

Valley VNA's Love Light Program

Thursday, December 8th ~ 6:00pm

The annual *Love Light* program is a wonderful way to remember family and friends who are with us in spirit and those who have touched our lives in a special way. You can honor a loved one by making a donation to Valley VNA. We will place your personalized ornament on our holiday tree which will be dedicated during the program on **December 8th**. The program features an invocation and reflection along with holiday music performed by the musicians and choir of Christ the Rock Community Church. A reception follows. For more information call 727-5555 or 426-1931 (Oshkosh).



Valley VNA Senior Services December Health Topic:

Memory Loss by Pam Hillmann, R.N. Valley VNA Senior Services

"Where did I put my glasses?" "Was I supposed to be somewhere?"

These may be questions asked by someone with memory loss that could be part of normal aging. We become concerned when we forget things and then worry or draw the conclusion that we may be getting Alzheimer's disease or some other form of dementia. Although memory loss can be a symptom of Alzheimer's disease or many other medical conditions it can also be caused by stress, medications, migraine headaches, lack of sleep and nutritional deficits.

As we age we do not have the ability to multitask as we did when we were younger. So when our routine is interrupted or we are making plans to do something that is out of the ordinary we tend to forget things. Here are some tips to help remember things and improve your memory.



- Keep things in their appointed place so you know where to look for them.
- Write things down and keep it the same place - a notebook or calendar by the phone works well.
- Know what day it is and check your calendar every day for scheduled appointments. Read newspapers or watch the news on TV to help.
- Ask family and friends to remind you of important events.
- Make your appointments on days that you don't have other events planned.
- Get enough sleep
- If you lose something stop and think about when you last used that object and try to retrace your steps.
- Keep your mind active with word, number games and computer games if you enjoy them.

If your memory is rapidly getting worse, you should see your doctor to rule out other causes.

DECEMBER EMPLOYEE ANNIVERSARIES

Jean Keen - 1 year

Special thanks to Jean for her hard work and dedication!!

Valley VNA In Home Care Celebrates the Holidays with Seniors in their homes

Our clients have a busy month ahead of them. Along with providing assistance to seniors with their activities of daily living, we provide activity based visits as well. This month, our caregivers will be busy with our clients baking Christmas cookies, decorating gingerbread houses, making fleece pillows and scarves, and writing Christmas cards. We will also be bringing many of our clients to our holiday programs here at our Assisted Living. We are excited for the season and we enjoy spending the Holiday with your loved ones.



Give a Valley VNA Gift Certificate!!

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, transportation services, Meals on Wheels (Neenah/Menasha area), and more! Call Colleen at - 920-727-5555 or 426-1931-Oshkosh.



DECEMBER CLINICS & SUPPORT GROUPS

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

Valley VNA Senior Services
1535 Lyon Drive, Neenah
9 am-Noon - Dec 8, 14, 27, 28
1-3:30 pm - Dec 15
1-4 pm - Dec 26
1:00-4:30 pm - Dec 27

Briarwood Cottages
1700 Midway Pl, Menasha
No clinic this month

Elizabeth Ct Apartments
936 6th St., Menasha
9 am-Noon - Dec 22

Menasha Senior Center

116 Main St.
1-4 pm – Dec 7, 22

Hearthside Apartments

210 Haylett St., Neenah
9 am-Noon - Dec 27

St. John's Lutheran Church

808 N. Main St., Oshkosh
No clinic this month

Greenville YMCA

W6931 School Rd, Greenville
FOOT CARE - 1-3pm - Dec 21
HEALTH CHAT - 11 am-Noon - Dec 27

BLOOD PRESSURE CLINICS

Neenah/Menasha YMCA
110 W. North Water St.
10 am-Noon – Dec 7

Heart of the Valley YMCA
225 W. Kennedy Ave., Kimberly
8:30-10:0 am - Dec 13

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