



# Promoting the Health of our Community

## Public Foot Care Clinics

Join us at one of our foot care clinics offered multiple times a week in central Vermont. We will soak your feet, trim and file your nails, and apply soothing lotion. The cost is \$20.

Visit [www.cvhhh.org/footcare](http://www.cvhhh.org/footcare) for more info.

### January Clinic Schedule

Date	Location	Time
2	Twin Valley Senior Center	8:00am - 12:00pm
3	Evergreen Place	8:30am - 12:00pm
7	Barre Senior Center	8:00am - 12:00pm
4	Montpelier Senior	1:00pm - 4:00pm
8	The Gardens	8:00am - 12:00pm
9	Northfield Senior Center	8:00am - 12:00pm
15	North Barre Manor	1:00pm - 5:00pm
17	Barre Senior Center	9:00am - 1:00pm
21	Montpelier Senior Center	9:00am - 1:00pm
22	The Gardens	1:00pm - 4:00pm
23	Twin Valley Senior Center	8:00am - 12:00pm
24	Evergreen Place	8:30am - 12:00pm
30	Montpelier Senior Center	9:00am - 12:00pm
30	Quarry Hill	1:00pm - 4:00pm

### February Clinic Schedule

Date	Location	Time
1	Northfield Senior Center	8:00am - 12:00pm
11	Waterbury Senior Center	9:00am - 12:00pm
12	The Gardens	8:00am - 12:00pm
13	Twin Valley Senior Center	8:00am - 12:00pm
14	Evergreen Place	8:30am - 12:00pm
18	Barre Senior Center	8:00am - 12:00pm
18	Montpelier Senior Center	1:00pm - 4:00pm
20	Northfield Senior Center	8:00am - 12:00pm
26	North Barre Manor	1:00pm - 15:00pm
28	Barre Senior Center	9:00am - 1:00pm

## What Does Independence Mean to You?



*Ilene works with CVHHH PT Karen to regain her strength after a bad fall.*

Does it mean sleeping in your own bed? Having your morning coffee just the way you like it? At CVHHH, we take your independence seriously.

We provide a range of health care services for individuals of all ages, including lactation support, PT after joint replacement, wound care, telemedicine for chronic heart disease, and end-of-life care.

We provide care that is all about you and your needs, and we do it all in the comfort home.

Why home? Home is where you feel safe, and it's where you want to stay for as long as possible.

**To learn more about how CVHHH can help you, visit [www.cvhhh.org](http://www.cvhhh.org).**





## Planning Your Future Starts Now

We are partnering with the Vermont Ethics Network (VEN) to support you in planning for your future healthcare decisions.

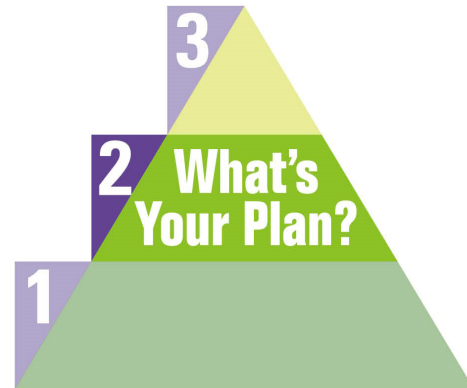
You may be thinking: *I'm a healthy and active person. Why do I need to think about this now?* A sudden accident or illness can happen to anyone at any time. Taking stock of what you want and talking with your family and friends in advance of a health crisis is an important, and easy, step that you can take today.

Documenting your healthcare goals and priorities in an advance directive is the best way to ensure that the decisions made are consistent with your beliefs and wishes.

For information about advance care planning and how to fill out your advance directive, visit [www.vtethicsnetwork.org](http://www.vtethicsnetwork.org), where you can download the advance directive form for free. For information about the types of services you may want to take advantage of, visit [www.cvhhh.org](http://www.cvhhh.org).

*From Taking Steps Vermont: Comprehensive Guide to Medical Decision-Making. Used with permission from the Vermont Ethics Network, [www.vtethicsnetwork.org](http://www.vtethicsnetwork.org).*

### Start Taking Steps Today!



#### STEP 1: WHO'S YOUR PERSON?

*For adults 18 years of age or older*

Complete an **advance directive** to appoint a **Health Care Agent**, also known as a health care proxy or power of attorney for health care, to make medical decisions if you are unable to speak for yourself.

#### STEP 2: WHAT'S YOUR PLAN?

*For adults with chronic illness or those seeking to give more specific information about their values and healthcare preferences*

Complete an **advance directive** with detailed information about your **health care goals and treatment priorities** to provide guidance for your family, friends and health care providers in times of critical illness or serious injury.

#### STEP 3: ARE THERE LIMITS?

*For individuals who are seriously ill or dying, or who are certain they would not want life-prolonging interventions*

Consider talking with your clinician about **Medical Orders** to limit the use of life-sustaining treatment at the end-of-life.

## Grief Support Groups Open to the Public

Grief support groups focus on learning about coping with grief. Groups are led by Diana Moore and meet at CVHHH's main office: 600 Granger Road, Berlin. Groups are open to the public and free.

**Wednesday Morning**  
**(10:00 am to 11:30 am)**

- January 16
- February 20

**Monday Evening**  
**(6:00 pm to 7:30 pm)**

- January 14
- February 11

