

SIGNS & SYMPTOMS - Unsteady Gait by Diane Schmude, R.N.

The pattern of how a person walks is called their gait. When researching online, I found a list of 661 medical conditions that can cause problems with walking. Everything from A to Z, well almost...it was "absence of tibia to Xanax overdose". So obviously, it is going to be important that you discover the cause of any problem, and to do that you will need to start with a visit to your doctor.

Problems with walking can be due to disease or injury to the legs, feet, spine or brain. Walking is definitely a cognitive process, so anything that interferes with cognition, can interfere with walking. It can also be a direct effect from medication, drugs or alcohol. Treatment of the cause can often improve the gait.

A referral might be made to a Physical Therapist who would work with you to resolve the problem, or improve your safety. They may teach you some exercises or do some walking retraining. Whatever the treatment plan, it usually includes encouraging the person to be as self-reliant and independent as possible. You may need to give yourself more time for your daily activities. People who have walking problems are also more susceptible to falls because of poor balance. Walking assistance devices may include braces, shoe or leg splints, various canes or walkers. I would also encourage anyone who has a problem with walking to check into a medical alarm system, the kind that lets you push a button to call for help.



LEARN ABOUT VETERANS BENEFITS

Valley VNA will be presenting a free informational session for our clients, residents and their POAs to learn about available veterans benefits. The presentation will be held:

Wednesday, May 18th
Valley VNA - Keller Community Center
6:00 - 7:00pm - Presentation
7:00pm - Question & Answer



Robert Stone from the Winnebago County Department of Veterans Services will talk about benefits available to veterans and spouses of veterans. You will learn about:

- Veterans Compensation & Pension
- Survivor Benefits
- Aid and Attendance Benefits
- How to go about finding out if you qualify

If you plan on attending, please RSVP by Friday, May 13th to Marian - 920-727-5544

APRIL EMPLOYEE ANNIVERSARIES

Stephanie Castillo - 1 year

Nettie Annis - 5 years

Rita Neumann - 9 years

Barb Goodacre - 11 years

Special thanks for their hard work and dedication!!

APRIL CLINICS & SUPPORT GROUPS

FOOT CARE - \$22

APPOINTMENT REQUIRED - 727-5555

Valley VNA Senior Services-1535 Lyon Drive, Neenah

9 am-12 pm - Apr 13, 14, 26, 27

1-4 pm - Apr 25, 26

1:30-3:30 pm - Apr 21

Briarwood Cottages -1700 Midway Pl, Menasha

No clinic this month

Elizabeth Ct Apartments-936 6th St., Menasha

9 am-12 pm - Apr 28

Menasha Senior Center-116 Main St.

1-4 pm – Apr 6, 28

Hearthside Apartments - 210 Haylett St., Neenah

9 am-12 pm - Apr 26

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 – Apr 6

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

9:30am-11:30 – Apr 12

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. **TO SEE A CALENDAR OF EVENTS, PLEASE VISIT OUR WEBSITE - it's located under Assisted Living/Activities.**

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).

Gift Idea

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