



# August 2020 Family Newsletter



Our owner, Mike Steinkruger honored our heroes at Valley View with a t-shirt helping us remember to be "Healthy at Work". Things we have been told since the beginning of the pandemic. Wear your mask, sanitize, and wash your hands, keep a 6 ft. social distance, and self monitor for symptoms. Thank you to all the staff that continue to keep up the vigilance needed to keep our facility residents and staff members COVID-free!!

Sorry we couldn't get every staff member in the photo but enjoy trying to figure out who is who!! With our face masks on - it's a little hard to tell. And Maggie won't wear a mask!

COVID-19 is not going away!! We must continue to be vigilant and careful as we allow residents to have outside and window visits with their family members. Butler County and most of Iowa continue to have positive cases almost daily. Iowa is over 8% positivity (one of 34 states). We hope to continue these visits but must demand complete adherence to all the rules. Anyone, including staff, who come into contact with residents must wear masks. When we are out and about, it is important to remember that we should continue to social distance and wear our masks in support of our vulnerable resident population.

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Therapy Update: Occupational Therapy (OT) offers treatment and education on management of edema and lymphedema. Edema is defined as a condition characterized by an excess of watery fluid collecting in the cavities or tissues of the body. Lymphedema, similarly, is defined as localized swelling of the body caused by an abnormal accumulation of lymph fluid. OT utilizes the use of Manual Lymph Drainage (MLD) and short stretch bandage wrapping to reduce the swelling of an extremity (i.e. arm or leg). Left untreated edema and lymphedema can lead to: increasingly painful swelling, difficulty walking, stiffness, increased risk of infection in the swollen area, decreased blood circulation, and increased risk of skin ulcers.