

## Special message from the editor:

My last day with Park View Health Center will be Friday, December 3rd. I am retiring after working 27-1/2 years for Winnebago County.

I've had a fulfilling run, having started in May of 1994 as a Unit Aide in the Older Adult Unit of Human Services, then stepping into the newly formed position of Unit Support/Client Information Manager, eventually receiving a title change to Support Specialists Supervisor.

I was with Human Services for 12 years before another newly created and unique position opened here at Park View – Administrative Coordinator. Seeking new challenges, I interviewed for the position of which Margie Rankin, Administrator at the time, basically hired me on the spot! It was the most relaxed and unique job interview I've ever had!

There have been so many amazing people I've been blessed to have in my work life, many memories made, along with incredible growing experiences. They've all further molded me into who I am now, and for whatever lies ahead.

*And what lies ahead?* SLEEPING IN because EVERY DAY will be a Saturday...hahaha! Actually, I do plan on getting back to my passion of writing. I will be letting out some creative juices to write children's books, for starters. Additionally, I plan on assisting at the family campground office periodically, hopefully travelling to warmer climates during a portion of the cold Wisconsin weeks following the holidays, and spending more time working on my flower beds in the growing seasons. Especially exciting for me will be having more time to devote to my family – especially our three little wood nymphs (granddaughters).

My hope is I've left a mark of quality and professionalism with this position I've held throughout the years, and that the position is one that will only grow stronger in its #1 responsibility of providing the best in service and information to the residents, families, and the staff of Park View.

I'm not going to say "good-bye" because in all likelihood "I'll be baaaack" in a volunteer capacity some day!

Thanks for the memories, everyone!

*Kathy Glander*

Administrative Coordinator/Editor

*PVHC staff are 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 and our Corporate Compliance Plan, which both note 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 our PVHC Administrator, Kara Gruber.*

**The staff at Park View Health Center wish you the warmest of Thanksgivings and the merriest Christmas holiday season!**

[www.co.winnebago.wi.us/parkview](http://www.co.winnebago.wi.us/parkview)

Also—  
Please consider giving a recommendation on our Facebook page!



Kara Gruber—Administrator  
Kathy Glander—Editor

**Park View Health Center**  
Over a Century of Quality Care

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Oct/Nov/Dec

2021



Park View Health Center  
**NEWSLETTER**

## 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, or in severe cases, pneumonia.

### Prevention and Control:

- 1) Obtain seasonal influenza vaccination.
- 2) Wash hands often with soap & water.
- 3) Use alcohol-based sanitizers.
- 4) Cover mouth with tissue when coughing/sneezing. Throw tissue away.
- 5) If there isn't a tissue handy, cough/sneeze into sleeve.
- 6) Limit close contact with sick people.
- 7) **Please stay home if exhibiting flu-like symptoms.**

—Jessica Gilson, RN—Infection Control

Date: September 2021

To: Residents/Healthcare Agents/Resident Representatives

Re: **Seasonal Influenza Vaccine for 2021-2022**

Influenza season is upon us. 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.**

The 2021-2022 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 indicates 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. We highly recommend that you consent to receiving the seasonal flu vaccine for your protection against influenza.

—John Steiner, MD—Medical Director

# HAPPY BIRTHDAY!

**Irene Brusewitz** celebrated her milestone, **100th birthday** on September 10th! The photo at the right is Irene with her family and her “*baby brother*,” as she refers to him, who is 95!

When asked whether she feels like she’s 100, Irene’s reply was, “*Not at all!*”



**Congrats and HAPPY BIRTHDAY, Irene!**

## Tom Geske, Financial Services Manager, is retiring!

Tom Geske, Financial Services Manager, will be finishing his employment with PVHC on Wednesday, December 1st. Tom has been employed at Park View for 40 years! He has worked for **SEVEN** Administrators in his time here.

Things were quite different when Tom was hired in 1981: Park View consisted of two buildings — Pleasant Acres, a nursing home setting; and the Rehab Pavilion, a residence for disabled individuals. There were as many as 385 residents living at Park View back at that time.

Tom shared “in those days” residents would be provided with shopping carts and they’d be paid to go to the storerooms to pick up supplies and deliver to the various “units,” sometimes going through the underground tunnel back and forth from building to building. There were also three male employees, including Tom, who would need to “manually” unload trucks of supplies. PVHC wasn’t Medicare-certified until 1997, and for only 40 beds at the Pleasant Acres building. Air conditioning was also nonexistent until 1998 when a project was started for a budgeted **2.3 million dollars**.

Jump forward to when this new facility’s building project had a tag of **23.4 million dollars!** It was completed in February 2008. There was a huge community effort in moving all the residents from the two old buildings into our current building during frigid winter weather. *Work life at Park View has truly evolved during his tenure!*

Join us in thanking Tom for his dedication and “going above and beyond” all throughout his service. Although he will leave a tremendous void, we all wish him a wonderful adventure in his life ahead!



**“Winter is an etching, spring a watercolor, summer an oil painting, and autumn a mosaic of them all.”**

**—Stanley Horowitz**

# THANKS FOR BEING A BLESSING!

## Memorial & Honorary Gifts Received From:

Janice Faust  
Donald & Ellen Harder  
Gerald Lang  
Joshua Mattson  
Larry & Judith Minta  
Kathleen Schroeder  
Timothy & Deborah Tauer  
Maria Weber  
The Dr. & Mrs. William Weber Family  
Diane Wettstein

## Monetary Gifts Received From:

Anonymous  
Larry Poeschl  
US Connect  
WPS Foundation Matching Gift Program

## In-Kind Gifts Received From:

Ruben Borgardt  
Sue Bushman  
Janice Coe  
Pat Stueber  
Joan Ulrich

## 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
- Donations to our volunteer recognition fund
- 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 Staff regarding any of these items and — **we thank you!**

## Calling all Collectors!

**Do you have an interesting collection to share with residents, families, and staff?** Park View has two beautiful built-in, locked display cases—one on each side of the building—for showcasing collections. Please contact Kathy Glander, Administrative Coordinator, at 920-237-6901, or [kglander@co.winnebago.wi.us](mailto:kglander@co.winnebago.wi.us), if willing to share yours, or you know of someone who may be interested.

**We are particularly interested right now in Christmas collections to be showcased from Thanksgiving weekend through the first week in January.**