

Massage Therapist offering her services to Valley VNA In-Home Care Clients

Amy Jo Aylward, an independent licensed massage therapist, is now offering her services to Valley VNA In-Home Clients. Amy Jo specializes in massage for seniors and has been providing massage services to our Residents since last fall. Services in your home will cost \$1.00 per minute plus a \$10 travel fee. You can also schedule your massage to be done at Valley VNA in the Wellness Room.

Massage therapy can enhance circulation, aid in joint function and flexibility, help you sleep better, promote better digestion, reduce blood pressure and more (see enclosed brochure). Amy Jo feels that massage is a chance to reconnect with your body and the world in a healthful and relaxing way.

Because the most obvious aspect of massage therapy is touch, for people with dementia, this translates into personal attention and unspoken communication, especially benefiting those who may not be able to verbally communicate. With massage, the dementia client may experience a reduction in stress and possibly less anxiety, as well as relief from pain. Studies show that even simple and short massage sessions can have a tremendous effect on the quality of life.



Amy Jo will work with you individually to ensure your massage session is a relaxing and revitalizing experience. **If you are interested and would like to schedule an appointment, please contact Amy Jo directly – 920-540-2364.** Prior to your massage, you will need to complete a Health History and sign a consent form.



FALL PREVENTION AWARENESS by Diane Schmude, R.N.

Fall-related injuries are a leading cause of death and disability for people over 65. Forty percent of admissions to nursing homes result from a fall within the last 30 days. Falls have surpassed motor vehicle crashes as the most common cause of injury-related death and, the majority of falls that result in deaths happen in the home.

Why do so many older people fall? A fall often results from multiple factors. These include general loss of strength or balance, medications that make people dizzy or impair reaction time, alcohol use (including overuse or medication/alcohol interactions), impaired vision, or hazards in the home. Often, those at greater risk are frail or experiencing limited “activities of daily living,” or



ADLs. Dementia can also contribute to falls. People with chronic health conditions may exercise less, take more medications, and experience complications including high blood pressure, low blood pressure, or chronic pain. The fear of falling, which typically causes people to limit their activities, can start a cycle of de-conditioning that further limits activity, making a person more prone to falls.

There is hope - falls are not a normal part of aging and can be prevented. By reducing the risk for falls, older adults will gain independence and improve their quality of life. To create awareness of the problem and provide information and resources for prevention, Governor Scott Walker has proclaimed September as **Fall Prevention Awareness Month** and September 23rd as **Fall Prevention Awareness Day**.

For more information visit –
**[www.dhs.wisconsin.gov/health/InjuryPrevention/
FallPrevention/index.htm](http://www.dhs.wisconsin.gov/health/InjuryPrevention/FallPrevention/index.htm)**

SEPTEMBER EMPLOYEE ANNIVERSARIES

Anne Peterson - 1 year Lucille Schneidewend - 3 years Ruth Jones - 4 years
Brenda Coats - 18 years Sally Barbieri - 24 years
Special thanks for their hard work and dedication!!

VALLEY VNA NEWS & INFO

- **NEW REFERRAL PROGRAM COMING - LOOK FOR DETAILS IN THE MAIL EARLY SEPTEMBER!!!**
- **Activities** - You're welcome to attend all activities held at Valley VNA - FREE! Exercise is held Mon, Wed & Fri 9:30-10am. 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.

It's Apple Time!

Fall is just around the corner and soon apple orchards will be open offering a variety of apples to buy or you can even pick them yourself. Apple orchards are also a great place to take a walk and enjoy nature. Here are some ideas that you can do with a senior to enjoy the apple season:

- Visit a grocery store in the area that offers many varieties of apples - pick a few different apples to take home and taste.
- Make applesauce - Making homemade applesauce is a great way to spend time with a senior. Pick out apples, peel and core them. They will need to be cooked and then put into jars or freezer containers.
- Prepare and bake your favorite apple pie - find a favorite apple pie recipe!
- Make Caramel Apples - Dip your apple in caramel and try different toppings. You can try chopped nuts, toffee, sprinkles and M&Ms as a yummy topping.
- Apples also make great stamps for craft and art projects. Cut an apple in half and dip it into paint or ink. You can stamp cards, t-shirts, cotton bags and stationary for an easy fall craft.



SEPTEMBER CLINICS & SUPPORT GROUPS

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

Valley VNA Senior Services
1535 Lyon Drive, Neenah
9 am-12 pm - Sep 8, 14, 27, 28
1-4 pm - Sep 26, 27
1:30-3:30 pm - Sep 15

Briarwood Cottages
1700 Midway Pl, Menasha
1-4 pm - Sep 14

Elizabeth Ct Apartments
936 6th St., Menasha
9 am-12 pm - Sep 22

Menasha Senior Center
116 Main St.
1-4 pm - Sep 7, 22

Hearthside Apartments
210 Haylett St., Neenah
9 am-12 pm - Sep 27

St. John's Lutheran Church
808 N. Main St., Oshkosh
1-4 pm - Sep 14

BLOOD PRESSURE CLINICS
Neenah/Menasha YMCA
110 W. North Water St.
10 am-12 noon - Sep 7

Heart of the Valley YMCA
225 W. Kennedy Ave., Kimberly
9:30-11:30 am - Sep 13

ALZHEIMER'S/DEMENTIA SUPPORT GROUPS

Please call for information-

- **Support Group** - Debbie Opperman - 232-8686
- **Support Group For Spouses** - Kathleen Albert - 727-5541

**FLU CLINICS START IN OCTOBER -
LOOK FOR SCHEDULE NEXT
MONTH!**

920-727-5555-Fox Cities

920-426-1931-Oshkosh

920-538-2974- New London Area

www.valleyvna.org