



Promoting the Health of our Community

Public Foot Care Clinics

Join us at a foot-care clinic, where we'll soak your feet, trim and file your nails, and apply soothing lotion. Cost is \$20.

Visit www.cvhhh.org/footcare for more info.

September Clinic Schedule

9	Waterbury Senior Center	9:00 am - 12:00 pm
9	The Gardens	1:00 pm - 4:00 pm
10	The Gardens	8:00 am - 12:00 pm
11	Twin Valley Senior Center	8:00 am - 12:00 pm
12	First Congregational Church, Berlin	8:00 am - 12:00 pm
12	Evergreen Place	8:30 am - 12:00 pm
16	Barre Senior Center	8:00 am - 12:00 pm
16	Montpelier Senior Center	1:00 pm - 4:00 pm
18	Northfield Senior Center	8:00 am - 12:00 pm
18	Quarry Hill Apartments	1:00 pm - 4:00 pm
24	North Barre Manor	1:00 pm - 4:00 pm
26	Barre Senior Center	9:00 am - 1:00 pm
30	Montpelier Senior Center	9:00 am - 1:00 pm

October Clinic Schedule

1	The Gardens	1:00 pm - 4:00 pm
2	Twin Valley Senior Center	8:00 am - 12:00 pm
3	Evergreen Place	8:30 am - 12:00 pm
9	Montpelier Senior Center	9:00 am - 12:00 pm
9	Quarry Hill Apartments	1:00 pm - 4:00 pm
11	Northfield Senior Center	8:00 am - 12:00 pm
21	Waterbury Senior Center	9:00 am - 12:00 pm
21	The Gardens	1:00 pm - 4:00 pm
22	The Gardens	8:00 am - 12:00 pm
23	Twin Valley Senior Center	8:00 am - 12:00 pm
24	Evergreen Place	8:00 am - 12:00 pm
24	First Congregational Church, Berlin	8:00 am - 12:00 pm
28	Barre Senior Center	8:00 am - 12:00 pm
28	Montpelier Senior Center	1:00 pm - 4:00 pm
30	Northfield Senior Center	8:00 am - 12:00 pm
30	Quarry Hill Apartments	1:00 pm - 4:00 pm

Physical Therapy Services Care at Home to Keep You Strong



Danielle Suffredini, above, was inspired to become a Physical Therapist (PT) in large part because of her grandmother. "Helping my grandmother when she became ill and as her health declined lit a fire in me," says Danielle, who graduated with a Doctorate in Physical Therapy from UVM in 2018. "I decided to go for it."

Danielle fell in love with home health care within the first days of her clinical rotation. Now, as a member of one of our two home care teams, she enjoys the relationships that she can form with her clients and loves seeing the impact she can make on a person's independence.

"For many of our clients, receiving therapy at home allows them to focus on healing instead of on the weather, travel challenges, or being at a busy clinic. At home, our clients get one-on-one care and our undivided attention."

October is Physical Therapy Month, and we want to recognize Danielle, and all of our Physical Therapists and Physical Therapy Assistants, for their work and compassion.

To learn more about the PT services we offer at home, and to meet some of our PT staff, visit us at www.cvhhh.org/ptathome.





Support Groups Grief & Bereavement

This group meets twice a month and focuses on helping you learn to cope with your grief. All meetings are free and offer a safe environment to explore the changes brought about by the death of a loved one. Meetings are held at CVHHH's main office, 600 Granger Road, Berlin.

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

- September 9
- October 14

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

- September 18
- October 16

Drumming Through Grief

This group is for anyone grieving the loss of a loved one and who is yearning for a creative, physical outlet. Drumming experience is not necessary. There is no fee. Meetings are held at Christ Episcopal Church, Montpelier. Pre-registration required.

Tuesday Evening (5:30 pm to 6:30 pm)

- September 24
- October 22



Questions? Call Diana Moore,
Bereavement Coordinator, 224-2241

Get Your Flu Shot Now

Public Clinics Start in September



Join us at one of our public flu clinics which start in September. Clinics will be held at easy-to-access locations in central Vermont. Vaccinations are given on a first-come, first-served basis. No appointment needed!

Call the Flu Hotline at 224-2299 in early September or visit www.cvhhh.org/flu19 for the full clinic schedule.

Telemonitor Services Additional Support for You



These days, sending texts or emails from our phones for personal and work communication is the norm. What if you could use your phone or tablet for a virtual visit with your CVHHH nurse?

Since 2011, CVHHH has used telemonitors to help people living with chronic diseases (hypertension, heart and lung disease, diabetes) manage their conditions and reduce the likelihood of a visit to the hospital. Every morning, the telemonitor prompts patients to take their vitals and transmits that information to CVHHH's Telehealth Nurse Manager. If anything looks out of the ordinary, action is taken.

Recently, CVHHH upgraded its telemonitor technology to include remote visit capability. Now, from the comfort of home, patients can securely connect with our telehealth nurse team using video. This gives the nurse a more complete picture of how a person is doing and is a valuable complement to the data that's transmitted via the telemonitor.

"It helps me fill in the gap between words, so to speak," says Bridget Chatterley, RN, Telehealth Nurse Manager, who often speaks on the telephone with her clients. An added bonus is that patients often feel comforted when they can talk to, and see, their clinician.

Could you benefit from a telemonitor at home? Call 224-2269 or visit www.cvhhh.org/telemonitor, to take the next step.

