



IN TOUCH NEWSLETTER - NOVEMBER 2011

**Halloween**

A fun time was had by both residents and staff at various Halloween activities. On October 29th, residents enjoyed a piano recital by children dressed in costumes. After, the children participated in "Trick or Treat" with residents. Competition was on for staff in the annual Halloween Costume Contest. Residents and staff voted and 1st, 2nd and 3rd place prizes were awarded. This year's 1st place winner was Peggy McHugh as a Harley Bike Girl.



**Happy Thanksgiving!**

Again this year, we will be offering festive cookies, punch and coffee for family members and friends on **Thanksgiving Day from 2:00-4:00pm**. Treats will be served in each court of the Assisted Living and in Nancy Kay Café for Alexandrite Manor. This will provide a time for family and friends to be able to celebrate the holiday with their loved one who resides here. Unfortunately, we are unable to accommodate family members sharing a meal with their loved one on those days.

**Walk of Art**

On **November 12th from 1-3pm**, Valley VNA presented the first **Walk of Art** - A Gallery of Art by Valley VNA Residents in Support of Alzheimer's Disease Awareness. The day showcased paintings that were created by our residents with early-late stage Alzheimer's disease through the "Memories in the Making" program. The day also included refreshments, Brain Fitness demos and Kathleen Albert, Alzheimer's Association Representative.



**Your Family...our Focus Thru Skype**

In the past couple of months, several of our resident's have taken advantage of technology that allows them to visually connect in "real time" to family who do not live in this area such as a resident with a daughter living in North Carolina who hasn't been able to be present to celebrate mom's birthday in 5 years!

This is done through a computer program called "Skype". If you have teens or college age children I am sure you are familiar with it! Skype allows for real time visual contact and conversation between residents here at Valley VNA and families wherever they may be. For those who are interested, our staff will provide a laptop computer and help the resident here Valley VNA get set up. This has been a wonderful tool to keep families connected over any distance.

**November is Alzheimer Awareness Month**

In November, people are encouraged to wear purple to support efforts to reduce/eliminate this devastating disease. Statistics show:

- 1 in 8 older Americans has Alzheimer's disease
- \$1.1 trillion projected cost of cure by 2050
- Alzheimer's disease is the most common type of dementia
- In 2010, 14.9 million family & friends provided 17 billion hours of unpaid care to those with Alzheimer's and other dementias.
- Alzheimer's disease is the 6<sup>th</sup> leading cause of death in the U.S. and the 5<sup>th</sup> leading cause of death in those 65 and older
- Alzheimer's is the only cause of death among the top 10 in America without a way to prevent, cure, or even slow it's progression!



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**Holiday Avenue**

The 9th annual Holiday Avenue event held November 3rd was a great success! Thanks to all who attended, the sponsors, vendors and the volunteers who helped make this a successful and fun day for all! Proceeds will support Life Enrichment programs and activities for our residents and clients.



**Valley VNA's Love Light Program**

The annual Love Light program will be held **Thursday, December 8th at 6pm.** This annual event provides an opportunity to honor and remember friends and relatives during the upcoming holiday season. Love Light invitations have been mailed to families and distributed to residents. If you didn't receive one you can stop by the front desk or call 920-727-5555.



**HOLIDAY MAIL FOR HEROES!**



For a fifth year, the American Red Cross and Pitney Bowes are partnering to collect Holiday cards for members of our U.S. military, veterans and their families.

Valley VNA is excited to be participating in this program for the 2nd year. We are asking for donations of unused Holiday cards that our residents, clients and staff members will sign and forward on to the Red Cross for distribution. You can donate unused holiday cards to Marian at Valley VNA anytime between now and December 1, 2011!

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*Your family ... our focus*

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