

Happy Birthday to Ruth Stryzewski!



On February 20th, Ruth Stryzewski celebrated her **108th** birthday with family. This momentous milestone caught the attention of the Oshkosh Herald, County Executive Mark Harris, State Legislators, and Governor Evers. Ruth received proclamations from each of these offices, and February 20th was named **“RUTH STRYZEWSKI DAY”** in Winnebago County!

The picture at left was Ruth’s first triobike ride (with *Ingrid Garrison, Activity Specialist-seated, and Missy Grundman, Activity Specialist-Pilot*) just this past summer—at **107 years old!**

Ruth’s nephew, David Misterek, provided Ruth’s story for publishing, and Tom Ekvall, a reporter for the Oshkosh Herald, covered the story. It made the front page of their February 25th issue.

David shared how Ruth and Elmer, her husband for over 66 years, were unable to have children, but they lived full lives doing activities together such as dancing, singing, and world-wide travels to China, Europe, and Hawaii. Ruth was a member of the “Cecilians” Musical Group for many years.

Ruth was one of the very first employees of the Miles Kimball Company in Oshkosh. She worked in the office right with Mr. and Mrs. Kimball themselves, and they became good friends.

The photo at right is her family’s homestead. Ruth’s grandfather built the farm house out of bricks made from clay on that very property. The house still stands today in East Bloomfield.



Congratulations to this remarkable lady!

Apr/May/June
2020



Park View Health Center Newsletter

FIVE GENERATIONS!

What a rarity! Marcella White, who has resided at Park View Health Center since December 2013, is sitting in the center of a **“FIVE-generations”** photo taken this past Holiday Season.

Seated to Marcella’s left is her eldest daughter, Fawn Schlagel. Seated to Marcella’s right is granddaughter Danielle Jensema, holding Marcella’s great-great granddaughter, Lylah Rose. Standing top right is Marcella’s great-grandson, Brandon Jensema (with his wife, Caity). And last, but certainly not least, is another great-great granddaughter, baby Lennon Marie. A third great-great grandchild, Elsie Mae, was loved dearly as well, and lived a very short time on this earth.



Marcella also has one other daughter, Sherry (who has one step-son and one step-grandson); and five sons - Roger (who has two sons, and one grandchild); Richard; Mark (who has one daughter, three grandchildren); Dean (who has two daughters, one grandchild), and Kelly. *Easy to follow, right?*

Marcella was born in Redgranite, and has always lived in Wisconsin. She married her husband, Glenn, in 1955. They met through her brother, who invited Glenn to go deer hunting with him. Glenn “supposedly” forgot his cap and came back for it. That’s when he asked Marcella if she’d go to the dance with him. Glenn passed six years ago.

Scrapbooking has always been a hobby of Marcella’s and her daughters’. Marcella has completed many family scrapbooks including those with letters and pictures from her own parents, and one regarding her brother while he was in the military in Vietnam. Below are photos of a very special scrapbook Marcella made in order to help keep track of her family’s birthdays. There are **67 family members’ birthdays noted in the scrapbook!**

We should offer a prize for readers who come up with the accurate number of grandchildren Marcella has—what an incredible family dynamic!

Thanks, Marcella, for sharing your family “Redwood” tree with us!



Maintaining Resident Privacy with Photos and Social Media

All residents have the right to privacy and confidentiality, as well as to be treated with dignity and respect. At Park View, it is our duty to protect the confidentiality of all residents. Our staff follows strict guidance in regards to resident privacy and confidentiality under HIPAA and Resident Rights. It is also important for residents’ family members to be mindful of the privacy of their loved ones, as well as other residents. With social media now playing a big part in our daily lives, it is easy to forget about the privacy of others.

We do not want to hinder taking and sharing photos with your loved ones, but as a facility we ask that you are respectful of the privacy of **all** residents when doing so. As such, we discourage the taking/sharing of photos or videos of PVHC large group activities. Also—ensure when taking and/or sharing photos or videos that dignity is upheld and the photos are taken in a respectful manner.

Since its founding in 1875, Park View Health Center has provided over a century of quality health care to residents of Winnebago County.

Located just north of Oshkosh, Park View is serenely nestled near stately trees and beautifully landscaped, park-like grounds.

As the needs of the community change, so too do the services offered at Park View as we continue to meet and surpass those needs and expectations.

Our excellence comes from each staff member’s personal commitment to serve our residents in a compassionate, supportive and professional manner.



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Oshkosh, WI 54901-8149

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To keep you informed...

COVID-19 Update from PVHC

As has been the case for a couple weeks prior to this publication, visitors continue to not be allowed at PVHC due to the pandemic. Only essential healthcare personnel may enter, after they've been screened. **For extreme situations (end of life), visitation might be allowed with prior screening only and the use of appropriate protective wear. End of life visits will be determined on a case by case basis by the shift supervisor.**

When a visit is deemed an emergency by the supervisor, the following needs to be practiced:

- Sanitize hands at building entrance, before entering resident room, and after leaving resident room.
- Limit physical contact with residents and others, and practice social distancing (no hand-shaking, hugging, and remaining six feet apart).
- You may only visit your loved one, no other resident.
- Limit movement within the facility to the resident's room.
- Wear a mask in the facility.
- Report to the facility any signs or symptoms of COVID-19 or acute illness within 14 days after visiting the facility.

Following your emergency visit:

- Monitor for any signs of respiratory illness for at least 14 days. Contact your care provider if symptoms occur.
- If you develop any signs of respiratory illness within 14 days of your visit to the facility, please report illness symptoms to the facility.

Ways to connect with your loved one during the pandemic: There are multiple ways of contact, which include virtual media and phone calls. If anyone is having difficulty contacting their resident, contact the resident's social worker:

Jan Anderson: 920-237-6933 Jim Decker: 920-237-6935 Raissa Krajnik: 920-237-6934 Krystal Mraz: 920-237-6936

Emergency Operations *(taken from the PVHC Resident Handbook)*

Safety of our residents and staff is our main priority. In the event of a disaster in which the facility's emergency operation plan is activated, residents and families should be aware of what to expect. Important information for residents and families to be mindful of during an emergency is described below:

- Sheltering in place will always be attempted before evacuation. This means that residents and staff will stay in the building in their usual locations during an emergency, if it is deemed safe to do so.
- Residents may be transferred to a different location within the building during an emergency. If so, residents and resident representatives will be notified of their new location within the building.
- The facility maintains inventory of emergency supplies in the event sheltering in place is a continuous need for a period of time.
- If evacuation to another facility is necessary, the resident and resident representative will be notified of the destination location, time of transfer, and means of transport. Family may be requested to assist with transport.
- Depending on the need, residents may be transferred to the hospital, another long-term care facility, or temporary shelter with facility staff.
- A resident may be transferred into the care of a family member to a home setting temporarily, if deemed appropriate.
- HIPAA is not waived in emergency events. Resident information needs to be protected at all times, however, certain information can be shared during emergency events if the protected health information is disclosed for public health emergency purposes.
- In the event of a facility-wide emergency, a Hotline may be set up for families to call to obtain information regarding residents.
- Staff will direct residents in the event of an emergency, but residents and families should also be aware of actions to take:
 - ◇ **Fire-** Shelter in place in the resident's room with the door shut. Do not travel through the hazardous area. Staff or emergency personnel will direct if evacuation from the neighborhood is warranted.
 - ◇ **Severe Thunderstorm or Tornado Watch-** Return indoors and to the neighborhood for quick response, if the watch escalates.
 - ◇ **Severe Thunderstorm or Tornado Warning-** Find shelter in an area with no windows. On the neighborhoods, the bathing spas and hallways are designated shelter areas.
 - ◇ **Unauthorized Intruder or Facility Lockdown-** Return to resident's room or other safe area to hide and shut the door. Barricade the door with whatever available, i.e., furniture.

The facility conducts periodic emergency preparedness drills in order to practice the emergency operation plan. We understand this may be disruptive to residents, and we appreciate your cooperation with emergency drills.

What a blessing!

Grant Received:

Ladies Benevolent Society: Advocates for Older Adults approved a grant for \$3,000.00 towards Park View's "End of Life Care" Project.

Memorial & Honorary Donations Received:

Sandra Buser
Furman Family, c/o Linda Pavlak
King Family, c/o Kelly King
David Misterek
Leonard Place
Cathy Silverthorn
Mary Tack
Carol Wieckardt

In-Kind Gifts Received:

Bob & Lorraine Fernau
Mike Hetzer
Beverly Porter
Pat Steuber

Monetary Gifts Received:

Teresa Cristan
Butte des Morts Lions Club

Welcome new volunteers: Alysa Garrison & Marjorie Hanson

Dementia Resources

Recently, there was a question regarding dementia resources that Park View may have available.

There are multiple dementia resources available for our residents and their families, including:

- Books and cards with contact information located in the brochure rack at the front entrance.
- The ADRC website (access from the Winnebago County Website, or by typing in ADRC-Winnebago County Wisconsin in the search engine) has a [Dementia & Alzheimer's Resources](#) section with lots of information, as well as a calendar of events associated with dementia and Alzheimer's Disease.
- And the "first stop" when wanting to find information in regards to dementia resources is to get in touch with the neighborhood Social Worker.

Annual Review of Abuse Prevention Procedure

This is the annual review of our "Abuse Prevention" procedure. The purpose of these policies and procedures is to assure that the facility is doing all that is within its control to prevent occurrences of mistreatment, neglect, abuse or exploitation of residents, and misappropriation of resident property, because the facility does not tolerate and prohibits abuse, neglect, exploitation, mistreatment and misappropriation of property. Any questions, please contact us.

Screening

The facility has procedures to screen potential employees for a history of abuse, neglect, exploitation or mistreating residents. The screen includes attempting to obtain information from previous employers and/or current employers, and checking with the appropriate licensing boards and registries.

Training

The facility has procedures to train employees through orientation and ongoing sessions on issues related to abuse prohibition practices such as:

- Appropriate interventions to deal with aggressive and/or catastrophic reactions of residents.
- How staff should report their knowledge related to allegations without fear of reprisals.
- How to recognize signs of burnout, frustration and stress that may lead to abuse.
- What constitutes abuse, neglect, exploitation and misappropriation of resident property.

Prevention

The facility has procedures to provide residents, families and staff information on how and to whom they may report concerns, incidents, and grievances without fear of retribution. The facility will provide feedback regarding concerns that have been expressed.

The facility will identify, correct and intervene in situations in which abuse, neglect, exploitation and/or misappropriation of resident property is more likely to occur. This includes an analysis of:

- Features of the physical environment that may make abuse and/or neglect more likely to occur, such as secluded areas of the facility.
- The deployment of staff on each shift in sufficient numbers to meet the needs of the residents and assure that the staff assigned have knowledge of the individual resident care needs.
- The assessment, care planning and monitoring of residents with needs and behaviors which might lead to conflict or neglect, such as residents with a history of aggressive behaviors, residents who have behaviors such as entering other resident rooms, residents with self-injurious behaviors, residents with communication disorders, those who require heavy nursing care and/or are totally dependent on staff.

Identification

The facility has procedures to identify events such as suspicious bruising of residents, occurrences, patterns, and trends that may constitute abuse and to determine the direction of the investigation.

Investigation

- The facility has procedures to investigate different types of incidents.
- The facility has procedures to identify the staff member responsible for the initial reporting, investigation of alleged violations and reporting of results to the proper authorities.

Protection

The facility has procedures to protect residents from harm during an investigation.

Protecting the resident might include:

- Removing alleged name caregiver.
- Monitoring the resident more closely.
- Moving the resident to an alternate environment.
- Making physical plant modifications.

Reporting/Response

- The facility has procedures to report all alleged violations and all substantiated incidents to the State agency and to all other agencies as required. The facility takes all necessary corrective actions depending on the results of the investigation.
- The facility has procedures to report to the State Nurse Aide Registry or licensing authorities any knowledge it has of any actions by a court of law which would indicate an employee is unfit for service.
- The facility has procedures to analyze the occurrences to determine what changes are needed, if any, to policies and procedures to prevent further occurrences.

In order to serve you better, we request that you bring any concerns/complaints (grievances) promptly to the neighborhood nurse supervisor or social worker for resolution. A resident grievance form is available for residents/resident representatives to complete, or grievances can be voiced orally to a staff member. Residents/resident representatives may choose to remain anonymous and will be notified of the outcome of the grievance in a timely manner. A written decision may be given upon request.

If you are not satisfied, feel free to discuss the matter with Social Wellness Manager (and Grievance Officer) Carrie Baxter-Crist, 920-237-6930, or Administrator Marleah Keuler Grahek, 920-237-6900.

If you are still dissatisfied, you may contact:

Division of Quality Assurance
Northeastern Regional Office
200 N. Jefferson St., Suite 501
Green Bay, WI 54301
Phone: 1-920-448-5255; Email: dhswebmaildqa@wisconsin.gov

Stacey Forest, Ombudsman
Board on Aging & Long Term Care
5424 Hwy 10, Suite F
Stevens Point, WI 54481-8560
Phone: 1-715-345-5229 or 1-800-815-0015. Email: BOALTC@wisconsin.gov

And there's more...

April 13-17, 2020 is Wisconsin Tornado & Severe Weather Awareness Week!

The Wisconsin Emergency Management team and the five National Weather Service Forecast Offices that service Wisconsin are asking that everyone take time to go over their safety plans so that they will be ready when severe weather strikes.

A mock tornado watch will be issued Thursday, April 16th at 1 p.m., followed by a statewide mock tornado warning at 1:45 p.m. Many radio and TV stations across the state will issue the test tornado warnings. In addition, mock alerts will be issued on NOAA Weather Radios and many communities will sound their tornado sirens to test their emergency severe weather plans. Later, a mock tornado warning will be issued at 6:45 p.m. to give families and second-shift workers a chance to practice their emergency plans.

The tornado drill will take place even if the sky is cloudy, dark or rainy. If actual severe storms are expected in the state on Thursday, April 16, the tornado drills will be postponed until Friday, April 17 with the same times. If severe storms are possible Friday, the drills will be cancelled.

Tornado Truths and Myths

MYTH: Areas near lakes, rivers, and hills are safe from tornadoes.

TRUTH: No place is safe from tornadoes. The tornado that struck Door County in August 1998 formed on the waters of Green Bay and moved onshore, causing over \$5 million in damage.

MYTH: The low pressure with a tornado causes buildings to explode as the tornado passes overhead.

TRUTH: Violent winds and debris slamming into buildings cause most structural damage.

MYTH: Windows should be opened before a tornado approaches to equalize pressure and minimize damage.

TRUTH: Leave windows alone. The most important action is to immediately go to a safe shelter.

MYTH: People caught in the open should seek shelter under highway overpasses.

TRUTH: Take shelter in a sturdy, reinforced building if at all possible. The winds of a tornado may actually increase in the tight space of an overpass, increasing the chance for injury.

In order to be prepared and assure everyone's safety in the event of severe weather, PVHC will once again participate in the statewide tornado drills #1 and #2, as well as perform one drill on the Night Shift on a SEPARATE DAY during the week.

Photo: Richard Walbrun

National Skilled Nursing Care Week
May 10-16, 2020

Sharing
our
Wisdom

ahcancal.org/NSNCW | #NSNCW

Established by the American Health Care Association (AHCA) in 1967 and always beginning on Mother's Day, "National Skilled Nursing Care Week" provides an opportunity to recognize the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities.

As in years past, PVHC will be commemorating "National Skilled Nursing Care Week" with festivities and activities for our residents and staff. Watch for the residents' activity calendar in May, and come on out to **celebrate with us during the week of May 10-16, 2020.**

In Memory...Editor's Note

Dr. William Weber, our Medical Director for 30 years, died Friday, March 20th, in his home, following a brief illness.

Dr. Weber meant the world to those of us who were directly involved with him on a professional level. We saw, from behind the scenes, his tremendous advocacy for Park View residents and staff. Never a time was he in my office that he didn't comment what a "wonderful facility this is," and what "great staff we have to care for our residents," etc. He truly was Park View's #1 fan.

Dr. Weber would work under the radar in ways most did not notice—faithful in attending monthly Quality Assurance meetings, always available to call with consultation sign correspondence for mailing. We at any time, in any way he could provide

But I think he will be most remembered den area out here at Park View. The tended to by Dr. Weber, his brother Tom, the Winnebago County Master Gardens Residents and their loved ones have them.

The gardens have been open and available in the nature around them at any day afternoon during growing season, dens, where one could depend on Dr. Gardeners spending time visiting with, and back to their rooms. From my office window, every Tuesday morning, working so hard to make sure the gardens were all spruced up and ready for the residents' visits in the afternoon. That was so important to Dr. Weber—making sure the gardens were in the best shape to greet residents as they ventured out. And if the grass wasn't cut for those Tuesday afternoon visits, he made his demands known to get it done! I even noticed multiple times where he pulled his own lawn mower out of the trunk of his car to make the lawns pretty before the residents arrived!



Dr. Weber was named Grand Marshal for the 2007 Fall Festival at Park View.

for the heart and drive he put into the garden Master Gardeners' project area has been and about a half dozen other members of Project for many years, *probably decades*. found such joy and serenity in visiting

ble to residents and their visitors to sit and time throughout the year, but every Tuesday residents specifically take trips to the garden Weber, his brother Tom, and other Master

helping pick flowers for, the residents to take there would be those two, white-haired brothers, every Tuesday morning, working so hard to make sure the gardens were all spruced up and ready for the residents' visits in the afternoon. That was so important to Dr. Weber—making sure the gardens were in the best shape to greet residents as they ventured out. And if the grass wasn't cut for those Tuesday afternoon visits, he made his demands known to get it done! I even noticed multiple times where he pulled his own lawn mower out of the trunk of his car to make the lawns pretty before the residents arrived!

It is this garden area that Park View would like to focus memorial gifts in his name. Memorial gifts will be put towards the building of a grilling area at the gardens, where residents and families can spend time in the beauty Dr. Weber was so instrumental in creating.

Dr. Weber also mentioned to me numerous times how he much he liked to use his own grill at home to cook for his family and friends too, so this focus has a two-fold thought behind it. The area will be named after Dr. Weber, to honor his tireless work at Park View.

I'm missing Dr. Weber's visits to my office already, where I could hear fascinating stories of his many trips abroad with his wife Fran and his family, whom he loved so dearly. He'd frequently finish the shared memories by saying, "I've had a wonderful life."

And he so willingly shared that life with Park View...

Please keep Dr. Weber's family and friends in your thoughts and prayers.

The American Robin

The American Robin is a very familiar bird over most of North America, running and hopping on lawns with upright stance, often nesting on porches and windowsills. The robin's rich caroling is among the earliest bird songs heard at dawn in spring and summer, often beginning just before first light. In fall and winter, robins may gather by the hundreds in roaming flocks, concentrating at sources of food.

Robins forage on the ground, running and pausing on open lawns; apparently locating earthworms by sight (not, as had been suggested, by hearing them move underground). When not nesting, they usually forage in flocks.

Their diet is mostly insects, berries, earthworms. In early summer, insects make up the majority of the diet; they also feed on many earthworms, snails, spiders, other invertebrates. Robins feed heavily on fruit, especially in winter (fruit accounts for perhaps 60% of diet year-round); mainly wild berries, also some cultivated fruits. The young are fed mostly on insects and earthworms.

The robin migrates in flocks, often by day. Although some robins winter as far north as Canada, they are in localized concentrations then. With the breakup of flocks prior to the nesting season, when northerners see their "first robin of spring," it may be a bird that has wintered only a few miles away, not one that has just arrived from southern climates. To the south, winter ranges are highly variable from year to year, depending on local food supplies.



Side Notes for Families and Representatives



IMPORTANT NOTICE TO VISITORS

We are a healthcare facility and smoking is a health and safety hazard to all. Smoking, **including e-cigarettes and chewing tobacco**, are **not allowed** in the facility or on the campus grounds.

This regulation includes outside at our front entrance and in our parking lot.

Staff will approach and remind any visitor not adhering to our smoke-free campus policy.

ANNUAL SATISFACTION SURVEY

We will be sending out our annual satisfaction survey this spring. With our goal to provide quality resident-centered care, your responses, comments, and suggestions will be very important to us.

If there are any immediate concerns, please address them with neighborhood staff, rather than awaiting the survey in order to comment.

BREAKABLE ITEMS IN ROOMS

Personalizing rooms is an important part of feeling at home and it is encouraged here at PVHC. **However, safety is also important.**

When displaying items that could be breakable, please consider the location of the display and always check with the neighborhood nurse for permission to keep breakable items and sharp or pointed objects in residents' rooms.

FOOD KEPT IN NEIGHBORHOOD REFRIGERATORS

All food brought in by family members for their residents needs to be properly covered and clearly labeled with the resident's name and the date. —**Thanks!**



Gentle reminders regarding residents' clothing—

Families should keep in mind Park View's procedures in reference to clothing provided to residents. Items should not be given to residents that are "not machine washable," or that are "dry clean only," etc. PVHC is not responsible for damage to such items, as staff do not sort them when doing laundry. There is always the option for families to take care of a loved one's laundry when there are clothing items requiring special care. Labeling is also important when bringing in clothing for your loved one.

The information below is taken from the PVHC Resident Handbook:

Laundry Services

As part of your basic daily rate, your clothing will be washed, dried, and labeled. Our washers and dryers may cause damage to fine materials such as 100% silk, wool, acrylic and cotton, so please choose washable clothing. **WE CAN NOT BE RESPONSIBLE FOR DRY CLEANABLE ITEMS, BRUSHED NYLON, ACRYLIC, AND DELICATE FABRICS INCLUDING AFGHANS AND BEDSPREADS THAT DO NOT WASH WELL.** You may choose to have your family do your laundry for you.

We are not responsible for the loss or damage to any items.

Clothing

To assist in preventing loss, all clothing/personal items must be given to our staff to be inventoried. All items will be marked. Notify staff if the preference is to not mark the items. A Personal Clothing Name Label Disclaimer will be completed for those residents who choose to not mark their items.

New Clothing

With each new item of clothing brought in, the staff will need to be notified in order to inventory the item. You are responsible for keeping your clothing in good repair and to purchase new clothing when items wear out or needs change.