



A Program of St. Croix Valley Shared Services, Inc.

ADORAY Home Health and Hospice
990 Hillcrest St, Suite 104
Baldwin, WI 54002

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Welcome to New
Board Member, Nancy Parlin

Nancy Parlin joined the St. Croix Valley Shared Services Board of Directors (doing business as ADORAY Home Health and Hospice) in December of 2007, but she is not new to ADORAY. She attended the hospice volunteer training eight years ago and became an invaluable member of the hospice team, visiting with patients and providing respite to family caregivers. She also volunteers at Treasures from the Heart along with helping with office tasks and mailings.

Parlin has grown into an ambassador for hospice. As a retired sociology professor and university vice chancellor at UW – River Falls, she frequently guest lectures on death and dying in university classrooms and community groups.

“We feel fortunate to have Nancy join us as the Community Member for River Falls,” said ADORAY Executive Director, Mary Troftgruben. “We welcome her wisdom and leadership.”

Parlin replaced Charles White, former Community Member representing River Falls.

News from
ADORAY®
Home Health and Hospice
Summer 2008



Where the Heart Is...
Home Health and Hospice Care

Specialized Wound Care



The tender spot on Bob’s leg wouldn’t go away. It was painful and swollen just below his calf, but he had other health concerns to focus on, so he ignored it. Even when it worsened, Bob wanted to wait for his doctor’s appointment the next month. He was reluctant to make extra trips out because it was a major effort, with his medical problems, in addition to being a physical drain on his wife.

Bob had recently become a patient of ADORAY’s Home Health program. Kathy Peabody, RN for ADORAY Home Health, made home visits to Bob to monitor his overall health status and to keep his doctor updated.

“When I saw Bob limping, I asked about his leg,” Peabody said. “He showed me the swelling and it had opened up. I encouraged him to see his doctor right away.”

When Negative is Positive

One of the tools used by Kathy Peabody, Certified Wound Care Specialist, is a V.A.C. or Vacuum-Controlled Assisted Closure. The computerized system uses controlled negative pressure (vacuum) to help promote wound healing.



“The device pulls the blood flow up to the wound,” Peabody explained. “This increased blood flow reduces the healing time and the patient has to do very little.”

The V.A.C. is used most often for difficult to heal wounds, such as pressure sores or surgical incisions that haven’t healed.

“I’ve found it can reduce the time of healing by a third or more,” Peabody said. “The negative pressure really adds up to a positive for our patients.”

He got in that week and discovered the open wound was caused by poor circulation, related to his heart condition. Peabody talked with the doctor and made suggestions for possible treatment for the wound which she could manage in the comfort of Bob’s home, and also provide education to Bob and his wife on daily care.

“Wounds are often a secondary condition,” said Peabody, Wound Care Certified by the National Alliance of Wound Care (NAWC). “Many times, there is an underlying condition that may result in a wound developing, as with Bob.”

Peabody sees patients with a variety of chronic wounds, including pressure ulcers, (also known as bed sores), surgical wound infections or wounds caused by an underlying condition. Some conditions that may cause chronic wounds include cellulitis, congestive heart failure, lymphedema, diabetes and peripheral vascular disease. Some of these wounds may take months or years to heal and can be very complicated.

Many home health patients are reluctant to visit their physician for open sores or wounds, according to Peabody, because it may be difficult to leave home or they are embarrassed about the location of the wound. Using ADORAY Home Health services to treat the wound addresses these problems. In addition, with Peabody’s knowledge of wound care products, she can offer suggestions to the physician, who may not be as up-to-date with the options available.

She can also provide education to the patient and family. “By making a home visit, I can instruct them on how to do the dressing changes,” Peabody said.

Many dressings can be left on for up to a week, making it convenient as well as comfortable for the patient, Peabody explained. She finds this is very beneficial.

“When it is a major effort to leave home, a patient doesn’t want to make several doctor visits for dressing changes,” Peabody said. “Sometimes the patient neglects it then, making the wound worse.”

See Wound Care continued on page 2

Who We Are

ADORAY is a not-for-profit program of St. Croix Valley Shared Services, Inc., formed in 1994 by the four hospitals in St. Croix county including Baldwin Area Medical Center, Hudson Hospital, River Falls Area Hospital, and Westfields Hospital, New Richmond.

This newsletter is published periodically and sent to area health care providers and other interested parties.

If you have comments or suggestions, please contact our editor Donna Karis, Community Education Coordinator, at 715.684.5020 or 800.359.0174, or email at d.karis@adorayhomecare.org.

Mission Statement

ADORAY Home Health and Hospice provides care and comfort at home to the acutely, chronically or terminally ill.



Wound Care cont'd from page 1

In Bob's case, through weekly dressing changes and guidance on care, his wound healed in two short months. She also educated Bob on ways to avoid future leg sores.

A new patient she has been working with had several stasis ulcers. These are wounds caused by extra fluid buildup under the skin resulting in skin break down. The patient had the open areas

for four or five months prior to admittance on ADORAY's

The incidence of chronic wounds in the United States is approximately 5 to 7 million per year. Older adults are more prone to wound development and decreased healing efficiency, according to NAWC.

home health program. The patient's past treatment had been with a common but painful dressing that used a bleach solution, according to Peabody. After assessing the wounds, she recommended an Unna Boot to the physician, who went along with her recommendation. The non-compression dressing forms a removable soft cast and has been found effective for stasis ulcers.

"After two months, the legs are almost completely healed. She had five open wounds and now has only one tiny sore left, which will be healed shortly," Peabody said.

In another case, Peabody's patient had developed multiple wounds from complications after a recent surgery.

ADORAY Nurse Loves Wound Care Challenge

To the squeamish, the love of wounds sounds a bit strange. But to ADORAY Registered Nurse Kathy Peabody, caring for wounds is what she likes to do. "I take pleasure in helping our patients with this chronic problem," Peabody said, certified in wound care by the National Alliance of Wound Care (NAWC).



Kathy Peabody
RN, Wound Care

Each week, she visits ADORAY's home health patients to care for wounds caused by surgery, pressure ulcers, diabetes, poor circulation or other conditions.

"I have always been fascinated by wounds," Peabody said.

When she first started at ADORAY in 2004, Peabody saw about a dozen patients with wounds that weren't healing. She wanted to learn about wound care to "answer my questions," so she began the process of becoming certified.

Through extensive wound care training, experience and passing a challenging exam, Peabody was certified by NAWC nearly five years ago. She attends further classes at NAWC's annual conference, "Wild on Wounds," to expand her knowledge and maintain certification.

"There's always something new to learn about," Peabody said. "There are about 40,000 treatments on the market. It's my job to determine what will work best and then work with the doctor, the patient and family to get the wound healed."

"Her knowledge in wound care has been a great asset for our patients," Joy Hughes, ADORAY Quality Improvement Manager said. "She works with the patient's doctor, family members, and our clinical staff to provide the best care to promote healing."

"Wounds can be very complicated. I enjoy the challenge of troubleshooting and finding the right treatment," Peabody said. "I love to go to work each day. It's extremely rewarding."

"He had very deep wounds, even tendons exposed," Peabody said. "After 10 weeks, his wounds are healing nicely and he hopes to return to work in another month."

With her certification in wound care, Peabody is trained to assess wounds, make recommendations for treatment, and provide the teaching and care to heal the wound.

Peabody uses a variety of remedies, some new and others that have been available for years, but still found to be useful. "There are literally thousands of wound care products on the market today. I keep updated on what's available and review the studies on how they work for patients."

Providing care for patients' wounds at home makes a remarkable difference, according to Peabody. She is able to work with each patient to find the best treatment and heal wounds that could have been chronic.

"They have the freedom to stay at home while receiving the care they need," Peabody said.

In Memory Of (continued)...

Marvin Frey

Lorraine Frey

Mary Hawkins

Rolf & Ilene Tiedemann

Pastor Richard Ulvilden, Ellen

Erlandson, Barry Taplin,

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Ina Murray

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"Life is a Celebration" Dinner

ADORAY Hospice offers a special dinner, when appropriate, to our hospice patients and their families in celebration of their lives. Favorite foods are selected by the patient, and local restaurants donate the meal. Local florists provide beautiful fresh flowers for the table. ADORAY Hospice volunteers deliver the meal, set a lovely table and clean up afterwards.

We send our thanks to the volunteers who give their time, and the businesses who have contributed meals and flowers to make it a special evening. Their efforts are appreciated by ADORAY Hospice, our patients, and their families.

A special thanks to participating businesses in 2007:

Amery Florist

Ava's Restaurant, New Richmond

Baldwin Greenhouse

Bellarietta Bistro, New Richmond

EconoFoods, Hudson

Nilssen's Super Value, Baldwin

Shelly's Northside Café, Baldwin

"Friends of ADORAY Hospice" Host 7th Annual Golf Benefit

Seventy-two golfers participated in the fundraiser held by the Ladies League at the Hammond Golf Club. Despite an evening of rain, the seventh annual event for ADORAY Hospice raised a record amount.

"The ladies league has done an amazing job of putting an event together each year," Mary Troftgruben, ADORAY Executive Director said. "We are very appreciative of the money they raise, which helps us serve hospice patients throughout West-Central Wisconsin."

We are sincerely grateful for the golf league's support and kindness.

Our thanks for your generous donations:



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Pamela O'Keefe

Janet Pribnow

Deborah Schock

Trudy Timm

Eileen Van Sommeren

Sherry Walker

Many other golfers who donated

cash



*If it goes right, it's a slice.
If it goes left, it's a hook.
If it goes straight, it's a miracle!*
-unknown golfer

Your Hospice Gift

We appreciate gifts given in honor and memory of loved ones.

Your generosity allows us to provide quality care to patients and their families at the end-of-life.

In Memory Of

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ADORAY Hospice is grateful for funding provided by United Way.

United Way of St. Croix Valley
Greater Twin Cities United Way

Visit us at www.adoray.org

You'll find:

- More about our services
- Annual newsletter, past and current
- HeartLINE, the monthly volunteer newsletter
- Education and volunteer opportunities
- Job listings

Volunteer news

Although most of our volunteers do not provide direct care to our patients, each and every one helps us achieve the ADORAY mission of providing care and comfort at home to the acutely, chronically and terminally ill.

Over 60 of the 290 volunteers in St. Croix, Pierce, Polk and Dunn Counties serve hospice patients and their families. Our trained hospice volunteers gave an average of nearly 19 hours for each ADORAY hospice patient. Their time is spent providing companionship to patients and respite for caregivers, running

errands, cooking meals, and offering their help to make the end-of-life challenges a little easier for our hospice families.

There are always tasks that volunteers willingly complete in the ADORAY office too. They send out

mailings, make copies, assemble materials, and enter data into the computer.

Over 230 volunteers donate their time to our fundraising stores, Treasures from the Heart® in Baldwin and River Falls. These volunteers help the part-time staff keep the stores operating by sorting incoming donated goods, tagging and steaming clothing, helping customers, and stocking the floor with merchandise for sale. Treasures, through their financial support, enables ADORAY to provide more services to more patients.

Our success would not be possible without our dedicated volunteers.

For more information about becoming a hospice volunteer, volunteering in our office, or helping at Treasures from the Heart, Baldwin, please contact Volunteer Coordinator Debbie Milligan at 715-684-5020.

To volunteer at Treasures from the Heart, River Falls, contact Volunteer Coordinator Jenny Hennemann at 715-425-9771.



Helen Rosen and Carole Lynum, volunteers



Richard VanSomeren, volunteer



Mary Wiskerchen, volunteer

New Hospice Volunteers

Last year's class of volunteers is very involved and committed already," said Debbie Milligan, ADORAY Hospice Volunteer Coordinator, who has facilitated the hospice volunteer training for the past ten years.

Each fall, sessions are held giving potential volunteers information about hospice and the role of the volunteer. Those who choose to become volunteers take two days of classes to prepare them to become a part of the ADORAY hospice team.

"The class is interactive. One of the highlights is having current volunteers talk about their experiences with patients," Milligan said.

Milligan has found that people who take the two-day session decide to volunteer for similar reasons. "What often motivates them is their own loss of a loved one," she said. "They have a desire and willingness to serve."

For more information about the upcoming training, please contact Milligan at 715-684-5020.



We wish to welcome eleven new hospice volunteers who completed the training during October.

Left to right: Lynda Maki, Hudson; David Urban, Hudson; Glenyce Eberspacher, Baldwin; Pat Zais, Hudson; Marilyn Naylor, River Falls, Bob Eberspacher, Baldwin; Diane Welter, Baldwin; Dawn Metcalf, Hudson; Juanita Geisz, Hudson; Tom Hess, Star Prairie, Bonnie Blue, Spring Valley.

All that we send
into the lives of others
comes back
into our own.

- anonymous

2007 ADORAY Hospice Love Light Tree Burned Brightly to Honor Loved Ones

Each year, the Love Light Tree has been a holiday tradition, uniting the community by honoring and remembering those we love.

Lights twinkled brightly on beautiful Christmas trees during December at our four owner hospitals

- Baldwin Area Medical Center, Hudson Hospital, River Falls Area Hospital, and Westfields Hospital in New Richmond.



In Memory Of

Al & Lu Sabol Neal & Rita Smith	Clarence Osborne, Richard Klinefelter Ai & Joan Cronk Clarence Ziegel	Bowell Gerald & Bonnie Wilk	Justen Anita & Alan Justen
All our family members who have passed away Bruce & Jo Moll & Family	Evelyn Ziegel Jerry & Terry Butler	Elmer Rudesill, Lynne Rudesill Anderson Carole Rudesill	Howard & June Brathol Joyce & Bradley, Kevin, Sue, Cole & Kali Jo Brathol
All the "FISH" volunteers who have passed away Fish Volunteer Services	Cole C. Butler Jerry & Terry Butler	Ethel Gettinger Sharon, Gary & Family Lovell	Howard Mattson Marjorie Mattson
Alvin Kordosky Lucille Pechacek	Corwin & Margaret Snyder, Carolyn Snyder-Stonebraker, Edroy & Merle Troftgruben Mary, Verlynn, Kristine & Laura Troftgruben	Eugene Van Dien Bernice Van Dien	Ida Mae (Day) Miller Willis H. Miller
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Clarabelle Richardson & Muriel Nelson Joanne Gust	Dyllon Pedersen & Vera	Herb & Ester Brummund, Leo	John & Harriet Hurda,

In Memory Of (continued)

John & Harriet Hurda, Gladys & Rondy Luehmann Arlen & Judy Luehmann	Selena McLeod Ingrid Kizen	Susan Miller Genevieve Needham & Joe Score
John Foster Mary & Clarence Erickson	Papa Bernie Jeske Heather Lynn Jeske-Pelc	Ted Firth, Stratton Martin & Tom Green Nancy Firth
Joseph S. & Velma Powell Joe & Lorel Powell	Parnell E. Pederson & Peter K. Pederson Joel & Sudy Pederson	Theresa Krause Frank & Joan Kram
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Marvin F. Frey Lorraine Frey	Russel Strate Marjorie Strate	
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Mr. & Mrs. Paul Westberg, John Westberg Wayne L. & Joan M. Tubbs	Stella Bohm, Elmer Fyksen & Edna Murray Douglas & Betty Fyksen	

In Honor Of

Leslie Rens Carol Rens	Military soldier's & their families, ADORAY, my grandchildren Cleo Kitchner
Alpha Justen Anita & Alan Justen	
Lois Anderson Bruce, Julie, Chelsea & Briana Fleming	

And With Appreciation To....

John & Evy Nerbonne
Michelle Sherley
Paul & Donna Karis
Rowland & Helen Klink
Scott & Jean Needham
Wally & Bernie Gregerson
William & Marie Clauser

We give heartfelt thanks to all who made donations to ADORAY Hospice 2007 Love Light Trees.



Your gifts help make possible our continued service to the terminally ill and their families.