

Type A/H1N1 Flu - "Swine Flu"

While mistakenly called "swine flu" it is important that we understand we are not in danger of contracting this disease from eating pork or being around pigs. This type of flu unfortunately picked up a "nickname" that is very misleading. This does not take away from the fact that this new strain of flu is serious and we all need to take precautions as with any previous or future virus threat.

According to the CDC website, the agency has implemented its emergency response in an effort to reduce transmission and illness severity, and provide information to help health care providers, public health officials and the general public. Additional, updated information is available on the CDC website at www.cdc.gov/swineflu.

As with all viruses, the CDC recommends preventions through healthful practices like covering your nose and mouth with a tissue when you cough or sneeze, washing your hands often with soap and water, avoiding close contact with sick people, etc.

The VNAA (Visiting Nurses Association of America) has also added general pandemic preparedness resources on

its website at www.vnaa.org, so please continue to check for updates.

Please remember if you have a virus or flu like symptoms, if possible, wait to visit until you are well. These types of viruses are most dangerous to the very young and the elderly because of their lower natural ability to fight off an infection. Like all of you, we are monitoring this situation closely.

After Fifty 101

On April 29th, Valley VNA hosted an open house which included opportunities to meet with community resources knowledgeable about senior living issues. On hand to answer questions were - Roy Fine, DiRenzo & Bomier; Kurt Holm, Morton Pharmacist; Danielle Picard, Associated Wealth Management; and Valley VNA RN's - Pat Hoogervorst and Pam Hillman. Options available to seniors are numerous and often confusing, especially if decisions need to be made quickly. Turnout was great and the questions that were asked will be helpful for us in planning similar events in the future.



PLEASE MARK YOUR CALENDAR AND SUPPORT THE
ALZHEIMER'S ASSOCIATION'S FOX VALLEY & APPLETON AREA

--- Memory Walk 2009 ---

SATURDAY, SEPTEMBER 19, 2009 - 8:00AM
FOX CITIES STADIUM

YOU CAN WALK ON VALLEY VNA'S TEAM, ORGANIZE YOUR OWN TEAM OR
VOLUNTEER FOR ONE OF THE MANY ACTIVITIES.

TO LEARN MORE ABOUT PARTICIPATING IN THIS IMPORTANT EVENT, PLEASE CALL BILL MAUTHE (LIFE
ENRICHMENT COORDINATOR, VALLEY VNA ASSISTED LIVING) - 920-727-5544

FOR MORE NEWS AND INFORMATION PLEASE VISIT OUR WEBSITE - www.valleyvna.org

920-727-5544 - Fox Cities 866-930-8862 - Toll Free

GARDEN UPDATE

Valley VNA's gardens have become a special feature enjoyed by residents, family and friends. In order to maintain and continue their development over time, we have formalized a Landscape and Garden Steering Committee that will be responsible for their overall master design and maintenance plan. The 2009 Steering Committee members include: Mike Feagles, Cathy Loomans, Mary Heimmermann, Renee Neumeyer, and a Master Gardener.

In addition, we are creating two new garden groups:

Garden Club

The Garden Club's main responsibility is to assist the Life Enrichment Coordinator with planning and implementing activities for the **therapeutic courtyard garden**. Interested volunteers will plan the educational/hands-on activities for residents based on seasonal garden budget. Activities will be added to the monthly activity calendars. (Planning will be for May through September.)

Green Thumb Crew

Group of volunteers interested in planting, splitting, pruning, weeding plants (annuals and perennials) based upon the annual garden plan. This crew will devote time to **both gardens** as needed. Hours/timeframe will depend on plan and number of volunteers available.



Join us –

We would love to have you join us in the garden. If interested in volunteering some of your time with either of these groups, please call Marian at 727-5544. We would like to plan our first Garden Club meeting between May 1st-15th.

In addition, the Steering Committee has developed garden/landscape guidelines for the entire community. They are as follows:

Garden and Landscape Guidelines for Valley VNA

- Residents may have one shepherd hook - single or double - placed outside their window within the stone border. They may be used for hanging flower pots and/or birdfeeders.
- Valley VNA will provide birdseed and will fill birdfeeders.
- Garden plants and any other decorative accents may only be placed in the garden based on the overall master design. Valley VNA will remove all items not approved by the Steering Committee.
- Master design/maintenance decisions are made by March 1st of each year for the following year's budget. If you have an idea/suggestion for the Steering Committee to consider, please contact the Assisted Living Administrator. **We are not planning any major garden/landscape projects for 2009.**
- If you want to donate any items for the garden, please see the wish book located in the Life Enrichment Coordinator's office.

