

Fall Prevention

Did you know that the number one risk for seniors living independently is falling? For every five seniors that are hospitalized, four are a result of a fall and over 50% of the falls happen at home. While these statistics are alarming, there are many things that can be done to make your home safer.

- **Be Aware** - Check your home regularly for safety hazards and fix them promptly. Some safety hazards are easy to fix. Be sure there is plenty of light in every room and replace light bulbs with the proper type and wattage to prevent overheating; have night lights in bedrooms, bathrooms and hallways. Be sure to keep all paths and walkways clear. Most of us know to check electrical appliances for frayed cords, but cords also pose a risk for falls if they are in your walkway.



- **Be Prepared** - If you have stairs in your house, be sure you have good hand railings on both sides and keep the stairs in good repair with good lighting. You may even want to add nonskid treads on the stairs. Also, check all the carpeted areas to be sure there aren't any holes, warped or buckled areas to trip over.
- **Play it Safe** - There are many things available to ensure safety and preserve independence including product lines to aid in mobility for use in every room of your house. For example, in the bathroom you may want to install a higher toilet or an elevated toilet seat. Grab bars, a hand held shower head and shower chairs are also available. If you want to have a rug in the bathroom, be sure it has rubber backing so that it doesn't slip. And again, be sure you have good lighting.

If you would like a **Home Safety Check**, call to arrange an appointment with one of Valley VNA's nurses - 727-5555 or 426-1931.

Congratulations to Sharon Kardoskee

We would like to take this opportunity to congratulate Sharon Kardoskee on her retirement. Sharon has been a part of Valley VNA's Home Care team for over 12 years. We will miss her terribly, but wish her good luck and happiness.



Employee Anniversary Dates

January:

Sandy Walters - 7 years
Mary Kirchner - 1 year
Sarah Plotz - 1 year
Teresa Witthuhn - 1 year

February:

Corrie Schmitt - 10 years
Deb Goldstein - 10 years
Nancy Baker - 9 years
Paulette Cavanaugh - 9 years
Dorothy Engbloom - 9 years
Judith Herring - 9 years
Kay Marx - 9 years
Patricia McMillen - 9 years
Mary Moehn - 9 years
Marcia Siebers - 9 years
John Wydeven - 9 years
Caryl Zirbel - 9 years

March:

Colleen Harvot - 26 years
Sharon Kardoskee - 12 years
Julie Wieland - 8 years
Connie Verbrick - 8 years
Kathy Noffke - 5 years
Darla Anderson - 5 years
Barb Maas - 5 years
Kelley Krueger - 1 year
Katie Laffea - 1 year

April:

Barb Goodacre - 9 years
Jane Brogan - 8 years
Rita Neumann - 7 years
Roxane Kesselhon - 6 years
Nettie Annis - 3 years
Kari Schmidt - 3 years
Kathy Richley - 2 years

Thank you for all your hard work and dedication!!



Happy Easter!

920-727-5555 - Fox Cities 920-426-1931 - Oshkosh 866-930-8862 - Toll Free

www.valleyvna.org