



Valley VNA In-Touch

NEWSLETTER - JUNE 2014



Blood Drive

Tuesday, June 10th
11:00am - 3:30pm
Valley VNA
1535 Lyon Drive

All donors will receive a coupon for a FREE ice cream treat at the Neenah Dairy Queen!

To schedule your donation appointment, please call the Community Blood Center at 800-280-4102.

Walk-ins donors are also welcome!



Valley VNA News

Theresa Pichelmeyer - President

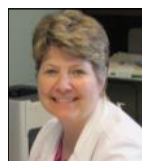
With the Annual Picnic June 18th, it's officially summer! We're hoping for good weather, but the Rain Date (June 19th) provides a back-up plan if necessary. I'm looking forward to seeing many of you there!

Warmer weather means we're out and about in the gardens. Please stop by and check out our new Fairy Gardens.

I'm pleased to announce that Carrie Esselman, Therapeutic Recreational Specialist, was nominated and received the 2014 Innovation Award. This award is one of the Elder Ace

Awards sponsored by the Wisconsin Association of Area Agencies on Aging. While Carrie has implemented several new programs, of note is the Community Lyrics & Laughter program. Congratulations to Carrie and also thank you to Dr. Susan McFadden for nominating her.

We're very grateful for a generous donation which allows us to purchase a GERI™ manikin. This manikin will provide a more realistic opportunity for staff training on various skills. We'll share a picture when "she" arrives!



Assisted Living Updates

Pat Hoogervorst, RN - Clinical Services Director

Cheryl Ehlers - Supervisor

Diamond Accreditation Update - The Diamond Accreditation committee continues to work on the quality improvement process. The quality improvement initiative to be addressed over the next months will be a review and /or redesign of the med pass training process. The committee will be looking carefully at the criteria that potential med passers must meet to be enrolled in the class. Also strategies will be developed to promote improved competency and confidence for the med passer in this added task.

Training Update - In May, we conducted a joint in-service training with Assisted Living and In-Home Care staff. The Alzheimer's Association presented a topic on different types of dementia, covering the brain, symptoms, communication, and approaches. We completed the in-service with a round table discussion of situations and best approaches and ideas to utilize a resident or client's life story. It was a great opportunity for Assisted Living and In-Home Care staff to meet and share different points of view.



In-Home Care Updates

Colleen Harvot

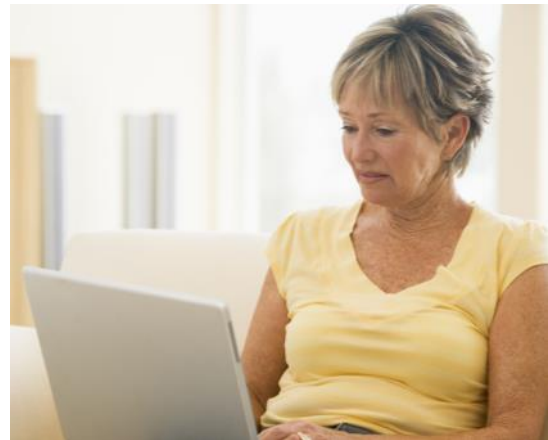
In-Home Care Director

If you're like many people, the end of the day may be when you find time to do online research. In response to that we have launched a new community resource called "Helpline". This is a confidential, online-based service that is free and available to the public. Through this Helpline, Valley VNA can assist seniors and their families who have questions about senior services and resources in the Fox Cities area including information about:

- Home care services
- Independent and assisted living options
- Alzheimer's/dementia care and support groups
- Caregiver concerns and support
- Housekeeping
- Short term help – respite and recovery care
- Long term care
- Adult day programs offered throughout the area
- Home delivered meals
- Senior care payment options
- Transportation services
- Other senior concerns

The "Helpline" is designed to be an easy way for people who are exploring senior care options to ask questions and receive professional answers about services in the community at no cost or obligation. The email-format for Helpline makes it convenient for people to ask their questions anytime day or night.

To access Helpline, email senior-related questions to: resource@valleyvna.org. Questions will be answered via email in a timely manner. For seniors or family members who would rather talk to someone, we also offer our Options & Solutions consultation by calling (920) 727-5555 or toll free (866) 930-8862.



Valley VNA's annual Picnic

Wednesday, June 18th – 5:00-7:00pm

(Rain date June 19th)

**Music by TJ & Lynn · Kid's Activities & Face Painting · Family Photos
Valley VNA's Bake Sale - Proceeds support Valley VNA's Lyrics & Laughter program.**

Invitations have been mailed. Please RSVP by June 4th. To RSVP or for more information, please call Marian (920) 727-5544.

Activities Update

MUSIC, MUSIC,

MUSIC - Most people enjoy “good music”, but everyone’s description of what constitutes “good music” is different. One of my jobs as Life Enrichment Coordinator is to make certain we offer our residents a wide variety of music. While the majority of the entertainers we book play polkas, classic country, sing-along songs (“You Are My Sunshine” for example), patriotic music, or music of a religious nature, there are times we change things up a bit.

In February we featured the **Bobby Rivers Band** who sang the songs of Elvis, Johnny Cash and Buddy Holly for us, and in May we had the **Steve Schultz Las Vegas Revue** who put on a show featuring the music of entertainers who now, or in the past, were once

VALLEY VNA
LIFE ENRICHMENT
TEAM

Carrie Esselman
Assisted Living

Bill Mauthe
Assisted Living

Corrie Jape
In-Home Care



headliners in Vegas. These concerts were huge successes with almost everyone attending!

While we will always continue to have the traditional music programs scheduled regularly here at the VNA, we will also be showcasing new artists/bands on occasion who we think our residents may enjoy.

Coming up we have a Dixieland Band playing in July, outings to see the Neenah Community Band perform at Riverside Park in Neenah, and of course our troupe of “regulars” who will also be singing and playing for everyone throughout the summer as well.

GARDENS ARE BLOOMING! Spring is here and summer is on its way! Gardening at Valley VNA is in full swing. We have some new additions to the assisted living courtyard garden including Fairy Gardens and a beautiful *Painted Peace* art pole. Life is blooming in the gardens so come and take a look!



The 5th Annual Spring Fling was held May 6th with entertainment by The Steve Schultz Las Vegas Review! A fun afternoon of great music and even a little dancing!



Foot Care Clinics

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

VALLEY VNA SENIOR SERVICES

1535 LYON DR, NEENAH

Wed June 11 9am-12pm
 Thurs June 12 9am-12pm
 Thurs June 19 1pm-4pm
 Mon June 23 1pm- 4pm
 Tue June 24 9am-12pm
 Tue June 24 1pm-4pm
 Wed June 25 9am-12pm

ISLAND SHORES

131 W NORTH WATER ST, NEENAH

Wed June 4 9am-12pm

ELIZABETH CT APTS

936 6TH ST, MENASHA

Thurs June 26 9am-12pm

MENASHA SENIOR CENTER

116 MAIN ST, MENASHA

Wed June 4 1pm-4pm
 Thurs June 26 1pm-4pm

GREENVILLE YMCA

W6931 SCHOOL RD, GREENVILLE

Wed June 18 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 June 16 8am-11am

NEW LONDON SENIOR CENTER

600 W WASHINGTON ST, NEW LONDON

Call 920-538-2974 for appointment.

Fri June 13 9am-12pm
 Fri June 27 1pm-4pm



JUNE HEALTH CHAT:

COULD IT BE FOOD POISONING? By Diane Schmude, R.N.

The Mayo Clinic defines food poisoning as an illness caused by eating contaminated food. Food poisoning may also be called foodborne illness. Foods can become contaminated with an infectious organism or toxin at any point during processing or production. Contamination can also occur at home if food is not correctly handled or cooked. This is especially true for raw, ready to eat foods, such as salads or produce. Because these foods are not cooked, harmful organisms aren't destroyed before eating.

You may have heard of some of these organisms that can cause food poisoning: botulism, E. coli, Hepatitis A, Norovirus, Rotavirus, and Salmonella.

Whether you become ill after eating contaminated food depends on the organism, the amount of exposure, your age and your health. Older adults, pregnant women, infants, young children, and people with chronic conditions are considered high risk. The symptoms for food poisoning will vary based on the source of contamination. Symptoms may include nausea, vomiting, watery diarrhea, abdominal pain, cramps, and fever. Of course, these symptoms could also indicate other gastrointestinal conditions, including stomach flu. Signs and symptoms of food poisoning may start within hours after eating the contaminated food, or it may take days or even weeks to appear. Sickness caused by food poisoning can last anywhere from one to ten days. For most people, the illness resolves itself without treatment in a few days, but the most common serious complication is dehydration.

Contact your physician if you are vomiting blood, have severe diarrhea for more than 3 days, an oral temperature higher than 101.5 F, or signs of dehydration.



1535 Lyon Drive, Neenah WI 54956 • 315 Burton Road Suite 106, New London 54961
 (920) 727-5555 • (866) 930-8862 Toll Free • www.valleyvna.org

Your family ... our focus