



Valley VNA Senior Services

A TRUSTED COMMUNITY RESOURCE FOR SENIORS AND FAMILIES SINCE 1908

Fall 2014

Valley VNA's mission -
Providing quality
choices for senior living

IN-HOME CARE

Allows seniors to stay in their home with assistance. Services include help with household tasks, meal prep, bathing and dressing, medication reminders, errands, transportation, companionship, specialized dementia care and more.

SENIOR LIVING COMMUNITY

Located in southeast Neenah, our community of 92 apartments and suites offer independent and assisted living options including specialized care settings for those with early and later stage Alzheimer's or dementia. If you need short-term respite care, Valley VNA can also provide a temporary place to stay.

1535 Lyon Drive
Neenah WI 54956
(920) 727-5555
(920) 426-1931 Oshkosh
(866) 930-8862 Toll Free
(920) 727-5552 Fax

Greenville, Hortonville, New London
315 Burton Rd, Suite 106
New London WI 54961
(920) 538-2794



www.valleyvna.org



Keeping you up-to-date!

Diamond Accreditation Program

Valley VNA's assisted living is a member of the Wisconsin Assisted Living Association (WALA).



One of our 2014 initiatives is to participate in the WALA Diamond Accreditation program.

This program is designed to help assisted living facilities maintain and improve high standards of quality care and services where individual needs are met in a safe, healthy, respectful and dignified environment. This is accomplished through the design and development of quality management approaches and setting up and measuring quality indicators.

The goal is to work through the process and reach accreditation status after three years. Achieving accredited status means Valley VNA has voluntarily undergone a formal evaluation process by WALA and been awarded official recognition for meeting or exceeding specific quality standards.

Valley VNA's Helpline - 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.

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.

Wellness Coordinator! We're pleased to have a new partner - Brent Jacobs, RehabCare's Wellness Coordinator. Brent will be working with our residents and employees to improve their health and wellness. His plan includes services such as resident Walking Clubs, Wheelchair and Walker Tune-Up Clinics, free Senior Fitness and Health Assessments and Health Learning lectures. Brent will help design fitness plans for any interested resident and will be working with staff to individualize activities for those who are not independent in ambulation.



Valley VNA's Walking Club

Your family ... our focus

Keeping you up-to-date - continued

Drum Circle - You might ask, "What is a Drum Circle?" Well, a Drum Circle is meaningful and fun; a rhythm circle that incorporates hand drums and other percussion instruments to make in-the-moment music. Each person who participates is recognized for bringing their unique contribution to the group song. Everyone is gifted with the results.



Tom Gill, a teacher, workshop presenter and rhythm facilitator, came to Valley VNA in July to share his joy of rhythm!

Tom states that "in-the-moment music is about celebrating what is happening, not what is supposed to happen. The music is not judged for what it could sound like, or what it was like last week,

it is appreciated and celebrated for what it does sound and feel like right now."

Our sincere thanks to the James Wiegand family for sponsoring this wonderful program!

GERi™ Manikin - We're very grateful for a generous donation from Bob & Sue Brown which allowed us to purchase a new manikin. GERi™ nursing skills manikin is a full size functional training manikin that will be used for hands on training for caregiving staff in both assisted living and in home care. GERi™ has a superior range of motion and can simulate up to 35 different nursing procedures. This will be beneficial in providing a teaching tool not only for proper skills but also to give confidence to new and existing caregivers.



Grant Supports Training and Music Programs

- In June, we were selected to receive a grant of \$14,000 from the *George & Gussie Balck and Art & Mary Leske Charitable Fund within the Community Foundation for the Fox Valley Region*. This generous donation will go to:

- Development of a personal caregiver training and scholarship program.
- Resource to support our music focused activities including the **Music and Memory** and **Lyrics & Laughter** programs.

We are very appreciative of this generous grant that will support our work of meeting the needs of the seniors we serve.

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

Snapshots - A quick look at some of our fun activities !

Music, Mardi Gras, beach parties ... and dancing too!



About 400 people attended this year's annual picnic! It was a great time for our residents, clients and their families!

SENIOR SCENARIO We often hear how thankful people are for information they have received from us in a time of need. Although there are many scenarios, the theme is often the same, "We didn't even know where to start". Senior Scenario is an interactive tool on our website - check it out at www.valleyvna.org.

Caring for the Caregiver

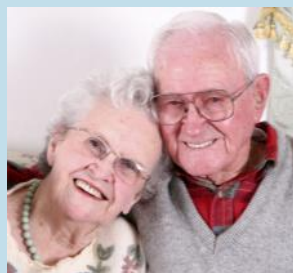
Ralph's wife Joanne had a stroke three years ago and he's been faithfully caring for her ever since. The emotional and physical strain is beginning to take its toll. He's exhausted, and just can't do it all alone anymore.

When either a child or a spouse is the primary caregiver like Ralph, they can become overwhelmed.

If you are feeling overwhelmed, there are many available resources to help you care for your loved one,

including in home care, adult day care and respite stays.

In-home care can provide Ralph help with household tasks and also assist Joanne with dressing and bathing. Time away is absolutely necessary to help caregivers take care of themselves so they can continue



caring for their loved one. With In-Home Care, Ralph can arrange to have someone come in and stay with Joanne so he can get out once in awhile.

And though he tries to cook, Ralph and Joanne may benefit from the warm, nutritious food Meals on Wheels can provide.

If Ralph sounds like someone you know, and you'd like to learn more, call Valley VNA. We look forward to discussing your needs, and talking about helpful options and solutions that are right for you - 920-727-5555.

Upcoming Events

HOLIDAY AVENUE - Mark your calendars and join us for a fun day! NEW in 2014 - EXTENDED HOURS! **Thursday, Nov 6th, Noon until 7pm** at the Bridgewood Hotel in Neenah.

LOVE LIGHT ANGELS - Tree lighting program will be held **Thursday, December 4th at 6pm.**

FLU VACCINATION CLINICS - Public clinics will be held during the month of October at the following locations:

Valley VNA - 1535 Lyon Dr, Neenah

9am-Noon, Mondays - October 6, 13, 20, 27

4-6pm, Wednesdays - October 1, 8, 15, 22, 29

Oshkosh Senior Center - 201 N Campbell Road, Oshkosh

9am-Noon, Wednesdays - October 1, 8, 15, 22, 29

Menasha Senior Center - 116 Main St, Menasha

ONE CLINIC ONLY

9am-Noon - Thursday, October 2

For more information on Holiday Avenue, Love Light or the upcoming flu clinics, please call (920) 727-5555.

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Want to update your mailing information or prefer to receive this newsletter via email? Call (920) 727-5555 ext. 2207 or send an email to - cherylw@valleyvna.org