



Valley VNA In-Touch

NEWSLETTER - MAY 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

I am hopefully optimistic that we are moving out of the “winter that never ends” into spring; finally! Many activities are happening as you will see to keep our cabin fever at bay, but we are all longing to be outside in the sun and warm.

One of the things I am most proud of in Valley VNA is the spirit of willingness to enter into new territory and partnerships. Two of those recently initiated are:

- Valley Packaging, Inc. - We are an assessment and limited training site for individuals looking to enter or retrain for a variety of work

experiences. A very positive experience for all.

- Honoring Choices - Pilot project with ThedaCare and WI Medical Society on encouraging and facilitating conversations on Advance Health Care Planning -- identifying your wishes in the event you are unable to make decisions for yourself. The pilot targets our residents and staff with ultimate goal of being available to the general public. More on this as we move through the pilot phase.

This is just a tidbit of all that is happening here at Valley VNA - enjoy the following stories and think warm.



Assisted Living Updates

Pat Hoogervorst, RN - Clinical Services Director

Cheryl Ehlers - Supervisor

Diamond Accreditation Update - As promised, we will be providing periodic updates on the progress of the Diamond Accreditation program. The steering committee, made up of resident assistants, shift managers, RNs and other Valley VNA management, met for the first time April 4th. A SWOT analysis was conducted looking at strengths,

weaknesses, opportunities and threats. There were many excellent and thought provoking ideas and concerns. Next steps will be to determine a quality initiative and define it clearly. We will keep you informed as we progress in this process.



Valley VNA
Senior Services

Assisted Living • In-Home Care

Your family ... our focus



In-Home Care Updates

Colleen Harvot

In-Home Care Director

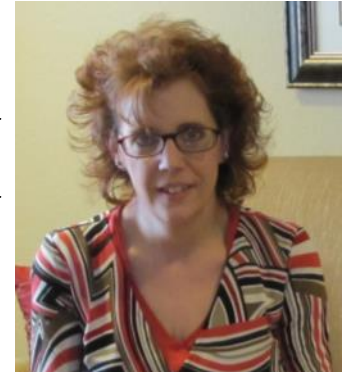
This month we will once again feature one of our wonderful caregivers - meet Tina Godin!

Tina has been a terrific member of our In-Home Care team since September of 2008. But this was not her first experience with Valley VNA. Tina was also a Caregiver at the Adult Day Care Center that we operated in the 1990's.

After taking some time off to raise her family, Tina returned to her career in senior care. When asked why she decided to work in home care, Tina said "I love meeting new people and feeling like I make a

difference in their lives." She also said that she loves having fun with her clients. When asked about a favorite memory she told the story of Louis.

"Louis loved to listen to polka music. So did my family. You could say that I was raised on polka music. He would play different songs and would always be amazed that I not only knew the song, but I also knew the artist. It became sort of a game that we would play on each visit - Try to Stump Tina! It always makes me smile when I think about it."



MARK YOUR CALENDARS!

The annual picnic is June 18th - 5:00-7:00 pm

(Rain date June 19th)

Invitations will be mailed in May

Call Marian for more information (920) 727-5544



Are you interested in volunteering?

Valley VNA has many opportunities available:

- Assist with life enrichment programs and activities.
- Assist with our weekly Popcorn Day!
- Reminisce with residents or visit residents who need a friendly face to lift their spirits.
- Gardening
- Share music through piano playing, school & church choirs, instrument practice, etc.
- Assist with spiritual activities such as Bible study and praying the rosary.
- Volunteer as a Meals-on-Wheels driver (please contact Bobbie Rhoades - 727-5555)

If you or someone you know is interested in volunteering at Valley VNA, stop by the front desk and ask for a Volunteer Application or contact Carrie Esselman at (920)858-6172 or carrie@valleyvna.org.



Activities Update

It's time for the annual SPRING FLING!!!

On May 6th from 2:00pm – 3:00pm, the Valley VNA will be hosting our 5th Annual Spring Fling event in the Alex dining room. Our special entertainment for this event will be **The Steve Schultz Las Vegas Review**. Steve will be putting on a show much like you would see in Las Vegas featuring music by such Vegas stalwarts as Elvis Presley, Frank Sinatra, Tony Bennett, Dean Martin and Tom Jones. For our residents and clients who haven't been to Las Vegas, it is a great opportunity to take in a "real-live" Las

Vegas show. As always, those that attend will be treated to a special dessert prepared by Julia!

In-Home Clients that would like to attend should call Bobbie at 920-727-5555.



The 5th Annual Pig Races was once again a great time for all! The race winner was **Little Miss Baby Back Ribs**, Emerald Court and Best Dressed award went to **Porky Pig**, Amber Court!



Miss Baby Back Ribs



Porky Pig



Foot Care Clinics

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

VALLEY VNA SENIOR SERVICES

1535 LYON DR, NEENAH

Thurs May 8 9am-12pm
 Wed May 14 9am-12pm
 Thurs May 15 1pm - 4pm
 Mon May 19 1pm - 4pm
 Tue May 27 9am-12pm
 Tue May 27 1pm- 4pm
 Wed May 28 9am-12pm

ISLAND SHORES

131 W NORTH WATER ST, NEENAH

Wed May 7 9am-12pm

ELIZABETH CT APTS

936 6TH ST, MENASHA

Thurs May 22 9am-12pm

MENASHA SENIOR CENTER

116 MAIN ST, MENASHA

Wed May 7 1pm-4pm
 Thurs May 22 1pm-4pm

GREENVILLE YMCA

W6931 SCHOOL RD, GREENVILLE

Wed May 21 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 May 19 8am-11am

NEW LONDON SENIOR CENTER

600 W WASHINGTON ST, NEW LONDON

Call 920-538-2974 for appointment.

Fri May 9 9am-12pm
 Fri May 23 1pm-4pm

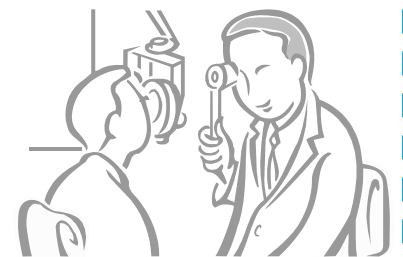


MAY HEALTH CHAT:

VISUAL CHANGES by Pam Hillmann, RN

The eyes undergo a number of changes as you grow older. The lens becomes more opaque and loses its flexibility, the iris becomes sluggish, the retina can become less sensitive to light, and a condition called glaucoma – in which pressure builds up inside the eye – becomes more likely. On average, the eye of a 60-year-old person lets in half as much light as a younger person’s. The most common type of age-related vision change is long-sightedness. Warning signs of eye problems are as follows:

- Difficulty seeing objects close-up (this may be caused by long sightedness)
- Hazy vision, a blur around lights and the sensation of looking through fog (this may be caused by cataracts)
- Loss of peripheral vision, flashes of light and floating shapes (this may be caused by retinal detachment)
- Rapid or gradual vision loss and distorted vision when reading (this may be caused by macular degeneration)
- Blurred vision, sudden and severe eye pain, teary, aching eyes, halos around lights, headache, nausea and vomiting (this may be caused by glaucoma)



You should have your eyesight tested yearly as you get older, and consult your doctor or ophthalmologist about any changes in your vision. The treatment for eye problems ranges from reading glasses for long-sightedness to surgery for cataracts. If you have adult-onset diabetes, you should be particularly vigilant about having regular eye checks – diabetes is one of the main causes of blindness.

There are many things that help with vision problems, so if you are having problems either contact one of these agencies or check their web sites for visual aids: *Wisconsin Bureau of Aging & Disability Resources* (608)266-2536 or *Wisconsin Center for the Blind and Visually Impaired* (800)832-9784.



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Your family ... our focus