

Provides Continuum Care...

- The Haven - *Skilled Nursing*
- The Terrace - *Personal Care*
- The Village - *Independent Living*
- Rehab - *Sessions are individualized and may be up to three hours as needed.*
- Memory Lane - *Dementia Care*

Fall 2017

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CONTRIBUTORS

- Marjorie Armstrong
- Dennis Peachey
- Kent Peachey
- Gerald Peachey

4702 E. MAIN STREET
BELLEVILLE, PA 17004-9251
(717) 935-2105
www.vvrconline.org



Save the date...
Mark your calendars to come celebrate our 50th Anniversary on September 15, 2018!
More information starting on page 4.

From the Chief Executive Officer

In a couple months, we will approach the two-year mark of the opening of our Rehab and Memory Care units. Providing a distinct, quiet and secure environment, with care and activities directed towards the needs of individuals struggling with the effects of Alzheimer's and other forms of dementia, has long been our desire. Since welcoming its first residents on October 20, 2015, Memory Lane has been consistently full with a strong waiting list. On any given day, you will see residents in Memory Lane participating in group activities, strolling the hallways or sitting in one of the lounges or on the porch, all with beautiful views of our surrounding community in the heart of the Big Valley. It is a blessing to finally have an area like Memory Lane to meet the special needs of these residents.

Our Rehab unit, Valley View Rehab, has presented its share of challenges as we have adjusted to providing a very different level of care than in our other nursing units and other levels of care. As has always been the case, our staff rose to the challenge of helping patients in this unit strive to reach their goal of rehabilitating to the point where they can

return to their homes. Though not all patients have reached this goal, 80% of the 170 served in Valley View Rehab this year have been able to return home, which compares favorably with industry benchmarks. As is the case for all the services we provide, there will always be areas for improvement and we will continue to strive to improve the care and outcomes to the residents and patients we serve.

Rehab and memory care services have not been our sole focus during the past year. Our efforts to improve the environment and services in the

Continued on page 3

Though our services have expanded today, particularly inpatient and outpatient rehab services, to reach individuals of all ages, we continue to honor the ministry through service focus envisioned by our founders.





Renewing the Investment in Valley View

PLEASE CONSIDER A NEW INVESTMENT IN THE MISSION OF VALLEY VIEW BY CONTRIBUTING TO THE ENDOWMENT FUND.



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Sherryl S. Yoder

G. Sheldon Peachey

One half of yet another year has passed at Valley View and this moment seems an opportune time to pause and reflect a bit on the past and consider the future. Operating losses continue at Valley View though not at the rate seen over the past several years and that is certainly a reason for optimism. Management continues to search for ways to improve the efficiency of operations while maintaining the high quality of care and service for which Valley View is well known.

The focus of this article will not be on the day to day functions of Valley View but rather a more all-encompassing view of its mission and the related principles on which it was founded and ways in which the general populace of the area served by Valley View may help with that mission.

The founders of Valley View endorsed, and lived, the idea that it should exist as a haven for the elderly, the infirm, the indigent, and those who are no longer able to care for themselves. They, and many of their contemporaries in Big Valley, invested a great amount of time and money in the process of initiating and realizing the concept of Valley View. And, for nearly 50 years now, Valley View has remained true to those principles and many have shared in the benefits of that initial investment. Management, and all who assist with the delivery of care at Valley View, are committed to the idea of maintaining those principles, and the high quality of service to those who need it, for at least another 50 years.

The time in which we now live is vastly different from the atmosphere and environment in which Valley View was conceived and built. In those days, both the notion of government payments for nursing care and the regulations that attend them were in their infancy. As time has passed and societal norms have evolved, the idea of government payments for the care of the elderly and infirm has become more and more an accepted and expected part of life. Today, at least 60% of the residents of the Valley View nursing home have their cost of care provided by Medicaid. Unfortunately, the amount provided by government payments has not kept pace with the cost of providing care to that group of residents. That reality, coupled with the ever-growing burden

of regulations set forth by the government, has made it increasingly difficult to maintain the level of care that the residents of Valley View have come to know and expect. During 2016, Valley View provided \$3.2 million in uncompensated care to its residents in Nursing and Personal Care. Below are a few relevant statistics:

- Over 20% of the Personal Care residents at Valley View Terrace receive Benevolent Care
- Over 60% of the Nursing Home residents at Valley View Haven are covered by Medical Assistance, which only covers approximately 80% of the cost of care

The founders of Valley View were philanthropic individuals. The word “philanthropy” is drawn from the Greek word *philanthropos* which translates to ‘people-loving’. The act of philanthropy is a spiritual act - an act of love expressed for all of humanity. Over the course of the past 20 or 25 years, many individuals in the Mifflin County community have joined with the philanthropic intent of the founders of Valley View by contributing to our Endowment Fund which was founded on the precept of love for others.

An Endowment Fund gift is a gift that “keeps on giving.” The Endowment Fund provides a means for those with philanthropic intent to invest in and provide care for the future residents of Valley View. Endowment Fund earnings are used for resident care, while the fund’s principal remains intact. The Endowment Fund balance is currently greater than six million dollars. Continued growth of this fund, and the income that it provides, will make it possible for Valley View to meet its stated mission of serving the most vulnerable of our community in years to come.

Please consider a new investment in the mission of Valley View by contributing to the Endowment fund. For more information on opportunities to assist by giving please contact Marge Armstrong at (717) 935-2105, Ext. 1260. Valley View Haven, DBA Valley View Retirement Community, is a non-profit 501(c) (3) organization and contributions are tax deductible to the fullest extent of the law.



CAMPUS PASTOR'S CORNER
GERALD PEACHEY

Excuses



The other thought that has come to my mind repeatedly while teaching this series regards the blessing those prophets would have missed had they refused their call. I am again and again reminded of the blessings I have received by heeding God's call to come to Valley View.

What an insult it must be when God calls us for a special task and we come up with excuses to refuse the call. God has gifted each of us so that we can respond to His call in our lives and it is important that we follow these Bible encouragements:

I Peter 4:10 – "As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God."

Romans 12:6 – "Having then gifts differing according to the grace that is given to us, let us use them."

I Corinthians 12:4-7 – "There are diversities of gifts, but the same Spirit. There are differences of ministries, but the same Lord. And there are diversities of activities, but it is the same God who works all in all. But the manifestation of the Spirit is given to each one for the profit of all."

Ephesians 4:7 – "To each one of us grace was given according to the measure of Christ's gift."

The recent lessons for our Wednesday Bible studies have been about God's calling Israel's prophets into ministry. One of the interesting things regarding those callings is how frequently the individuals being called made excuses regarding why they could not accept the call. While teaching the lesson on Jeremiah, whose excuse was "I am too young," one of the residents responded, "And now we are too old." The tendency to make excuses did not end with Israel's prophets.



EMPLOYEE OF THE QUARTER Spring 2017
JOSH DETWILER, RN

Josh has worked for Valley View Retirement Community for 2 years. Josh earned a Bachelor's Degree in Animal Science from Delaware Valley College in 2010 and a Diploma as a Registered Nurse from Geisinger-Lewistown Hospital School of Nursing in 2014. Prior to working at Valley View, he worked as an animal nutritionist for Pennfield Feeds for several years. He also currently works part-time as a registered Nurse at Geisinger-Lewistown Hospital. Josh relates that the residents at Valley View are his reason for coming to work. He enjoys the moments when the residents share their life experiences, their wisdom, and their life knowledge. He also enjoys the time spent with his co-workers. His hobbies and interests include farming, showing dairy animals, landscaping and enjoying time with family and friends. Josh's family includes his wife Morgan and a one year old son, Colin.

CONGRATULATIONS, JOSH!



From the Chief Executive Officer

Continued from page 1

long-term care areas of our nursing home, the supportive care services provided in Personal Care, Valley View Terrace, and the residential services provided in our cottage campus, Valley View Village, continue to receive a portion of our time and attention. But services are not our only focus. As we prepare for our 50th anniversary celebration in 2018, we have spent time reviewing documents such as meeting minutes and newspaper articles from the years leading up to the opening of Valley View Haven in January 1968. These documents reveal a desire from the founders for Valley View to not only provide a service, but to minister to those being served. An article appearing in the December 18, 1967 edition of the Lewistown Sentinel summarized Valley View's purpose as "(1) To be truly a home for older persons seeking accommodations with a home-like atmosphere and available nursing care; (2) to discharge a ministry rather than to be merely be a means or a method of providing for needs of older age; (3) to minister to body, mind and spirit."

Though our services have expanded today, particularly inpatient and outpatient rehab services, to reach individuals of all ages, we continue to honor the ministry through service focus envisioned by our founders. In keeping with this desire, Valley View applied for and was recognized and received as a Parachurch Affiliate of the Conservative Mennonite Conference (CMC) earlier this year. As a Parachurch Affiliate, Valley View is recognized as a ministry conducted in the context of CMC circles by constituency of CMC. The CMC will not have any ownership in Valley View nor will it exercise any direct control over operations, but it will require that a majority of our Board members be from churches in the CMC. Being a Parachurch Affiliate of the CMC provides a means for Valley View to maintain a theological identity with an organization that we feel most closely reflects the beliefs and practices of our founders.



In the beginning... 50th April 1967

Valley View Haven – A Vision is Born

On January 19, 1968, Valley View Haven Rest Home began a ministry of care to the elderly of the community. Its stated purpose is to provide a home-like atmosphere, a ministry of maximum care and to meet the needs of the whole person - body, mind and spirit.

Valley View Village – First Duplex Constructed 1976

Construction of the first duplex Cottage unit took place during 1976. After initiating a study as to the feasibility of both apartment living and cottages, the Valley View board of directors unanimously agreed to initiate the construction of one duplex during the summer. Cottage number one was ready for occupancy in December of 1976 and number two was to be finished by January of the following year. Thus began the cottage program, Valley View Village.

Valley View Terrace – 1997 – Expanded in 2000

During 1996, Valley View achieved a financial milestone by retiring the last remaining debt held by the organization. For a brief period during 1996, Valley View was debt free. However, as then Board President, Raymond Byler, stated, “in this ever changing climate of health care we can’t just sit still and maintain the status quo, we need to have goals that move us forward.” With that in mind, a groundbreaking ceremony was held on February 27, 1997 for the construction of a new state of the art Personal Care home consisting of twenty-nine one-bedroom apartments. In response to the strong demand for this level of service, an additional 40 apartments were added in 2000.



Anniversary



Valley View Rehab and Memory Care – October 2015

Again, in response to the “ever changing climate of health care,” two twenty-one bed specialty care nursing units were opened on October 20, 2015, featuring all private rooms with full baths, European shower and flat screen TVs.

Memory Care provides a “safe home” and “quiet environment”, with a familiar routine and activities at a slower pace, essential for daily functions with those who have Dementia.

Our short-term Rehab unit is equipped to handle physical, occupational or speech therapy needs for in-patient or out-patient services. Enhancing all lifestyles, our goal is to get all patients back home quickly! Our therapy sessions are individualized and may be up to three hours as needed.

Save the date to come celebrate with us,
September 15, 2018



Reinvesting in Valley View for the Next 50 Years!

How was your stay in the Rehab Unit?



Warren Yoder

“Very Good, it helped me a lot and prepared me to go back to the Terrace. I give this place a lot of credit for how they have helped me. I was in Rehab several times.”



Mary Hahn

“Rooms were clean and comfortable and the nursing care was excellent. Jordon was very good. The food was very good, dining area was nice and you could stay and socialize. The Rehab staff was wonderful, patient, personable and persistent. I wouldn't be where I am today if it was not for them. Rehab made exercise fun and made you feel that you are the only one.”



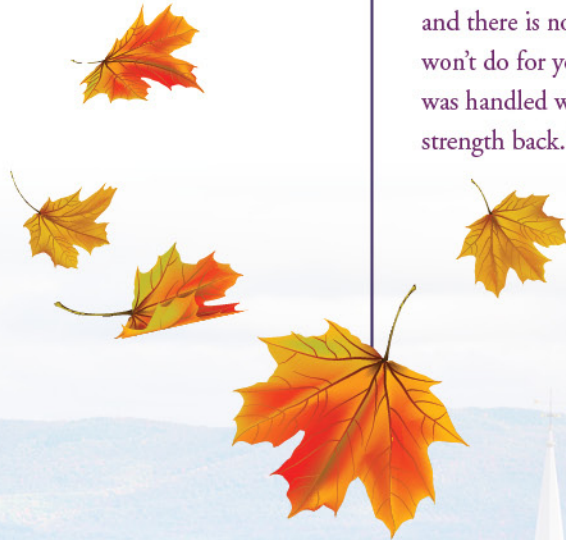
Anna Frazier

“They were very concerned about my needs, everything was good. A+!”



Joyce Doyle

“Love it here, they care about you. I cannot say enough, they help with everything. They know you need help and there is nothing they won't do for you. My therapy was handled well, it gets your strength back.”



EMPLOYEE OF THE QUARTER Summer 2017 NANCY FOSTER, NUTRITION SERVICES

Nancy has worked for Valley View Retirement Community for 29 years. During most of those years she worked at Malta Home. She transferred to Valley View in October of 2015. Nancy enjoys interacting with the residents and the relationships with her co-workers. One of Nancy's past interests was serving as a firefighter and ambulance driver for McVeytown. She has five brothers and lives in McVeytown with her two sons; Heath, who is twenty years old, and Brock, who is twenty-three.

CONGRATULATIONS, NANCY!



Give thanks to the Lord,
for He is good. His love is
eternal. Give thanks to
the God of gods.
His love is eternal.
Give thanks to the Lord of
lords. His love is eternal.

-Psalm 136:1-3

ANTIBIOTIC STEWARDSHIP

Committed to a future of antibiotic use



Volume 1 / Issue 2

URINARY TRACT INFECTION (UTI)

A Urinary Tract Infection is simply defined as infection of any part of the urinary tract.

*BUT, did you know there is a difference
between a Symptomatic UTI and an Asymptomatic UTI?*

ASYMPTOMATIC UTI means there is presence of bacteria in the urine **without** signs or symptoms of infection.

FACTS ABOUT URINE BACTERIA IN NURSING HOMES:

- A urine culture positive with bacteria WITHOUT OTHER SYMPTOMS does not alone indicate the use of antibiotics
- Bacteria in the urine is very common in Nursing Facilities, and does NOT always cause symptoms
- Studies show that if we took urine samples from all our residents, that about 40% would have ASYMPTOMATIC levels of bacteria, but ONLY 1 OR 2 of those would need treatment with antibiotics!!
- Residents with catheters will almost ALWAYS show a level of bacteria, that does NOT need antibiotics!
- Bacteria numbers are higher in dehydrated patients, and do not always show a Symptomatic infection
- Treatment of bacteria not causing symptoms does not decrease the risk of death
- Treatment of bacteria not causing symptoms does not decrease future UTIs
- Treatment of bacteria not causing symptoms does not decrease chronic incontinence
- Treatment of bacteria not causing symptoms DOES increase the risk of drug side effects
- Treatment of bacteria not causing symptoms DOES increase the risk of resistant bacteria (creating superbugs)
- Treatment of bacteria not causing symptoms DOES increase cost

UTI DIAGNOSIS

Fever + At Least One Of the Following:

- Acute burning while urinating
- Increase Frequency/Urgency
- Blood in Urine
- New Incontinence
- Pain (in patients without catheter)

*We are committed to the Right
Antibiotic, at the Right Time,
given the Right Way!*

“The CDC (Centers for Disease Control and Prevention) estimates more than 2 million people are infected with antibiotic resistant organisms, resulting in approximately 23,000 deaths annually.”



THE GIFT SHOP WILL BE OPEN:

For the Big Valley Christmas
Holiday Open House

November 24, 8 am - 4 pm

November 25, 10 am - 2 pm

During the months of November and December
the gift shop will be open on Saturdays.

Like us on Facebook!

MEET OUR NEW ASSISTANT DIRECTOR OF NURSING

CATHY VAN SCYOC, DON

Cathy Van Scyoc joined the staff at Valley View June 12, 2017 as the Assistant Director of Nursing. She was promoted to the Director of Nursing on September 8, 2017. Cathy has worked in the long-term care industry in the Harrisburg and Mechanicsburg areas for the past 10 years and also worked at Holy Spirit Hospital. She joined the team at Valley View because she heard good things about our work atmosphere and wanted to be closer to home and her family.

Cathy has one daughter and became a grandmother for the first time with the birth of baby boy Max this past June. Cathy loves animals and currently owns a Golden Retriever and a cat. One of her favorite activities is boating at Lake Raystown. She has lived in Burnham for the past 37 years.

WELCOME, CATHY!



His pleasure is not in the
strength of the horse,
nor His delight in the legs
of the warrior;
the Lord delights in those
who fear him,
who put their hope in His
unfailing love.

-Psalm 147: 10-11

