



Valley VNA In-Touch

NEWSLETTER - SEPTEMBER 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

September is here, meaning cooler weather, football and time to think about getting your flu shot. Look for our clinic schedule inside this issue.

As I mentioned last month, Cheryl Ehlers has moved into a fulltime Education Training position. This will enable us to implement a Personal Care Worker training program. Currently, individuals without any experience in caring for others have not been eligible for employment. This program will provide those individuals interested in this area of health care the appropriate training and job opportunity. The first training classes are scheduled to begin in October.

Angela Simon, who has been a wonderful caregiver in our assisted living since 2001, is now transitioning into the Supervisor role. Please join me in welcoming Angela to her new position!

National Assisted Living week is September 7-13 and the focus this

year is the celebration of music. Many activities are scheduled for the week and I hope you can stop by and join us. For a complete listing, please visit our website or look for flyers posted throughout the building.



Assisted Living Updates

Pat Hoogervorst, RN - Clinical Services Director

Diamond Accreditation Update

The steering committee is making great progress. The first quality initiative to be worked on is developing and implementing a process for resident assistants to be trained in medication administration. The planning stage is finished and in September the process will be implemented. Goals will be to train staff by their third month of employment which will increase the

number of med passers on each court per shift. To promote competency a goal has been set to have resident assistants use their med training skills at least 25% of the shifts that they work. Overall goals for the organization will be to reduce medication errors. Ongoing gathering of this data is part of QI process which will be used to evaluate success of the initiative. More updates will be provided in the future.



In-Home Care Updates

Colleen Harvot

In-Home Care Director

In the upcoming months the flu will be spreading around schools, workplaces and communities. Everyone should plan ahead to protect themselves from the influenza virus by attending one of the 2014 Flu Prevention Clinics offered through Valley VNA Senior Services.

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
 (Available to people 65 & older)
Medicare Part B and most Medicare Advantage Plans will cover the cost of vaccines.

PLEASE BRING ALL HEALTH INSURANCE CARDS TO THE CLINIC

Did you know the In-Touch Newsletter is available via email?

If you would like to have the monthly *In-Touch* newsletter sent to you electronically, please contact Marian at (920) 727-5544 or mariand@valleyvna.org.

In-Home Care clients and families should contact Bobbie at (920) 727-5555 or bobbier@valleyvna.org.

Your email address will be for Valley VNA use only and kept private.



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

Activities Update

Weekly NFL Football Contest

There are many different activities for our residents to enjoy and the NFL Football Contest is a favorite - even with those who don't know anything about the sport!



The weekly contest rolls out each September, this year beginning with the NFL games of Sept. 4th – 8th. Every week, all Alex/Sapphire residents are randomly "assigned" a team. Then, whoever has the highest scoring team for the week wins a prize!

A listing of everyone's "assigned" teams is posted the Friday before that weekend's games and team assignments are changed weekly. Prizes are awarded on Tuesday. A highlight in Bill Mauthe's week is the look of delight on the faces of the winners as he hands out the prizes.

Also coming in September is our **6th Annual Senior Games Week**, which are always a lot of FUN since FUN is what we stress rather than the competitive aspect of these games. Should be a busy September as always!

Drum Circle Fun!

On July 31, Valley VNA invited Tom Gill to Neenah to host a Drum Circle for the residents of Valley VNA and participants of MindWorks program of Thompson Community Center of Appleton. Special Thanks to the Wiegand Family for sponsoring this fun afternoon of banging on the Drums!



***Celebrating National Assisted Living Week
September 7-13***

Established by NCAL (National Center for Assisted Living) in 1995, National Assisted Living Week® is an opportunity to provide residents a variety of fun and unique activities. The 2014 theme, *The Magic of Music*, showcases the integral role that music plays in the daily lives of assisted living residents. The theme also celebrates the bonds built between residents and their families, friends, staff, and volunteers that make the assisted living community a home for them.



We have a week full of music-themed activities planned, so please plan to stop by and join in the fun. For more information and a schedule of activities, please call Bill or Carrie at (920) 727-5544; check our website or look for flyers posted throughout the building.

Foot Care Clinics

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

VALLEY VNA SENIOR SERVICES

1535 LYON DR, NEENAH

Wed Sep 10 9am-12pm
 Thurs Sep 11 9am-12pm
 Thurs Sep 18 1pm-4pm
 Mon Sep 22 1pm-4pm
 Tues Sep 23 9am-12pm
 Tues Sep 23 1pm-4pm
 Wed Sep 24 9am-12pm

ISLAND SHORES

131 W NORTH WATER ST, NEENAH

Wed Sep 3 9am-12pm

ELIZABETH CT APTS

936 6TH ST, MENASHA

Thurs Sep 25 9am-12pm

MENASHA SENIOR CENTER

116 MAIN ST, MENASHA

Wed Sep 3 1pm-4pm
 Thurs Sep 25 1pm-4pm

GREENVILLE YMCA

W6931 SCHOOL RD, GREENVILLE

Wed Sep 17 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 Sep 15 8am-11am

NEW LONDON SENIOR CENTER

600 W WASHINGTON ST, NEW LONDON

Call 920-538-2974 for appointment.

Fri Sep 12 9am-12pm
 Fri Sep 26 1pm-4pm



SEPTEMBER HEALTH CHAT:

Falls = Broken Bones = Loss of Independence by Pam Hillmann, R.N.

A fall when you are a child usually results in a “booboo” and a kiss to make it better. As an adult it usually results in a pulled muscle or cuts and bruises. As a senior a fall often results in a broken bone, concussion or both.

As a senior citizen your bones become less dense and are therefore more likely to break in a fall. Seniors who take a proactive approach to care for their aging bones can keep their bones from getting to a fragile state and avoid osteoporosis which weakens bones.

Here are some tips to keep your bones strong and also improve your balance, flexibility, muscle strength and gait.

- Eat calcium-rich foods like dairy products, fish, dark leafy green vegetables, broccoli, almonds and dried figs.
- Discuss with your doctor taking calcium and vitamin D supplements.
- Do exercises for balance, flexibility, muscle strength and gait.
- Don’t smoke, and don’t drink excessively.
- Get your bone mineral density tested



Discuss with your doctor medication that could prevent fractures if you have osteoporosis or osteopenia. Women may need hormone therapy since they are more prone to osteoporosis after menopause.

Falls can be prevented in most cases so stay strong and independent.

