

Keeping your feet healthy!

Remaining independent with the ability to walk in comfort is important to most people. By keeping your feet in good shape you may be able to reduce the risk of infections and medical problems that could lead to immobility.

The most common foot problems are - athlete's foot, nail fungus, corns, calluses, ingrown toenails, hammertoes, and overlapping toes. Some foot ailments may have started when you were young and didn't have good fitting shoes. Others develop over time because of wear and tear that happens with living an active life. Other causes are from injury or a disease process such as diabetes.

TO KEEP YOUR FEET HEALTHY -

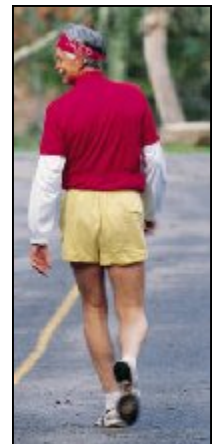
- Check them regularly or have someone else check them for you.
- Keep the blood circulating by elevating your feet when you're sitting or lying down; do stretches after sitting for long periods of time; go for regular walks; give yourself a gentle foot massage or take a warm foot bath.
- Wear proper fitting shoes.
- Keep your feet clean and dry with special attention to drying between your toes to prevent fungal infections.
- Do not sit for long periods of time (especially with your legs crossed).



- Don't smoke.
- To prevent ingrown toenails - Cut your toenails straight across rather than in a curved pattern. Don't trim nails too short. They should be trimmed just enough so that a few millimeters of skin just beyond the nail margin is visible. Refine the edge with an emery board or nail file maintaining the straight edge.

SEE A DOCTOR -

- If you have persistent pain in your toes or feet or you notice changes in your skin or toenails like peeling, scaling, severe cracking or thickening that causes discomfort.
- If you notice signs of infection like pain, swelling, redness, tenderness, heat, red streaks extending from the affected area, pus, or a fever of 100 degrees or more.
- If you have diabetes or other diagnosis that impairs the circulation to your feet and legs you need to be even more watchful. Since small problems can quickly turn into major problems, promptly report problems or changes to your doctor.



Remember, your feet were made for walking - so, take good care of those tootsie's.

Memorial Day is May 25th

"A time to remember, a time to heal, and a time to bring our nation together."

This Memorial Day let us take time to remember our fallen heroes from wars past and present and honor and support their loved ones whose lives have been altered forever. Let us pray that our country may always prove worthy of the sacrifices they have made.



Employee Anniversary Dates

May

Darla Anderson Beth Bleichner Darlene Diedrick
Pamela Frost Lori Fuerstenberg

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 - May 13, 14, 26, 27; 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 - May 18, 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 – May 13, Jul 8, Sep 9, Nov 11

Hearthside Apartments, Neenah – 210 Haylett St.

9 am-12 pm – May 26, 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 – May 28, Jun 25, Jul 23, Aug 27, Sep 24
Oct 22, Nov 19, Dec 17

Menasha Senior Center – 116 Main St.

1-4 pm – May 6, 28; 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 – May 21, Jul 16, Sep 17, Nov 19

BLOOD PRESSURE CLINICS

YMCA, Neenah – 110 W. North Water St.

10:00 am-12 noon – May 6, 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 – May 11, 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 – May 26, 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 & Appleton Area
--- Memory Walk 2009 ---**

WALK ON VALLEY VNA'S TEAM

SATURDAY, SEPTEMBER 19, 2009 - 8:00AM - FOX CITIES STADIUM (Time Warner Cable Field)

PLEASE CALL BILL MAUTHE (LIFE ENRICHMENT COORDINATOR, VALLEY VNA ASSISTED LIVING) TO LEARN

MORE ABOUT PARTICIPATING IN THIS IMPORTANT EVENT - 920-727-5544

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

www.valleyvna.org