



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 for more info.

March Clinic Schedule

Date	Location	Time
4	Montpelier Senior Center	9:00am - 1:00pm
5	The Gardens	1:00pm - 4:00pm
6	Twin Valley Senior Center	8:00am - 12:00pm
7	Evergreen Place	8:30am - 12:00pm
13	Montpelier Senior Center	9:00am - 12:00pm
15	Northfield Senior Center	8:00am - 12:00pm
25	Waterbury Senior Center	9:00am - 12:00pm
26	The Gardens	8:00am - 12:00pm
27	Twin Valley Senior Center	8:00am - 12:00pm
28	Evergreen Place	8:30am - 12:00pm

April Clinic Schedule

Date	Location	Time
1	Barre Senior Center	8:00am - 12:00pm
1	Montpelier Senior Center	1:00pm - 4:00pm
3	Northfield Senior Center	8:00am - 12:00pm
9	North Barre Manor	1:00pm - 5:00pm
11	Barre Senior Center	9:00am - 1:00pm
15	Montpelier Senior Center	9:00am - 1:00pm
16	The Gardens	1:00pm - 4:00pm
17	Twin Valley Senior Center	8:00am - 12:00pm
18	Evergreen Place	8:30am - 12:00pm
24	Montpelier Senior Center	9:00am - 12:00pm
24	Quarry Hill Apartments	1:00pm - 4:00pm
26	Northfield Senior Center	8:00am - 12:00pm

Give a Little. Get a Lot. Volunteering at CVHHH



Twenty five years ago, CVHHH played an important role in Angelina Buzzi's life. When Angelina's mother, Velma Eve Bolkum, was diagnosed with lung cancer, CVHHH's nurses and caregivers kept Velma comfortable and helped Angelina and her family understand what was happening as Velma's cancer progressed. When Velma died just a few months after being diagnosed, Angelina vowed to give back to CVHHH in a meaningful way.

Today, Angelina supports CVHHH as a volunteer in the office and as chair of the Seasons of Life planning committee. Angelina, a paralegal in National Life Group's law department, is organized, efficient, and eager to take on any project.

Volunteering is a great way to support CVHHH. Join Angelina and other volunteers who give their time, energy, and creativity to help CVHHH thrive.

To learn more about volunteer opportunities, visit www.cvhhh.org/volunteer.





Reboot Your Diet to Improve Your Health

In honor of national **Nutrition Month** in March, we are taking stock of what we eat and why we eat to optimize our health, wellness, and energy. For guidance, we turned to **Kate Bean**, a registered dietitian, certified diabetes educator, and certified health and wellness coach who works as a member of the Community Health Team at UVMHN-Central Vermont Medical Center in Berlin.

Here are three tips from Kate that can help get you started on a reboot of how you eat.

How Do You Start Your Day?

Does your breakfast hit the major food groups?

According to Kate, two eggs, a slice of toast, and a piece of fruit

can be one ideal way to start your day. Eating multiple food groups, including protein, in one meal supports satiety, or your feelings of fullness, and helps control blood glucose levels. Plus, eggs, toast, and fruit are whole foods and contain healthy vitamins and nutrients like fiber.



Snack Smart When do you snack, where do you snack, and why do you snack? Kate says that people often snack out of boredom or as a distraction. She suggests treating your snacks as fuel rather than a habit or tool to fight boredom. Avoid snacking in places where you don't want

to snack, like at your computer or in front of the TV. "You want to try and break the connection between the TV, for example, and our desire to snack." If you're going to snack, sit at the kitchen table.

Ask Yourself, Why Do I Eat?

The most basic purpose of food is to fuel your body. Of course, food is more than energy. "Food is happy. It's sad. It's celebratory. It's family."

Food is attached to so many

occasions and gives us physical and emotional pleasure. "I tell my clients to eat foods that they enjoy eating, but to make sure to work at incorporating healthy options into their diet. Toss a handful of baby spinach into those breakfast scrambled eggs for example."

Visit www.cvhhh.org/healthyeating for more information, plus a bonus tip and questions from Kate to help you get ready to take the next step.

Grief Support Groups Open to the Public

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

For questions, call 802-224-2241.

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

- March 20
- April 17

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

- March 11
- April 8

