

Golden Girls honored for volunteer efforts at Crest View

by Amanda Emery

During the month of June, Crest View Nursing Home recognized the Golden Girls, a group of five women who entertain residents at the facility through music and song!

These ladies have been going to Crest View about once a month for around four years to do their part in bringing joy to the residents. One of the Golden Girls, Donna David, is a retired practical nurse. Speaking on behalf of the



group, the Necedah-native shared why the group chose Crest View as a place to entertain, "I remember working in a nursing home and having some residents that did not get many visitors. I remember those individuals when we come to Crest View, and we like to think that we bring joy to some of these residents."

The other members of the Golden Girls are Jo Norris (who worked for the Star-Times) of Hustler, Cheryl Murphy (a homemaker and volunteer) from Necedah, and Marcie Davis (a retired certified nursing assistant) and Sharon Huffman (a former accountant at Bunker Ford), both from New Lisbon.

While their individual backgrounds may be different, they all have at least one thing in common, the enjoyment they receive from performing at Mile Bluff's facilities. When asked about the group's favorite part of volunteering services at Crest View, Sharon - speaking for everyone - responded with, "We like to see the residents' reactions when we play for them. We like to watch their faces and see the smiles. You know they

enjoy it because they continue to ask to have us return, and they always stay the entire time we perform. They really appreciate us coming to sing for them."

Most of the women of the group sang with Harmony Express before branching off to form the Golden Girls. Cheryl explains, "Now that the five of us play on our own, we focus on performing gospel music. In addition to that, we talk to residents and


individuals more on a personal level, and interact one-on-one with our audience."

These ladies do more than just sing, three of them play instruments as well. Jo explains, "Sharon and Marcie play guitar, Donna plays the banjo, and I even play the tambourine from time to time!"


In addition to performing at Crest View, the group has also entertained residents at Fair View, and at other area facilities.

When not singing or practicing, these women have hobbies they enjoy. Some of those activities include gardening, reading, going to the gym, tending to pets, playing cards, surfing on the computer and traveling.

Over the years, these ladies have impacted the lives of many different individuals. As an organization, Mile Bluff would like to take this opportunity to thank the group for its hard work and dedication, and for making a difference to these nursing home residents. Please join the medical center in thanking these ladies for their volunteer efforts.



There are many great opportunities available for individuals - as well as groups, such as the Golden Girls - to help others at Mile Bluff. If interested in becoming a volunteer at Crest View, call Lorraine Anderson at 608-562-3667.



Family & Friends Connection Report

At the most recent meeting of the Family & Friends Connection, attorney Cathy Orton led a discussion about a few important healthcare and financial planning tools. One word of advice she offered to those in attendance was to be cautious of forms obtained from internet or computer programs. See below for further details from the meeting.

Estate planning - She recommended using a team approach - working closely with your attorney - when dealing with financial advisors, tax preparers and insurance advisors. This will help to ensure that the plans laid out will be tailored to your specific needs.

A few things to consider:

- lifetime gifting
- simple will
- living trust
- irrevocable trusts
- marital agreement
- will with trust provisions
- transfer on death designations

Future planning - She suggested having a few key things in place to guarantee your wishes for the future are carried out.

Tools to plan for your future:

- durable power of attorney
- disability insurance
- healthcare power of attorney (*a living will is helpful*)
- retirement benefit planning
- long-term care insurance
- titling and beneficiaries

Plan to attend the next Family & Friends Connection meeting on Wednesday, July 14 at Crest View in New Lisbon starting at 2 pm. Judy Bessac, Mile Bluff Medical Center behavioral health therapist, will present, "Coping with anxiety and depression."

ATTENTION!

Crest View is proud to announce the expansion of its on-site rehabilitation services. However as a result, beginning August 1, the meal site will no longer be available for use by friends and family of nursing home residents. This is where the added rehabilitation area will be located. We are sorry for any inconvenience.

UPCOMING EVENTS AT CREST VIEW IN JULY

- 2 Music by Ernie Droessler, 2:30 pm
- 6 Music by Bob Honel, 2 pm
- 8 Music by Harmony Express, 2:30 pm
Birthday party, 3 pm
- 14 Family & Friends Connection, 2 pm
Topic: Coping with anxiety and depression
- 16 Musical Mary Siefert, 3 pm
- 23 Dining in
- 28 Resident Council:
CBRF, 1 pm
Nursing Home, 3 pm

