



2012

Winter/Spring  
Edition

# BSJ Inspiring Times

**BSJ Care Center: A Bethany St. Joseph Corporation Facility**  
*Inspiring Life, Hope & Healing*

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## Administrator's Message

BSJ Care Center continues to enhance our facility. During the first week of February, new furniture, including resident room chairs and dressers, dining room chairs and conference room chairs will be arriving. The front lobby area will also receive new furniture to provide for a more comfortable seating area for our residents, families, and visitors.

Julie Newman, formerly in Staff Development was recently promoted to Avalon Neighborhood Director. This role provides a more dementia focused approach to our memory care programs and care provided within our Avalon Neighborhood. You will see the details in the Avalon Neighborhood News section of this newsletter. Congratulations to Julie and we thank her for her continued efforts in this new role.

Bonnie Horton, formerly in the role of data entry within the Health Information Services Department has accepted the position of Human Resources Assistant. She will be working with Lauren Schams, Human Resources Supervisor. Bonnie's role includes enhancing our education tracking system, scheduling interviews and applicant follow up. She will continue to provide resident support on selected medical appointments as well as providing reception coverage. Thanks to Bonnie for her flexibility as she transitions into this new role.

The unusually warm winter has been a treat for all of us, especially if you don't like below zero weather! The temperatures hovering around freezing means that snow tends to melt during the day and runs off the roof, then freezes onto our sidewalks and parking surfaces at night. Please continue to be alert for slippery areas around our building and let us know if there are areas needing attention. Our goal is to keep everyone safe.

We are all looking forward to many fun activities during February as we celebrate Valentine's Day and March as we celebrate St. Patrick's Day. Be sure to check the weekly Recreation Informers and plan to join us in the celebrations.

We wish our Executive Director, Dean Eide, the best in his new endeavors in the Osseo, WI area and look forward to the selection of our new executive director by BSJ Board of Directors.

Have a great end to the winter and  
beginning for spring!

Larry Pupp, Administrator



## *100 Avenue Receives a New Look*

If you have had the opportunity to walk down 100 Avenue, you probably noticed a new look. It has been painted a light green with a garden mural painted on one of the walls. We had a gracious offer from Darlene, an awesome painter whose mother has an apartment on 100 Avenue to paint the 100 Avenue. Garden and outdoor décor will complete the project on 100 Avenue. Paint and new décor will be coming soon to the 200 and 300 Avenues. We are excited about the new changes.

Thank you Darlene.

### **Dementia Caregiver Support Group** meets

monthly on the 3<sup>rd</sup> Monday from  
5:30pm-6:30pm in the Blue Room

All are welcome!

## *Nursing News*

We would like to wish Resident Care Technicians Rose Moe, Sherlene Nielson and Pam Carlson happy and healthy retirement. Their compassionate care and devotion to our residents and co-workers have been greatly appreciated.

I would like to thank all the staff who filled in for me while I was on a medical leave. I appreciate all your hard work and caring to keep BSJ running smoothly in my absence. If you are new resident, family member, or staff to BSJ and I have not had a chance to meet you please stop by and say hello.

Belinda Nickelatti, RN, Director of Nursing

*Thank  
you*

## *Memorial Service*

We will be hosting a Memorial Service on Monday, March 12 for our residents who have passed away in this last while.

The service will be held in our Chapel at 7:00pm. If you are planning to attend or have questions, please call Chaplain Linda Kuehl at 608-788-5700.



## *The Appointment*

It was a busy morning, about 8:30, when an elderly gentleman in his 80's arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00 am. I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound.

On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound. While taking care of his wound, I asked him if he had another doctor's appointment this morning as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health. He told me that she had been there for a while and that she was a victim of Alzheimer's disease. As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now. I was surprised, and asked him, 'And you still go every morning, even though she doesn't know who you are?' He smiled as he patted my hand and said, 'She doesn't know me, but I still know who she is.'

LOVE IS POWERFUL

Author Unknown

## *Avalon Neighborhood News*

Hi! I would like to introduce myself. My name is Julie Newman. Some of you may know me in the role of Staff Education with an office located just outside the Avalon doors! Well, I've now moved into Avalon and taken on a new role! You see, for a long time I and a few of my co-workers have been suggesting that for Avalon to become the best it can be, we needed to make changes to better meet our residents' needs. Administration considered our suggestions and as a first step offered me the position of Avalon Neighborhood Director. I have accepted this challenge and am looking forward to working with our Avalon residents along with their family and friends as the Avalon Neighborhood Director. The pressure is on to make positive changes!

I also have been given a wonderful Avalon team to work with. This team consists of Rachel Forer, Social Worker, Tamar Semke, Recreation Therapist, Chelsea Grosskopf, Dining and Nutrition Services, Jan Steenberg, Nursing Scheduler and of course all of our dedicated staff. Our goal is to enhance our care delivery, service, environment and programs. Changes have already begun. Some very small and not necessarily seen by those of you looking on, but needed as we will build on these to reach the higher goals.

My temporary office is located just inside the glass Avalon doors. It is the messy one where all the construction is taking place! This area, when completed, will house my office along with offices for Rachel, Jan and a combined conference area and work space. I can't wait!

I am excited about this new challenge! Please stop by, say hi, and introduce yourself. I look forward to meeting and working with all of you!

Julie Newman, LPN, Avalon Neighborhood Director

We continue to save Festival Foods Receipts.

You are invited to drop off your receipts in the basket by the receptionist desk.

We are currently accepting receipts for January through March 2012.

Festival Foods generously awards a percentage of the total receipts. We in turn use the funds to enhance our Recreation Therapy program. As an example, we purchased a number of resident Christmas gifts with these funds.

We thank you for your support!



# Recreation Therapy News...



## Wanda Volunteer??

On February 2, 1995, Wanda Mason became an “official BSJ volunteer” and in January 2012, she turned 90! Wanda started visiting BSJ before 1995 as her mother & her friend’s mother were residents here. Wanda’s husband and Wanda herself were also residents of BSJ!! She told me, “I know a lot of people and I always tell them about BSJ and that it’s the place to come.” For those of you who may not be familiar with Wanda, she volunteers here every Monday, Thursday and Saturday from 1:30 to 4:00 for Bingo. She told me, “I have never been late” and the only time she doesn’t show up is if she is needed to help her daughter with the garden or if the weather is really bad.

Wanda is usually the first Bingo volunteer here so she gets the room ready, passes out treats, transports residents to and from the Bodega and, of course, assists the residents during Bingo. A couple of weeks ago we lost Neil Greeno, a long time resident. Wanda said she always checked in with him before she left to see if he needed any tasks done. She often stayed another 1-2 hours helping Neil with his photo albums and other projects.

Wanda’s trademark is wearing some type of insect jewelry on her shoulder. When asked how this came about, she told me while she was working at the Super Valu she noticed she had a spot on her skirt. After work she had plans to go to Walt’s Restaurant. She decided that she would put a pin over the spot and no one would notice. Since that day she has worn a pin of some sort of an insect on her left shoulder. To many she is known as the “bug lady”. She laughs and says “You can’t imagine how many people come up to me and say, ‘ma’am do you know you have a bug on your shoulder?’”

Wanda’s favorite hobby is pulling garden weeds. She sits on her upside down 5 gallon pail and states she would pull weeds all day if she could. Her advice to living a good long life is to keep moving, don’t sit around and always find something to do!! She is an inspiration for all of us.

For more information on volunteer opportunities, please call Kim Scholze, Recreation Therapy Supervisor.



## **WELCOME Elizabeth and Rachel!!**

The Recreation Department welcomes Elizabeth and Rachel, two spring interns from UW-La Crosse. They started their internships on January 9<sup>th</sup> and will be here for 16 weeks, spending 40 hours a week with us. While they are here they will be able to fulfill a number of graduation requirements and prepare for the National Council Therapeutic Recreation Certificate exam. They have both been doing a great job already. We look forward to seeing their special themed parties as well as enjoying their special evening and weekend activities.



### **February Events Highlights**

A Super Bowl Party starts out the month. Western Technical College students will be here during the month to observe our recreation programs. These students will return 2 weeks later to facilitate an afternoon of activities for our residents. We will then have a Valentine's Day Party with a King and Queen Coronation, entertainment and special treats.

An Ash Wednesday religious service will be held on February 22. Outings planned include an ice skating show, restaurant visits, movies and more. The Recreation Therapy staff will host special meals during February. To end the month, we will host a Leap Year Party with a Frog Jumping Contest.

### **March Events Highlights**

During March there will be a special performance by the Mama Mia's Dancing Queens and a quilt show featuring quilts made by one of our residents. Some quilts were made in the 1930's. We will have musical entertainment on Saturday the 3<sup>rd</sup> and 24<sup>th</sup>. The St. Patrick's Day Party will include an anticipated visit by the Shamrock Club and Irish dancers. A Garden Party will be held on the first day of spring.

We will be going on several outings including a trip to see the Riverdancers at the La Crosse Center. The recreation therapy staff will be hosting special meals.



### **April Events Highlights**

During April, we will host a Camping Party and have various Easter activities including worship services. National Volunteer Week is April 15-21st. We will honor our great group of volunteers at a banquet. An outing to the Wellness Expo is planned as well as other outings.

A special events monthly calendar is posted on the BSJ Corporation website on our facility's page. The website address is [www.bsjcorp.com](http://www.bsjcorp.com). Our daily programs are posted throughout the BSJ community and each Thursday a Recreation Informer for the Avalon Neighborhood and for The Bluffs Neighborhood is distributed and posted.



## BSJ CARE CENTER WHO'S WHO

Administrator: Larry Pupp  
Director of Nursing: Belinda Nickelatti  
Assistant Director of Nursing: Sharon Embke  
Avalon Neighborhood Director: Julie Newman  
Admissions Specialist: Lori Bagniewski  
Dining & Nutrition Director: Francie Ball  
Hospitality Services Supervisor: Christine Brown  
Human Resources Supervisor: Lauren Schams  
Maintenance Supervisor: Joe Sheffer  
MDS Nurse Supervisor: Kathy Hazelton  
Pastoral Care: Linda Kuehl  
Recreation Therapy Supervisor: Kim Scholze  
Skin Care Management: Maureen Brohmer  
Social Services: Danielle Jeffers, Rachel Forer & Angie Horge

*Bethany St. Joseph Care Center (BSJ Care Center), located on Shelby Road in La Crosse, offers an array of skilled nursing and rehabilitative services for individuals of various ages and diverse care needs. For those with memory care needs, Avalon provides a place of understanding & support. Our goal is to help our residents reach their optimum level of health.*



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