

It's never too late to learn - Brain Fitness

As we age, keeping our brains fit and healthy through diet and exercise is important. Who doesn't want to think faster, focus better and remember more? There are a lot of fun ways to energize your brain and keep your mind sharp, here are a few - choose a puzzle or game, whatever kind you enjoy. It



could be crossword, word search, jigsaw, logic or Sudoku. Solving puzzles gets your mind working and helps to you keep sharp and alert. Pick the level of

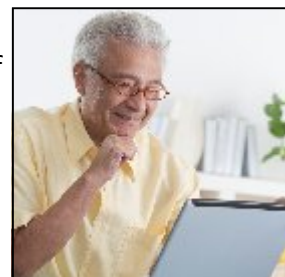
difficulty that stimulates and challenges but doesn't frustrate.

Through the use of technology, there are numerous opportunities to exercise our brains and our bodies. Games are available on the internet - check out sites such as: *Happy Neuron.com* or *brainready.com*. Play a video game, there are many different types available! There are also many

computer based games on the market - *Brain Games for Windows* or *Galaxy of Brain Games*. You might even have some games on your cell phone. And, if you have Nintendo Wii, you can even get some physical exercise in along with the mental exercise.

Another program scientifically designed to exercise the brain is Brain Fitness by Posit Science. Studies report that over 90% of participants reported benefits of better memory, quicker thinking and stronger communication.

Valley VNA currently offers the Brain Fitness program and has had people aged 40 to 90+ use it, all reporting positive results.



Valley VNA will be doing a demo at the August "Options & Solutions Day - August 28th from 1:00-3:00pm at VALLEY VNA SENIOR SERVICES - 1535 Lyon Drive in Neenah. To learn more, stop by on the 28th for the demo or call Cathy at Valley VNA - 727-5555 ext. 2248.

A look back in time -

Here's a few historical events that happened in the month of August:

- August 1, 1775 - The first article proposing women's rights in America was written by Thomas Paine in the *Pennsylvania Magazine*, of which he was the editor.
- August 15, 1945 - V-J (Victory over Japan) Day is proclaimed.
- August 16, 1948 - Baseball great Babe Ruth died.
- August 24, 1932 - Emelia Earhardt was the first woman to fly across the United States.
- August 31, 1895 - The first professional football game was played in Latrobe, Pennsylvania. Quarterback John Brallier was paid \$10 in expense money, making him the game's first professional player.

Employee Anniversary Dates

--- AUGUST ---

Doris Andre Eleanor Farrell Connie Huebner
Ethel Krumenauer Susan Lemke Christa Nett Jessica Smith
Betty Thompson Mary Volkman Cheryl Wellnitz

Special thanks for their hard work and dedication!!

Upcoming Clinics, Support Groups and Events

FOOT CARE CLINICS - THE COST IS \$21

PLEASE CALL FOR AN APPOINTMENT - 727-5555

Valley VNA Senior Services, Neenah – 1535 Lyon Dr.

9 am-12 pm - Aug 12, 13, 25, 26; Sep 9, 10, 22, 23;
Oct 8, 14, 27, 28; Nov 11, 12, 24, 25;
Dec 9, 10, 23, 28

1-4 pm - Aug 24, Sep 28; Oct 26; Nov 23; Dec 28

St. John's Lutheran Church, Oshkosh – 808 N. Main St.

1-4 pm – Sep 9, Nov 11

Hearthside Apartments, Neenah – 210 Haylett St.

9 am-12 pm – Aug 25, Sep 22, Oct 27, Nov 24, Dec 22

Elizabeth Ct Apartments, Menasha – 936 6th St.

9 am-12 pm – Aug 27, Sep 24, Oct 22, Nov 19, Dec 17

Menasha Senior Center – 116 Main St.

1-4 pm – Aug 5, 27; Sep 2, 24; Oct 7, 22; Nov 4, 19;
Dec 2, 17

FOOT CARE CLINICS CONTINUED

YMCA, Neenah – 110 W. North Water St.

9 am-12 pm – Sep 17, Nov 19

BLOOD PRESSURE CLINICS

YMCA, Neenah – 110 W. North Water St.

10:00 am-12 noon – Aug 5, Sep 2, Oct 7, Nov 4, Dec 2

ALZHEIMER'S/DEMENTIA SUPPORT GROUP

Valley VNA, Neenah - 1535 Lyon Dr.

(Keller Community Center)

6-8 pm – Aug 10, Sep 14, Oct 12, Nov 9, Dec 14

For more information - Debbie Opperman - 920-232-8686.

DEMENTIA SUPPORT GROUP FOR SPOUSES

Valley VNA, Neenah - 1535 Lyon Dr.

(Keller Community Center)

10-11 am – Aug 25, Sep 22, Oct 27, Nov 24, Dec 22

For more information - Kathleen Albert - 920-727-5541

Please mark your calendar and support the
Alzheimer's Association's Fox Valley
Memory Walk 2009
Walk on Valley VNA's team -

Saturday, September 19, 2009 - 8:00am - Fox Cities
Stadium. Please call Bill Mauthe (Life Enrichment
Coordinator, Valley VNA Assisted Living) to learn
more about participating in this important event -
920-727-5544

August 28th is *Options & Solutions Day*

Stop by for a FREE blood pressure check.

Learn about senior issues from our RNs.

August topic -

BRAIN FITNESS - IT'S NEVER TOO LATE TO LEARN!

1:00-3:00 pm - August 28th (4th Friday of each month)

Valley VNA - 1535 Lyon Dr, Neenah

Please use the Lyon Drive entrance.

Call 920-727-5555 for more information

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

1535 Lyon Drive Neenah

www.valleyvna.org