

## Fighting the Flu - Tips for staying healthy

If you read a newspaper or watch television, you're hearing a lot about the flu lately. In particular, the novel H1N1 (swine flu) virus. But, seasonal flu should not be overlooked. Flu is a serious and contagious disease. On average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications in the U.S. each year.

According to the Centers for Disease Control and Prevention (CDC) if you take a few precautions you can protect yourself and others from influenza - including the new H1N1 too!

First, GET VACCINATED - The CDC recommends getting a yearly seasonal flu vaccine - **this is the first and most important step in protecting against seasonal influenza.** The vaccine protects against the three seasonal viruses that research suggests will be most common. Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or



heart and lung disease and people 65 years and older. The seasonal flu vaccine is also important for health care workers and/or those who live with or care for high risk people. This will prevent giving the flu to people who are high risk.

Next, take some everyday preventive actions - cover your nose and mouth with a tissue when you cough or sneeze and be sure to throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Avoid touching your eyes, nose or mouth. Try to avoid close contact with sick people.

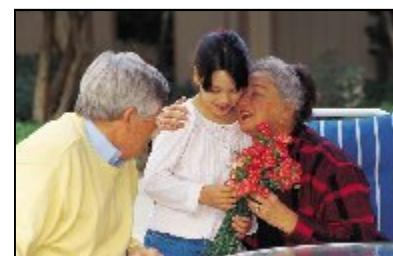


The seasonal vaccine will not protect you against novel H1N1. Please talk to your health care provider for more information on the H1N1 vaccine.

**Valley VNA FLU clinics start September 28th**  
**CALL 727-5555 for more information.**

## Grandparents Day is September 13th!

The impetus for a National Grandparents Day originated with *Marian McQuade*, a housewife in Fayette County, West Virginia. Her primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. In 1978, President Jimmy Carter proclaimed that **National Grandparents Day** would be celebrated every year on the **first Sunday after Labor Day**.



# Employee Anniversary Dates

--- SEPTEMBER ---

Jennifer Biggar   Deb Christensen   Bev Darkow  
Tina Godin   Ruth Jones   Jessica Merkel  
Lucille Schneidewend

Special thanks for their hard work and dedication!!

## Upcoming Clinics, Support Groups and Events

**FOOT CARE CLINICS - THE COST IS \$21**  
**PLEASE CALL FOR AN APPOINTMENT - 727-5555**

**Valley VNA Senior Services, Neenah – 1535 Lyon Dr.**  
9 am-12 pm - Sep 9, 10, 22, 23; Oct 8, 14, 27, 28;  
Nov 11, 12, 24, 25; Dec 9, 10, 23, 28  
1-4 pm - Sep 28; Oct 26; Nov 23; Dec 28

**St. John's Lutheran Church, Oshkosh – 808 N. Main St.**  
1-4 pm – Sep 9, Nov 11

**Hearthside Apartments, Neenah – 210 Haylett St.**  
9 am-12 pm – Sep 22, Oct 27, Nov 24, Dec 22

**Elizabeth Ct Apartments, Menasha – 936 6th St.**  
9 am-12 pm – Sep 24, Oct 22, Nov 19, Dec 17

**Menasha Senior Center – 116 Main St.**  
1-4 pm – Sep 2, 24; Oct 7, 22; Nov 4, 19; Dec 2, 17

**FOOT CARE CLINICS CONTINUED**  
**YMCA, Neenah – 110 W. North Water St.**  
9 am-12 pm – Sep 17, Nov 19

**BLOOD PRESSURE CLINICS**  
**YMCA, Neenah – 110 W. North Water St.**  
10:00 am-12 noon – Sep 2, Oct 7, Nov 4, Dec 2

**ALZHEIMER'S/DEMENTIA SUPPORT GROUP**  
**Valley VNA, Neenah - 1535 Lyon Dr.**  
(Keller Community Center)  
6-8 pm – Sep 14, Oct 12, Nov 9, Dec 14  
For more information - Debbie Opperman - 920-232-8686.

**DEMENTIA SUPPORT GROUP FOR SPOUSES**  
**Valley VNA, Neenah - 1535 Lyon Dr.**  
(Keller Community Center)  
10-11 am – Sep 22, Oct 27, Nov 24, Dec 22  
For more information - Kathleen Albert - 920-727-5541

Please mark your calendar and support the  
Alzheimer's Association's Fox Valley  
Memory Walk 2009  
Walk on Valley VNA's team -  
Saturday, September 19, 2009 - 8:00am - Fox Cities  
Stadium. Please call Bill Mauthe (Life Enrichment  
Coordinator, Valley VNA Assisted Living) to learn  
more about participating in this important event -  
920-727-5544

September 25th is *Options & Solutions Day*

**Stop by for a FREE blood pressure check.**

Learn about senior issues from our RNs.

1:00-3:00 pm - September 25th  
(4th Friday of each month)

Valley VNA - 1535 Lyon Dr, Neenah  
Please use the Lyon Drive entrance.

Call 920-727-5555 for more information

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)