



Valley VNA In-Touch

NEWSLETTER - OCTOBER 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

Fall is always a busy time for us. In addition to regular activities, we have the flu vaccination clinics starting this month, the 12th annual Holiday Avenue coming up on November 6th and planning underway for our Love Light program on December 4th. If you'd like more information on any of these events, please visit our website or call.

On September 12th, Carrie Esselman was granted the Elder Ace Award for Innovation Programming from Greater Wisconsin Agency on Aging Resources, Inc. Carrie and her colleagues do



incredible work in developing and enhancing the life enriching activities for our residents. Congratulations Carrie!

I'd also like to share that in September, Corrie Jape, In-Home Care's Life Enrichment Coordinator, presented "The Importance of Life Enrichment" to caregivers of people with dementia. This is part of the Alzheimer's Association Memory Loss Series at Neuroscience Group. We appreciate the wealth of information Corrie has to share!



Assisted Living Updates

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

Disease Management - Disease management has become an important function of the RNs at Valley VNA. The past three months, a small pilot project on Congestive Heart Failure (CHF) has been conducted in collaboration with ThedaCare. The hospitalists at ThedaCare shared the training tools given to CHF patients when hospitalized. We then created CHF

care protocols, instructed residents and staff on them, and incorporated the protocols into the care plans of those residents with a CHF diagnosis.

Our goal was to achieve improved disease management as evidenced by stable weights, decrease in symptoms of CHF, increased knowledge of disease by residents and staff, and ultimately reduce hospitalizations or readmissions to the hospital.

The pilot was very successful. Management of weights, diet, medications and symptoms through use of the protocols prompted timely updates to primary physicians. This was instrumental in achieving zero admissions to the hospital of our residents with CHF.

ThedaCare Hospitalists praised the work and results of this pilot project at a recent follow up meeting. Going forward, there are plans to work with ThedaCare in 2015 on another disease process. We are excited to work collaboratively with the area medical systems to improve quality of life for our residents.

Flu Vaccinations - Residents in the Assisted Living will be given the vaccine on October 15th. POAs should expect to be called to come and sign consent forms in the next few weeks.

2014 Walk to End Alzheimer's

Please join us in support of the Alzheimer's Association's Walk to End Alzheimer's on **Saturday, October 4th** at the Fox Cities Stadium. Funds raised from the walk are directed to Alzheimer's care, support and research. Walk on Valley VNA's team, organize your own team or volunteer.

For more information, contact Carrie at 920-727-5544 or carrie@valleyvna.org



In-Home Care Updates

Colleen Harvot

In-Home Care Director

Tips to Reduce the Risk of Falls - Your home should be a safe place to live. Here are a few tips to reduce your risk of falls and injuries:

- Use slip-resistant coverings on hard-surfaced floors.
- Avoid overly thick carpets and rugs with confusing patterns, especially on stairs.
- Replace loose, torn, or frayed floor coverings. Inspect wooden stairs and floors and replace sections that are broken, warped, or rotted.

- Keep stairs and walkways clear of electrical cords and other clutter.
- Be sure outdoors or inside stairs and hallways are well lighted and free of shadows.
- Install sturdy full-length handrails on both sides of all staircases.
- Repair broken or uneven concrete in walks and steps.
- Keep walks and steps clear of snow and ice in winter. Spread sand or chemical melts on icy spots.
- Keep garden hoses and other items off walks and steps.
- Install non-slip strips or mats and grab bars in the bathtub or shower.

2014 FLU VACCINATION CLINICS

NEENAH

Valley VNA Senior Services - 1535 Lyon Dr
MONDAYS - 9am-Noon Oct 6, 13, 20, 27
WEDNESDAYS - 4-6pm Oct 1, 8, 15, 22, 29

MENASHA - ONE CLINIC ONLY

Menasha Senior Center - 116 Main St
THURSDAY, Oct 2 - 9am-Noon

OSHKOSH

Oshkosh Seniors Center - 200 N Campbell Rd
WEDNESDAYS - 9am-Noon Oct 1, 8, 15, 22, 29

FLU VACCINE - \$30 / HIGH DOSE VACCINE - \$49

Medicare Part B and most Medicare Advantage Plans will cover the cost of vaccines.

PLEASE BRING ALL HEALTH INSURANCE CARDS

Activities Update

There was a lot of music happening the week of Sept 7-13 in celebration of National Assisted Living Week!



Valley VNA Senior Services presents ...
Holiday Avenue
Shopping for a cause

The 12th annual **Holiday Avenue** fundraising event is set for **November 6th from Noon-7pm** at the Bridgewood Hotel, Neenah. We've extended the hours this year so there's more time for shopping and visiting with friends! Proceeds directly support all Valley VNA life enrichment programs. *For more information, please call 920-727-5555 ext. 2207*



A few of our residents enjoying last year's event!

Foot Care Clinics

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

**VALLEY VNA SENIOR SERVICES
1535 LYON DR, NEENAH**

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

ISLAND SHORES

131 W NORTH WATER ST, NEENAH
 Wed Oct 1 9am-12pm

ELIZABETH CT APTS

936 6TH ST, MENASHA
 Thurs Oct 23 9am-12pm

MENASHA SENIOR CENTER

116 MAIN ST, MENASHA
 Wed Oct 1 1pm-4pm
 Thurs Oct 23 1pm-4pm

GREENVILLE YMCA

W6931 SCHOOL RD, GREENVILLE
 Wed Oct 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 Oct 20 8am-11am

NEW LONDON SENIOR CENTER

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



OCTOBER HEALTH CHAT: MENTAL HEALTH by Diane Schmude, R.N.

Mental health and emotional well-being are important at any time of life, but older people face some special physical and mental health challenges that need to be recognized. Anxiety, depression, dementia and substance abuse problems are among some of the more common disorders.

Substance abuse problems among the elderly are often overlooked or misdiagnosed. Social, psychological and biological factors determine the level of mental health of a person at any point of time. There also are some life stressors that are common to all people, but may have more of an impact on older adults. Many times older adults lose their ability to live independently because of limited mobility, chronic pain, frailty or some other mental or physical problem. In addition, older people are more likely to experience life events such as loss of loved ones, a drop in socioeconomic status with retirement, or a disability. All of those factors can result in isolation, loss of independence, loneliness and distress.

Mental health also has an impact on physical health and vice versa. Chronic health conditions can lead to depression, or depression can have a negative effect on chronic health conditions. Older adults can also be victims of physical neglect or mistreatment that can also lead to physical injuries or depression and anxiety.

Mental health can be improved by promoting active and healthy aging. Prompt recognition and treatment of mental, neurological or substance use disorders is essential - see your physician for diagnosis and treatment. Don't hesitate to seek help for yourself or a loved one.



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