

## March Health Topic: "Leaky Plumbing" - Urinary Incontinence by Pam Hillmann, RN

Urinary incontinence can happen in the form of frequency (need to urinate often), urgency (need to have to urinate right now without much warning), overactive bladder (feeling you have to urinate all the time), and bladder spasms (like a cramp in your bladder) or dribbling. Some of the causes are alcohol which can act as a stimulant and a diuretic, over hydration, dehydration, caffeine, bladder irritation, obstructions, diseases that interfere with nerve signals and medication.

Complications of this irritating problem are skin problems, urinary tract infections and changes in activities and live styles affecting your social life. Because of embarrassment from urine leakage people may become anxious, withdrawn and depressed and even avoid sexual intimacy.

On the up side most cases can be eliminated or controlled especially when treatment begins early. The first step to treatment is to see your doctor. Finding the cause can dictate what the treatment will be and your doctor can help you with that. Treatments may consist of bladder training (retraining the muscles), scheduling toilet trips, fluid and diet management, medication, electrical stimulation and biofeedback. Physical therapists have a program to deal with incontinence. Other treatments include implants, surgery, pessary (a device inserted into the Vagina), urethral inserts and urine seals.

You are not alone and should not cope with this problem on your own. Wear incontinent products (they are very nice now and there is a lot to choose from), carry extra clothes with you if needed. Do not avoid social events and keep in touch with your doctor especially if there are changes. **Remember - leaky plumbing can be fixed!**



## St. Patrick's Day

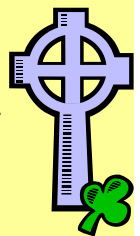
Many of us think of St. Patrick's Day as a day to celebrate everything Irish. We think of Leprechauns, four leaf clovers, the color green and corned beef and cabbage. Many of us do not know the true origin of the holiday.

St. Patrick was born in Britain near the end of the fourth century. He was the son of a wealthy landowner. When St. Patrick was 16 his family land was attacked by Irish raiders and he was taken prisoner. St. Patrick spent 6 years in captivity as a prisoner in Ireland. During his time as a prisoner he worked outside as a shepherd. St. Patrick found solace during this time through his Christian faith.

St. Patrick escaped his captivity and walked over 200 miles back to the Irish Coast to his British home. It is said that once returning home, St. Patrick was visited by an angel who told him to return to Ireland as a missionary. St. Patrick then studied religion for the next 15 years and became a Bishop.

St. Patrick returned to Ireland and worked tediously as a missionary to convert the Irish from their Druid and Celtic religions to Christians. He used the four leaf clover as a symbol of the cross which now reflects the image of the Celtic cross. It is believed that St. Patrick died on March 17, 460 A.D.

Today, St. Patrick's Day is traditionally the day to for spiritual renewal and offering prayers to Christian missionaries. He is commemorated in Ireland and wherever Irish immigrants have settled every year on March 17<sup>th</sup>.



## MARCH EMPLOYEE ANNIVERSARIES

*Colleen Harvot - 28 years*

*Lori Felix - 11 years*

*Julie Wieland & Connie Verbrick - 10 years*

*Kelley Krueger & Katharine Laffea - 3 years*

*Barbara Chambers - 2 years*

*Special thanks for their hard work and dedication!!*

## MARCH CLINICS & SUPPORT GROUPS

**FOOT CARE CLINICS - \$22**  
**APPOINTMENT REQUIRED - 727-5555**

**Valley VNA Senior Services**-1535 Lyon Drive, Neenah  
9 am-12 pm - Mar 9, 10, 22, 23  
1-4 pm - Mar 22, 28  
1:30-3:30 pm - Mar 17

**Briarwood Cottages** -1700 Midway Pl, Menasha  
1-4 pm - Mar 9

**Elizabeth Ct Apartments**-936 6th St., Menasha  
9 am-12 pm - Mar 24

**Menasha Senior Center**-116 Main St.  
1-4 pm - Mar 2, 24

**Hearthside Apartments** - 210 Haylett St., Neenah  
9 am-12 pm - Mar 22

**St. John's Lutheran Church** - 808 N. Main St., Oshkosh  
1-4 pm - Mar 9

### BLOOD PRESSURE CLINICS

**Neenah/Menasha YMCA**-110 W. North Water St.  
10:00 am-12 noon - Mar 2

**Heart of the Valley YMCA**-225 W. Kennedy Ave., Kimberly  
9:30am-11:30 - Mar 8

### ALZHEIMER'S/DEMENTIA SUPPORT GROUPS

Please call for information-

- **Support Group** - Debbie Opperman - 232-8686
- **Support Group For Spouses** - Kathleen Albert - 727-5541

## VALLEY VNA NEWS & INFO

### Life Enrichment Activities

At Valley VNA, our In Home Care service makes an effort to be sure that all of our clients at home receive the same activity benefits as those who live in the senior living community. In-Home Care clients are encouraged to come to activities and events held here.

Many clients schedule a basic Companion visit around these events and have their caregiver drive them to, assist them during, and bring them home safely. This allows our seniors to continue to be social with others in the community .

In-Home Care also has a large library of books, music, movies, exercise programs and games that our caregivers enjoy with seniors in their homes. We also provide companion service to any event in the community such as concerts, movies, museums, restaurants and parades. For



more information, please call the In-Home Care office: 920-727-5555 or 426-1931 (Oshkosh).

- **Don't forget** - You're invited to attend all activities held at Valley VNA Senior Services. All activities are FREE! Exercise Classes are held each Monday, Wed & Fri 9:30-10am. For more info, please call the In-Home Care office: 920-727-5555 or 426-1931 (Oshkosh).
- Are you looking for a gift for that special senior? Consider giving a **Valley VNA Gift Certificate!** They make a perfect gift and can be used for - Foot Care, housekeeping, Companionship and transportation services, Meals on Wheels (Neenah/Menasha area), and more! Call Colleen at 920-727-5555 or 426-1931.



*Your family ... our focus*

**920-727-5555 - Fox Cities    920-426-1931 - Oshkosh    866-930-8862 - Toll Free**  
**1535 Lyon Drive    Neenah    www.valleyvna.org**