

2010 Goals

2010 is fast approaching! Many of us like to think about a New Year's resolution or an area that we can improve in our lives. Valley VNA Assisted Living also establishes new initiatives for improvement. Valley VNA is known for providing quality care and in 2010 the staff and management will be showing evidence of that quality by establishing goals and measuring outcomes.

Our goals include:

- Monitor, revise and improve the fall risk assessment and prevention program.
- Urinary tract infections are common in long term care but we believe we can significantly reduce this event.
- The presence of Advanced Directives are very important for us all but especially for seniors. Additional education in these areas will be offered to residents, families, and staff.

In all of these areas protocols, interventions, expected outcomes and measureable goals will be established. Results will be tracked and used to evaluate success of the program or to indicate when more improvement is needed. We hope to see positive results throughout the year. Watch for further updates on outcomes and measurements of goals in future newsletters.



Gift Ideas

If you're looking for gift ideas for your loved one, it's best to keep it simple, yet practical. Here are a few suggestions:



- A supply of pre-addressed envelopes and stamps is always a welcome gift. Addressing the envelopes in advance makes it easier than ever to send letters or cards to special people. Also, boxes of stationary or all occasion cards are another welcome gift.
- Nicely framed photographs of family members. Group portraits are nice and so are a collage made of snapshots from the extended family. Make sure pictures are displayed in a prominent area so that the resident can see them often.
- Large calendar with big print and easy to read numbers. Make it personal by writing in special dates and upcoming events in bright, bold handwriting.
- Subscriptions to large print editions of magazines like The Reader's Digest, are always welcome.
- A soft throw or lap blanket in a favorite color or theme.
- Personal toiletries such as - favorite perfumes, colognes or aftershaves; soap, hand lotions or creams.

All of us here at Valley VNA wish you a Merry Christmas and Happy New Year!

