

## Stroke-The Third Leading Cause of Death by Pam Hillmann, RN-Valley VNA Senior Services

Otherwise known as a Cerebrovascular Accident (CVA), strokes occur when the blood supply to part of the brain is disrupted, causing brain cells to die. Blood flow can be compromised by a blocked artery or a rupture of an artery causing hemorrhage.

### Symptoms of a stroke are:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion or trouble speaking or understanding with facial droop or drooling
- Sudden trouble seeing in one eye or both
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

People not trained to do medical assessments should call 911 when they think someone is having a stroke. Early treatment is essential and could be life saving.

Treatment is needed in a hospital setting and usually includes medications, careful monitoring of all vital functions and rehabilitation with physical, occupational and speech therapy.

Prevention should start when we are young and impressionable with a healthy life style. Some things are out of our control but we can minimize risk factors such as controlling high blood pressure, elevated cholesterol, tobacco abuse and diabetes.



## Valley VNA's Spring Fling was Fun for All!

The first annual Spring Fling Big Band Concert was held April 22nd and deemed great fun by all who attended.



# MAY EMPLOYEE ANNIVERSARIES

DARLENE DIEDRICK - 10 YEARS

LISA EMMER - 3 YEARS

PAMELA FROST - 2 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](http://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 - May 12, 13, 25, 26

1-4 pm - May 24

**Hearthside Apartments**-210 Haylett St., Neenah

9 am-12 pm - May 25

**Elizabeth Ct Apartments**-936 6th St., Menasha

9 am-12 pm - May 27

**Menasha Senior Center**-116 Main St.

1-4 pm - May 5, 27

### BLOOD PRESSURE CLINICS

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

10:00 am-12 noon - May 5

### ALZHEIMER'S/DEMENTIA SUPPORT GROUPS

Please call for information-

- **Support Group** - Debbie Opperman - 232-8686
- **Support Group For Spouses** - Kathleen Albert - 727-5541

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

For more information, please check our website - [www.valleyvna.org](http://www.valleyvna.org)  
call the  
In-Home Care office:  
920-727-5555 or 425-1931  
(Oshkosh)

All activities are FREE!

Exercise Classes are held each Monday, Wednesday & Friday  
9:30-10:00am

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

1535 Lyon Drive Neenah

[www.valleyvna.org](http://www.valleyvna.org)