

## It's Time for the Spring Fling

The second annual big band evening concert will be held **May 3rd at 6:30pm**. This event will again feature "The Little Big Band", a nine piece orchestra, who will be performing many tunes from a great musical era.

Last year's event was a big success and we are again looking forward to fun evening and encourage you to come! Please RSVP to Colleen by April 29th - 727-5555;



426-1031 (Oshkosh) or 538-2974 (New London).

## Valley VNA In-Home Care Opens New Office

To better serve seniors in the Greenville, Hortonville and New London areas, Valley VNA has opened an additional office at the Washington Center. All In-Home Care services are available including HomeMaid.

***Please stop by for our Grand Opening***

**Wednesday, May 11th 11am-6pm**

**500 W Washington St., New London**

**Ribbon-cutting at 12:15**

**Refreshments**

**Gift Basket Giveaways**

**Reminisce With Food** - Our sense of taste and smell can trigger memories from the past. We associate certain aromas and tastes to different events in our lives and even different time periods of our lives. Using food to reminisce with seniors can be fun and tasty. Here are some ideas to use food to bring back memories

*Old Time Candy* - Visit a candy store and pick out candy that has been made since the early 1900's. Some of these candies include Candy buttons, Black Jack Gum, Mary Janes, Necco Wafers, Sugar Daddys,

## 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 followed by a Question & Answer Session**

Judy Steckbauer 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 to Marian by Friday, May 13th - 920-727-5544**

## Mother's Day Gift Idea

Do you need a gift for that special senior? Consider giving a **Valley VNA Gift Certificate!** They make a perfect Mother's Day gift and can be used for - Foot Care, housekeeping, Companionship and transportation services, Meals on Wheels (Neenah/Menasha area), and more! For more information, call Colleen at 920-727-5555; 426-1931 (Oshkosh) or 538-2974 (New London area).

Walnettos, Boston Baked Beans and candy cigarettes. Reminisce with a senior about memories they have as a child. What was their favorite candy as a child? How much did candy cost? Where did they go to buy candy? Take a taste of the candies together and talk about how they taste.

*Jam tasting* - Many seniors made their own jams, jellies and preserves in the past. Try finding small jars of different types of jams or jellies and taste them together.



*Continued on back --*

Talk about how they used to make jam. Did they have to pick berries or fruit to make them? How did they make them?

*Chocolate* - There are so many kinds of chocolate available in stores today. Try bringing a senior a bag of mixed chocolates and taste the different types of chocolate. Ask them about how it tastes to them. Is it bitter or sweet? Which is your favorite?



**Always remember to make sure you follow any dietary restrictions when offering food to a senior.**

## SIGNS & SYMPTOMS

### Muscle Cramps - by Pam Hillmann, R.N.

It's happened again - a cramp that wakes you up from a sound sleep. You try to walk but your legs won't cooperate because the cramp has made that muscle firm and tender. You may not care what the cause is; you just want relief so you can get a full night of sleep for a change. But if you investigate the cause, you may be able to relieve the cramps.

One of the most common causes of cramps is dehydration. Dehydration can be caused from not taking in enough

liquids to replace the liquids we excrete. Many medications make you urinate more and may also deplete calcium, potassium and magnesium. Other causes of muscle cramps can be muscle fatigue, excess weight, electrolyte, hormonal or fluid imbalance, poor circulation, an injury to a nerve or muscle like muscle strains or sprains. Here are some things you can do to correct or deal with the cramps:

- Drink plenty of fluids but avoid drinks that dehydrate you like caffeinated or alcoholic drinks
- Wear appropriate footwear; do stretching exercises like riding a stationary bike
- Massage the cramped muscle; apply heat or cold compresses or take a hot shower or warm bath
- Take supplements like Calcium, Potassium and Magnesium - check with your doctor first
- Add foods that are rich in calcium, potassium and magnesium like dates, bananas, grapes, apricots, raisins, cabbage, broccoli, oranges, tomatoes, potatoes, corn, pork, lamb, fish and dairy products.



If muscle cramps continually recur, it is time to see your doctor.

## MAY EMPLOYEE ANNIVERSARIES

*Gabriela Chavez - 1 year   Pamela Frost - 3 years   Lisa Emmer - 4 years*

*Darlene Diedrick - 11 years*

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

## MAY CLINICS & SUPPORT GROUPS

### **FOOT CARE - \$22**

**APPOINTMENT REQUIRED - 727-5555**

#### Valley VNA Senior Services

1535 Lyon Drive, Neenah

9 am-12 pm - May 11, 12, 24, 25

1-4 pm - May 23, 24

1:30-3:30 pm - May 19

#### Briarwood Cottages

1700 Midway Pl, Menasha

1-4pm - May 11

#### Elizabeth Ct Apartments

936 6th St., Menasha

9 am-12 pm - May 26

#### Menasha Senior Center

116 Main St.

1-4 pm - May 4, 26

#### Hearthside Apartments

210 Haylett St., Neenah

9 am-12 pm - May 24

#### St. John's Lutheran Church

808 N. Main St., Oshkosh

1-4pm - May 11

#### **BLOOD PRESSURE CLINICS**

##### Neenah/Menasha YMCA

**110 W. North Water St.**

10:00 am-12 noon - May 4

#### Heart of the Valley YMCA

**225 W. Kennedy Ave., Kimberly**

9:30am-11:30 - May 10

#### **ALZHEIMER'S/DEMENTIA SUPPORT GROUPS**

Please call for information-

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

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

**920-727-5555-Fox Cities**

**920-426-1931-Oshkosh**

**920-538-2974- New London Area**

**www.valleyvna.org**