

February is American Heart Month by Diane Schmude, RN - Valley VNA Senior Services

Heart health is an important part of everyone lives - especially as we age. While there are many heart diseases, Congestive Heart Failure is one of the most common. It sometimes is just referred to as Heart Failure - which means your heart can't pump enough blood to meet your body's needs. The best way to prevent heart failure is to control risk factors and aggressively manage any underlying conditions such as coronary artery disease, high blood pressure, high cholesterol, diabetes or obesity. Heart failure often develops after other conditions have damaged or weakened the heart. Although many cases of heart failure can't be reversed, treatment usually can help to improve symptoms and allow you live normally.

Pay attention to your body and how you feel - contact your doctor if you experience any of the following signs or symptoms:

- Fatigue, weakness
- Rapid or irregular heartbeat
- Shortness of breath when you exert yourself or when you lie down
- Reduced ability to exercise
- Persistent cough or wheezing with white or pink-tinged phlegm
- Swelling in your abdomen, legs, ankles and feet
- Difficulty concentrating or decreased alertness



Congestive heart failure is usually treated with rest, proper diet, modified daily activities and medication. Proper diet may include a restriction of high sodium (salt) foods, saturated fats, trans fats and cholesterol, limiting alcohol and possibly limiting your total fluid intake. For more information, visit the American Heart Association's website - www.americanheart.org.

The Tradition of Valentine's Day Cards

February 14th is Valentine's Day and for many of us, it means sending a card to a loved one. So, just how did this tradition start? Observance of Valentine's Day began centuries ago and evolved over the years. By the 18th century, gift-giving and exchanging hand-made cards on Valentine's Day had become common in England. Hand-made valentine cards made of lace, ribbons, and featuring cupids and hearts eventually spread to the American colonies. The tradition of Valentine's Day cards did not become widespread in the United States, however, until the 1850s, when Esther A. Howland, a Mount Holyoke graduate and native of Worcester, Mass., began mass-producing them. Today, of course, the holiday has become a booming commercial success. According to the Greeting Card Association, 25% of all cards sent each year are valentines. HAPPY VALENTINE'S DAY!!



February Employee Anniversaries -

Deb Goldstein

Special thanks for her hard work and dedication!!

ANNOUNCING - New Prices and a New Service!

Valley VNA has a long history of meeting the needs of the community. Over the past year, we have worked very hard at examining our service-delivery to become more cost effective. As a result, we have added a new service and reduced our prices.

INTRODUCING OUR NEW SERVICE - COMPANION - \$16.00/hr. This service provides one-on-one socialization and life enriching activities at home and out and about.

Our other services remain the same with **FREE RN** consultation and ongoing case management, just **NEW PRICES**:

- **PERSONAL CARE ATTENDANT** - \$18.25/hr
- **HOMEMAKER COMPANION** - \$17.00/hr.



For more information call - 920-727-5555 or 920-426-1931 (Oshkosh area)

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 - Feb 10, 11, 23, 24
1-4 pm - Feb 22, 23

Hearthside Apartments - 210 Haylett St., Neenah
9 am-12 pm – Feb 23

Elizabeth Ct Apartments - 936 6th St., Menasha
9 am-12 pm – Feb 25

Menasha Senior Center - 116 Main St.
1-4 pm – Feb 3, 25

BLOOD PRESSURE CLINICS
YMCA, Neenah – 110 W. North Water St.
10:00 am-12 noon – Feb 3

ALZHEIMER'S/DEMENTIA SUPPORT GROUPS

Valley VNA Senior Services - Keller Community Center

- **Support Group** - Call for dates and times - Debbie Opperman - 920-232-8686
- **Support Group For Spouses** -Call for dates and times - Kathleen Albert - 920-727-5541



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

1535 Lyon Drive Neenah

www.valleyvna.org