

Summer Safety Tips

While enjoying the summer sunshine, be sure to follow these important safety tips:

- ◆ Drink plenty of water throughout the day to stay hydrated.
- ◆ Wear sunscreen when spending time outside.
- ◆ Do not spend extended periods of time outside in extreme heat.
- ◆ Know the signs of heat stroke and heat exhaustion. The young children and the elderly are at a higher risk for heat stroke and heat exhaustion.

**The Centers for Disease Control and Prevention (CDC) recommends:
AVOID—SPOT—TREAT.**

AVOID: When temperatures are very high, stay indoors.

If you must go outdoors, dress properly and take breaks often. *Drink plenty of water!* Know who is at high risk for heat stroke and heat exhaustion—check on friends and neighbors at high risk. **NEVER, EVER LEAVE KIDS OR PETS IN A PARKED VEHICLE!**

SPOT: Know the signs of heat stroke and heat exhaustion. Get medical help immediately.

Heat stroke—1) Very high body temp (above 103°); 2) Red, hot & dry skin (no sweating); 3) Rapid, strong pulse; 4) Throbbing headache; 5) Dizziness/upset stomach; 5) Confusion & passing out.

Heat exhaustion—1) Heavy sweating; 2) Paleness; 3) Muscle cramps; 4) Tiredness/Weakness; 5) Dizziness; 6) Headache; 7) Upset stomach or vomiting; 8) Fainting.

TREAT: While waiting for medical attention, help someone with heat stroke or heat exhaustion.

Heat stroke—Move to a shady area or indoors. DO NOT give the person fluids. Cool the body by placing person in COOL (not cold) tub or shower, spraying with a garden hose, sponging with cool water, or fanning. Continue until help arrives.

Heat exhaustion—Seek medical attention if symptoms get worse or last longer than one hour. Cool the body with cool, nonalcoholic beverages, rest, a cool bath, shower or sponge bath, moving to an air-conditioned room, and wearing lightweight clothing.



www.co.winnebago.wi.us/parkview
Also—

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recommendation on
our Facebook Page!**

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Park View Health Center NEWSLETTER

The Initiation of Park View's Triobike Program

Residents have been thoroughly enjoying the experience of cycling in our triobike ride program here at Park View. Prior to the “maiden voyage” of the bikes, residents participated in a “Name that Triobike” contest, where the winning names are printed on the license plates in the photos below. Congratulations to Prairieside One residents for the recommendations that won everyone over!

These bikes have already provided Cycling without Age's motto of “the right to the wind in your hair,” and THEN some. As was effectively stated by **107-year old Ruth Stryzewski**: *“I'll never will forget this ride. Elmer, my husband, was watching me from heaven today as I was on the ride. Thank you for this special life time experience!”*

Thanks to everyone who has supported this project, whether through donations (see page 7), willingness to become pilots, or participating with loved ones by riding along. Park View Activities Staff have scheduled specific “Afternoon Patio Days in the Keller Courtyard” where residents are encouraged to visit and enjoy music piped in on the patio, and those signed up in advance for triobike trips are provided an incredible riding experience in the area, as well as the park. Activities Staff are also doing their best to schedule rides during the week and on Sundays, weather permitting. And training of additional pilots has been ongoing. Stay tuned for updates in the future regarding this very special program.



Annual Satisfaction Survey Results Summary



Park View Health Center has been sending a 5-page satisfaction survey since 2012. It is sent to own-decision-maker residents or the resident representatives.

The purpose of the survey is:

- To measure resident/family satisfaction in relation to Park View's facility, services, and staff.
- To identify trends for the purpose of improvements.

Of the **161** surveys sent out, **83** or **52%** were returned.

Of the responses:

- 98% say staff welcome and accommodate visitors.
- 99% note satisfaction with the timeliness of information received.
- 98% say staff handle challenging situations in a way that is appropriate.
- 98% note that their rooms look and smell clean.
- 100% note the public areas look and smell clean.
- 94% state they are satisfied with the food served.
- 99% are satisfied with the care received.
- 100% stated they would recommend PVHC to others.

Some of the many comments provided:

- Overall a great place and great staff.
- Park View is a great facility with caring staff.
- I hope to have more volunteers to provide things residents don't have or can afford.
- I and my family have been very satisfied with the care and respect given to (resident). For the most part, the staff is always accessible and willing to listen. (Resident) complains sometimes but because of his dementia, he gets upset easily – I see the patience and professional care each day. I am there – I pray for all of you each day.
- It's a good place to stay at.
- Thank you all for all you do for my mom.
- Pretty well satisfied with most things here. Enjoy playing bingo and trivia.
- PVHC is a well-run nursing home. We have no complaints.
- The care my mom is receiving is outstanding! Kim & Annie and the rest of the staff on Parkside 2 are fantastic. I'm so happy my mom ended up on that floor!
- Have been very pleased with quality of care (resident) receives. They take him out for a walk with weather permitting. Staff is extremely friendly and easy to talk with.
- I am so happy to call Park View my home. The love and concern of the RNs and CNAs for me is amazing. Housekeeping always has my room cleaned to perfection and all the supplies I need are always available for me. The Therapy Room is the most beautiful room in the building. When I was well enough to start therapy, the PT and OT therapists that I met were so kind and dedicated to help me walk and feel strong again. I am so grateful to them. Maintenance is always available for any of my concerns. I especially appreciate the blinds on the window and my different wheelchair. Thank you for adjusting the brakes on the wheelchair. To all of you – I wish you many blessings and give you my love.
- I am very happy with the care my mom receives at Park View. She is, too! Everyone...is very nice and professional. Thank you!
- The staff does a great job for the most part. Better than any other home in the area! We are thankful for his care and the kindness the staff give him!
- This place is so neat and clean; not embarrassed to bring family and friends here. Your staff is so good.
- We moved Mom from an assisted living facility. Although it was a new facility, it was under-staffed and the staff were young and inexperienced. Park View is 500% better in all respects.

Some of the areas of focus:

- Noise
- Participation in decisions regarding choices/preferences
- Lost or damaged personal belongings

We are thankful for giving hearts...

Memorial and Honorary Donations Received:

*The Ewald Family
Kathy Hensel
Karen Koch
Patricia Limpert
Katie Rhodes
Helen Schwochert
Christopher & Melissa Serra
Steven VanderLoop*

Monetary and In-Kind Gifts Received:

*Anonymous Gift
Mary Bernier
Marie Combs
Dawn Cotter
The Friends of Park View
Alice Hanson
Jennifer Kujawa
Larry Land
Marilyn Pokrandt
Jerry & Patti Souls
Jarek Unland
Dale & Kathy Walters
Brad & Mary Weitz*

TRIOBIKE DONORS

CMP Funds through the State of Wisconsin

\$500.00-\$1,065.00 Donors

*Ruth Dehn
Friends of Park View
Mary Laurin in honor of Tim Laurin
Josh Mattson in honor of James Mattson
Patricia Spaid in honor of Jacob Spaid*

Ladies Benevolent Society: AOA (through the Oshkosh Area Comm. Fdtn)

\$50.00-400.00 Donors

*Patricia & Steven Francour
Chris Kinderman
Delphine Knight
Sandra Paffenroth in memory of Mom, Janet*

Park View Endowment Fund (through the Oshkosh Area Comm. Fdtn)

THOMAS A. PLEIN FOUNDATION ENDOWMENT FUND

through the Community Foundation of the Fox Valley Region, Inc.

The TAP Foundation Board of Directors awarded an additional \$20,000.00 in January to the PVHC Endowment Fund they set up for our residents a few years back. Of the total amount currently in the endowment fund, 4.5% of the investment income is available once a year for distribution to the residents' needs fund.

*We are grateful for the generosity of the Thomas A. Plein Foundation
for providing this incredible contribution.*

Announcing upcoming events!

PARK VIEW FAIR WEEK! *Sunday through Friday, July 14-19*

- MONDAY: RESIDENTS' FLOWERS & ART EXHIBITIONS** in the Great Room.
- TUESDAY:** Cavanaugh's & the Silverthorn's **ANIMALS IN THE GARDENS.**
- WEDNESDAY:** The famous **JERRY SCHNEIDER POLKA BAND** for Grandstand entertainment.
- THURSDAY: FAIR ACTIVITIES** in the households.
- FRIDAY:** Prizes and fun with **FAIR MIDWAY BINGO.**

Park View's 2nd Annual 50's & 60's-Themed

Car Show!

Wednesday, August 21st

1:30-3:00 p.m., front entrance parking lot

There will be '50s-'60s music, treats, and viewing of some wonderful classic vehicles.

Residents, staff, volunteers and visitors are encouraged to dress in appropriate 1950s or 1960s attire, or they can wear car shirts (i.e., Ford, Chevy, etc.) and jeans for this special event!

"Patriot Day"

*with a military vehicles show
sponsored by the Veterans' Museum of Oshkosh!*

Wednesday, September 11th, in the afternoon

Veterans from the community are invited to join Park View residents and staff in commemorating all men and women who serve our Country!

Policy Awareness

Parking Area Reminders at Park View

Slow down when entering and exiting Park View parking lots. There is a lot of activity outside with residents during the warmer seasons.

Parking immediately in front of the entrance is prohibited. It is only allowed for brief pick-ups and drop-offs. The entrance needs to remain clear of vehicles for emergency personnel who arrive frequently at the front doors and cannot get into the canopy area.

Overnight Stays at Park View

It is Park View Health Center's policy that residents are not allowed to have overnight guests.

The exception would be when a family member or loved one is remaining at the facility for extended periods with the dying resident. A loved one can remain overnight with the resident, and accommodations can be made for the chaise/sleeper to be brought into the resident's room for three days at a time.

Resident Rights

Our residents have a right to a dignified existence, self-determination, and communication with, and access to, persons and services inside and outside the facility. Our facility, as well as all other nursing facilities, must protect and promote the rights of each resident.

At admission time, Park View provides all residents or resident representatives with the resident rights and protection policy. In addition, an overview of the resident rights policy is posted in the atrium on the right side of the Great Room entrance.

We encourage you to take time to become familiar with the "Resident Rights Overview Wall."

If you would like to file an anonymous grievance, there are grievance forms and envelopes located in the front pocket of each "Survey Info" black binder in Household TV Rooms, as well as forms in the front lobby's brochure rack. Once completed, they can be slipped in the lobby's mail slot.

Smoking Prohibited

Park View is a health care facility and smoking is a health and safety hazard to all. Smoking, *including e-cigarettes and chewing tobacco,* are not allowed in the facility and on the campus.

Additionally, smoking and/or tobacco use is not permitted in personal vehicles parked on Park View campus grounds.

This policy applies to all employees, residents, visitors, volunteers, students, vendors, contractors and anyone entering Park View grounds. Prior to admission, all potential residents are informed that PVHC is a smoke and tobacco-free campus and it's assured they are in agreement with our policy.

Focus on...OUR VOLUNTEERS

Do you have what it takes to become a Park View volunteer?

People volunteer for a wide variety of reasons. Some enjoy being helpful to others and bringing about smiles. Others want to feel useful and share their skills, gifts and abilities. Whatever the reason may be, volunteering can be a rewarding experience. Whether volunteering as an individual, a group, a family, or with a friend, the contribution will provide a rewarding experience!

There are many volunteer opportunities for people to take part in at Park View. The following list includes a few of the many opportunities available for volunteers of PVHC:

Escorting residents to:

- *Hair salon
- *Community appointments & outings
- *PVHC activities and the clinic
- *Outdoors for walks

Hosting Bingo sessions

Writing cards

Reading poetry, short stories and newspapers

Visiting one-on-one with residents

Sing-alongs

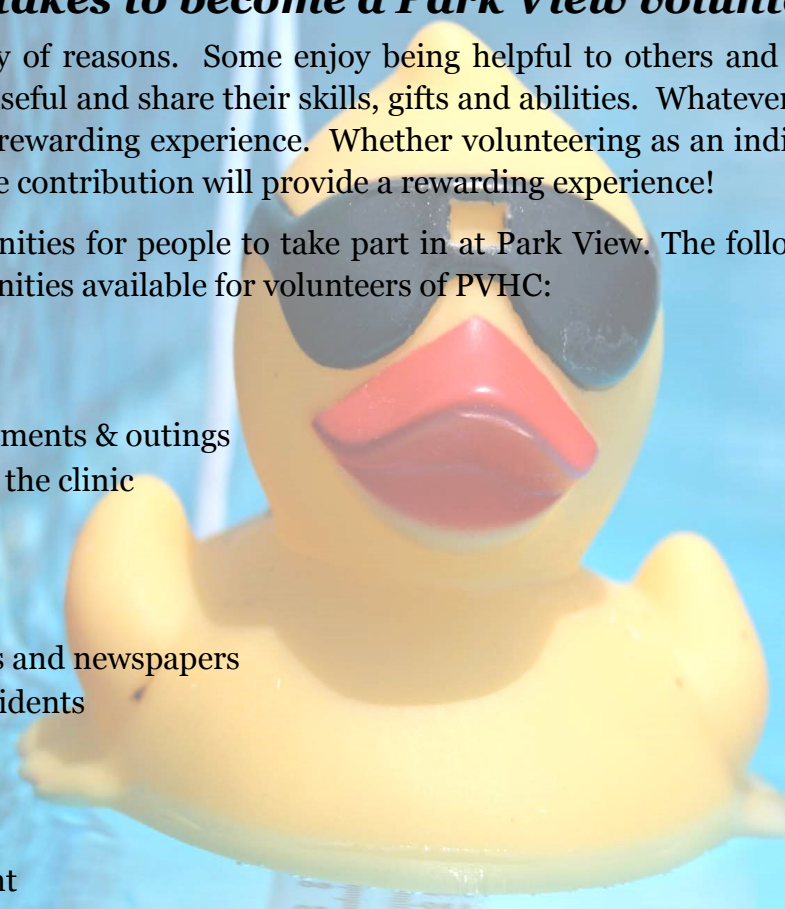
Showing videos and slides

Bringing a pet to visit

Playing games with a resident

Pilot a Triobike!

If you are interested in becoming a PVHC volunteer, please contact the Activity Services office at 920-237-6931.



Volunteers' Recognition

We'd like to make sure our extraordinary volunteers set aside:

Wednesday, September 25th

for a celebration of **how much** they mean to us here at PVHC.

More information will be sent in a formal invitation.

How can PVHC residents' families and friends reserve the Great Room or the Multi-Purpose Room for resident events?

Families/friends of Park View residents can reserve the Great Room or the Multi-Purpose Room for resident events by contacting the Business Office Mondays through Fridays, 8:00 a.m. – 4:00 p.m. The Great Room or the Multi-Purpose Room can be reserved no more than two months in advance of the event, and the hours the Great Room or the Multi-Purpose Room can be reserved are from 6:30 a.m. to 7:30 p.m. Requests for additional hours would need the Administrator's approval. Room usage donations will be accepted, which will benefit the resident needs fund.

When reserving the Great Room or Multi-Purpose Room, the following information needs to be given:

- a. Name of person making the reservation
- b. Contact person's phone and address
- c. Name of resident involved and resident's neighborhood
- d. Date of reservation
- e. Time of reservation
- f. Approximate number of individuals attending
- g. If reserving the Great Room, specific area needed:
 - Full Great Room (capacity 120)
 - Great Room-South (altar area; capacity 70)
 - Great Room-North (capacity 50)
- h. Number of tables needed
- i. Number of chairs needed
- j. Any other special instructions



Additional information for the contact person's consideration:

1. Park View is a smoke-free campus and no open flames are permitted.
2. No alcoholic beverages may be consumed.
3. You will need to supply your own place settings and kitchen equipment.
4. Use the facility's main entrance, only.
5. The number of electrical outlets are as follows:
 - Entire Great Room = 2 floor and 6 wall outlets
 - Great Room-South = 1 floor and 3 wall outlets
 - Great Room-North = 1 floor and 3 wall outlets
 - Multi-Purpose Room = 1 floor and 8 wall outlets
6. Room capacity is as follows:
 - Entire Great Room = 120
 - Great Room-South = 70
 - Great Room-North = 50
 - Multi-Purpose Room = 30
7. A portable (piano) keyboard is available by request.
8. Tables and chairs are available.
9. The room needs to be cleaned up following use – brooms and garbage bags are available.
10. The contact person during the event is the RN Shift Supervisor, ext. 6960.
11. Housekeeping staff are available for room set-up Monday through Friday, 7:00 a.m. - 3:00 p.m., & Saturday/Sunday, 6:00 a.m. - 2:00 p.m. Housekeeping staff are not available on holidays.

