

Christmas Traditions by Diane Schmude, RN - Valley VNA Senior Services

Most families have a holiday tradition or two unique to their family. In the spirit of the holidays, I'd like to share with you a few of my Christmas traditions. I hope you enjoy them and that it rekindles your own Christmas memories.

Being of German heritage, when my sisters and I heard of the German Christmas pickle custom, we felt we needed to incorporate it into our Christmas. The tradition involved hiding a pickle on the tree and the first person who finds it on Christmas gets a special gift. Modern tradition involves using a "pickle ornament" instead of a real pickle. Imagine our surprise when we vacationed in Germany a few years later and not only couldn't find a pickle ornament, but no one even knew what we were talking about. Upon further research, I learned that no one is quite sure where or how the story originated. Nevertheless, the pickle ornament is now part of our Christmas and our grandchildren love trying to find it.



Another tradition from my childhood also involved an ornament. This one was a bit strange, though. Growing up we always had what looked like a little red devil hanging on our tree. It was Krampus. He was one of Santa's elves and it was his job to tell Santa when little girls and boys had been naughty. Our mother would tell us that Krampus was watching and if he saw us being naughty he would tell Santa! Years later, when my mom was moving out of her house, no one could find Krampus. We were worried the tradition would be gone, until my sister located two of them at an antique store. We now have Krampus on our Christmas trees and will continue the tradition.

All of us here at Valley VNA wish you a Merry Christmas and Happy New Year!

Merry
Christmas

Please join us to wish

Carol Ventura

best wishes on her retirement

Please stop by to extend your well wishes and special thanks to Carol for her
16 years of dedicated leadership with Valley VNA Senior Services.

OPEN HOUSE

FRIDAY, DECEMBER 18, 2009 1:00 — 3:00^{PM}

Presentation at 1:30

REFRESHMENTS

MAIN DINING ROOM ❖ VALLEY VNA

1535 LYON DRIVE NEENAH

UPCOMING 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 - Dec 9, 10, 23, 28

1-4 pm - Dec 28

Hearthside Apartments - 210 Haylett St., Neenah

9 am-12 pm – Dec 22

Elizabeth Ct Apartments - 936 6th St., Menasha

9 am-12 pm – Dec 17

Menasha Senior Center - 116 Main St.

1-4 pm – Dec 2, 17

BLOOD PRESSURE CLINICS

YMCA, Neenah – 110 W. North Water St.

10:00 am-12 noon – Dec 2

ALZHEIMER'S/DEMENTIA SUPPORT GROUPS

Valley VNA Senior Services - Keller Community Center

- **Support Group** - 6-8 pm – Dec 14

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

- **Support Group For Spouses**-10-11 am – Dec 22

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

FINAL SEASONAL FLU VACCINE CLINICS

MONDAYS - NOV 30, DEC 7 & 14

9AM-1PM

VALLEY VNA SENIOR SERVICES

1535 LYON DR, NEENAH

FOR MORE INFORMATION - 920-727-5555

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

1535 Lyon Drive Neenah

www.valleyvna.org