

SIGNS & SYMPTOMS - Dry Skin by Diane Schmude, RN

Most of us have experienced dry skin at some time or other. It can be uncomfortable and unsightly, but not usually serious. Most of the time, dry skin is the result of environmental factors such as exposure to hot or cold weather with low humidity levels, or excessive bathing. Dry skin usually feels tight, it might look and feel rough and it might even itch.

Dry skin that is not taken care of can lead to open sores, infection and other complications. Eczema, folliculitis and cellulitis are some potential complications. Cellulitis is a potentially serious bacterial infection of the skin that can also spread to the lymphatic system and to the blood vessels. These complications can occur because the skin's normal protective mechanisms have been compromised. Severe, dry skin can cause deep cracks or fissures, which

can open up and bleed and open the way for bacteria to invade.

There are some things that you can do to try and improve your skin condition. Limit your bath or shower time to 15 minutes or less, and use warm water instead of hot. Avoid harsh, drying soaps and be sure to thoroughly rinse any soaps off. After washing or bathing, gently pat your skin with a towel, it's ok to leave a little moisture on the skin. And immediately moisturize with an oil or cream to help trap water in the surface cells.



Contact your doctor if your symptoms worsen or if the itching is interfering with your sleep.

Flu season is here! If you haven't had your flu shot, it's not too late. Valley VNA still has vaccine available. Call to set up an appointment - 920-727-5555 - ask for Colleen.

FEBRUARY CLINICS & SUPPORT GROUPS

FOOT CARE CLINICS -PLEASE CALL FOR AN APPOINTMENT - 727-5555 - The cost is \$22

Valley VNA Senior Services-1535 Lyon Drive, Neenah

9 am-12 pm - Feb 9, 10, 22, 23

1-4 pm - Feb 22, 28

1:30-3:30 pm - Feb 17

Briarwood Cottages -1700 Midway Pl, Menasha

No clinic this month

Elizabeth Ct Apartments-936 6th St., Menasha

9 am-12 pm - Feb 24

Menasha Senior Center-116 Main St.

1-4 pm - Feb 2, 24

Hearthside Apartments - 210 Haylett St., Neenah
No clinic this month

St. John's Lutheran Church - 808 N. Main St., Oshkosh

No clinic this month

BLOOD PRESSURE CLINICS

Neenah/Menasha YMCA-110 W. North Water St.

10:00 am-12 noon - Feb 2

Heart of the Valley YMCA-225 W. Kennedy Ave., Kimberly

9:30am-11:30 - Feb 8

ALZHEIMER'S/DEMENTIA SUPPORT GROUPS

Please call for information-

•**Support Group** - Debbie Opperman - 232-8686

•**Support Group For Spouses** - Kathleen Albert - 727-5541

FEBRUARY EMPLOYEE ANNIVERSARIES

Sandra Driessen & Kari Schmidt - 1 year

Kay Marx, Patricia McMillen, Mary Moehn, Marcia Siebers & Caryl Zirbel - 11 years

Deb Goldstein & Corrie Schmitt - 12 years

Special thanks for their hard work and dedication!!

920-727-5555 - Fox Cities 920-426-1931 - Oshkosh 866-930-8862 - Toll Free

1535 Lyon Drive Neenah

www.valleyvna.org