



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 In-Touch

NEWSLETTER - NOVEMBER / DECEMBER 2014



Valley VNA News - Theresa Pichelmeyer - President

Winter has arrived along with the holidays!

The Holiday Avenue fundraising event was again a wonderful success! We introduced some changes that were well received and enjoyed by many. A heartfelt thank you to all who helped make this event possible! The goals for Holiday Avenue are not only increasing awareness of what we do at Valley VNA and fundraising to support our life enrichment programming; but more importantly a way for us to connect to you the community, solidifying current relationships and building new ones. Our success is due to you!

The annual Love Light program will be held Dec 4 at 6pm. This event provides an opportunity to come together and honor those important people in our

life. This year Father Ralph Osborne will lead us with reflection and invocation and The Zephyr Chorale of St. Mary Central High School leading us in song. Hope to see many of you there!

The Caregiver Training Program is near the end of its first session. This is an in-house program that offers paid training and employment positions to individuals who do not have a caregiver training background. Recruitment of new staff is very challenging in today's environment and Valley VNA is working on innovative and effective ways to build a workforce of caregivers for the future. If interested or know of someone who might be interested, give us a call.

Wishing you a very peaceful and joyous holiday season!



Assisted Living Updates

Pat Hoogervorst, RN - Clinical Services Director
Angela Simon - Supervisor

As of December 1st, Julie Fries RN, will be transferring to a new position as a Case Manager for In-Home Care and Susan Fredrickson RN, will take her place as RN Clinical Consultant for Assisted Living.

In addition to this change, we are also restructuring the RN hours. Beginning Dec 1st, we will have an RN on-site from 6:00am until 8:30pm Monday-Friday. Brenda Castillo and Susan will rotate shifts to cover these hours. You can

reach the RNs during these hours by calling 920-810-1431.

The extended hours provide clinical resources to be available to residents, family and staff for longer times during the day. Brenda or Sue are now able to address clinical concerns on all of the residents. An RN will continue to be on call after hours and on the weekends for staff questions regarding clinical concerns. If you have any questions regarding this change, please contact Pat Hoogervorst.

Introducing Angela Simon, our new Assisted Living Supervisor!

Hello, I'm Angela Simon and I celebrated my 13th anniversary with Valley VNA this past October. I started when I was in high school as a kitchen aid, then helped as a housekeeper. I loved working as an activity assistant being able to spend quality time with the residents learning about their lives and sharing stories with them is very enjoyable.



My time as an activity assistant is what lead me to completing the caregiver training and becoming an Resident Assistant. I have so many wonderful memories with residents I have met over the years. Having the opportunity to build trusting relationships with the residents here is very special. I recently accepted the Supervisor role and am very excited to work with staff and the families of our residents on a daily basis.

In my free time, I am busy planning my upcoming wedding in May, playing with our rescued pets Gunner, our dog and Uno, our cat. I am a huge sports fan and enjoy attending and watching the Green Bay Packers, Milwaukee Brewers and the Wisconsin Badgers.

I look forward to the new experiences and learning opportunities I will have here at Valley VNA in this role. You can reach me at angelas@valleyvna.org or by phone 727-5544 ext. 2245.



**Tree Lighting Ceremony
December 4th at 6:00 pm**

Remembering your loved ones. You can honor a loved one with a donation to Valley VNA's Love Light Angels program. Your ornament will be placed on our tree and dedicated during the program on Dec. 4th.



In-Home Care Updates

Colleen Harvot

In-Home Care Director

Diane Schmude, RN is retiring - well sort of

Diane will be retiring from her current position on January 2, 2015. Diane has worked with Valley VNA since March of 2000, but I have had the pleasure of working with her for more than 30 years. Her knowledge and compassion for seniors has made her a true asset to our In Home Care department and all of Valley VNA. We will miss seeing her every day, but thankfully Diane will continue to work with us on a very part-time basis, if it can be fit around her grandkids' schedules! Thanks for everything Diane!



We are very fortunate to have Julie Fries, RN returning to the In Home Care department. More about Julie in the next In Touch.

Food Drive December 1st – 19th - This year as part of our Valley VNA Gives Back program we will be collecting nonperishable food items for St. Joseph's Food Program.

The St. Joseph Food Program is a non-profit organization that has operated since 1982. Each year they distribute 2.5 million pounds of fresh food and non-perishable items to thousands of men, women and children – the elderly, working poor and temporarily unemployed. They are funded by cash and food donations from individuals, churches, businesses and foundations in the Fox Valley community. Every week over 1000 families visit St. Joes for their food needs.



If you would like to help out too, please drop off your food items or donations at the receptionist desks on the first or second floor.

Activities Update

December is always a busy month of activities, music and other festive programs. One highlight, though, is the Christmas in Vegas event on December 15th from 2pm – 3pm in the Alex Dining Room. This event features special entertainment by The Steve Schultz Las Vegas Review! Steve will be putting on a Holiday show much like you would see in Las Vegas featuring your Christmas favorites mixed in with other music by performers such as Elvis Presley, Frank Sinatra, Tony Bennett, Dean Martin and Tom Jones. Christmas cookies and punch will be served as part of the celebration.



Veteran's who make their home at Valley VNA were honored at a special program on November 11th. What a special group of people they are! We thank them, and their families, for their service and are honored to be a part of their lives.



2014 Walk to End Alzheimer's

Over 20 walkers represented Valley VNA's Team at the Walk to End Alzheimer's on Saturday, October 4th. We raised over \$2,500 for this year's walk from individual team members' fundraising efforts and Valley VNA's Silver Sponsorship.

Our efforts support the overall walk totals which are over \$92,000. All proceeds support the Alzheimer's Association of Greater Wisconsin - providing education, support, and research for individuals and families affected by the disease. **Way to Go Team!**



Celebrating the Holidays! We will be offering festive cookies and coffee for family members and friends on **Thanksgiving Day from 2:00-4:00pm** and **Christmas Day from 2:00-4:00pm**. Treats will be served in each court of the Assisted Living and in Nancy Kay Café for Alexandrite Manor. This will provide a time for family and friends to be able to celebrate the holiday with their loved one who resides here. Unfortunately, we are unable to accommodate family members sharing a meal with their loved one on those days.



Foot Care Clinics

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

VALLEY VNA SENIOR SERVICES
1535 LYON DR, NEENAH

Wed Dec 10 9am-12pm
 Thurs Dec 11 9am-12pm
 Thurs Dec 18 1pm-4pm
 Mon Dec 22 1pm-4pm
 Tue Dec 23 9am-12pm
 Tue Dec 23 1pm-4pm

ELIZABETH CT APTS
936 6TH ST, MENASHA

Thurs Dec 4 9am-12pm

MENASHA SENIOR CENTER
116 MAIN ST

Thurs Dec 4 1pm-4pm

GREENVILLE YMCA
W6931 SCHOOL RD

Wed Dec 17 1pm-3pm

OSHKOSH SENIORS CENTER-SOUTH
200 N CAMPBELL RD

Call **920-232-5310** for appointment.

Mondays & Wednesdays 9am-1pm

Fridays 9am-12pm

WINNECONNE SENIOR CENTER
HIGHLANDS AT RIVER CROSSING
424 CLEVELAND ST

Mon Dec 15 8am-11am

NEW LONDON SENIOR CENTER
600 W WASHINGTON ST

Call **920-538-2974** for appointment.

Fri Dec 12 9am-12pm

Fri Dec 26 1pm-4pm



DECEMBER HEALTH CHAT: Aromatherapy by Diane Schmude, R.N.

Aromatherapy has been around for centuries and we have all probably used and enjoyed it in some form at some time. We know that the scents from some candles or air fresheners can have different effects on each of us. We also know that some scents can bring to mind very pleasant and calming feelings and other scents may not be as pleasant.

“Aromatherapy” became popular in the US around the 1980s. Researchers are not entirely clear how aromatherapy works. Some theories are that smells are communicated to parts of our brain that store our emotions and memories and then stimulate responses. Some of those responses may be to enhance relaxation, to relieve anxiety, stress and depression, to promote sleep, to energize, to stimulate appetite, or to calm the digestive system.

Aromatherapy is also used for comfort care by some hospice or care providers.

Aromatherapy uses essential oils from plants. These oils can be inhaled or massaged into the skin. It is important to remember when using the essential oils, that they are strong, so less is better. Often times the palms of the hands or soles of the feet are used for massaging because they are usually accessible to a caregiver. While the oils are absorbed through the skin, much evaporates and is also breathed in. The oils can also be inhaled by placing a few drops on a cotton ball, placed nearby or inside a pillow case. It can also be added to bath water, or used in a humidifier or a room diffuser. Check with a local supplier or pharmacist for specifics.



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Your family ... our focus