



In-Touch Newsletter - January 2012

January Health Chat - Personal Health Check List by Diane Schmude, R.N.

Start off the New Year right by making your health a priority. How often should you see the dentist, eye doctor, primary doctor and what shots do you need? Here are some basic guidelines.

Dentist - Teeth cleaning every 6 month; x-rays once a year or as your dentist suggests.

Eye Exams - Most health professionals recommend that you have a complete eye exam every 1-3 years.

Primary Physician - If you are a healthy individual you should see your primary physician at least once a year for blood tests and for general check up - this appointment could lead to referrals that could be life saving. Some of the things that should be checked are:

- **Men** - (PSA) blood test after age 50 and annually to check for prostate cancer
- **Women** - Mammogram ck for breast cancer; Pap Smear ck for cervical cancer
- **Both** - Screened for colon and skin cancer and cholesterol levels checked

After your doctor appointment and blood tests are done, be sure to get a copy of the tests and findings so you know if there is anything that you need to change to keep yourself healthy.

Shots needed - Tetanus Vaccine should be given at age 14 or 15 with a booster every 10 years; Influenza Vaccine should be given every year; Pneumonia Vaccine is given once at age 65 and older or as your doctor recommends; Hepatitis A & B is given once at age 18 or older; also a Shingles Vaccine is available.

Also, make sure you talk to your doctor about Advanced Directives so your wishes are recorded. Take the time to be your own advocate for good health!

Valley VNA's Companion Service Helps You Stay Active in the Winter

At Valley VNA, our In-Home Care service makes an effort to be sure that all of our clients keep active - especially during the winter when the weather may keep you indoors. The **Companion** service is perfect if you just need some one-on-one socialization in your home or someone to accompany you on outings in the community such as concerts, movies, museums, restaurants and parades.



In addition, In-Home Care clients are encouraged to come to activities and events held at Valley VNA for the residents. Many clients schedule a basic **Companion** visit around these events and have their caregiver drive them to, assist them during, and bring them home safely. This allows our seniors to continue to be social with others in the community.

In-Home Care also has a large library of books, music, movies, exercise programs and games that our caregivers enjoy with seniors in their homes. For more information, please call the In-Home Care office: 920-727-5555 or 426-1931 (Oshkosh).

SAVE THE DATE

-- April 2nd --

Teepa Snow, nationally recognized dementia specialist, will be presenting a special session for Valley VNA client and resident families called -

“Making Visits Valuable”

Watch for more information!

JANUARY EMPLOYEE ANNIVERSARIES

Joyce Gitter, Jessica Mattheis & Theresa Ritchie-Holtz - 1 Year

Sandra Walters - 10 years

Special thanks for their hard work and dedication!!

Winter Tips for Seniors

For seniors living alone, winter weather can be challenging. Keep an eye on the forecast so you are prepared in the event of a storm that might keep you homebound for a few days. Other suggestions include:



1. Dress warmly when going outside, even it's just for a few minutes to fill the bird feeders. Button your coat, wear boots, gloves, and something on your head.
2. Put the cordless phone or cell phone in your pocket when going outside. If you should happen to fall you can phone for help.
3. Keep the melting salt with a scoop in it near the front door - it's too heavy to drag around.
4. Keep the snow shovel inside or if kept outside, be sure it's within arm's reach of the door.
5. Push the snow to the side of the porch, don't lift and toss it off. Just clear a path.
6. Hold on to the railing when going down the steps. Sprinkle salt on it if it's icy.
7. Don't turn the thermostat below 65 degrees and risk hypothermia.
8. Do you have a flashlight? Do you have extra batteries for it? Do you know where they are?
9. Food... is there enough for three to five days in case you're snowed in?
10. Prescription medications... remember to keep a week's supply on hand. Refill before you run out.



Valley VNA Gift Certificates - Are you looking for a gift for that special senior?

Give a **Valley VNA Gift Certificate**. They make a perfect gift and you can use them for - Foot care, housekeeping, companionship, transportation services, Meals on Wheels (Neenah/Menasha area), and more! Call Colleen at - 920-727-5555 or 920-426-1931-Oshkosh.

JANUARY CLINICS & SUPPORT GROUPS

FOR INFO AND APPOINTMENT CALL
920-727-5555

Valley VNA Senior Services

1535 Lyon Drive, Neenah
9 am-Noon - Jan 11, 12, 24, 25
1-4 pm - Jan 19, 23, 24

Elizabeth Ct Apartments

936 6th St., Menasha
9 am-Noon - Jan 26

Menasha Senior Center

116 Main St.
1-4 pm - Jan 4, 26

Hearthside Apartments

210 Haylett St., Neenah
9 am-Noon - Jan 24

Island Shores

131 North Water St., Neenah
9 am-Noon - Jan 4

St. John's Lutheran Church

808 N. Main St., Oshkosh
1-4pm - Jan 11

Greenville YMCA

W6931 School Rd, Greenville

FOOT CARE - 1-3pm - Jan 18

HEALTH CHAT - 11 am-Noon - Jan 31

New London Senior Center

600 W Washington St., New London
**** Appointments call 920-538-2974**
9am-Noon - Jan 13
1-4pm - Jan 27

BLOOD PRESSURE CLINICS

Neenah/Menasha YMCA

110 W. North Water St.
10 am-Noon - Jan 4

Heart of the Valley YMCA

225 W. Kennedy Ave., Kimberly
8:30-10:0 am - Jan 10

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