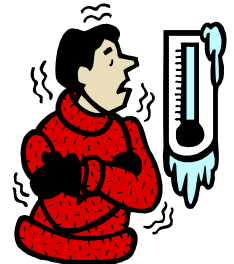


The Weather Outside is Frightful by Pam Hillmann, RN - Valley VNA Senior Services

Winter is here and if you're not heading to a warmer place, you need to know how to stay safe. The best advice - if it's really cold outside, you might be better off staying indoors. As we age, our metabolism slows and we don't produce as much body heat. Both are important body mechanisms to protect us from extreme cold. But, if you must venture out in freezing temperatures, follow a few tips for avoiding frostbite, a serious condition that can permanently damage body tissues.

1. Wear layers. Instead of wearing one big, bulky winter coat, wear thinner layers that trap body heat between them and keep you warmer. Don't forget a hat, mittens and a scarf.
2. Stay dry. Wet clothing chills your body quickly. Head indoors if you start to shiver.
3. Avoid alcohol as it may depress your ability to interpret important symptoms, such as confusion, dizziness, lack of balance or fatigue, that you may not attribute to the cold weather.



Frostbite is a very dangerous side effect of extreme exposure to cold. It can be temporary or permanent and is a danger when outside temperatures are below freezing, around 20 degrees F. Blood flow slows or stops with frostbite, typically affecting parts of your face, fingers and toes first. The beginning signs include dark red skin in these areas and can be painful. Your skin can also turn white, grayish-yellow, hard, waxy and numb as frost bite progresses. If you experience any of these symptoms, get help right away. Go indoors, and avoid rubbing the affected skin as you may cause further damage to the tissues. Follow the directions of emergency personnel so that you can re-warm your skin safely. Serious frostbite is not common, but people who suffer from peripheral vascular disease or circulatory problems, smokers and diabetics are more susceptible to frostbite's serious consequences than others. The best strategy is prevention. Choose to enjoy the indoors when winter temperatures fall and the wind increases.

Stay warm!

Sharing Memories

Last month, Diane shared with you some of her Christmas traditions and memories. We'd now like for YOU to have the opportunity to share your favorite stories and memories with the "VNA Family". Here's what we're looking for:

- Biggest snow storm/coldest winter in your lifetime
- Favorite Valentine's Day
- Biggest change you've seen in your lifetime
- Favorite story about your family, teacher, pet, work, school, etc.

We'll be publishing a story or two each month in the In-Touch (don't worry - names won't be published). We look forward to hearing from you!

Please write them down and mail them to:

Valley VNA,
Attention Cheryl Williamson
1535 Lyon Dr
Neenah WI 54956

Or, email to:
cherylw@valleyvna.org

January Employee Anniversaries -

Mary Kirchner Sarah Plotz Sandra Walters

Special thanks for their 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 - Jan 13, 14, 26, 27
1-4 pm - Jan 25

Hearthside Apartments - 210 Haylett St., Neenah
9 am-12 pm – Jan 26

Elizabeth Ct Apartments - 936 6th St., Menasha
9 am-12 pm – Jan 28

Menasha Senior Center - 116 Main St.
1-4 pm – Jan 6, 28

St. John's Lutheran Church - 808 N. Main St., Oshkosh
1-4 pm – Jan 13

YMCA - 110 W. North Water St., Neenah
9 am-12 pm – Jan 21

BLOOD PRESSURE CLINICS
YMCA, Neenah – 110 W. North Water St.
10:00 am-12 noon – Jan 6

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