



Valley VNA In-Touch

NEWSLETTER - JANUARY 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 Checks
- Seasonal Flu Clinics
- Monthly Health Chats
- Meals-on-Wheels in the Neenah/Menasha area



Valley VNA News

Theresa Pichelmeyer, President

As I write this, Christmas is just around the corner! This is always a busy time of year at Valley VNA with special programs, decorating, concerts and parties. I hope you have had an opportunity to stop by and enjoy.

Our Love Light program, held December 5th, was especially nice this year. Please check out the photos on Page 3.

We're excited about the second session of the Community Lyrics & Laughter program which will be held on Thursdays, Jan 9 through Feb 13. The first session



held last fall, was very successful with about 20 people attending. Participants enjoyed both the music and socializing. Please call if you or someone you know is interested in attending - there's still room!

Members of our Life Enrichment team recently were trained in the Music & Memory program. This is another program we are able to offer to our residents and clients with dementia that uses music to help them converse and socialize in ways they normally cannot do. More to come on this.

Wishing you Happy Holidays and peace in the New Year!



Assisted Living Updates

Pat Hoogervorst, RN - Clinical Services Director

Cheryl Ehlers, Supervisor

It is the "Cold & Flu" Season again. Prevention of the spread of seasonal Influenza is very important to the staff of Valley VNA. The residents received the influenza vaccine in October and staff was also encouraged to receive the vaccine. We recommend and hope that family members also get vaccinated to help protect our residents. Vaccinations can be given

throughout the entire season, if you haven't received one yet, we highly recommend that you do so. Other important recommendations are:

- Good hand washing. Hand antiseptic cleaner is available at all entrances.
- Respiratory hygiene and cough etiquette (see the signs posted at all doors).

More ...

- Limit your visits to only when you are healthy. If you must come and visit when you are ill, please wear a mask the entire time you are visiting. Please understand that if there is an outbreak, we will be limiting movement of residents and staff throughout the building. This may mean some activities may be cancelled.

Thank you for your cooperation.



In-Home Care Updates

Colleen Harvot,
In-Home Care Director

Winter weather can be challenging for everyone, but can also be dangerous for seniors who live alone. If you know of a senior living alone, pass along these tips to keep them safe this winter.

- Dress warmly when going outside, even if it's just to fill the bird feeders. Button your coat, wear boots, gloves, and something on your head.
- Put the cordless phone or cell phone in your pocket when going outside – that way if you should happen to fall you can phone for help.
- Keep the melting salt with a scoop in it near the front door.
- Keep the snow shovel inside or if kept outside, be sure it's within arm's reach of the door.
- Push the snow to the side of the porch, don't lift and toss it off. Just clear a path.
- Hold on to the railing when going down the steps. Sprinkle salt on it if it's icy.
- Don't turn the thermostat below 65 degrees and risk hypothermia.
- Make sure you have a flashlight and extra batteries. Keep it where you can easily find it.
- Make sure you have enough food for three to five days in case you're snowed in.
- Prescription medications... remember to keep a week's supply on hand. Refill before you run out.

TIMESLIPS TOWN - A celebration of what is still possible for people living with memory loss in long-term care

WHEN: February 1, 2014 - 1:00-3:00 PM

WHERE: Thompson Community Center-Ogilvie Hall - 820 W College Ave, Appleton

TIMESLIPS TOWN is an event that will demonstrate the creativity of people who suffer from memory loss. **TIMESLIPS TOWN** will feature "buildings" with themes based on stories created by long-term care residents. There will be a soda shop, a super hero shop, Grandma's front porch, a library, a pet shop, a shoe store, and others. While visiting

TIMESLIPS TOWN, you can stop by our "diner" in the Thompson Café and have a free piece of pie!

Fun for the Entire family! **TIMESLIPS TOWN** is sure to be a fun, family oriented event with amazing people, entertaining stories, a light-hearted atmosphere, and a great cause.

What is TIMESLIPS? **TimeSlips** is an award-winning, non-profit organization dedicated to opening story telling to everyone by replacing the pressure to remember with the freedom to imagine. Their dream is to improve lives through creative engagement and to reach a point where creative engagement is fully integrated into long-term care. Learn more at www.timeslips.org.

Questions? Contact **Thompson Community Center** 920-225-1700 or Susan McFadden - susan.h.mcfadden@gmail.com



Activities Update

The importance of smaller programs

- Most of the activities featured in the In-Touch are the large entertainment programs. However, our “smaller” group programs are just as essential. Programs such as Exercise, Current Events, Bingo, Wheel of Fortune, Pictionary, In-Between (card game), Price is Right, Memory Bingo, and Wii Bowling are on our monthly calendar on a regular basis and are an essential part of our Life Enrichment program.

Recent studies in neuroscience in both the US and Canada have shown that simply “playing games” positively impacts the lives of older adults. Not only does participation keep them both physically and mentally active, but it has a positive influence on depression and social isolation as well. Although a resident may participate in a game and not come up with all the right answers, the brain is still exercised. It is similar to a runner taking part in a race; just

VALLEY VNA
LIFE ENRICHMENT
TEAM

Carrie Esselman
Assisted Living

Bill Mauthe
Assisted Living

Corrie Jape
In-Home Care



because he does not finish first, he will still reap the benefits of a healthy run.

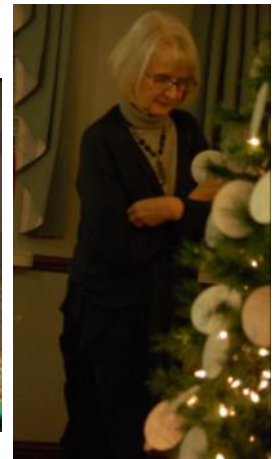
All games played at the Valley VNA have a strong emphasis on fun, and the competitive aspect of participation is greatly minimized. Those who play have a good time, but they are also providing stimulation to the brain – or to put it another way, they are exercising their minds. The old saying “If you don’t use it, you lose it” applies to one’s mind as well.

Christmas 2013 with the YNotes!



2013 Love Light - Remembering our loved ones

Valley VNA’s 22nd annual Love Light program was held December 5th. It was wonderful evening of inspirational words by Father Bill Johnston and beautiful music performed by Margaret Koskinen with Barbara Froelich on piano and flutist Mary Schmeichel. Thank you to all who made the evening so special.



Foot Care Clinics

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

VALLEY VNA SENIOR SERVICES
1535 LYON DR, NEENAH

Wed	Jan 8	9am-12pm
Thurs	Jan 9	9am-12pm
Thurs	Jan 16	1pm-4pm
Wed	Jan 22	9am-12pm
Mon	Jan 27	1pm-4pm
Tues	Jan 28	9am-12pm
Tues	Jan 28	1pm-4pm

ISLAND SHORES
131 W NORTH WATER ST, NEENAH
Thurs Jan 2 9am-12pm

ELIZABETH CT APTS
936 6TH ST, MENASHA
Thurs Jan 23 9am-12pm

MENASHA SENIOR CENTER
116 MAIN ST, MENASHA
Thurs Jan 2 1pm-4pm
Thurs Jan 23 1pm-4pm

GREENVILLE YMCA
W6931 SCHOOL RD, GREENVILLE
Wed Jan 15 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 Jan 20 8am-11am

NEW LONDON SENIOR CENTER
600 W WASHINGTON ST, NEW LONDON
Call 920-538-2974 for appointment.
Fri Jan 10 9am-12pm
Fri Jan 24 1pm-4pm



JANUARY HEALTH CHAT:

Bruising - A Common Problem with Aging? By Pam Hillmann, RN

Yes it is. Although most bruises are harmless and go away without any treatment, easy bruising can sometimes be a sign of a more serious problem. Bruises are caused by a blood vessel breaking from some kind of internal or usually external pressure. As we age the tissue supporting our blood vessels weakens and capillary walls become more fragile and are prone to rupture. We lose the fatty layer of skin that helps cushion our blood vessels from injury. Sun exposure accelerates this process.

Medications such as blood thinners like aspirin and Warfarin (Coumadin) can reduce your bloods ability to clot and therefore makes bleeding last longer. There are other medications and dietary supplements that can also cause

your skin to thin making it easier to bruise. You should see a doctor about bruising if:

Your bruises are very large or painful especially if you don't know why they developed.

- You are bleeding from several areas such as from your nose, gums or intestinal tract.
- Your bruising suddenly started after starting a new medication.
- The bruising is accompanied by an illness with fever and confusion.



These signs and symptoms could indicate a problem with your blood platelets. Protect your skin from the sun by using sun screen or wearing protective clothing or hats. Prevent injury by removing obstacles in your home that you might run into. There is no treatment that can make your body reabsorb the blood faster but there are comfort measures if it is painful. You could apply a cold compress and elevate the part affected.

We cannot pad our entire bodies to protect us from bruises but we can become aware of the foods, medications and supplements that can cause bruising and discuss solutions with your doctor.



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Your family ... our focus

