

MEMORIES IN THE MAKING - Valley VNA is proud to offer the Memories in the Making Program, a project of the Alzheimer's Association. It is a unique program for individuals with Alzheimer's disease and related dementias to express themselves through the creative process of watercolor painting. The program will be offered on Tuesdays and Thursdays in our Assisted Living Facility. If you are interested in finding out more about this program, please contact Corrie in the office at 727-5555.



A program of creative art expression for persons with Alzheimer's & related dementias.

ANNUAL PICNIC - Once again rain postponed our annual resident/client and family picnic, but it didn't dampen the spirits of those who attended on our Rain Date!! They were treated to music, family and friends, and of course, great picnic food.



SIGNS & SYMPTOMS - Fungus - by Diane Schmude, R.N.

Toenails and the skin between our toes is a warm, dark, moist environment which is ideal for fungal growth. If you notice peeling between your toes and the skin looking white and cracked you should be alerted that there may be a problem. Toenails will also become soft or start turning white and irregular. There are products to cure both, but taking care of the problem early will prevent the infection from spreading. Aside from the over the counter products and prescription drugs, there are also home remedies that may be effective. The secret to cure the infection is to continue treatment until there is no sign of infection and then continuing past that time to assure all is cured.

Some podiatrists recommend a Provadone Iodine solution applied with a Q-tip to the affected skin area. Do not use this product if you are allergic to Iodine. While it will turn your skin a bit orange, it does work as an anti-fungal and antibacterial agent. It can be found at your local pharmacy.



Apple Cider Vinegar is more of a prevention than a cure. Fungus does not like the acetic acid environment of vinegar and you may not either because of its strong sour odor.

Other common natural remedies are tea tree oil, clove oil and mouthwash. To stay ahead of the infection you need apply these products 1-2 times a day without fail - you can't just put it on when you remember to do so! These methods will take a considerable length of time to work depending on how bad the infection is.

If you do not want to invest your time and persistence you may want to use an over the counter or prescription product. If you try an anti-fungal cream, be careful not to put it on too thick because the residue left on your skin becomes a medium to grow germs. Use it sparingly and wash it off and reapply it daily. If you are not sure if what you have is a fungal infection, then of course see your doctor.

JULY EMPLOYEE ANNIVERSARIES

Lois Peterson - 2 years

Donna Goeden - 3 years

Abigail Peterson - 4 years

Diane Holz - 6 years

Ellen Marty - 10 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).

Celebrating the 4th of July

While we all know July 4th marks the United States Declaration of Independence from Great Britain in 1776, other interesting events have also happened that day. Here's a few:

- In 1826, Thomas Jefferson and John Adams - both who played major roles in the drafting of the Declaration of Independence - died on this day exactly 50 years to the day after the approval of the historic document.
- In 1862, Lewis Carroll tells Alice Liddell a story that would grow into Alice's Adventures in Wonderland and its sequels.
- In 1939, Lou Gehrig, recently diagnosed with Amyotrophic lateral sclerosis, tells a crowd at Yankee Stadium that he considered himself "The luckiest man on the face of the earth" as he announces his retirement from major league baseball.



JULY CLINICS & SUPPORT GROUPS

FOOT CARE - \$22

APPOINTMENT REQUIRED - 727-5555

Valley VNA Senior Services

1535 Lyon Drive, Neenah
9 am-12 pm - July 13, 14, 26, 27
1-4 pm - July 25, 26
1:30-3:30 pm - July 21

Briarwood Cottages

1700 Midway Pl, Menasha
1 pm-4pm - July 13

Elizabeth Ct Apartments

936 6th St., Menasha
9 am-12 pm - July 28

Menasha Senior Center

116 Main St.
1-4 pm - July 6, 28

Hearthside Apartments

210 Haylett St., Neenah
9 am-12 pm - July 26

St. John's Lutheran Church

808 N. Main St., Oshkosh
1 pm-4pm - July 13

BLOOD PRESSURE CLINICS

Neenah/Menasha YMCA

110 W. North Water St.
10:00 am-12 noon - July 6

Heart of the Valley YMCA

225 W. Kennedy Ave., Kimberly
9:30am-11:30 - July 12

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