



# Valley VNA In-Touch

NEWSLETTER - SEPTEMBER / OCTOBER 2015



## **Valley VNA News**

**Theresa Pichelmeyer**  
President

*Fall is here and we are already planning for the holidays! The change in season also influences our activities, moving from concerts in the park to concerts in the Keller Room. One of the many areas we are so proud of here at Valley VNA Senior Services is our Programming staff: Carrie, Bill, Corrie, Joelin, and Kristy. These individuals are doing an outstanding job in researching, designing and implementing a wide variety of activities to appeal to the individual interests of our residents and clients. This past year we have added several wonderful programs such as Community Lyrics and Laughter, Drum Circle, arts and painting for both residential and in home clients. We have received several grants that support these initiatives for both*

*Assisted Living and In Home Care which allows us to be creative and innovative.*

*We have had two interns from local colleges work with the staff. The staff is active in initiatives such as Fox Valley Memory Project and Memory Café along with working hard to make our community dementia friendly.*

*Businesses in Neenah are taking advantage of training regarding how to work with individuals with dementia. Once trained, they are awarded a Purple Angel...look for it at their entrance!*

*We are so fortunate to have such energy and creativity within our organization that challenges all of us here to grow and learn. We hear wonderful feedback from families on what is happening now and always look for your suggestions or recommendations.*

*Enjoy this beautiful weather!*



## **Assisted Living Updates**

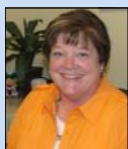
**Pat Hoogervorst, RN**  
Clinical Services Director

September is Falls Prevention Awareness Month. Falls are the leading cause of accidental death among people 65 and older in Wisconsin. Throughout the month of September organizations will have programs to bring awareness to this growing concern. Governor Walker has declared September 23 as Falls Prevention Awareness Day in Wisconsin. Valley VNA has a falls prevention program which is currently being evaluated through a quality improvement process. On September 29<sup>th</sup> there will be an in service for staff to review the fall prevention program. Rehab Care therapists will also give an overview of components of fall prevention.



**Angela Franz, Supervisor**

Valley VNA continues to partner with Rehab Care to offer PT, OT, ST and wellness consultation to our residents. These therapists are a resource to our residents, families, and staff. They play a big role in keeping our residents strong, active, as independent as possible, and safe. If a condition change is noted in a resident, one of the therapies may be the needed treatment for the resident. Rehab Care can do an evaluation of the resident and treat with a physician order. They have the ability to offer treatments for a wide variety of concerns. Residents, family members, and staff can consult with them to learn more about Rehab Care and how they can be of assistance in a resident's plan of care.



## **In-Home Care Updates**

**Colleen Harvot**, In-Home Care Director

The flu is a good example of how medical myths can get in the way of good medical care. When it's flu season, take the necessary steps to stay healthy. That includes separating fact from myth. Here are 7 common myths about the flu.

1. MYTH: You can catch the flu from the vaccine. The vaccine is made from an inactivated virus that can't transmit infection. So people who get sick after receiving a flu vaccination were going to get sick anyway. It takes a week or two to get protection from the vaccine.
2. MYTH: Healthy people don't need to be vaccinated. It's true that the flu vaccination is routinely recommended for people who have a chronic illness. But anyone — even healthy folks — can benefit from being vaccinated. The flu shot is also recommended for healthy people who might spread the virus to others who are particularly susceptible.
3. MYTH: Getting the flu vaccination is all you need to do to protect yourself from the flu. There are a number of steps you can take to protect yourself during flu season besides vaccination. Avoid contact with people who have the flu, wash your hands frequently, consider taking anti-viral medications if you were exposed to the flu before the vaccination.
4. MYTH: You don't need to get a flu shot every year. The influenza virus changes (mutates) each year. So getting vaccinated each year is important to make sure you have immunity to the strains most likely to cause an outbreak.
5. MYTH: You can catch the flu from going out in cold weather without a coat, with wet hair or by sitting near a drafty window. The only way to catch the flu is by being exposed to the influenza virus. Flu season coincides with the cold weather. So people often associate the flu with a cold, drafty environment. But, they are not related.
6. MYTH: Feed a cold, starve a fever. If you have the flu (or a cold) and a fever, you need more fluids. There's no reason to increase or decrease how much you eat. You may have no appetite, but starving yourself will accomplish little.
7. MYTH: If you have a high fever with the flu that lasts more than a day or two, antibiotics may be necessary. Antibiotics work well against bacteria, but they aren't effective for a viral infection like the flu. Some people develop a

### **2015 Flu Vaccination Clinics!**

Get your Flu Shot!



*Flu Vaccine \$37 High Dose Vaccine \$59*

*Medicare Part B and most Medicare Advantage Plans will cover the cost of vaccines*

*Available to people 65 & Older—Bring all of your insurance cards! Please bring ALL health insurance cards to the clinic!*

#### **Neenah**

Valley VNA Senior Services at 1535 Lyon Drive, Neenah

Monday's from 9:00 am to Noon

*October 5th, 12th, 19th, 26th*

Wednesdays from 4:00 pm to 6:00 pm

*October 7th, 14th, 21st, 28th*

#### **Menasha—One Clinic Only**

Menasha Senior Center at 116 Main Street, Menasha

Thursday, *October 1st* 9:00 am to noon

#### **Oshkosh**

Oshkosh Senior Center at 200 N. Campbell Road, Oshkosh

Wednesday's from 9:00 am to Noon

*October 7th, 14th, 21st, 28th*

## Activities Update

### STAFF/RESIDENT HALLOWEEN PARTY

**Oct. 29<sup>th</sup> at 1:30pm**

On Oct. 29th at 1:30pm in the Alex Dining Room we will be having our **8<sup>th</sup> Annual Halloween Party**. There will be entertainment provided by **Railroad Ron & Bob**, playing your favorite polkas, waltzes, sing-along and country songs. As part of the celebration, we will also be hosting our **4<sup>th</sup> Annual Resident Halloween Costume Contest** beginning at 2:30pm.

Of course, staff, residents and guests are encouraged to dress up in the costume of their choice for the party. Prizes will be awarded for the three best **resident** costumes as voted by a panel of judges.

Everyone had a wonderful time last year, and this year should be no different. See you there!

### ELVIS IS BACK IN THE BUILDING!!!

**Nov. 30<sup>th</sup> at 2:00pm**

By popular demand, we will once again be featuring Elvis-impersonator John Hardginski on Nov. 30<sup>th</sup> at 2 pm in the Alex Dining Room. John will be performing all of Elvis's big hits for during his show – and will also be singing a few Christmas songs in the mix as well. After the show, Elvis John will be available for pictures with any residents who would like one. Be sure to join us for this Tribute Concert to Elvis Presley, which will be the first of many Holiday concerts during the Christmas season.



Valley VNA Life Enrichment Team  
Carrie Esselman & Bill Mauthe Assisted Living  
Corrie Jape In-Home Care



What is a Drum Circle? A Drum Circle is meaningful and fun! A Rhythm circle that incorporates hand drums and other percussion instruments to make in-the-moment music. Each person who participates is recognized for bringing his or her unique contribution to the group song. Everyone is gifted with the results.



Tom Gill is a teacher, workshop presenter and rhythm facilitator and will be coming to the VNA to share his joy of rhythm!

"In-the-moment music that is about celebrating what *is* happening, not what is supposed to happen. The music is not judged for what it *could* sound like, or what it *was* like last week, it is appreciated and celebrated for what it *does* sound and feel like right now." Tom Gill-Drum Circle Facilitator.



*This year marks the 13th year of the Holiday Avenue Shopping for a Cause event. Proceeds from the event directly funds activities and programs that bring joy to people's lives and allow our residents and clients the opportunity to participate in hundreds of life enriching activities each year. This event is a wonderful way to support a community organization that has been helping people for 108 years!*

**Thursday, November 5, 2015**

**Bridgewood Resort Conference Center Neenah**

**Bistro Lunch from 12 noon to 3 pm**

**Evening on the Boulevard 4 pm to 7 pm**

*Tickets are \$35 in advance or \$40 at the door.*

*Tickets will be available **soon** at [www.valleyvna.org/holidayavenue](http://www.valleyvna.org/holidayavenue).*

*Delicious food, shopping, friends, fun, door prizes, raffles, chocolate and so much more!*



## **Foot Care Clinics**

***Public clinics are offered at the following locations throughout the Fox Valley. For clinic dates and times and to schedule an appointment, please call 920-727-5555 (unless otherwise noted).***

### **VALLEY VNA SENIOR SERVICES**

1535 Lyon Dr, Neenah

### **MENASHA SENIOR CENTER**

116 Main St, Menasha

### **ELIZABETH CT APTS**

936 6th St, Menasha

### **NEW LONDON SENIOR CENTER**

600 W Washington St, New London

For appointments call - 920-538-2974



### **GREENVILLE YMCA**

W6931 School Rd, Greenville

### **OMRO COMMUNITY CENTER**

130 W. Larrabee St – Omro

### **RIVERS CROSSING HIGHLANDS**

424 Cleveland St, Winneconne

### **OSHKOSH SENIORS CENTER**

200 N Campbell Rd, Oshkosh

For appointments call - 920-232-5310



## **VALLEY VNA HEALTH CHAT**

### ***Can Stress Really Do That?*** by Julie Fries, R.N.

Do you suffer from any of these? Headache, insomnia, anxiety, depression, trouble breathing, pounding heart, elevated blood pressure, type 2 diabetes, diarrhea, constipation, general aches and pains, weight loss, over eating, upset stomach....and the list can go on. Stress can be the culprit. Stress does have an effect on the body and the mind. It isn't always bad effects though. Stress can motivate us. It causes your body to respond by releasing hormones and increasing heart and breathing rates. That gets more oxygen to your brain, giving you an advantage in responding to a problem. In the short term it helps you to cope with tough situations.

Chronic stress though can cause a variety of symptoms and can affect your overall health, your body, your thoughts and your feelings. Being able to recognize common stress symptoms can give you a jump on managing them. Stress that is left unchecked can contribute to high blood pressure, heart disease, obesity, diabetes, stroke, as well as other symptoms.

There are many stress management strategies, such as:

- Physical activity
- Relaxation techniques
- Meditation
- Yoga
- Tai chi.

In addition to those strategies, be sure to get plenty of sleep, eat a balanced diet, avoid tobacco use and excess caffeine and alcohol intake.

But remember, if you have chest pain that is accompanied by shortness of breath, sweating, dizziness, nausea, or pain radiating into your shoulder and arm, call 911 to get immediate help. These may be warning signs of a heart attack and not simply stress symptoms.



1535 Lyon Drive, Neenah WI 54956

315 Burton Road, Suite 106, New London 54961

920-727-5555 \ 1-866-930-8862 Toll Free \ [www.valleyvna.org](http://www.valleyvna.org)

*Your family ... our focus*

