

# In-Touch *In-Home Care*

OCTOBER 2011



## 2011 FLU VACCINATION CLINICS!

### APPLETON

Northland Mall - 900 W Northland Ave

WEDNESDAYS 9am-Noon

Oct 5, 12, 19, 26

### OSHKOSH

Wittman Regional Airport - 525 W 20th Ave

TUESDAYS 9am-Noon

Oct 4, 11, 18, 25

### NEENAH

Valley VNA Senior Services - 1535 Lyon Dr

MONDAYS 9am-Noon

Oct 3, 10, 17, 24, 31

WEDNESDAYS 3pm-6pm

Oct 5, 12, 19, 26

### MENASHA -- ONE CLINIC ONLY

Menasha Senior Center - 116 Main St

THURSDAY Oct 6th 9am-Noon

Flu vaccine (includes H1N1) - \$30

Pneumonia vaccine - \$44

High Dose Vaccine - Available to people 65 & older - \$49

*Medicare Part B and most Medicare Advantage Plans will cover the cost of both vaccines.*

**PLEASE BRING ALL HEALTH INSURANCE CARDS TO THE CLINIC**

Valley VNA FLU Info - 920-727-5558

[www.valleyvna.org](http://www.valleyvna.org)

## UNINTENTIONAL WEIGHT LOSS

by Diane Schmude, R.N. Valley VNA

Have you recently lost your appetite? Are you noticing that your clothes don't fit well - that they are too big? If you have lost weight (5-10% of your body weight) in the last six months, it is time to investigate the reason why. The list for possible causes is long and includes:

- A disease process going on
- Infection somewhere in your body - gingivitis, tooth decay, or urinary tract infection
- Excessive stress, anxiety or other mental health issues such as depression
- Medications
- Changes in your daily life such as losing a spouse or your "chief" cook

The treatment is aimed at resolving the underlying cause, but there are some things you can do as long

as it is not contraindicated by your doctor. If you are eating alone you can try connecting with some friends who also eat alone and have a social meal. Food is often looked at in our society as a social event so if this is now missing in your life you can make attempts to fix that.

If you're eating the "traditional" three meals a day, try eating six smaller meals or add two or three snacks during the day. This is actually easier on your body.

Nutritional supplements are also very useful but make sure these are between meal snacks and not a replacement for a balanced meal.

If you are noticing weight loss, be sure to see your doctor so they can help you determine the cause.



## OCTOBER EMPLOYEE ANNIVERSARIES

Susan Bikowski - 1 year      Jeneva Ariola & Tracy Meyer - 3 years      Pam Hillman - 4 years  
Bobbie Rhoades & Sally Walker - 6 years      Diane Schmude - 27 years

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

## VALLEY VNA NEWS & INFO

- **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.

### Resident/Client Appreciation - Valley VNA's Referral Program

We recently mailed you information about our new **Referral Program**. It's our way of thanking you when you refer our services to your friends and family. Here's how it works - you will receive a **\$50 Gift Card** when you make a referral that results in:

- **Assisted Living** - New resident moves into any area (short term Respite stay included)
- **In-Home Care** - New client accumulates 50 hours of services

The *Gift Card* can be used like cash anywhere, but cannot be used to pay for Valley VNA services. There is a limit of 1 *Gift Card*, per referral, per family. The **Referral Program** is also open to your family members, but the *Gift Card* will be given to Resident/Client or responsible party, i.e. POA.

For more information, call Colleen at 920-727-5555.



## OCTOBER CLINICS & SUPPORT GROUPS

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

**Valley VNA Senior Services**  
1535 Lyon Drive, Neenah  
9 am-12 pm - Oct 12, 13, 25, 26  
1-4 pm - Oct 24  
1:00-4:30 pm - Oct 20, 25

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

**Elizabeth Ct Apartments**  
936 6th St., Menasha  
9 am-12 pm - Oct 27

**Menasha Senior Center**  
116 Main St.  
1-4 pm - Oct 5, 27

**Hearthside Apartments**  
210 Haylett St., Neenah  
9 am-12 pm - Oct 25

**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 am-12 noon - Oct 5

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

### 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)