

“In the good old summertime”

Summer is a great time to get outside and enjoy many activities, but it also can pose a threat to your health. Elderly people are more prone to heat stress resulting in death. The good news - it is preventable.



Normally, our bodies cool through perspiration. When humidity is high, our bodies aren't able to cool down as quickly. Health conditions such as obesity, dehydration, heart disease, lung disease, poor circulation and prescription drugs may also increase risks. An air conditioned environment is the most effective way to avoid a heat-related illness. If that's not possible, try these tips to stay cool:

- Block out the sun with shades or curtains.
- Wear light weight, light colored and loose fitting clothes.
- Take a cool water bath or use cool washcloths applied to your neck or chest area.
- Cook with a microwave oven or eat cold meals.

Prevent dehydration by drinking plenty of fluids. If you are on restricted fluids or take a water pill, talk to your doctor first. Avoid alcohol and drinks with large amounts of sugar as both can cause you to lose more body fluid.

During a hot spell, be aware of the following heat-related warning signs:

- **Heat Exhaustion** is a milder condition that causes heavy perspiration, cramps, headache, confusion, nausea or vomiting, tiredness, weakness, dizziness and fainting. It can turn into **Heat Stroke** if not treated. **Treatment:** Cool down, rest and drink cool, nonalcoholic beverages. Get medical help if symptoms persist, become severe or if you already have heart problems or high blood pressure.
- **Heat Stroke** occurs when the body can no longer control its temperature causing the body's temperature to rise fast. Warning signs include extremely high body temperatures, red, hot, dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion and may lead to unconsciousness. **HEAT STROKE IS A MEDICAL EMERGENCY - CALL 911.** While waiting for medical help to arrive, cool person off with cool water applied to their body - do not give them anything to drink.



**Enjoy the “good old summertime” -
just be sure to STAY COOL!**



Flag Day is June 14th

In the United States, Flag Day commemorates the adoption of the flag of the United States, which happened June 14, 1777 by resolution of the Second Continental Congress. In 1916, President Woodrow Wilson issued a proclamation officially establishing June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress.

Employee Anniversary Dates

June

Mary Moehn Susan Seeliger Marcia Siebers Caryl Zirbel

Special thanks for their hard work and dedication!!

Upcoming Clinics, Support Groups and Events

FOOT CARE CLINICS - THE COST IS \$21

PLEASE CALL FOR AN APPOINTMENT - 727-5555

Valley VNA Senior Services, Neenah – 1535 Lyon Dr.

9 am-12 pm - Jun 10, 11, 23, 24

Jul 8, 9, 22, 28; Aug 12, 13, 25, 26

Sep 9, 10, 22, 23; Oct 8, 14, 27, 28;

Nov 11, 12, 24, 25; Dec 9, 10, 23, 28

1-4 pm - Jun 22, Jul 27, Aug 24, Sep 28;

Oct 26; Nov 23; Dec 28

St. John's Lutheran Church, Oshkosh – 808 N. Main St.

1-4 pm – Jul 8, Sep 9, Nov 11

Hearthside Apartments, Neenah – 210 Haylett St.

9 am-12 pm – Jun 23, Jul 28, Aug 25, Sep 22,

Oct 27, Nov 24, Dec 22

Elizabeth Ct Apartments, Menasha – 936 6th St.

9 am-12 pm – Jun 25, Jul 23, Aug 27, Sep 24

Oct 22, Nov 19, Dec 17

Menasha Senior Center – 116 Main St.

1-4 pm – Jun 3, 25; Jul 1, 23; Aug 5, 27;

Sep 2, 24; Oct 7, 22; Nov 4, 19; Dec 2, 17

FOOT CARE CLINICS CONTINUED

YMCA, Neenah – 110 W. North Water St.

9 am-12 pm – Jul 16, Sep 17, Nov 19

BLOOD PRESSURE CLINICS

YMCA, Neenah – 110 W. North Water St.

10:00 am-12 noon – Jun 3, Jul 1, Aug 5, Sep 2,

Oct 7, Nov 4, Dec 2

ALZHEIMER'S/DEMENTIA SUPPORT GROUP

Valley VNA, Neenah - 1535 Lyon Dr.

(Keller Community Center)

6-8 pm – Jun 8, Jul 13, Aug 10, Sep 14, Oct 12

Nov 9, Dec 14

For more information - Debbie Opperman - 920-232-8686.

DEMENTIA SUPPORT GROUP FOR SPOUSES

Valley VNA, Neenah - 1535 Lyon Dr.

(Keller Community Center)

10-11 am – Jun 23, Jul 28, Aug 25, Sep 22

Oct 27, Nov 24, Dec 22

For more information - Kathleen Albert - 920-727-5541

Please mark your calendar and support the

Alzheimer's Association's Fox Valley

Memory Walk 2009

Walk on Valley VNA's team -

Saturday, September 19, 2009 - 8:00am - Fox Cities

Stadium. Please call Bill Mauthe (Life Enrichment

Coordinator, Valley VNA Assisted Living) to learn

more about participating in this important event -

920-727-5544

June 26TH is OPTIONS & SOLUTIONS Day

Learn about senior issues. This month's topic will be

Heat-Related Illnesses -

How to Stay Healthy in the Heat

Stop by and talk to one of our RNs

1:00-3:00 pm - June 26th (4th Friday of each month)

Valley VNA - 1535 Lyon Dr, Neenah

Please use the Lyon Drive entrance.

Call 920-727-5555 for more information

920-727-5555 - Fox Cities 920-426-1931 - Oshkosh 866-930-8862 - Toll Free

1535 Lyon Drive Neenah

www.valleyvna.org