



Valley VNA February Health Topic: Home Safety by Pam Hillmann, R.N.

There are many things that can be done to help seniors stay safe and enjoy the independence of living in their own home. To get started, just take a walk through your home and look specifically for any safety hazards. Pay attention to areas like stairs, electrical outlets and cords, slippery spots, throw rugs and dimly lit areas.

Good lighting is essential. Look for ways to improve the lighting in your home. Add automated lighting in bathrooms or bedrooms, so the room will light up as you enter. If you have stairs, it is good to have light and light switches at both the top and the bottom of the stairs. Handrails on both sides of the stairs are also helpful, and make sure the stairs are in good repair. You may even want to add some nonskid treads.

Keep pathways clear of obstacles, including throw rugs. Don't leave wet things on the floor and replace any broken, chipped or worn carpets or flooring.

Make sure you have fire/smoke detectors and carbon monoxide detectors installed, in working order and are not more than 10 years old. Check them regularly and replace batteries twice a year.

While you can take precautions to prevent accidents from happening, sometimes they happen unintentionally and, in that case, a medical alert system will give you peace of mind because you know you have access to help.



Resident/Client Appreciation - Valley VNA's Referral Program

We appreciate you!! Your vote of confidence means a lot to us...so much that we offer a **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.

SAVE THE DATE - April 2, 2012!

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!

FEBRUARY EMPLOYEE ANNIVERSARIES

Sandra Driessen & Kari Schmidt - 2 years

Kay Marx, Patricia McMillen, Mary Moehn, Marcia Siebers & Caryl Zirbel - 12 years

Corrie Jape & Deborah Goldstein - 13 years

Special thanks for their hard work and dedication!!

The Tradition of Valentine's Day Cards

February 14th is Valentine's Day and for many of us, it means sending a card to a loved one. So, just how did this tradition start? Observance of Valentine's Day began centuries ago and evolved over the years. By the 18th century, gift-giving and exchanging hand-made cards on Valentine's Day had become common in England.

Hand-made valentine cards made of lace, ribbons, and featuring cupids and hearts eventually spread to the American colonies. The tradition of Valentine's Day cards did not become widespread in the United States, however, until the 1850s, when Esther A. Howland, a Mount Holyoke graduate and native of Worcester, Mass., began mass-producing them. Today, of course, the holiday has become a booming commercial success. According to the Greeting Card Association, 25% of all cards sent each year are valentines.



Happy Valentine's Day!



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.

FEBRUARY CLINICS & SUPPORT GROUPS

FOOT CARE CLINICS

For information/appointment call:
920-727-5555

Valley VNA Senior Services

1535 Lyon Drive, Neenah
9am-Noon - Feb 8, 9, 22, 28
1-4pm - Feb 16, 27, 28

Elizabeth Ct Apartments

936 6th St., Menasha
9am-Noon - Feb 23

Menasha Senior Center

116 Main St.
1-4pm - Feb 1, 23

Hearthside Apartments

210 Haylett St., Neenah
9am-Noon - Feb 28

Island Shores

131 North Water St., Neenah
9am-Noon - Feb 1

St. John's Lutheran Church

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

Greenville YMCA

W6931 School Rd, Greenville
FOOT CARE - 1-3pm - Feb 15
HEALTH CHAT - 11am-Noon - Feb 28

New London Senior Center

600 W Washington St., New London
**** Appointments call 920-538-2974**
9am-Noon - Feb 10
1-4pm - Feb 24

BLOOD PRESSURE CLINICS

Neenah/Menasha YMCA

110 W. North Water St.
10am-Noon - Feb 1

Heart of the Valley YMCA

225 W. Kennedy Ave., Kimberly
8:30-10am - Feb 14

ALZHEIMER'S/DEMENTIA SUPPORT GROUPS - Please call for information **Support Group:**

Kathleen Albert - 727-5541

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