

Viewpoint

july 2022 • issue 039



02 From The Desk of The Administrator

04 Kids View

06 Covid * Covid * Covid



PARK VIEW COMMUNITY CAMPUS
Experience a tradition of caring

From the Desk of the ADMINISTRATOR

**“Masks must
remain on when
in any public
place or around
other residents”**

Well, it has been a long time coming, but our newsletter is finally back after a long hiatus due to COVID. As much as we would like to put COVID in our rear view mirror, we have had to adapt to the ever changing ways.

Current visiting guidelines:

When visiting you must check in at our main entrance and answer a few COVID questions. We require our visitors to wear a surgical mask. These are provided at the front table. Masks must remain on when in any public place or around other residents. Masks must be on your face properly.

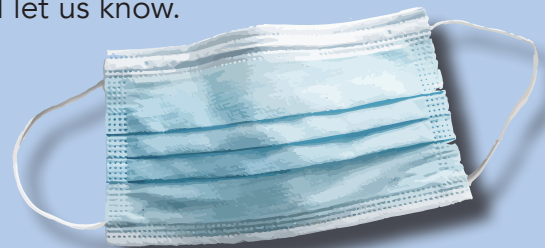
If visiting at Park Place, please check in and visit in the apartment. If you are in the lobby area visiting, masks must be worn at all times.

Park View Home has to follow the rules set forth by CMS. If you are asked to put your mask above your nose, change out your cloth mask

to surgical, we ask that you please cooperate as we are all here to keep our resident, staff and visitors safe.

We continue to adapt for musical entertainment. We now have plexi-glass that is a barrier as well as well requiring singers to wear their mask. We are trying to use the outside as much as possible with the nice weather.

As we have seen a lot of changes over the past 2 years we also ask if you no longer wish to receive the newsletter to contact us and we will remove your name from the list. With that being said we also ask if you know of anyone that would enjoy our newsletter reach out to us and let us know.



Point of View *Eric Walthall, Director of Marketing*

HIGH BLOOD PRESSURE

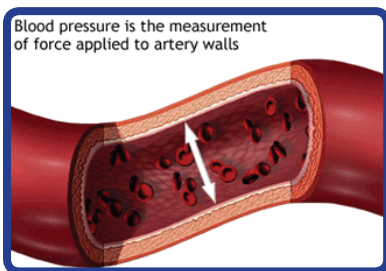
High blood pressure is a common and dangerous condition. Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. But you can take steps to control your blood pressure and lower your risk of heart disease and stroke.

About 1 of 3 U.S. adults—or about 70 million people—have high blood pressure.¹ Only about half (52%) of these people have their high blood pressure under control. This common condition increases the risk for heart disease and stroke, 2 of the leading causes of death for Americans. Get

more quick facts about high blood pressure, or learn more about high blood pressure in the United States.

High blood pressure is called the “silent killer” because it often has no warning signs or symptoms, and many people do not know they have it. That’s why it is important to check your blood pressure regularly.

The good news is that you can take steps to prevent high blood pressure or to control it if your blood pressure is already high.



Blood pressure is the force of blood pushing against the walls of your arteries, which carry blood from your heart to other parts of your body. Blood pressure normally rises and falls throughout the day.

But if it stays high for a long time, it can damage your heart and lead to health problems. High blood pressure raises your risk for heart disease and stroke, which are leading causes of death in the United States.

High blood pressure has no warning signs or symptoms, and many people do not know they have it. The only way to know if you have it is to measure your blood pressure. Then you can take steps to control it if it is too high. Learn more about high blood pressure:

Preventing High Blood Pressure: Healthy Living Habits:

By living a healthy lifestyle, you can help keep your blood pressure in a healthy range and lower your risk for heart disease and stroke. A healthy lifestyle includes:

- Eating a healthy diet.
- Maintaining a healthy weight.
- Getting enough physical activity.
- Not smoking.
- Limiting alcohol use.

Healthy Diet

Choosing healthful meal and snack options can help you avoid high blood pressure and its complications. Be sure to eat plenty of fresh fruits and vegetables.

Eating foods low in salt (sodium) and high in potassium can lower your blood pressure. The DASH (Dietary Approaches to Stop Hypertension) eating plan is one healthy diet that is proven to help people lower their blood pressure.

For more information on healthy diet and nutrition, see CDC's Nutrition, Physical Activity, and Obesity Program Website.

Healthy Weight

Being overweight or obese increases your risk for high blood pressure. To determine if your weight is in a healthy range, doctors often calculate your body mass index (BMI).

Physical Activity

Physical activity can help you maintain a healthy weight and lower your blood pressure. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity



exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.

No Smoking. Cigarette smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than 2 drinks per day, and women only 1.

Measuring Blood Pressure

Measure your blood pressure regularly. It is quick and painless, and it is the only way to know whether your pressure is high. You can check your blood pressure at a doctor's office, at a pharmacy, or at home.

How Blood Pressure is Measured

First, a doctor or other health professional wraps a special cuff around your arm. The cuff has a gauge on it that will read your blood pressure. The doctor then inflates the cuff to squeeze your arm.



After the cuff is inflated, the doctor will slowly let air out. While doing this, he or she will listen to your pulse with a stethoscope and watch the gauge. The gauge uses a scale called "millimeters of mercury" (mmHg) to measure the pressure in your blood vessels.

Another option is to get a blood pressure measurement from the machines available at many pharmacies. There are also home monitoring devices for blood pressure that you can use yourself.

What Blood Pressure Numbers Mean

Blood pressure is measured using two numbers. The first number, called systolic blood pressure, measures the pressure in your blood vessels when your heart beats. The second number, called diastolic blood pressure, measures the pressure in your blood vessels when your heart rests between beats.

If the measurement reads 120 systolic and 80 diastolic, you would say "120 over 80" or write "120/80 mmHg."

The chart shows normal, at-risk, and high blood pressure levels. A blood pressure less than 120/80 mmHg is normal. A blood pressure of 140/90 mmHg or more is too high. People with levels in between 120/80 and 140/90 have a condition called prehypertension, which means they are at high risk for high blood pressure.

Continued on page 08...

KIDS VIEW

Playtime | Routines | Learning

We've had a wonderful year in 4K. It's really flown by, and it's hard to believe that we're wrapping up yet another school year. This year the 4K kids have stayed very busy learning. One of the many highlights of our year is venturing out to explore in our community.

In September, we visited Maple Leaf Apple Orchard in Spring Valley to learn about apples. We walked to the Woodville Fire Station in October to learn about Fire Safety, and we also had a police officer visit our classroom to teach us about being safe. In November, we took a field trip to the School Forest. The children enjoyed walking the trails and learning about different forest animals.



In January, we enjoyed visiting the Baldwin Public Library. We toured the library and read books with the librarian. During March we went back to the School Forest. The children enjoyed hunting for letters of the alphabet that were hidden in nature. In April, we visited 22 Farms Animal Sanctuary in Baldwin. The children had a blast interacting with many farm animals. In May, we took a field trip to Barnyard Botanicals. We toured their greenhouses,

planted flowers, collected eggs, and went on a wagon ride.

The 4K kids have kept busy building their academic skills (letters of the alphabet, numbers, shapes, colors) and social skills (sharing, turn taking, showing kindness). Their growth this school year is astounding! We've learned so many fun songs, read countless books, played several fun games, and enjoyed our weekly classroom learning themes.

We've hosted numerous class parties – celebrating different holidays and the many traditions that go with them.



For Halloween, we wore our costumes to school and did a window walk by at Park Place. Thank you to the residents at Park Place for the awesome treats!



During Thanksgiving we hosted a Food Drive to support our local food pantry. The children enjoyed delivering the food to Zion Lutheran Church. Christmas time brought festive attire and gifts.



the always go together in words. The kids dressed in fancy clothes, partook in a short ceremony, had wedding cake and punch during the reception, and danced their little hearts out on our 4K dance floor!



During our Valentine's Day Party, we built ice cream sundaes. We also celebrated 100 days of school. Our classes were invited to dress up as 100 year olds! Their costumes were so creative, and they had so much fun!! In the beginning of May, we invited all 4K families to the Baldwin-Woodville High School Performing Arts Center for a Spring Concert. Our concert was Nursery Rhymes Rock! It was adorable and very well attended.

We will wrap up our school year with an End of the Year Picnic at Greenfield Elementary. We are hoping the weather cooperates and the sun is shining for our event. We will have food and fun on the playground!

We hope this newsletter finds you healthy and happy. Enjoy an amazing summer!

Sending Smiles,

Amber Quilling - 4K Teacher

We had a pretend wedding in our classroom in February. We married the letters Q and U, because

THE THERAPY GALS

COVID * COVID * COVID

We've all had enough of COVID talk over the last 2 years. Whether you've been vaccinated or not, whether you had COVID or not, everyone has been touch by COVID.

COVID has inundated our lives to the point that we use it like an adjective, COVID brain, COVID lung and my favorite, "Baby, its COVID outside."

I'd like to discuss not COVID itself but how COVID appeared to affect our therapy services, our clients and what we can take away from this pandemic.

As the world shut down 2 years ago, therapy services ramped up. Our therapy department had never been so busy, not with just COVID patients but by patients that appeared to be affected by COVID's protocols, in stopping the spread.

Remember the stay home orders, no visitors, 6 feet apart, no singing, no hand shaking, no hugging, mask mandates, no in-person church services, restaurants and movie theaters closed, schools shut down. PPE and toilet paper shortages. (Still don't understand the toilet paper shortage) These worldwide "stop the spread" protocols appeared to be detrimental to most people's well-being.

I'm aware that COVID affected all of us but I strongly believe that these mandates were most damaging to the geriatric population, sparking fear and loneliness. Humans are social-beings and require physical touch and exercise without these basic needs people can exhibit a failure to thrive mentality.

Therapy saw this first hand. We noted increased confusion and memory loss with our clients. Increased diagnoses of depression, dementia and psychosis. There appeared to be a faster progression of diseases, such as Parkinson's symptoms, Alzheimer's, COPD, CHF and many more.

After almost 30 years of providing geriatric rehab, our therapy intervention had to change to meet the new needs of our clients. With full PPE, gown, gloves, mask and goggles we treated each client in their room where they spent their days, eating, reading, watching TV and sleeping by themselves.

With the help of all nursing home staff and therapy staff we became client's family members, making sure we spent extra time visiting with clients, brought in lunch or their favorite treats and ate with them.

Along with our therapy treatments we provided lots of jokes, laughs and even extra hugs. We gave not just the therapy regime but made sure our clients felt secure, nurtured and loved.

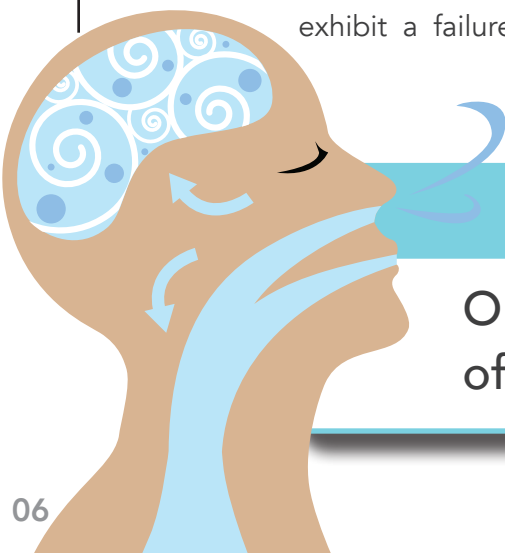
What therapy took away from this pandemic was this; Therapy provides a lot more than exercises to make you stronger and heal your wounds. Therapy provides that human touch, social interaction and self-worth everyone deserves and requires to live a full and healthy life.

TAKE THAT COVID!

Written by: Becky Stephenson, COTA/L

THE THERAPY FUN FACT:

On average a person carries about 4 pounds of bacteria around in their body. Yuck!



JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY BIRTHDAYS				EXERCISE MON-FRI 11:15	1	2
				BINGO MON-SAT 3:00	GROCERY RUN 2:00	
3	4 HAPPY 4 TH OF JULY!	5 EXERCISE 2:00	6 CATHOLIC MASS: 10:15 ICE CREAM 2:30 MUSIC with Jameson G. 5:40	7 COMMUNION 1:30 MUSIC with Rudy Rudesill 2:00	8 MEETING W/ DIETARY MGR. 1:30 POPCORN PARTY 2:30	9
10	11	12 EXERCISE 2:00	13 ZION CHURCH 11:00 PIZZA 4:30 MUSIC with Jameson G. 5:40	14 EXERCISE 2:00 HAPPY HOUR 2:30	15 WALMART 1:00 CONCRETE COWBOY / BIRTHDAY PARTY 2:00	16
17	18 Visit with Bugle The Minature Pony 10:00	19 EXERCISE 2:00	20 CATHOLIC MASS: 10:30 MUSIC with Jameson G. 5:40	21 MUSIC with Jim Sextone 10:30 EXERCISE 2:00	22	23
24	25 MUSIC with Jane Bradford 2:00	26 EXERCISE 2:00	27 CATHOLIC MASS: 10:15 HAPPY HOUR 3:00 MUSIC with Jameson G. 5:40	28 HAPPY HOUR EXERCISE 2:00	29	30

Indicates Park View Event

Indicates Park Place Event

Indicates Birthday

ABBY POMASL

is the lucky winner!

Park View Home gave away 2 tickets to Country Fest. Abby Pomasl was the lucky winner. She will be enjoying a night of county music. She was so thrilled to have won. Abby is a C.N.A. and has been with Park View Home for 3 years.



CONGRATS ABBY!



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 Park View Home is an equal opportunity provider and employer.

Point of View *continued from pg. 3*

Blood Pressure Levels	
Normal	systolic: less than 120 mmHg diastolic: less than 80mmHg
At Risk (<i>prehypertension</i>)	systolic: 120–139 mmHg diastolic: 80–89 mmHg
High	systolic: 140 mmHg or higher diastolic: 90 mmHg or higher

High Blood Pressure Signs and Symptoms

High blood pressure is called the “silent killer” because it often has no warning signs or symptoms, and many people do not know they have it.

Rarely, high blood pressure can cause symptoms like headaches or vomiting.

There’s only one way to know whether you have high blood pressure—have a doctor or other health professional measure it. Measuring your blood pressure is quick and painless.



At Park View, we promote healthy living and eating to all our residents and tenants. Providing the best care with the most informative tools available to us. Live a healthy lifestyle!