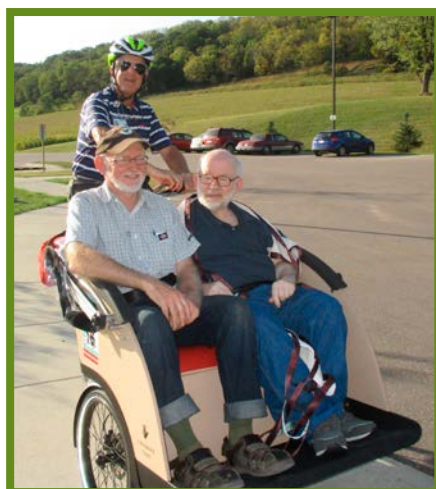


SCHMITT WOODLAND HILLS

WOODLAND *Views*

THE RIGHT TO THE WIND IN THEIR HAIR

It was a beautiful late summer day, with clear blue skies and temperatures in the 90s. Many of our residents, who went on their first bike ride in years, were also in their 90s. Schmitt Woodland Hills unveiled its Cycling Without Age program to the community on Thursday September 21, 2017. There were some opening remarks made by Jackie Carley, SWH Executive Director; Paul Corcoran, Richland Center Mayor; and Dale Bender, a member of the Southwest Partner's Pine River Trails Branch.

Following the program, from 3:30 pm until 7:00 pm, refreshments were served and demonstration rides were given. Dr. Neil Bard from the Richland Medical Center acted as the Honorary Trishaw pilot for the day and provided rides to anyone who wanted them. He had a full day to say the least and we were fortunate to be the recipient of his bicycle skills and stamina.

Our oldest passenger for the day was Mary Tilley at age 102. Many residents took advantage of the opportunity and went for a ride in the front of the Triobike trishaw. Even the little ones got involved when several children of staff members climbed aboard for a spin. Needless to say, there were miles of smiles on the faces of the young and old alike.

Cycling Without Age is a world-wide organization which originated in Copenhagen, Denmark. The movement was started in 2012 by Ole Kassow. Ole

wanted to help the elderly get back on their bicycles, but he had to find a solution to their limited mobility. The answer was a trishaw and he started offering free bike rides to the local nursing home residents.

He then got in touch with a civil society consultant

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from the City of Copenhagen, Dorthe Pedersen (now Cycling Without Age), who was intrigued by the idea and together they bought the first five trishaws and launched Cycling Without Age, which has now spread to all corners of Denmark, and since 2015 to another 33 countries around the world.

The organization is dedicated to providing active citizenship for our elderly, the right to experience their city and nature....close up from a bike. It also encourages building bridges between generations, between the passenger and the person who is piloting the trishaw.

Cycling Without Age gives our seniors the “right to the wind in their hair”.

The five guiding principles of Cycling Without Age:

Generosity: Cycling Without Age is based on generosity and kindness. It starts with the obvious generous act of taking one or two elderly or less-abled people out on a bike ride. It's a simple act that everyone can do.

Slowness: Slowness allows you to sense the environment, be present in the moment and it allows people you meet along the way to be curious and gain knowledge about Cycling Without Age because you make time to stop and talk.

Storytelling: Elderly people have so many stories that will be forgotten if we don't reach out and listen to them. We tell stories, we listen to stories on the bike, and we also document the stories when we share them via word of mouth or on social media.

Relationships: Cycling Without Age is about creating a multitude of new relationships: between generations, among the elderly, between pilots and passengers, nursing home employees, and family members. Relationships build trust, happiness, and quality of life.

Without Age: Life does not end when you turn 75. Life unfolds at all ages, young and old, and can be thrilling, fun, sad, beautiful and meaningful. Cycling Without Age is about letting people age in a positive context – fully aware of the opportunities that lie ahead when interacting in their local community.

Schmitt Woodland Hills became a Cycling Without Age Affiliate this spring and ordered our first trishaw shortly thereafter. We received our Triobike in late August. The first marked bike lane in the city will run from Schmitt Woodland Hills to the bike path on Seminary Street. Our hope is to have designated bike lanes throughout the city which will give us the ability to access the county bike trails and city parks and to provide an active opportunity for elderly and less-abled citizens to enjoy the city and surrounding area and all it has to offer

We have put together a unique partnership to promote

the Cycling Without Age concept in Richland Center. The partners, UW Richland, Southwest Partners – Pine River Trails Branch, Richland Hospital, Richland Medical Center and the Schmitt Woodland Hills Retirement Community have come together to make this program a reality for our community.

There has also been a great deal of interest from the community in becoming pilots for the trishaw. A number of individuals have asked to join in one of our upcoming training sessions. An organization called Bike the Pine have three riders in training at this time. An employee from Wallace Cooper & Elliott Insurance is training as well. We are very grateful for the support we have received for this program. We believe this program will not only benefit the residents of Schmitt Woodland Hills, but also has unlimited potential within the city of Richland Center.

2017 ALZHEIMER'S WALK



The 2017 Richland County Alzheimer's Walk was held on October 1, 2017 on the campus of the UW Richland at the Student Center. Bonnie Richardson acted as this year's honorary chair. Bonnie is a lifelong Richland County resident and a professional social worker with decades of experience working with seniors, including 37 years at Schmitt Woodland Hills Retirement Community. She has participated in every Richland County Alzheimer's Walk since they began. During that time, she witnessed progress in training and resources for dementia healthcare workers and caregivers.

All in all, it was a beautiful late summer's day and a perfect day for the Walk. There were 14 teams represented in the Walk. The Cycling Without Age trishaw made an appearance and rode along with the walkers in the short walk.

The Schmitt Striders team raised \$4,820.86 for this year's event and was once again, as it was in 2016, the top fund raising team. The Team participated in a Culver's Share Night and staged a Karaoke Night at SWH. Food is always a key aspect of raising money and having said that the Striders hosted a soup lunch, a casserole lunch, and a salad lunch. All the lunches were open to both the staff and the public.

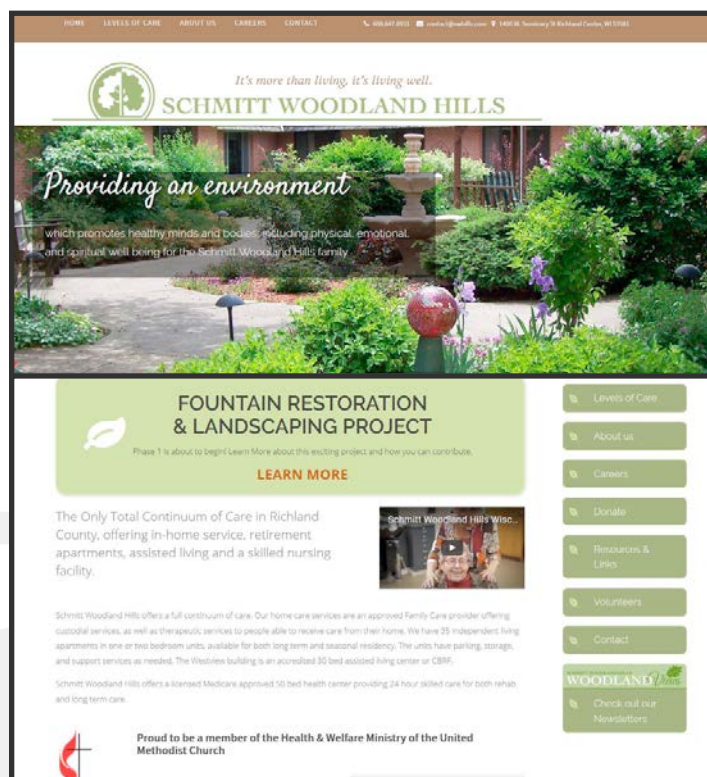
Thanks to everyone who helped make this year's walk a success. Plans are already underway to help the team retain its number one ranking in 2018.



NEW WEBSITE

www.schmittwoodlandhills.com

Our newly designed website is now up. Please check out the new features including details of our continuum of care, job postings, and easy to use donation page.



KARAOKE NIGHT

A huge thank you to all who contributed to our Karaoke Night Fundraiser for Alzheimer's this summer. Together we were able to raise \$623.00, which will go to the Alzheimer's and Dementia Alliance of Wisconsin. A special thank you to all of our singers: Dave Brock, Stephen Salisbery, Carol Wilson, Sharon Moore, Vicki Burkheimer, Monty Berger, Carlene Shaw, Abby Jongquist, Miranda Grau, Katelynn Maier, and the Rynes family. Additionally thank you to the following people who donated gift baskets and prizes for the raffle: Margie Walker, The Tews Family, Sharon Moore, Laura Stoddard, Fran Cooper, Jackie Carley, Lynnette Eder, Eric Rynes, John Stocks, Janessa Hostetler, Brian Alvin, Peggy Hampton, Roxanne Simpson, Brenda Ewing, Jerry Knoble, Kittie DeLap, Ellen Alvin, Deb Hughes, Sharyn Knudsen, and Jen Carter. It truly was a group effort and it was wonderful to see everyone working together to make this event a success!



WHEELCHAIR GARDENING

Thanks to the family of Martha Zintz, our residents are able to do some gardening. Their generous donations allowed us to purchase two wheelchair planters. These planters are sloped so residents can remain in their wheelchairs or sit to garden.

Front to back:
Martha Zintz, Pat Wade, Ruth Collins



SENIOR GALA & PIE CONTEST



2017 Pie Contest Results

Best Tasting

1st Place – Carol Wilson: Lemon Meringue Pie
2nd place – Margie Walker: Strawberry Cream Pie



Best Filling

1st place – Sharon Moore: Patriot's Pie
2nd Place – Carol Wilson: Lemon Meringue



Best Presentation

1st Place – Sharon Moore: Patriot's Pie
2nd Place – Sharon Moore: Very Blueberry Pie

Best Crust

1st Place – Carol Wilson: Rhubarb Pie
2nd Place – Sharon Moore: Patriot's Pie

Most Original

1st Place – Margie Walker: Apple Pumpkin Pie
2nd Place – Sharyn Knudson: Peanutty Cheesecake



Most Decadent

1st Place – Sharyn Knudson: Peanutty Cheesecake
2nd Place – Margie Walker: Toffee Pie

Recipe You'd Ask for Most

1st Place – Margie Walker: Strawberry Cream Pie
2nd Place – Sharyn Knudson: Peanutty Cheesecake



Best in Show

Sharon Moore: Patriot's Pie

Thank you to all those who participated and helped make this year's contest another success!

The Gala was an afternoon of dancing and listening to the Jim Gorman Band. It was presided over by our new royalty, Peggy Rohn and Roland Sherriff.

This year we had 16 pies entered in our Pie Contest. Our judges, Ron Fruit, Phil Nee, Theresa Maki, Sheriff Jim Bindl, Fritz Goplin, Cathy Van Landuyt, Jackie Carley, and Jean Birkett had a tasty time judging.

KEEPING A POSITIVE ATTITUDE

Pastor Lee Barstow tells a wonderful story about a man who was driving home from work one day. He came upon the crest of a hill and beheld the most beautiful sunset he'd ever seen. He was so moved by the sight that he pulled over and got out of his car to better take it in.

A couple of minutes later, another driver was also captivated by the beauty of the sunset, and he too stopped his car to sit and drink in the beauty. Emerging from his car he remarked to the first man that the sight was amazing.

The first man agreed and they sat there for a few minutes in rapturous wonder.

"This is happening because the sun is low," said the second man, "and so the light has to make its way through more atmosphere. As it does, it refracts into colors, kind of like a rainbow."

The first man was annoyed by the second man's explanation. "Actually," he said, "It's not really refraction. The water droplets in the air act like prisms, and this is what causes the colors."

"But I read about this last year in National Geographic," said the second man, "and it called it refraction. The

article said the atmosphere acts like a colored filter covering a stage light in a theater."

The two went on like this for some time. By the time they looked up again, the glory of the sunset had passed.

How different that story would have been, says Pastor Barstow, if the two had avoided talking about the external facts about rainbows and had instead focused on their own internal experience. Imagine the second man saying, "Boy, I really needed this. I had an awful day at work, and this is reminding me there is more to life than that argument I had with my co-worker just before I left."

"Yeah," says the first man, "I was not looking forward to going home, and the sunset made me think of an amazing sunset my wife and I saw during our honeymoon. Now I'm looking forward to telling her about it." They could have then turned to watch the sunset slowly fade, and leave each other with fond goodbyes.

In Pastor Barstow's two scenarios we have the same sunset, but in the first one it leads to a mild argument. In the second, it leads to some positive feelings and perhaps some positive changes in life situations. A reminder how important positive attitudes are.

1ST ANNUAL CAMPFIRE NIGHT



The warm summer breeze, glowing embers, passing wildlife, and smiling, sticky faces. This was the atmosphere surrounding our campfire night on September 13th. We had a fantastic turnout of residents, family members, and staff from all departments who pitched in to help make the night a success. Generous donations of tractor tire rims from L & M Salvage and firewood from Eric Rynes allowed us to have 3 separate campfires going to accommodate the big crowd. The night included many tales about past camping trips, reminiscing about school bonfires, and memories of times spent with family around the fire. There were many "oohs" and "aahs" as we watched deer sprint across the hillside and observed



the natural beauty we are blessed with at our facility. No campfire would be complete without s'mores, which we roasted on forks lent to us by residents and staff. We even had a few people who had their very first s'mores, the oldest being 96 years old! How amazing to be able to provide someone with a new

experience when they are in their nineties! As the night continued, we blew bubbles, lit sparklers, and all shared lots of laughter. The whole evening put on display the sense of community and togetherness that is felt here at Schmitt Woodland Hills every day. It was a night that will certainly be "burned" into our memories for a long time. We look forward to making this an annual tradition!

Tiers of Joy



SCHMITT
WOODLAND HILLS

Schmitt Woodland Hills has launched a campaign to improve our campus for the long term well-being of those we care about, our residents. The Tiers of Joy campaign will be a two-year effort to raise funds to provide a significantly improved outside environment for our residents and their families. The goal of this campaign and the project it will fund is three-fold:

- *Provide safe walking paths for resident use*
- *Provide a new water feature in the center circle*
- *Create an inviting outdoor that will motivate our residents to enjoy the outdoors*

Since our expansion project began we have not had an appropriate area for our residents to walk. The new two-story health center now sits on top of the area where we had paved sidewalks where the residents could exercise and enjoy the outdoors. For lack of a better space they began to walk around the parking lot and the center circle just off Seminary Street. We can and must do better than this! Providing a safe and enjoyable outdoor space for our residents is simply a must.

The current fountain which is located in the center circle was donated in memory of the Reverend Donald G. Carpenter who was the 1st Administrator, from 1963 to 1968. The original fountain was installed in 1970 and is now over 40 years old. There are issues with the electrical service and the water supply. Simply put, this fountain is beyond its useful life. However, it is a favorite with the residents and they really enjoy sitting out during nice weather enjoying the sun and the soothing sounds of the fountain. A new water feature with seating and upgraded landscaping should extend an invitation to the residents to come out and enjoy fresh air.

One of our goals at SWH is to provide an enhanced lifestyle. "It's more than living, it's living well." This was a slogan we used during the capital campaign. But, it is as true today as it was when we first introduced it. We have always tried to provide a high quality of life. The Woodland Walkway has always been a beautiful serene place where the residents could go to enjoy the beauty of nature. We purchased two wheel chair swings

and placed them on the patios as opportunities for residents and family to get outside. We purchased our first trishaw and are now fully engaged in the Cycling Without Age movement which uses volunteer pilots to provide bicycle rides to our residents. From SWH we will have access to the county bike trails, Krouskop Park, the UW Campus, and many other points of interest in and around Richland Center.

As part of the Tiers of Joy project we added a small water feature to the Woodland Walkway. This has been a wonderful addition to this outdoor area.

There are three phases to this project. The phases are as follows:

TIER 1 **Center Circle**

Plans include safer walkways appropriate for walkers and wheel chairs, a contemporary water feature, additional flower beds, trees and shrubs, and better lighting for evening enjoyment. The Tiers of Joy campaign will transform this area into one of beauty, safety, and well-being for all.

TIER 2 **Garden View**

The Garden View residents look out over greenspace that is between the Garden View household and the therapy department/corridor. Unfortunately, this view is marred by a backup generator, several retaining walls, and just isn't very garden-like. This phase of the project will bring a heavy dose of nature to transform the space and foster a feeling of serenity. Plans call for plantings to mask the back-up generator and retaining walls, a new waterfall feature, and other landscaping.

Woodland Walkway

The center courtyard between Westview and the health center will be upgraded by resurfacing the red concrete and patched sidewalks. The many cracks and patches are a concern for the residents who like to enjoy this space. A small water feature will be added as well.

TIER 3 *Campus Periphery*

To complete the campus project, raised flower gardens are planned along the front of the Westview assisted living unit bordering the parking area across from the center circle. New plantings will be provided for the areas on both sides of the main Seminary Street entrance. The current rose garden to the left of the entrance and canopy will be retained.

The view for residents of the 1st floor Meadow View household will be improved with additional plantings, along with a new fence and a tree for the patio area off the Health Center.

The North entrance off Norman Drive will be made warmer and more inviting. This effort will include additional plantings, an ornamental fence surrounding the retention pond in the parking circle, and plantings along the railing above the first floor patio.

Flowers, shrubs, and curbstone will improve the walkways and offer better curb appeal for those who call SWH home.

Please join us in this effort! Use the gift form on the back page or go to our website to make a credit card gift.



SCHMITT WOODLAND HILLS THERAPIST RECOGNIZED FOR HER WORK



*Pictured from left to right:
Alka Mehra OTR, Matthew Preston
PTA & Director of Rehabilitation,
Rachael Redman SLP and Jonathan
Mielke DPT & Area VP*

Rachael Redman SLP (Speech Language Pathologist) was selected as Aegis Therapies' "Clinician of the Quarter" for the area which covers Southeastern Minnesota and Southwestern Wisconsin. There are over 350 plus Clinicians operating at various locations throughout this area. Rachael is part of the therapy team at Schmitt Woodland Hills.

"Clinician of the Quarter" is based on the individual's clinic strength, documentation strength, and how the individual builds relationships with the nursing and restorative nursing staffs. Rachael is highly skilled in all

these areas and goes above and beyond for her patients. Rachael is also a strong advocate for her patients.

Rachael attended the University of Wisconsin Madison and continued her education at Old Dominion in Virginia where she earned a Masters Degree in Speech Language Pathology. Rachael has been with Aegis Therapies since September of 2016. Aegis Therapies provides physical, occupational, and speech therapy services to Schmitt Woodland Hills residents and out-patient clients through the therapy facilities located on the Main Street within Schmitt Woodland Hills.

PLANNED GIVING

A young man was surprised to find his sick and elderly grandfather planting a small peach tree in his backyard. When the young man asked his grandfather why he was planting the tree, the old man replied, ***"Son, all my life I have eaten the fruit from trees that other people have planted. I figure I have an obligation to make sure there is some fruit around for others to enjoy."***

Are You Considering a Will or Bequest Gift?

When considering gifts to a charity in your Will or Trust please remember that they can be made to the not-for-profit organization or charity in the following manner through your Will or Trust:

- A specific dollar amount.
- A percentage of your estate.
- A particular asset such as real estate or other valuables.

You may also name the organization as a beneficiary of a retirement plan or life insurance policy.

Have You Established an Estate Plan?

Everyone should have an estate plan comprising of either a will or a trust. A will is a legal document that allows you to control how your assets are distributed after your lifetime. Without a will, the probate court will decide who gets your assets upon your death. Typically, the court will split your assets between your surviving spouse and children, or your blood relatives. A trust allows you to control how your assets are distributed both during and after your lifetime. Establishing a trust requires that you transfer ownership or title of your assets to the name of your trust. Since the trust owns the assets, there is nothing for the courts to control when you die. This is beneficial since, unlike a will, you avoid all the costs, delays and publicity of the probate process. However, depending on its complexity, a trust can be more expensive to create than a will.

For detailed questions on wills or trusts, contact an estate-planning attorney.

Here are questions to promote your thinking about preparing estate planning documents:

- *Have you provided appropriately for your spouse and children?*
- *Have you remembered your favorite charities in your estate plan?*

- *Do you know what implications property ownership has on who inherits your assets at death?*
- *Do you realize the effects of your beneficiary designations on insurance policies and retirement plans?*
- *How much will you or your heirs pay in taxes upon your death?*
- *Do you want some of your assets that would go to pay taxes to instead pass to charity?*
- *Will probate complicate the lives of your family?*
- *Who will manage your money or make end of life decisions if you are incapacitated?*

Please Consider Schmitt Woodland Hills in Your Estate Plan.



MOTHER'S DAY BRUNCH

Again this year our Mother's Day brunch was a great success enjoyed by over 130 residents, family members, and friends. This year we added a carving station and served hot honeyed ham. Thank you again to the staff who helped and made the day go smoothly. We hope to see everyone again next year.

Schmitt Woodland Hills

Mother's Day Brunch

Sunday May 14, 2017

10:00 am – 2:00 pm

Traditional Breakfast Items

Omelet Station, Belgian Waffles,
Bacon, Biscuits and Gravy

Hot Entrees

Chicken Marsala, Corn,
Asparagus, Mashed Potatoes and
Gravy, Cheesy Hash Browns

Carving Station

Hot Honey Ham

Salads

Jamie's Cranberry Spinach Salad
Fresh Fruit

Desserts

Chocolate Covered Strawberries
Rhubarb Crisp
Cheese Cake Squares

Beverages

Coffee, Tea
Orange and Cranberry Juice

FALL PREVENTION

Falls are a primary concern with the elderly no matter what living environment they are in. In days past it was thought that by putting alarms on residents, falls would be prevented but as practices evolved it became more and more evident that this is not the case.

In 2013, we at Schmitt began to read articles about changing standards in long term care fall prevention programs. The emphasis was resident safety in a home-like atmosphere and recommendations included elimination of overhead paging, changing from call lights to beepers and reduction of alarm usage. We had become reliant on the use of low electric beds, fall mats, and alarms to keep residents safe from falls, so we knew we had to make changes – big changes. We worried how these drastic changes would affect residents, their families and our care-giving staff.

About that same time, we had begun our QAPI programming, QAPI stands for Quality Assurance Performance Improvement. So, we took on fall prevention as our first PIP – Performance Improvement Project.

Those first meetings in 2013 were tentative and included Nursing, Therapy, and Social Services, but from that first meeting September 13, 2013 we began to diagram our pathway to our current no alarm facility. We soon learned that this project would require staff from all departments and by November our PIP meetings included staff from Dietary, Activities, Administration, Social Services, and most importantly our nursing assistants.

We began our process by revising our fall prevention program to include a new process known as a fall huddle. In this process, we analyze reasons for the falls, methods to prevent by asking a series of why questions. We learned that many of the falls had already occurred when the alarms rang out; we learned that alarms were not always reliable as batteries failed or residents disabled them; and we learned that some of those residents just wanted to get up and have a snack, chat with staff, or watch TV. We learned that alarms actually aggravated some residents and contributed to falls. Thus, we began to provide activities throughout the day and even at night. We revised bath times, staff break times, and even scheduled bathroom times.

As we learned more we began to eliminate fall mats which were a tripping hazard and returned beds to transfer height with assistive devices nearby for those

residents who self-transferred. In some cases, we used risk agreements to allow resident independence when benefits outweighed the risks.

We've been working on this project for four years now and we've had a few failures but mostly successes. **When we began our project our fall rate was 52.69%—above the State average of 48% and the National average of 44.5%—according to our Quality Measure (Casper) report. That placed our facility at the 70th percentile. Our current Casper report shows that our facility fall rate is 43.5% which places us at the 40th percentile, and our numbers continue to fall as our culture of fall prevention grows among new staff.**



Reduction in background noise, activities around the clock, person-directed care and elimination of alarms has created a peaceful, more home-like atmosphere for our residents and their families. That in itself has contributed to the success of our fall reduction program.

Joanne Amell

Director of Nursing

FUND RAISING EVENTS

FOUNTAIN RESTORATION PROJECT

In April staff held a bake sale to raise funds for our Fountain Restoration Project. Staff made and donated cakes, cookies, cinnamon rolls, Irish soda bread, homemade noodles, and lots of pies that were all sold raising \$251 for the project.

ALZHEIMER'S AND DEMENTIA

Many events contributed to raising money for the Alzheimer's and Dementia Alliance:

Staff put on casserole, soup, and salad lunches by bringing in their specialties for an all-you-can-eat \$5.00 buffet. This was open to the public. Check our Facebook Page for the next event.

Wheelchair and walker bags were donated and sold.

Staff donated gift baskets which were raffled off at our Karaoke night.

Culver's Share night for the cause was held giving us a share of the night's sales.

We also had a Brat Stand at our Cycling Without Age roll out event

JACKIE'S JOURNAL *by Jackie Carley*

At Schmitt Woodland Hills, we are continually looking at ways to increase our residents' quality of life. This has been done in many ways in the past and we are continuing to add ways to improve the quality of life for all that call Schmitt "home".

One example of how this has been done is the removal of individual alarms from all residents in our facility. You may ask how something like that might increase quality of life. Well, have you ever been agitated because you had a bad day and your kids come home from school and are arguing with each other and then your husband comes in the door and asks what is for supper? Yes, we have all been there and the bad day that you had is enough to put you over the edge but, the kids coming home and arguing, adding disruptive noise to the mix, puts you over the edge. Well, this is how our residents feel about alarms, especially those with dementia. It agitates them. So, if the alarm was meant to keep them from standing up without staff knowing that they were trying to stand, and the alarm goes off, it only raises their level of agitation. The result often is the resident will only try to stand up faster and get away from the alarm faster, likely resulting in a fall. Thus, it is a myth that alarms prevent falls. I would suggest it actually takes you to the opposite end of the spectrum and further suggest that it is possible that a loud and overbearing alarm may actually create a fall instead. On top of that, the resident is now agitated and is more likely to be rude and upset with staff. This is not quality of life. Schmitt Woodland Hills was in the forefront of removing alarms, as they removed all alarms from the facility in 2013.

Another way of ensuring a better quality of life is getting to know the resident as soon as possible after they move into the facility. Schmitt does a great job of doing this. Our Social Services and Activity staff are ensuring this by interviewing the resident and/or the residents' family about hobbies, preferred going to bed and getting up times, preferred bathing methods and times, past occupations, and many other areas of their lives. This allows us to create a very specific activity care plan for the resident. A great example of this happened just this past year. An individual with dementia who became a resident was very agitated much of the time. Staff were having a hard time in caring for the resident due to behaviors. The facility staff were able to find out what the resident did for a living and was able to come up with specific tasks for the resident related to that occupation and the change in the resident was astounding. Staff could not believe that the resident was the same person. The transformation in this resident from the time they first came to us when the staff had great difficulty in providing adequate cares until the time of their passing was truly remarkable. Because of the efforts of the staff, this resident's quality of life dramatically improved. So much so that at their passing the staff were saddened and heartbroken at the loss of this resident. Just knowing the things that are or were important to a resident in their life and using that

to help them improve their life in our facility can make all difference.

We have also added activities that have increased our residents' quality of life. Two summers ago we added two wheelchair swings on our facility grounds. Each swing allows a resident in a wheelchair and two family members or other mobile residents to swing together at the same time. Just imagine a resident confined to a wheelchair, with or without dementia, who loved to swing as a child getting to go outside on a beautiful sunny day and swinging again at the age of 90. This is more than likely something that they felt they would never do again. What a boost to their spirit and their outlook on life. We also recently added a trishaw, a three-wheeled battery powered bike, to our campus. The trishaw requires a volunteer pilot who provides the power. The pilot can be anyone from the community, a family member, or a staff member that has been trained on how to use the trishaw. It is quite simple to use and almost anyone can be trained.

There is a passenger compartment in the front of the trishaw which will hold two passengers. The passenger compartment provides seat belts and also is equipped with a convertible top. The pilot is positioned behind the passenger compartment. The passenger compartment can accommodate two residents or a resident and a staff member or a resident and a family member on rides throughout the community. Our residents do not have to be mobile to be able to ride. We can use our lifts that we have in the facility to lift a resident out of their wheelchair and into the seat of the trishaw. At our trishaw kickoff in September, I saw residents ride the trishaw that I never dreamed would be able to ride a bike. At the event, our oldest rider was 102 and we had many in their 90s. They had smiles on their faces and the wind in their hair and the improvement in their quality of life soared. It was a truly amazing experience for the staff and their families to witness this truly blessed bike ride.

This is just the tip of the iceberg in what our facility does to improve the quality of life for our residents on a daily basis. It starts with a simple smile from a CNA as the resident is gotten up for the day to playing bingo with the activity department to getting their favorite food for lunch to a trishaw bike ride. The list of things that our staff do to improve their residents' quality of life is endless.

I have to say that I am privileged to work with the loving, caring staff that I have here at Schmitt Woodland Hills. We are not only employees of Schmitt but we are a staff that has become a family. A family that ensure that our elderly are cared for as if they were our grandparents or parents. They may not be our grandparents or parents biologically but they are part of our Schmitt family and their quality of life is of utmost importance to all of us. For them, it is more than living, it is living well!

God Bless!!!!
Jackie Carley



THANK YOU! THANK YOU!

The 19th annual and the 1st Tommy P. Harvey Memorial Golf Outing is in the books. I can't help but think Tom is smiling down on us and that he would be pleased with the outcome of the event. Our outing was sandwiched in between days of heavy rain. But for our Thursday, sunshine was the word for the day. The temperatures and the humidity were a little on the high side but, the sunshine was abundant.

The good news is, by far and away, this was the most successful golf outing ever! All of the record amount of funds raised will go to support our residents with programs and projects aimed at addressing their needs. The major raffle drawing featuring the Big Green Egg Grill, the Citizen's watch and the golf passes for House on the Rock Resort was very successful.

We would like to thank all of our volunteers, those who bought and sold raffle tickets, our many sponsors, and those who came and played golf for making this day a huge success. I am sure Tom would be proud of the effort.

MAJOR SPONSORS: Big Green Egg & Forte' Products, J. Jay Walsh Jewelers, House on the Rock Resort, A'Viands Food & Services Management, Aegis Therapies, Delta Dental, Insurance & Investment Professionals, Poppy CPA, Wertz Floor & Home, Fillback Family of Dealerships, Wallace, Cooper & Elliott Insurance, Kraemer Brothers, Walsh's Ace Hardware, Tri-State Basement Repair, Schmitt Woodland Hills Board of Directors, Richland Family Prescription Center.

GOLF HOLE SPONSORS: Aegis Therapies, Aflac, Agrace, BMO Harris Bank, Cheramy Story Arts, Community First Bank, Community Living Solutions, Compeer, Benson Chiropractic, Fillback's, Jones Chevrolet/Napa Auto Parts, Kraemer's Water Store, Marsh MMA, Peoples Community Bank, Richland Patterns Inc., Rhyme Business Products, Schwarz Ins. Agency, Senior Preferred HMO, Sleepy Hollow Group, Southwest Hearing Aid Service, St. Croix Hospice, The Richland Hospital, UBS The Foersterling Group, WCCU, Wertz Plumbing and Heating, Wipfli, Wisconsin United Methodist Foundation.

GOLF COURSE RAFFLE PRIZES, & CASH DONORS: Anonymous, Ash Creek Plumbing, Heating and Electric, Bev Fink, Bill Bartlett, BL Signs, C & C Landscaping, All American Do-It-Center, Fiskars, Friendship Quilters Guild, Goplin Insurance, Green Bay Packers, Linda Harlan, Hickory Grove Golf Course, Lola Higgins, Hofer's Small Engines, Dave Martin, Jim & Heidi Olson, Milwaukee Brewers, Old Towne Inn, Prem Meats, Quail Run Golf Course, Richland Locker Co., Russ Shannon, Sears, Steve and Carol Stevenson, Shelly Stibbe, Subway, Mary Lou Tessmer, Thorson Funeral Home, Town & Country TV, Viroqua Hills Golf Course.

WINNERS OF THE GRAND RAFFLE PRIZES

Big Green Egg: Andy Troxel, Westpoint, IA

Citizen Watch: Heidi Olson, Westby, WI

Golf Package for 4: Julie Mayer, Reedsburg, WI

National Nursing Assistant Week June 15-22

Caring people make all the difference. Thanks for all you do!



Stefonia Marroquin, Kolin Huth, Heather Wilson, Erin Witt, Jessica Dailey, Julia Bindl, Michelle Page, Teona Salazar, Jill Harris, Sarah Monroe, Kim Connelley, Samantha Hora, Megan Adolphs, Selina Parduhn, Elizabeth Bess, Shirley Steines

Missing: Tina Jones, Rhonda Perkins, Erica Diedrich, Laurie Kjos, Sarah Orr, Luke Oelke, Abby Jonquist, Katelyn Maier, Betsy Giddings, Miranda Grau, Sam Chamberlain, George Hege, Ashley Donk, Dona Conduah, Nick Roberts, Dani Spencer, Alyssa Clary, Angel Christianson, Morgan Goodyear, Melinda Ewing, Mary Markin, Linda Bader, Bonnie Benish Davis, Brittani Stoni, Crystal Kalish, Olivia Wilkins

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Campaign for beauty and safety *Please join us in this effort!*

Your gift to the Tiers of Joy campaign, along with a boost from nature and our design, will:

- ♦ beautify the physical environment
- ♦ improve the safety of walking paths
- ♦ and yield tears of joy for the well-being of residents, families and staff who provide care

Your gift will make a long-term difference in our Richland Center community.

- Yes, I would like to donate
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- ☐ \$250.00
- ☐ \$500.00
- ☐ Other \$ _____

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