: Diane Cudahy, PVHC Accountant, with her darling Dachshund collection.

PV H C NEWSLETTER

Oct/Nov/Dec

2016

Veterans Day—A Day of Importance; A Remembrance All Year Long

On the 11th hour of the 11th day of the 11th month in 1918, World War I ended. This day became known as “Armistice Day.” In 1926, Congress resolved to officially call November 11th “Armistice Day.”

In 1934, Congress officially passed and President Dwight Eisenhower signed a bill proclaiming November 11th as Veteran’s Day. In 1968, Congress changed the national commemoration of Veterans Day to the fourth Monday in October. However, the significance of November 11th was such that the changed date never really got established. In 1978, Congress returned the observance of Veterans Day to its traditional date.

Each Veterans Day should be a time when Americans stop to recall and recognize the brave men and women who have risked their lives for the United States of America. As Dwight Eisenhower said, “...it is well for us to pause, to acknowledge our debt to those who paid so large a share of freedom’s price. As we stand here in grateful remembrance of the veterans’ contributions, we renew our conviction of individual responsibility to live in ways that support the eternal truths upon which our Nation is founded, and from which flows all its strength and all its greatness.”

Park View finds it important and is attentive to honoring our Veteran residents for Veterans Day each year as well as throughout the year with, for example, Patriotic name inserts provided to each Veteran for their room name plates, and activity times with Veterans sharing their stories along with bringing photos or other keepsakes as part of the special time together.

We encourage family members to join us on Friday, November 11th, at 2:30 p.m., as we recognize our Veterans with a meaningful and Patriotic ceremony in the Great Room.

PVHC Newsletter

725 Butler Avenue

Oshkosh, WI 54901-8149

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Page 8

PVHC Newsletter

Important Information 2
Senior Calendar: Information 3
Financial Aid Information 4
Visit Us! Our Volunteers 5
Influenza 6
Donations 7
Other News 8
Important Announcements

To: Residents, Families, and Volunteers

Influenza Season 2016-2017

Influenza season is here again. It is important that all of our residents be vaccinated against seasonal flu. This not only protects the individual but also other residents. The elderly have the highest complication rate and death rate for seasonal flu.

Influenza is a serious contagious respiratory illness caused by viruses circulating in the air. Seasonal influenza illnesses have a tendency to increase in the fall to winter months. Influenza viruses cause mild to severe respiratory illness and at times, may lead to death. Older adults, young children and people with certain health conditions are at higher risk for severe influenza-related complications. The best way to prevent the flu is by getting vaccinated each year.

At PVHC, we did not have any influenza diagnosed in our residents during the 2015-2016 flu season. I would like to think a part of our good fortune was because of the high percentage of our residents and staff who were vaccinated.

The 2016-2017 seasonal flu vaccine will protect you against seasonal influenza viruses that are expected to circulate this season. The seasonal flu vaccine will include the influenza viruses that research has indicated will be most common during the season. The Centers for Disease Control and Prevention (CDC) recommends that any person who is 6 months and older receive a seasonal flu vaccine each year.

Park View Health Center will offer the seasonal influenza vaccine to all residents. I highly recommend that you consent to receiving the seasonal flu vaccine.

ENTERING AND EXITING THE FACILITY

Park View wants to ensure the safety of residents and employees by keeping the building as secure as possible. With this in mind, we remind visitors to enter and exit from the front, main entrance. Entering and exiting from a gated neighborhood patio is not permitted.

Thank you for understanding our need to put safety before convenience.

William G. Weber, MD, FACP
Medical Director

Community Trick-or-Treat

On Friday, October 28th, from 1:30-3:00 p.m., Park View residents will be gathered in the Great Room and atrium to hand out Halloween treats to trick-or-treaters from the community.

Park View will be purchasing the treats for this event however, if you are interested in helping out by providing cash donations towards this purchase, please give your donation to any Activities staff person.

Thank you!

OCT/NOV/DEC 2016

THANKS FOR BEING A BLESSING TO RESIDENTS

Memorial & Honorary Gifts Received From:
Jill Backus
Jeff & Mary Bradley
Nancy Deschaine
Dennis Elmer
Joan Kuhn
Tim Murphy
Gregory & Margie Rankin
Mike & Sally Swenson
Tom & Carol Titzkowski
The Wilson Family

In-Kind Gifts Received From:
4-Imprint
Dawn Cotter
Kathy Glander
Mary Ann Green
Helen Schwochert
Nadine Sieber

Monetary Gifts Received From:
The Friends of Park View
Kathy Glander
Marleah Keuler

In-Kind and Monetary Gifts

It is always wonderful to receive “in-kind” and monetary gifts to enhance the quality of life for our residents. If interested, some suggestions are:

- Monetary donations towards newspaper and magazine subscriptions
- New or lightly used electronic tablets (i.e., iPad, Samsung Tablets, etc.)
- Monetary donations or gardening gift cards towards bird seed, indoor and outdoor gardens
- iTunes gift cards for our “Music and Memory” program
- New or lightly used, up-to-date iPods for the “Music and Memory” program

Please contact Activity Services regarding any of these items and—we thank you!

Autumn carries more gold in its pocket than all the other seasons.

~Jim Bishop
Influenza

What is it?
Influenza is a respiratory disease caused by influenza viruses that attack the respiratory tract including the nose, throat and lungs. There are two main groups of influenza viruses – type A and type B. Influenza viruses commonly circulate each winter. Illness onset often begins suddenly and can cause mild to life threatening illness. The best method for prevention against influenza is to be vaccinated each season.

How is it spread?
Influenza viruses are very contagious. It is spread from person to person through mucosal membranes. When an infected person coughs or sneezes, moisture droplets containing the influenza virus are released into the air. These droplets are then inhaled by another person which can cause an influenza infection. Newly-infected individuals may not show signs or symptoms of illness for up to seven days, but during this time they continue to shed the influenza virus and they are infectious.

Influenza droplets can survive on hard surfaces for 2–8 hours. Transmission of the influenza viruses can occur when individuals touch contaminated surfaces and then touch their mouths. During an influenza outbreak, it is important to increase the cleansing of high touch surfaces and public areas. Common contaminated high touch surfaces are sinks, bedside tables, television remotes and light switches.

What are the signs & symptoms of Influenza illness?
Influenza illnesses can range from mild to severe, depending on the individual's general physical condition, susceptibility, and the type of influenza strain involved. Symptoms of illness typically appear 1–3 days after exposure. Most infected and ill individuals recover within 7 to 10 days. The infection can last longer for individuals with weakened immune systems or individuals with chronic medical conditions, such as the elderly.

Symptoms include:
- Fever
- Headache
- Increased fatigue
- Muscle aches
- Chills
- Sore throat
- Dry or productive cough
- In severe cases, Pneumonia

Prevention & Control

Obtain seasonal influenza vaccination.
Wash hands often with soap & water.
Use alcohol-based hand sanitizers.
Cover your mouth with tissue when you cough or sneeze. Throw away tissue.
If there isn’t a tissue handy, sneeze or cough into your sleeve.
Limit close contact with sick people.
Stay home, if you are exhibiting flu-like illness symptoms.

---Jessica Gibson, RN Manager-Infection Control

“Merry & Bright”

Would you be willing?
Park View is looking for individuals and organizations who will sponsor our resident Christmas gift-giving this year. If you are interested, or if you know an individual or organization interested in assisting us in bringing joy to a resident by giving a Christmas gift, please contact the Activities Support Assistant, Paul Behnke, at 920-237-6931, or inform any Activities Staff.

ADOPT-A-RESIDENT FOR CHRISTMAS
Park View will again organize the popular “Adopt-a-Resident” program as a donation option. Contacts are made in the community for placement of STARS on their organizations’ Christmas trees. Each STAR represents one of our residents and on the back of each STAR are suggested gift ideas. Friends in the community remove a STAR from the tree and purchase a gift/gifts for that resident based on the suggestions on the back of the STAR.

After Thanksgiving, remaining STARS are placed on the Christmas tree in our Great Room for friends, families, staff, etc., to be able to participate in purchasing a gift/gifts for a resident.

Wrapped STAR gifts need to be returned to Activity Services no later than Friday, December 16th.

If you are interested in a STAR prior to Thanksgiving weekend, please contact any staff member in the Activity Services Department.

CHRISTMAS TREE DECORATING PARTIES
Resident Christmas tree decorating parties will be held in each household following the Thanksgiving holiday. Dates and times will be posted in each household.
If interested in volunteering, please contact Paul Behnke at 920-237-6931.

“It’s Beginning to Look a Lot Like Christmas, everywhere you go…”
Residents and their loved ones are invited to stroll the eight neighborhoods to take in all the different Christmas holiday decorations anytime between December 1st through New Year’s Day.

RESIDENT HOLIDAY SHOPPING DAY
The highly anticipated annual “Resident Holiday Shopping Day” is scheduled for Wednesday, Dec. 7th. Residents will be able to shop for presents for their loved ones. The gifts will be provided through donations, so there will be no cost to residents.

We are presently accepting new items that would be appropriate for Christmas presents. If you are interested in donating items to our “Resident Christmas Shopping Day”, please make a contribution by Wed., Nov. 30th.

HOLIDAY SEASON SAFETY
Please share this information with other family members and friends.

With the holiday season approaching and preparations underway to enjoy the tradition of the season, we ask you to ensure the safety of all residents by following these safety steps:

- Candles, live evergreen trees, boughs and wreaths are prohibited.
- Gifts of clothing should be given to staff to be inventoried and labeled prior to use.
- Food gifts should be limited in quantity and should be consistent with the diet order. Food gifts should be labeled, dated, and stored properly.

If you have any questions regarding these guidelines, contact the Social Worker. Thanks for your support of these safety issues!
Resident Holiday Wish List

PARK VIEW HEALTH CENTER
725 Butler Avenue
Oshkosh, WI 54901-8149

The following two red boxes are suggestions for male and female resident gifts:

- Adult Coloring Books & Colored Pencils or Markers
- Amazon Gift Cards
- Arts & Crafts Kits
- Battery-Operated, Flameless Candles
- Bird Feeders/Bird Houses (squirrel-proof, please)
- Blankets (flannel)/Calendars (wall, desk)
- Cards/Dice
- Colognes/Aftershaves/Body Wash
- Candles, body powder, and food/drink items cannot be accepted.
- Gifts & cash donations received after the deadline or additional donations may be used throughout the year.

The next, green boxes are just a few extra suggestions for Resident Shopping Day donations:

- Adult Coloring Books & Colored Pencils or Markers
- Amazon Gift Cards
- Arts & Crafts Kits
- Battery-Operated, Flameless Candles
- Bird Feeders/Bird Houses (squirrel-proof, please)
- Blankets (flannel)/Calendars (wall, desk)
- Cards/Dice
- Colognes/Aftershaves/Body Wash
- Candles, body powder, and food/drink items cannot be accepted.
- Gifts & cash donations received after the deadline or additional donations may be used throughout the year.

To assure the donations will be coordinated for the resident shopping day and for resident gifts, we ask that items be dropped off by:

Thursday, December 1st.

Candles, body powder, and food/drink items cannot be accepted.

Focus on...OUR VOLUNTEERS

Volunteer Spotlight— During the Holiday Season

Park View simply bustles with holiday activity from Thanksgiving weekend throughout the month of December. What’s unaware to most is that specific planning, preparation and follow-through starts in late summer and runs through the first week in January! Below is a portion of a “behind the scenes” preparation timeline:

- Beginning in mid-September, preparation for the annual “Adopt-A-Resident!” program is already underway.
- By the end of October, decorations and lights are planned for each neighborhood patio area, and additional decorations are purchased.
- Around November 25th, poinsettias are ordered for the neighborhoods and the church altar area.
- After Thanksgiving, it is planned to decorate the Great Room tree, as well as have tree decorating parties in each of the sixteen households. The goal is to have all the trees decorated within the first few days of December.
- The first few days of December is the deadline for donated items for the annual “Resident Shopping Day”, and shortly after, the final shopping is completed for this popular event.
- Within a week of the above, the Great Room becomes a shopping extravaganza for “Resident Shopping Day”.
- By mid-December, all the donated gifts for the “Adopt-a-Resident!” program are gathered and organized.
- The “Adopt-a-Resident” gifts are delivered to the neighborhoods sometime mid-December.
- At the same time, there are various Christmas baking activities throughout the neighborhoods.
- On Christmas Eve and/or Christmas Day, Nursing Services present residents with their gifts.

These, plus other special music concerts, caroling in the neighborhoods from community groups, and a holiday movie in the Great Room during the month of December provide for a festive and joyous season at Park View! These activities could not come to fulfillment without the help of many hands. There are multiple opportunities to help make our residents’ holiday season merry. In addition to the above activities needing volunteers, PVHC always needs gift wrappers, Christmas card writers, help decorating courtyards and Christmas trees, escorting residents throughout the neighborhoods to experience other decorations, and more!

Please consider helping out during the Christmas season and join the festive holiday spirit! Contact the Activities Support Assistant, Paul Behnke, at 920-237-6931, or any one of our Activities staff.

Welcome New Volunteers!
Jodi Leu, Stacy Miller, & Becky Stoffel

Volunteer Hours:
Please remember to utilize our “Volunteer Sign-In Book” to mark your volunteer hours. The sign-in book is conveniently located in the lobby of our building, left of the “Resident Location” computer.

Estimated total volunteer hours YTD: **2124**!

Also for volunteers’ information— Please note announcements on Pages 2 and 3.