



Valley VNA In-Touch

NEWSLETTER - APRIL 2014

Upcoming Events!

Senior Appreciation Day
March 28th - 10:30am-2:00pm
Greenville YMCA
Free lunch; Entertainment and prizes; Informational Booths
Reservations required, call (920)560-3413

In-Home Care Meet & Greet
April 10th - 4-6pm
Valley VNA-1535 Lyon Dr, Neenah. Learn about senior home care options; meet In-Home Care staff!

Options & Solutions Days!
3 convenient times & locations:

- **May 13th, 8:30-11am**
Heart of the Valley YMCA
- **May 20th, 1-3pm**
Valley VNA
- **May 28th, 8:30-10am**
Ridgeview Highlands

Information about options for senior living. RSVP preferred, but walk-ins welcome. Call 920-727-5555 to reserve a spot.

For more information on these events, please call or visit our website - valleyvna.org



Valley VNA News

Theresa Pichelmeyer - President

Spring is in the air - finally! While everyone is anxious to get outside, we have all been busy with many activities including Bobby Rivers and a Mardi Gras party.

In addition, on March 11, 35 high energy 8th graders from Shattuck Middle School came to Valley VNA's Assisted Living as part of the Neenah Rotary's Strive 2B Program. Students, guidance counselors, Rotary members and residents participated in a variety of fun activities - creating paper flower bouquets, learned the meaning of words like "mollycoddle" and "grootles" during a game of

Balderdash, played some bingo and competed in a Minute to Win It game. This mentoring program reaches out to students who could be potential leaders but may not have had the opportunity to develop those skills. Wondering which students will be future employees or volunteers at Valley VNA sometime in the future. Thanks to all who helped organize this activity.



Assisted Living Updates

Pat Hoogervorst, RN - Clinical Services Director

Cheryl Ehlers - Supervisor

It is official! Valley VNA Assisted Living has been accepted in the WALA Diamond Accreditation Program. The work can now begin. We have received the Diamond Planning workbook that is a step by step guide to building a quality improvement program.

Steps within the program are:

- Establishing a Quality Committee

- Identify and define an issue in need of improvement
- Develop objectives
- Define roles and responsibilities
- Develop the plan with tasks and schedules
- Evaluate the plan
- Sustain the success of the plan
- Analyze the data

These steps will be used throughout

each quality improvement initiative. It will be important to understand and utilize each step wisely to ensure that the quality improvement program will become a part of Valley VNA's culture whenever change or improvement is needed. This will be a continuous process with the goal of receiving accreditation status after 3 years. Achieving accredited status means Valley VNA has voluntarily undergone a formal evaluation process by WALA and been awarded official recognition for meeting or exceeding specific quality standards.

More updates and specifics about our progress with the Diamond program will be shared in upcoming newsletters. You are welcome to direct any questions to Pat Hoogervorst.



In-Home Care Updates

Colleen Harvot

In-Home Care Director

Home care is all about people - the people we care for and the people who care for them. Our caregiver's work place is our client's home; their schedule is the client's needs. Being able to work in this type of situation, takes a special person and Valley VNA is fortunate to have a lot of "special" people that work for us and our clients.

Meet Ruth Jones, one of several staff members that will be featured in upcoming issues of the In-Touch. Ruth has worked with us since September of 2007.



She completed the Nursing Assistant program at Mercy Medical Center in Oshkosh in 1967. While much of Ruth's employment history was in the retail business (the Camera & Card Store and Rogan's) she came to us with a great deal of personal caregiving experience

and a passion for seniors. "I wanted a job where I knew I was making a difference." Ruth told me in a recent interview. She said that she loves the independence that home care offers and values having Valley VNA there to back her up.

Ruth enjoys getting to know each of her clients. "I like to find out each person's background and interests," she said. Ruth is a frequent visitor to our Life Enrichment Library and will bring clients

activities, books or movies to rekindle those interests.

"I have so much respect for my clients and I want to do things their way. I always try to make the food that they like and make it the way that they want it made," she remarked.

When asked what she has learned while working with Valley VNA's In-Home Care Ruth said, "treat the clients and their home the way that you would want to be treated." And her words of advice for other Caregivers is "Just go with the flow!"

Thank you Ruth, for making a difference!

MARK YOUR CALENDARS!

The annual picnic is June 18th.
Watch for more info in May.



Activities Update

5th Annual Pig Races

On Monday, April 14th at 2pm in the Keller Community Center, the Valley VNA will be hosting its 5th Annual Pig Races. Each of the courts and other administrative areas “adopt” a pig to enter into the race. To enter your pig you are asked to name it and “dress” it in a creative fashion.

On Race Day, there are a number of races between all the entrants to determine whose pig is the fastest. The speediest swine will win a Pizza Party in May for their

section of the building as well as a prestigious Trophy!

In addition, the pig that is the “Best or Most Creatively Dressed” as determined by the judges will be awarded the coveted **Best Dressed Pig Trophy**. So each entry has TWO chances to win!!!

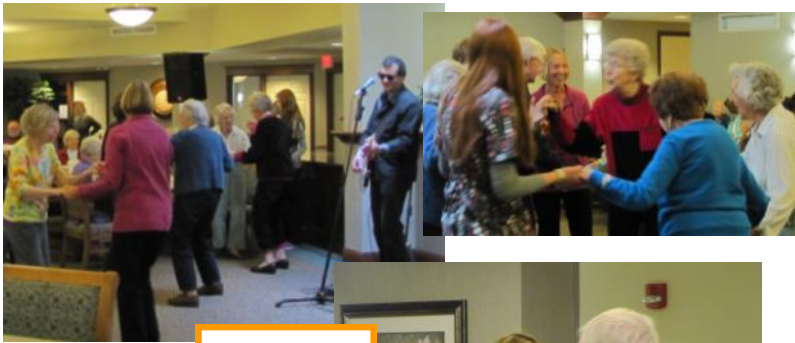
Once the racing is over, everyone is invited to the Alex Dining Room where they will feast upon some punch and “pigs in a blanket”.

As an added attraction, once again there will be some **very** special

guests making an appearance for this gala event. This alone should be worth the price of admission (of course, admission *is* FREE)! This event is always a lot of silly fun for everyone!!!



March may have been cold outside, but things were rockin ‘n rollin inside Valley VNA!



Bobbie Rivers Concert



Mardi Gras Fun!



Foot Care Clinics

Unless otherwise noted, please call 920-727-5555 to schedule your appointment.

VALLEY VNA SENIOR SERVICES

1535 LYON DR, NEENAH

Wed Apr 9 9am-12pm
 Thurs Apr 10 9am-12pm
 Thurs Apr 17 1pm-4pm
 Tues Apr 22 9am-12pm
 Tues Apr 22 1pm-4pm
 Wed Apr 23 9am-12pm
 Mon Apr 28 1pm-4pm

ISLAND SHORES

131 W NORTH WATER ST, NEENAH

Wed April 2 9am-12pm

ELIZABETH CT APTS

936 6TH ST, MENASHA

Thurs April 24 9am-12pm

MENASHA SENIOR CENTER

116 MAIN ST, MENASHA

Wed April 2 1pm-4pm
 Thurs April 24 1pm-4pm

GREENVILLE YMCA

W6931 SCHOOL RD, GREENVILLE

Wed April 16 1pm-3pm

OSHKOSH SENIORS CENTER-SOUTH

200 N CAMPBELL RD, OSHKOSH

Call 920-232-5310 for appointment.
 Mondays & Wednesdays 9am-1pm
 Fridays 9am-12pm

WINNECONNE SENIOR CENTER

HIGHLANDS AT RIVER CROSSING

424 CLEVELAND ST, WINNECONNE

Mon April 21 8am-11am

NEW LONDON SENIOR CENTER

600 W WASHINGTON ST, NEW LONDON

Call 920-538-2974 for appointment.
 Fri April 11 9am-12pm
 Fri April 25 1pm-4pm



APRIL HEALTH CHAT:

DRY MOUTH By Diane Schmude, RN

Yes, there really is a condition called dry mouth. The medical term is Xerostomia. It might not seem like a big problem, we've all had a dry mouth at some time, but a dry mouth can affect your enjoyment of food, leading to poor nutrition. It can also affect the health of your teeth. This condition results in reduced or no saliva. Saliva helps to prevent tooth decay by limiting bacterial growth and washing away food particles. Saliva also enhances taste, makes it easier to swallow, and has enzymes that aid in digestion. Other problems associated with a dry mouth include:

- Cracked lips
- Sores or split skin at the corners of your mouth
- Bad breath
- Difficulty speaking
- A sore throat
- A fungal infection in your mouth
- Increased plaque, tooth decay and gum disease

Dry mouth is often a side effect of medications. In that case, contact your physician to discuss adjusting the dose or changing to a different medication. Dry mouth can also be a side effect of certain diseases or infections including Sjogren's syndrome, HIV/AIDS, and Alzheimer's disease, diabetes, anemia, rheumatoid arthritis, hypertension or Parkinson's disease. Of course, dry mouth can also be the result of conditions that lead to dehydration, such as a fever, excessive sweating, vomiting, diarrhea or blood loss.

The treatment is usually going to depend on the cause. Any new symptom that persists should be discussed with your physician. There are also prescription medications that your physician might order to stimulate saliva production.



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Your family ... our focus

