

The **ANNUAL PICNIC** is being held  
**WEDNESDAY, JUNE 15TH - 5:00-7:00 pm**

Dinner will be served from 5:00-6:00 pm. The picnic is held at 1535 Lyon Drive - tents are located behind main building.



**DON'T FORGET TO RSVP BY JUNE 8TH - 920-727-5555**

Music by TJ & Lynn - Kids' games - Family photos - Ice cream  
Back by popular demand - Valley VNA's Bake Sale!  
Proceeds support the Alzheimer's Association's Memory Walk.

**PARKING** --- There are 5 areas to park - Valley VNA's Lyon Dr parking lot, street parking and Dr. Okundaye's, Morton Pharmacy Business Office & Highlands at Mahler Farms parking lots.



**RAIN DATE** - Thursday, June 16th 5:00-7:00 PM - Picnic cancellation announcement will be made by 3:30 on June 15th. Announcements will be made via: PICNIC HOTLINE - 920-727-5558, Valley VNA website - [www.valleyvna.org](http://www.valleyvna.org), and Valley VNA Facebook Page.

**Hope to see you there!!**

## **SIGNS & SYMPTOMS - Edema** by Pam Hillmann RN

Edema is swelling that is caused by excess fluid trapped in your body's tissues such as your fingers, hands, feet or legs. It is important to know what is causing the edema. It can result from eating salty food, sitting or staying in one position for too long, or related to medication side effects. In some cases, however, it could indicate a more serious underlying medical condition. Seek immediate medical attention for the following symptoms of edema in the lungs:

- Shortness of breath
- Difficulty breathing
- Chest pain

Other diseases and conditions that may cause edema include:

- Congestive Heart Failure
- Cirrhosis
- Kidney damage or disease
- Deep vein thrombosis

Treating your edema is going to be based on the cause. If your doctor says it's OK, here are some home remedies that may help:

- Exercising the muscles in the part of your body affected
- Elevate the swollen extremity above the level of your heart for at least 30 minutes, 3-4 times a day
- Using compression stockings, sleeves or gloves as recommended by your doctor
- Reducing your salt intake
- Avoid temperature changes, very hot and very cold temperatures can make edema worse.



Always consult with your doctor if you have any unexplained signs and symptoms.

## JUNE EMPLOYEE ANNIVERSARIES

Jenna Eggebrecht - 1 year      Susan Seeliger - 6 years

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

## VALLEY VNA NEWS & INFO

- **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 425-1931 (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 (Oshkosh).

### Strawberry Season is here!

Strawberries are now in season and will be ready to be picked at local farms. Many of our seniors would enjoy picking strawberries or choosing fresh ones to take home. Strawberries can be washed and frozen or made into a simple freezer jam for them to enjoy all year long. Here's a quick and easy recipe:

#### Strawberry Freezer Jam - Recipe from Sure-Jell

- 1 qt. (2 Cups) ripe strawberries washed and stemmed
- 4 c. sugar
- 1 pkg. fruit pectin
- $\frac{3}{4}$  c. water
- 8 oz. freezer safe containers



Wash and dry the freezer containers and set aside. With a potato masher or a food processor, mash the berries, leaving some chunks. Measure out 2 cups of berries into a large bowl. Add the sugar and let stand for 10 minutes. Whisk the pectin into  $\frac{3}{4}$  c. of water into a small saucepan. Stirring constantly, bring to a boil over high heat and stir for 1 minute. Remove from heat and stir into strawberry mixture for 3 minutes or until the sugar is dissolved. Ladle the jam into the freezer containers and top with lids. Allow the jam to sit at room temperature for 24 hours. Refrigerate for up to 3 weeks or freeze for 1 year.



## JUNE CLINICS & SUPPORT GROUPS

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

**Valley VNA Senior Services**  
1535 Lyon Drive, Neenah  
9 am-12 pm - June 8, 9, 22, 28  
1-4 pm - June 28, 28  
1:30-3:30 pm - June 16

**Briarwood Cottages**  
1700 Midway Pl, Menasha  
No clinic this month

**Elizabeth Ct Apartments**  
936 6th St., Menasha  
9 am-12 pm - June 23

**Menasha Senior Center**  
116 Main St.  
1-4 pm - June 1, 23

**Hearthside Apartments**  
210 Haylett St., Neenah  
9 am-12 pm - June 28

**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 - June 1

**Heart of the Valley YMCA**  
**225 W. Kennedy Ave., Kimberly**  
9:30am-11:30 - June 14

### **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](http://www.valleyvna.org)