

Living with Diabetes by Diane Schmude, RN - Valley VNA Senior Services

If you are diagnosed with diabetes, you are not alone. Nearly 24 million Americans have diabetes. So what exactly is diabetes? Diabetes means your body is either unable to make enough insulin or unable to use insulin properly. Insulin is a hormone produced by the pancreas - without it, sugar builds up in the blood stream and is unable to get to the cells of the body. There are different types of diabetes:

- **Pre-diabetes** occurs when your blood sugar levels are higher than normal, but not as high as with diabetes. It is a warning that you need to make some lifestyle changes to prevent diabetes.
- **Type 1** diabetes occurs when the pancreas stops making insulin or makes too little. If you have Type 1 diabetes you will need to take insulin, usually by an injection.
- **Type 2** diabetes is the most common, it occurs when your body isn't properly using the insulin that it makes. Type 2 diabetes is usually treated with diet, oral medications or insulin.



Risk factors can include inactivity, increased age, or a family history. Sometimes type 2 diabetes occurs for no known reason. Signs of both type 1 and type 2 diabetes are similar and may include: weight loss and fatigue; frequent urination or incontinence; loss of appetite; decreased or blurred vision; constipation; skin changes, especially on the legs and feet such as dry, itchy skin or non-healing wounds.

Because diabetes puts people at risk for other complications, controlling blood sugar as soon after diagnosis as possible can reduce the chances of developing other health problems. If you notice any of the above signs, see your doctor.



What's new at Valley VNA -

A new position has been created to implement training programs for our care-giving staff. Cheryl Ehlers was recently promoted to Education & Training Coordinator. She will work directly with department managers and caregivers to assure that are able to meet the needs of our clients. Cheryl began her career as a resident assistant in 2003 in the Assisted Living area.

April Showers Bring May Flowers

Spring has sprung and the flowers will soon follow. Start the growing season off right by filling your gardens with cool- season flowers and vegetables such as, Primrose, Rosemary, Sweet Peas, Pot Marigolds, Petunias and Pansies. Some of these plants are hardy enough to be planted outdoors even before the threat of frost is past. Others may need a bit of coddling to begin with, but cool spring weather is when they shine, so don't miss out by waiting too long to plant them. If you cannot plant a garden outside this spring, try planting a small indoor garden.



APRIL EMPLOYEE ANNIVERSARIES

Nettie Annis & Kari Schmidt - 4 years

Roxanne Kesselhon - 7 years

Rita Neuman - 8 years

Barb Goodacre - 10 years

Dottie Englbloom - 21 years

Special thanks to them for their hard work and dedication!!

Valley VNA - Bringing the best care to you at home

- Assistance with household tasks
- Assistance when you're under the weather
- Foot Care
- Home Maids
- Transportation service



CALL TODAY FOR MORE INFORMATION - 920-727-5555 VISIT US ONLINE AT www.valleyvna.org

CLINICS & SUPPORT GROUPS

FOOT CARE CLINICS - The cost is \$21

PLEASE CALL FOR AN APPOINTMENT - 727-5555

Valley VNA Senior Services-1535 Lyon Drive, Neenah

9 am-12 pm - Apr 8, 14, 27, 28

1-4 pm - Apr 26, 27

Hearthside Apartments-210 Haylett St., Neenah

9 am-12 pm - Apr 27

Elizabeth Ct Apartments-936 6th St., Menasha

9 am-12 pm - Apr 22

Menasha Senior Center-116 Main St.

1-4 pm - Apr 7, 22

BLOOD PRESSURE CLINICS

Neenah/Menasha YMCA-110 W. North Water St.

10:00 am-12 noon - Apr 7

ALZHEIMER'S/DEMENTIA SUPPORT GROUPS

Please call for information-

• **Support Group** - Debbie Opperman - 232-8686

• **Support Group For Spouses** - Kathleen Albert - 727-5541

You're invited to attend all activities held at Valley VNA Senior Services

- April 13th - 1:30-3:00pm
Rusalka: A Mermaid's Tale
performed by Opera for the Young
- April 22nd - 6:30-7:30pm
Spring Fling Big Band Concert Music
performed by "The Little Big Band"
- Exercises are held each Monday,
Wednesday & Friday - 9:30-10:00am

All activities are FREE!

If you'd like to attend or for more information,
please call the In-Home Care office:
920-727-5555 or 425-1931 (Oshkosh)

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

1535 Lyon Drive Neenah

www.valleyvna.org