

Please join us for Valley VNA's

## Walk of Art

*A Gallery of Art by Valley VNA Residents in Support of Alzheimer's Disease Awareness*

**Saturday, November 12th - 1:00 - 3:00 pm**

**Valley VNA Assisted Living - 1535 Lyon Drive, Neenah**

**Gallery of Art Tours**



**Silent Auction of Resident's Artwork**

*Proceeds support the Alzheimer's Association*



**Refreshments**



**Kathleen Albert - Alzheimer's Association Representative**



**Posit Science Brain Fitness Demonstrations**



### Valley VNA Senior Services November Health Topic:

**CONSTIPATION** by Diane Schmude, R.N. Valley VNA Senior Services

You may think you are constipated if you do not have a bowel movement every single day, but bowel habits are different for everyone. Generally speaking constipation is defined as infrequent bowel movements or difficult passage of stools. If you have three or fewer bowel movements in a week, or if the stool is hard, dry, painful or difficult to pass, that may be constipation. Fortunately, most cases of this very common gastrointestinal problem are temporary. In most cases, simple changes in diet and lifestyle can relieve symptoms and manage constipation. Some changes that may help include: **regular exercise, adequate fluid intake, and a high fiber diet.**

However, chronic constipation may lead to complications or it could be a sign of a serious disorder. You should seek medical attention if you experience any of the following:

- Bowel movements occurring more than 3 days apart, even after you have made corrective changes to diet or exercise.
- Intense abdominal pain and/or blood in your stool
- Constipation that alternates with diarrhea and/or unexplained weight loss
- Rectal pain and/or thin, pencil-like stools

Over the counter laxatives or treatments should only be considered if diet and lifestyle changes are not effective because some treatments can become habit forming. You should check with your doctor to find out what type of treatment would be best for you.

# NOVEMBER EMPLOYEE ANNIVERSARIES

Karen Lee - 2 years

*Special thanks to Karen for her 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.



## NOVEMBER CLINICS & SUPPORT GROUPS

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

**Valley VNA Senior Services**  
1535 Lyon Drive, Neenah  
9 am-Noon - Nov 9, 10, 22, 23  
1-3:30 pm - Nov 17  
1-4 pm - Nov 28  
1:00-4:30 pm - Nov 22

**Briarwood Cottages**  
1700 Midway Pl, Menasha  
1-4 pm - Nov 9

**Elizabeth Ct Apartments**  
936 6th St., Menasha  
9 am-Noon - Nov 17

### **Menasha Senior Center**

116 Main St.  
1-4 pm - Nov 2, 17

### **Hearthside Apartments**

210 Haylett St., Neenah  
9 am-Noon - Nov 22

### **St. John's Lutheran Church**

808 N. Main St., Oshkosh  
1-4 pm - Nov 9

### **Greenville YMCA**

W6931 School Rd, Greenville  
**FOOT CARE** - 1-3pm - Nov 14  
**HEALTH CHAT** - 11 am-Noon - Nov 22

### **BLOOD PRESSURE CLINICS**

**Neenah/Menasha YMCA**  
110 W. North Water St.  
10 am-Noon - Nov 2

### **Heart of the Valley YMCA**

225 W. Kennedy Ave., Kimberly  
9:30-11:30 am - Nov 8

### **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)