

RESPIRE CARE - A LITTLE HELP WHEN YOU REALLY NEED IT

Valley VNA's In-Home Care can assist you and your family for short periods of time whenever you may need it. Some examples are:

- You or a loved one need help during recovery after a hospital stay. We can assist with transportation to doctor or physical therapy appointments, help with a bath, do laundry and more. We can even pick up groceries and make some meals too.
- If you are the main caregiver and it's hard for you to leave the house, we can provide Companion service for just a couple hours, so you can get out and not worry.
- You may have a vacation or wedding you would like to attend, but can't leave your loved one home. Our caregivers can step in and help while you are away. You can enjoy your time away knowing your loved one is safe.



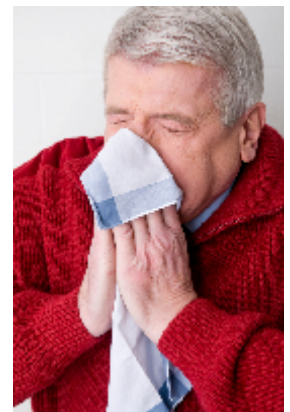
CALL TODAY TO LEARN MORE - 920-727-5555

SEASONAL ALLERGIES - IT'S IN THE AIR by Pam Hillman, R.N.

Fall is the time of year that some of us dread - a beautiful time of year in Wisconsin but the air is full of cantankerous little pollens. Pollen comes from trees, weeds and grasses. Hay Fever is the common name for some seasonal allergies. Symptoms include sneezing, runny nose, nasal congestion, itching of the nose, itchy, watery red eyes, wheezing and post nasal drip. You may have only one symptom or several. Prevention is difficult because pollen is in the air and attaches to clothes and skin and you breathe it in. Since staying locked up inside your house is not practical, here are some things you can do to control your environment and symptoms.

- Keep windows closed - both in your house and car - to prevent pollen from blowing in.
- Minimize early morning activity when pollen is usually emitted—between 5 and 10 a.m. and stay indoors when the pollen count is high and on windy days.
- Get away during the height of the pollen season to a more pollen free area, such as the beach or sea.
- Avoid mowing the lawn and being around freshly cut grass.
- Machine dry bedding and clothing. Pollen may collect in laundry if it is hung outside.
- Take allergy medication (be careful not to take over the counter medication that may interact with your other medications).

If you cannot control symptoms by avoiding the thing you are allergic to and over the counter medications are not working, see your doctor. Bring along a record or list of what symptoms you have, when you get them and what medications you have tried. There are many options available that can provide relief, so stop suffering and find a treatment so you can enjoy Wisconsin's beautiful falls again!



AUGUST EMPLOYEE ANNIVERSARIES

Heather Jelinski & Kelly Prosser - 1 year Cheryl Wellnitz - 3 years Mary Volkman - 4 years
Eleanor Farrell & Connie Huebner - 9 years Betty Thompson - 10 years Doris Andre - 15 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? A **Valley VNA Gift Certificate** makes 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.

Seniors and Art Therapy *"Art washes from the soul the dust of everyday life." ~ Pablo Picasso*

Art therapy is a form of expressive therapy that uses the creative processes of making art to improve a person's physical, mental and emotional well being. It has also been proven to reduce stress and improve self esteem. There are many ways to use art therapy with seniors. It does not need to be used as a treatment. It can be used an outlet for seniors to explore new talents and become more social with other seniors.

Art therapy can be as simple as weaving yarn. There are many steps to the weaving process that are beneficial. A senior can choose a few colors of yarn from a multitude of colors. They can then wrap the yarns to prepare them for weaving in the loom. After this, the process of weaving can take shape with using different weaving techniques to make patterns and pictures using the yarn. Weaving yarn will help exercise hand and finger dexterity and strength along with decision making and working through different processes to make a finished piece of art.

Making art by painting, drawing, sculpting or weaving can be a great way to spend time with seniors. To find out more about Art Therapy with seniors try checking out any of these websites that devoted to Art Therapy.

American Art Therapy Association www.arttherapy.org
Art Therapy US www.art-therapy.us
Art Therapy Blog www.arttherapyblog.com



AUGUST CLINICS & SUPPORT GROUPS

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

Valley VNA Senior Services
1535 Lyon Drive, Neenah
9 am-12 pm - Aug 10, 11, 23, 24
1-4 pm - Aug 22, 23
1:30-3:30 pm - Aug 18

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

Elizabeth Ct Apartments
936 6th St., Menasha
9 am-12 pm - Aug 25

Menasha Senior Center
116 Main St.
1-4 pm - Aug 3, 25

Hearthside Apartments
210 Haylett St., Neenah
9 am-12 pm - Aug 23

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 - Aug 3

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

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