



# Valley VNA In-Touch

NEWSLETTER - AUGUST 2014

## Guide to In-Home Care Services

### IN-HOME CARE:

Non-medical assistance for seniors in their homes.

- Companionship
- Help with household tasks, meal prep, bathing & dressing
- Medication reminders
- Errands
- Transportation
- And more!

### OPTIONS & SOLUTIONS:

Program helping seniors and their families learn about services in the community. Free RN consultation.

### PREVENTIVE HEALTH CLINICS:

- Foot Care
- Blood Pressure Check
- Meals-on-Wheels (Neenah/Menasha area)
- Monthly Health Chats
- Seasonal Flu vaccination clinics



## Valley VNA News

**Theresa Pichelmeyer** - President

We have some very exciting things happening here at Valley VNA!

First, we were selected to receive a grant of \$14,000 from the George & Gussie Balck and Art & Mary Leske Charitable Fund within the Community Foundation for the Fox Valley Region. This generous donation will go to:

1. Development of a personal caregiver training and scholarship program.
2. Resource to support our music focused activities - Music & Memory and Lyrics & Laughter.

This was a delightful surprise for which we are very grateful!

In a similar manner, the James Wiegand Family is generously sponsoring a new program called



## Assisted Living Updates

**Pat Hoogervorst, RN** - Clinical Services Director

### Customer Satisfaction Survey -

Each year, as a requirement of our Department of Health Services regulations, we survey the residents and families of our Assisted Living. A summary of the findings are as follows:

Drum Circle. The first session will be held on July 31st and we look forward to bringing this new music program into our community. Our sincere thanks to the Wiegand family. Please see our Activities Update for more information on this program.



I'd also like to announce a staff change. Cheryl Ehlers, previously Assisted Living Supervisor, will be moving to a full-time education and training role for Valley VNA. Cheryl has a passion for education and will lead the newly funded personal caregiver training program discussed earlier. Join me in wishing Cheryl well in her new role.

What we do well (80-90%) -

- Facility meets resident's treatment and services preferences
- Residents are treated respectfully
- The rooms and the rest of the facility are comfortable and meets the resident's needs.

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- The rooms and rest of the facility are clean
- There is overall satisfaction with services and care and care provided
- There are a variety of activities offered

Room for improvement:

- Consistency in staffing
- Food preferences

While we were pleased with the results, there always are opportunities to improve and enhance our services. Thank you to all who participated and please remember, if you have questions or concerns, please feel free to stop by or give us a call.



### **In-Home Care Updates**

**Colleen Harvot**

In-Home Care Director

#### **In-Home Care's Foot Care**

We are excited to announce that the Winnebago County Health Department has asked us to take over their Omro and Winneconne foot care clinics. We feel honored and grateful at this expression of confidence in our quality of service.

Going forward, clients in Winneconne will be welcomed at our clinic at the Winneconne Senior Center located on the second floor of the Highlands at Rivers Crossing from 8:30– 11:00am on the 3rd Monday of the month. The Omro clinic will continue to be held at the Omro Community Center on the 3rd Thursday of the month from 9:00am until 1:00pm.

As with all of our public foot care clinics, these clinics are by appointment only. The 20 minute session provided by an RN includes a foot soak, nail trimming and filing, callus reduction and foot massage with lotion. Please call to make an appointment - 426-1931 or 727-5555.

See the back page of this newsletter for a complete listing of Valley VNA's public foot care clinics.



### **Valley VNA Team Holds Car Wash to Support the Walk to End Alzheimer's!**

On Friday, July 18th Valley VNA staff held a car wash at the Neenah Coldwell Banker office. The weather cooperated and it was a great success - raising \$269! Thanks to all who came out to support it and Coldwell Banker for letting us use their parking lot and helping with the car wash!

REMEMBER - the 2014 walk is Saturday, October 4th at the Fox Cities Stadium. Funds raised from the walk are directed to Alzheimer's care, support and research.



**Activities Update**

**Valley VNA Hosts Drum Circle Event on July 31<sup>st</sup>!**

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 Valley 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.

**Changes to Absentee Voting at Valley VNA! - Beginning in November** there will be changes in our Absentee Voting procedure at the Valley VNA. The

State legislature has approved the 2013 Wisconsin Act 159 which requires Special Voting Deputies to come directly to Valley VNA to facilitate Absentee Voting. These Special Voting Deputies will be specifically assigned to Valley VNA and will assist our residents in filling out their ballot (if needed). Absentee ballots will no longer be sent out in the mail to any of our residents. Residents will simply need to come down to the Keller Community Center during the time the Deputies are here, and vote. The specific date and time will be included in our November resident newsletter and monthly Activity Calendar. If you have any questions, please contact Bill or call the City Clerk’s office at (920) 886-6100.

**Summer Beach Party is August 26th!** Everyone is encouraged to wear their favorite Hawaiian Shirt or other bright or colorful shirt for the day. Party includes a special Beach Blanket Bingo at 2pm with special prizes. To top off the day, we will be having fireworks in the back parking lot at 8:00pm. We’ve been rained out on two previous attempts to celebrate the 4th of July with fireworks - hoping the third time is a charm!



**The next Community Lyrics & Laughter session starts in September!**

The **Lyrics & Laughter** Community Program is FREE and open to people with Alzheimer’s or other dementias and their care partner. The 6-week program will run **Thursdays, Sep 4 – Oct 9** --- Two sessions offered!

**9:30-10:30am** (9:00-9:30am Check-In & Social Time)

**1:00-2:00pm** (12:30-1:00pm Check-In & Social Time)

**Lyrics & Laughter** is held at Valley VNA, 1535 Lyon Drive, Neenah. For more information and to register, please call (920) 727-5555. Space is limited to 25 participants - **please register by August 28th.**



*Music is a road to memories  
and helps those with dementia.*

**Foot Care Clinics**

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

**VALLEY VNA SENIOR SERVICES**

**1535 LYON DR, NEENAH**

Wed Aug 13 9am-12pm  
 Thurs Aug 14 9am-12pm  
 Thurs Aug 21 1pm-4 pm  
 Mon Aug 25 1pm-4pm  
 Tues Aug 26 9 am-12 pm  
 Tues Aug 26 1pm -4pm  
 Wed Aug 27 9am-12pm

**ISLAND SHORES**

**131 W NORTH WATER ST, NEENAH**

Wed Aug 6 9am-12pm

**ELIZABETH CT APTS**

**936 6TH ST, MENASHA**

Thurs Aug 28 9am-12pm

**MENASHA SENIOR CENTER**

**116 MAIN ST, MENASHA**

Wed Aug 6 1pm-4pm  
 Thurs Aug 28 1pm-4pm

**GREENVILLE YMCA**

**W6931 SCHOOL RD, GREENVILLE**

Wed Aug 20 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 Aug 18 8am-11am

**NEW LONDON SENIOR CENTER**

**600 W WASHINGTON ST, NEW LONDON**

Call 920-538-2974 for appointment.

Fri Aug 8 9am-12pm  
 Fri Aug 22 1pm-4pm



**AUGUST HEALTH CHAT:**

**ADULT VACCINATIONS** by Diane Schmude, R.N.

When most of us think of vaccinations, we probably think about infants and school age children who need to keep their immunizations current. But older adults also need to keep an immunization record, and stay current. According to the CDC, as we mature, our immune system tends to weaken. Over time, that puts us at higher risk for certain diseases. It also may mean that if older adults get those diseases, they can have more severe illnesses than younger people. Vaccines can help to boost the immune system and lessen the risk of older adults getting vaccine-preventable diseases. Even if you were vaccinated at a younger age, the immunity from those vaccines can wear off or the virus or bacteria that the vaccine protects against changes so that your resistance is not as strong.

Vaccines that are recommended for older adults include:

- Influenza** - Protects against seasonal flu. Flu vaccine is needed every year.
- Tetanus** - Protects against tetanus and is needed every 10 years.
- DPT** - Protects against tetanus, diphtheria, and pertussis. All adults should receive this once instead of just a Tetanus vaccine.
- Pneumococcal** - Protects against pneumococcal diseases that cause infections in the lungs, blood, brain and ear. All adults over 65 should receive also younger adults who have certain chronic health conditions.
- Zoster** - Protects against shingles. Adults 60 or older should receive this vaccine.
- Hepatitis B** - It is recommended that people with diabetes get this vaccine to protect them against this blood borne illness.

Talk with your doctor to make sure that you are up-to-date on your vaccines and keep a current copy of your vaccination record in a safe place.



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Your family ... our focus