



**Valley VNA March Health Topic: Eating to Stay Healthy** by Pam Hillmann, R.N.

The human body is like a machine - it needs proper care and maintenance. If a machine does not get proper care it develops problems or wears out. Our bodies are bound to wear out eventually but if we maintain them with the proper fuel we can avoid some of the preventable illnesses.

Foods that help cleanse our body of toxins so all systems can run well are antioxidants and foods that contain antioxidants are: berries - blueberries, blackberries, raspberries, strawberries and cranberries; fruits - pears, plums, apples, cherries and oranges; vegetables - artichokes, red cabbage, red leaf lettuce, asparagus, broccoli, sweet potatoes and white potatoes; nuts - especially walnuts, pistachios, pecans, hazelnuts and almonds; beans and legumes; pomegranate juice; and chocolate.



Foods rich in Vitamin C, E, Carotenoids, bioflavonoids, Zinc, selenium and Omega-3 fatty acids are known to be infection fighters and immune system boosters. Garlic is also known to be a helpful fighter against infections. Foods high in Vitamin C are: berries, broccoli, brussels sprouts, cantaloupe, cauliflower, grapefruit, honeydew, kale, kiwi, mangoes, nectarines, orange, papaya, red, green or yellow peppers, snow peas, sweet potatoes, strawberries, and tomatoes.

Zinc and selenium are also important and can be found in foods like oysters, red meat, poultry, whole grains, fortified cereals, dairy products, seafood and nuts. So eat a variety of wonderful foods and enjoy the benefits of being a healthy person.

**Teepa Snow - Dementia Education Specialist Coming to Valley VNA!**

We are very excited to be bringing Teepa Snow, nationally recognized dementia education specialist, to Valley VNA for a training session for our caregivers during the day and then a special session for families in the evening. Please mark your calendars and plan to attend this informative presentation:

**“Making Visits Valuable”**

**Monday, April 2, 2012 - 6-8pm**

**Keller Community Center - Valley VNA**



Teepa Snow will be presenting an easy-to-understand training session that provides information about dementia and practical advice and suggestions that will help make visits more enjoyable.

**Space is limited - please RSVP by March 26th  
920-727-5555 or 1-866-930-8862 Toll Free**

## MARCH EMPLOYEE ANNIVERSARIES

Jennifer Merkel & Maureen Reifer - 1 year      Sherry Miller & Rebecca Mode - 2 years  
Barbara Chambers - 3 years      Kelley Krueger - 4 years  
Connie Verbrick & Julie Wieland - 11 years      Lori Felix - 12 years  
Colleen Harvot - 29 years

*Special thanks for their hard work and dedication!!*

### **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.

### **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.



## MARCH CLINICS & SUPPORT GROUPS

### **FOOT CARE CLINICS**

For information/appointment call:  
920-727-5555

### **Valley VNA Senior Services**

1535 Lyon Drive, Neenah  
9am-Noon - Mar 8, 14, 27, 28  
1-4pm - Mar 15, 26, 27

### **Elizabeth Ct Apartments**

936 6th St., Menasha  
9am-Noon - Mar 22

### **Menasha Senior Center**

116 Main St.  
1-4pm - Mar 7, 22

### **Hearthside Apartments**

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

### **Island Shores**

131 North Water St., Neenah  
9am-Noon - Mar 7

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

808 N. Main St., Oshkosh  
Mar 14

### **Greenville YMCA**

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

### **New London Senior Center**

600 W Washington St., New London  
**\*\* Appointments call 920-538-2974**  
9am-Noon - Mar 9  
1-4pm - Mar 23

### **BLOOD PRESSURE CLINICS**

### **Neenah/Menasha YMCA**

110 W. North Water St.  
10am-Noon - Mar 7

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

225 W. Kennedy Ave., Kimberly  
8:30-10am - Mar 13

### **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](http://www.valleyvna.org)