



Valley VNA In-Touch

NEWSLETTER - JULY 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



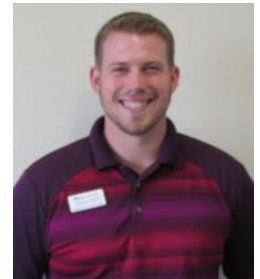
Valley VNA News

Theresa Pichelmeyer - President

I am very excited to introduce a new partner here at Valley VNA! His name is Brent Jacobs and he is the new Wellness Coordinator for RehabCare.

Brent has many exciting ideas and plans that are targeted to improve the health and wellness of both our residents and employees. His plan includes services such as resident Walking Clubs, Wheelchair and Walker Tune-Up Clinics, free Senior Fitness and Health Assessments and Health Learning lectures. You may not be aware that we have an exercise room equipped with bikes and treadmills and Brent has made recommendations on how we can add useful equipment suited to the needs of our

residents. We will also be adding more fitness equipment for the Assisted Living areas. Brent is eager to help design fitness plans for any interested resident and will be working with staff to individualize activities for those who are not independent in ambulation.



Brent and his enthusiasm is a wonderful addition to the growing Life Enrichment activities at Valley VNA. Stimulating the body along with the mind all add up to a balanced quality of life.



Assisted Living Updates

Pat Hoogervorst, RN - Clinical Services Director

Cheryl Ehlers - Supervisor

Summertime Brings Risk for Severe Weather

Summer is here and with it comes the chance for severe weather. There are procedures in place if that situation should arise. They are:

Tornado Watch - Issued when weather conditions favor the formation of tornadoes. We do not need to move to an internal hallway for a tornado

watch, but staff will turn on weather radios in each court and monitor the situation.



Tornado Warning -

Issued when a funnel cloud is sighted or is indicated by weather radar. All residents and staff will move to an internal hallway as follows:

- Alexandrite residents will move to the first floor (long) hallway.
- Sapphire residents will move to the hallway in their court, and the doors to the dining room will be closed for safety.
- Coral Residents and Amber Residents will move to Sapphire hallway closest to their court.
- Emerald Residents will move to the hallway behind the Emerald side 1 charting counter, (by the spa room).

All windows and doors should remain closed for safety.

Residents shall remain in the internal hallway until the warning has ended and the Administrator or designee has declared it safe to return to normal rooms.

If a tornado warning is issued, we may hear the town siren but there is not an internal alarm that goes off in the building, just like your own home. Residents who are not able to monitor a weather situation will take direction from staff on when or if movement is needed.



In-Home Care Updates

Colleen Harvot

In-Home Care Director

This month we are featuring another In-Home Care staff member - **meet Bobbie Rhoades!**

If you have ever called our office, chances are that the cheerful person you talked with was Bobbie Rhoades! Bobbie has worked with at Valley VNA since October of 2005 and wears many hats. She is the In-Home Care Secretary, handles the second floor front desk and runs Valley VNA's Meals On Wheels program.

Whether it's talking to a client, one of our caregivers or someone calling about our services, Bobbie says the best part of her job is having the chance to help so many different people. She feels

that her job has given her a better understanding of the challenges we all face as our families get older.

In her spare time Bobbie enjoys reading and spending time with her three grandchildren who are her pride and joy. When asked where she sees herself in five years she replied, "Either here at Valley VNA or traveling with her husband Bruce."

I think I speak for all of us in hoping that she is still here.



New payment option now available!

We are excited to announce a new and easy way to pay for services. Valley VNA is now offering the capability of automatically debiting your checking account through ACH processing. If you choose this option, it would eliminate the need to remit a check each month. Instead, Valley VNA would debit your checking account on the 10th of each month, or the next business day if the 10th is on a Sunday. You will still receive a monthly invoice in the mail so that you know the exact amount that will be deducted.

If you are interested in participating or have questions, please contact Brenda Coats, Billing Clerk. She can be reached Monday through Friday, 8:00am-4:30pm at (920) 727-5555.



Activities Update

4th of July Celebration - On Wednesday, July 2nd at 8:30pm we will be having our 6th Annual Fireworks display here at the Valley VNA. This is a very simple, yet enjoyable, fireworks show with patriotic music playing in the background. This is one of our best-attended programs and we always get residents from all five courts coming down for the festivities.



Our residents can safely watch the fireworks from the Keller Community Center - or can sit a safe distance away from the fireworks in the back parking lot. Slushies will be served to all who attend so residents are encouraged to come down and watch the show "live and in person" rather than watching it from their rooms. The program usually lasts for approximately 30-40 minutes and is always a fun time for all who attend!



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

Supporting the Walk to End Alzheimer's -

Join Team Valley VNA in the Walk to End Alzheimer's on October 4th at the Fox Cities Stadium.

Team Valley VNA will be fundraising through a Car Wash at Neenah's Pump n Munch on the corner of Bell and Commercial on July 18th from 3pm-6pm. Come get your Car Washed and donate to a great cause!

You can also support Team Valley VNA and the Walk to End Alzheimer's by purchasing Forget-Me-Nots! Starting July 1st you can purchase them at the Front Desk (in the main lobby) and also in Emerald Court.

Interested in joining the team? Contact Carrie Esselman at carrie@valleyvna.org 920-858-6172.

The 12th annual picnic was fun for all!



Foot Care Clinics

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

VALLEY VNA SENIOR SERVICES

1535 LYON DR, NEENAH

Wed July 9 9am-12pm
 Thurs July 10 9am-12pm
 Thurs July 17 1pm-4pm
 Tue July 22 9am-12pm
 Tue July 22 1pm-4pm
 Wed July 23 9am-12pm
 Mon July 28 1pm-4pm

ISLAND SHORES

131 W NORTH WATER ST, NEENAH

Wed July 2 9am-12pm

ELIZABETH CT APTS

936 6TH ST, MENASHA

Thurs July 24 9am-12pm

MENASHA SENIOR CENTER

116 MAIN ST, MENASHA

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

GREENVILLE YMCA

W6931 SCHOOL RD, GREENVILLE

Wed July 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 July 21 8am-11am

NEW LONDON SENIOR CENTER

600 W WASHINGTON ST, NEW LONDON

Call 920-538-2974 for appointment.

Fri July 11 9am-12pm
 Fri July 25 1pm-4pm



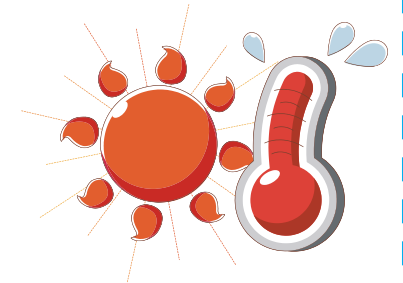
JULY HEALTH CHAT:

HEAT SAFETY AWARENESS by Pam Hillmann, R.N.

This topic has been covered in the past, but after a long, cold winter we all may need to be reminded that Wisconsin can also have extreme heat. In fact, Wisconsin had 11 confirmed heat related deaths in 2013. When the heat index values exceed 105 degrees, heat related illnesses may occur. There are also a number of other health concerns that may cause increased risks such as obesity, dehydration, heart disease, lung disease, poor circulation and prescription drugs. So, what are the warning signs of heat related illnesses?

- **Heat Exhaustion** is a milder condition that causes heavy perspiration, cramps, headache, confusion, nausea or vomiting, tiredness, weakness, dizziness and fainting. Heat exhaustion can turn into Heat Stroke if not treated. The treatment for heat exhaustion is to cool down, rest and drink cool, nonalcoholic beverages. Get medical help if your symptoms persist, if they become severe or if you already have heart problems or high blood pressure.
- **Heat Stroke** happens when the body can no longer control its temperature causing the body's temperature to rise fast. The warning signs include extremely high body temperatures, red, hot, dry skin, a rapid pulse, a throbbing headache, dizziness, nausea, confusion and can lead to unconsciousness. **Heat Stroke is a medical emergency - call 911.** If you are with someone who has heat stroke, while waiting for medical help to arrive, try to cool them off with cool water to their body, but do not give them anything to drink.

If the weather gets hot, please remember to keep cool and use common sense.



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Your family ... our focus