

## **Blood Drive in Partnership with American Red Cross**

We had a successful blood drive in August in support of the American Red Cross. Our goal was 35 donors and we exceeded that with a total of 39. While everyone who came did not meet the stringent criteria for donation, we are so thankful for their interest and willingness to be a part of this initiative. Our next drive will be in September and we hope to have even greater success! Thanks to all who participated both in donation and help with the process!



## **Courtyard Garden**

Our master gardeners have been hard at work again and the results are beautiful. Thank you to Kris Martin and Cindy Lancaster for making this a beautiful and peaceful place for our residents and families. There is a promise of a “fairy garden” to come and we are all waiting anxiously to see what this will be! Please make sure to take time to visit when you are here.

## **Flu Clinics**

Fall is just around the corner and that means it's time for flu vaccinations. Clinics will start in October and this year we will also offer a hi-dose vaccine to people 65 and older. Watch for more information.

## **Life Enrichment Activities**

We have some fun and exciting activities in the works. Coming in later September or October will be our first Family Bingo night and the 4th annual Senior Olympics. Stay tuned to more information!

Carrie, our Therapeutic Recreational Therapist, has initiated two new activities for our residents in the CBRF. One is *Memories in the Making* which is a program from the Alzheimer's Association that encourages artistic creativity through paint. A display of the work of the residents is in the planning.



The second program is called “**Time Slips**” which allows for the free association of residents to share memories through storytelling. The result has been a lot of laughs and tears but a wonderful form of engagement and encouragement for residents to share stories from their past.

On August 16th, five of our residents are participating in the **Senior Games** held at Riverside Park - good luck to all! Then, on August 26th we'll be hosting the 3rd annual **Corn Roast**. This annual event is a favorite for both the residents and staff!

If you want to stay **Up-to-Date** on what's happening at Valley VNA, please remember to visit our website or “Like” us on Facebook!

## **September is “Fall Prevention Awareness”**

**Month** - Look for more educational information to come on what you can do to help prevent falls and injuries.