

Living with Arthritis

**2009 VALLEY VNA FLU VACCINATION CLINIC
SCHEDULE ON BACK PAGE!**

Everyone gets a few aches and pains throughout their life. But when you have pain in one of your joints after you have used it, you probably have Osteoarthritis. Osteoarthritis is a chronic condition and by far the most common form of arthritis among older people. It's brought on partly by aging and long-term wear-and-tear in the joints which causes the cartilage to break down until bone is rubbing against bone.

While Osteoarthritis is rarely crippling, it can have a major impact on your life, causing people to give up favorite activities. It is the number one reason for joint-replacement surgery. The good news is it generally responds well to medication, exercise or both.

With winter just around the corner, many people with arthritis believe that cold and dampness can set off joint symptoms. According to the Arthritis Foundation, nearly half of arthritis patients think they can predict the weather! Studies have been inconclusive, but don't cancel your Florida vacation plans yet; milder weather may encourage people with arthritis to be more active, and that has been shown to help. There is no known cure for arthritis, but there are things you can do to relieve the pain and improve your mobility:

- Maintain a healthy weight - losing a few pounds will take strain off your joints and reduce pain.
- Exercise - Talk to your doctor about an exercise program that gives your maximum benefits with little discomfort such as walking, swimming and biking. You may want to talk to a rheumatologist (arthritis specialist) who can help you with medications to control your pain.
- Use warm or cold applications on specific joints. Look into assistive devices like braces or canes.

The number one thing to do is to stay active. Your joints may ache, but they aren't calling out for rest - Keep moving!



A little pumpkin history . . .

References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon" which is "pepon." "Pepon" was nasalized by the French into "pompon." The English changed "pompon" to "Pumpion." Shakespeare referred to the "pumpion" in his *Merry Wives of Windsor*. American colonists changed "pumpion" into "pumpkin." Native Americans dried strips of pumpkin and wove them into mats. They also roasted long strips of pumpkin on the open fire and ate them. The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes.



2009 FLU VACCINATION CLINICS

-- CLINICS ARE WEEKLY EXCEPT MENASHA --

APPLETON - Northland Mall - 900 W Northland Ave

WEDNESDAYS - Sep 30 - Oct 28 9:00am - 1:00pm

NEENAH - Valley VNA Senior Services - 1535 Lyon Drive

MONDAYS - Sep 28 - Oct 26 9:00am - Noon

TUESDAYS - Sep 29 - Oct 27 3:00pm - 6:00pm

MENASHA - Menasha Senior Center - 116 Main St.

FRIDAY, Oct 9th 9:00am - Noon **ONE CLINIC ONLY**

OSHKOSH - Wittman Regional Airport - 525 W 20th Ave

THURSDAYS - Oct 1 - 29 9:00am - 1:00pm

Flu vaccine - \$30

Pneumonia vaccine - \$44

Medicare Part B and most Medicare Advantage Plans will cover the cost of both vaccines. **PLEASE BRING ALL HEALTH INSURANCE CARDS ALONG WITH YOU.**

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 - Oct 8, 14, 27, 28; Nov 11, 12, 24, 25;

Dec 9, 10, 23, 28

1-4 pm - Oct 26; Nov 23; Dec 28

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

1-4 pm - Nov 11

Hearthside Apartments - 210 Haylett St., Neenah

9 am-12 pm - Oct 27, Nov 24, Dec 22

Elizabeth Ct Apartments - 936 6th St., Menasha

9 am-12 pm - Oct 22, Nov 19, Dec 17

Menasha Senior Center - 116 Main St.

1-4 pm - Oct 7, 22; Nov 4, 19; Dec 2, 17

YMCA - 110 W. North Water St., Neenah

9 am-12 pm - Nov 19

BLOOD PRESSURE CLINICS

YMCA, Neenah - 110 W. North Water St.

10:00 am-12 noon - Oct 7, Nov 4, Dec 2

ALZHEIMER'S/DEMENTIA SUPPORT GROUPS

Valley VNA Senior Services - Keller Community Center

• Support Group - 6-8 pm - Oct 12, Nov 9, Dec 14

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

• **Support Group For Spouses**-10-11 am - Oct 27, Nov 24, Dec 22

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

October 23rd is Options & Solutions Day

Stop by for a FREE blood pressure check.

Learn about senior issues from our RNs.

1:00-3:00 pm - October 23rd (4th Friday of each month)

Valley VNA - 1535 Lyon Dr, Neenah

October Employee Anniversaries -

Patricia McMillen

Sally Walker

Special thanks for their hard work and dedication!!

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

1535 Lyon Drive Neenah

www.valleyvna.org