



Promoting the Health of Our Community

Public Foot Care Clinics

Join us at one of our foot care clinics, where we'll soak your feet, trim and file your nails, and apply soothing lotion. The cost is \$20.

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

November Clinic Schedule

5	North Barre Manor	1:00 pm - 5:00 pm
7	Barre Senior Center	9:00 am - 1:00 pm
12	The Gardens	1:00 pm - 4:00 pm
13	Twin Valley Senior Center	8:00 am - 12:00 pm
14	Evergreen Place	8:30 am - 12:00 pm
18	Montpelier Senior Center	9:00 am - 1:00 pm
20	Montpelier Senior Center	9:00 am - 12:00 pm
20	Quarry Hill Apartments	1:00 pm - 4:00 pm
22	Northfield Senior Center	8:00 am - 12:00 pm

December Clinic Schedule

1	Waterbury Senior Center	8:30 am - 12:00 pm
1	The Gardens	1:00 pm - 4:00 pm
3	The Gardens	8:00 am - 12:00 pm
4	Twin Valley Senior Center	8:00 am - 12:00 pm
5	First Congregational Church, Berlin	8:00 am - 12:00 pm
5	Evergreen Place	8:30 am - 12:00 pm
9	Barre Senior Center	8:00 am - 12:00 pm
9	Montpelier Senior Center	1:00 pm - 4:00 pm
11	Northfield Senior Center	8:00 am - 12:00 pm
11	Quarry Hill Apartments	1:00 pm - 4:00 pm
17	North Barre Manor	1:00 pm - 5:00 pm
18	Twin Valley Senior Center	8:00 am - 12:00 pm
19	Barre Senior Center	9:00 am - 1:00 pm
23	Montpelier Senior Center	9:00 am - 1:00 pm
24	The Gardens	1:00 pm - 4:00 pm

Did You Know?

Myths About Home Health Care



Myth: Home health care is only for older adults.
Reality: Every year we serve about 2,750 central Vermonters of all ages, including moms and their babies, healthy adults in need of medical or therapy support after a hospital stay or surgery, those nearing the end of life, and everyone in between.

Myth: You must be bed-bound to qualify for care.
Reality: If Medicare is your primary insurance provider, you must meet Medicare's home-bound criteria. This means that leaving home requires "considerable and taxing effort." You can still go to church or get a haircut. If you have Medicaid or private insurance like BCBS, there's no home-bound criteria or age qualification.

Myth: Your doctor must initiate care.
Reality: You are your best advocate. Start by talking to your doctor. If you need a little help starting this conversation, call CVHHH to speak with a home health specialist.

To learn more about our services, call 223-1878 or visit www.cvhhh.org.





Celebrating Our Hospice Community

November is National Hospice & Palliative Care Month. All month long we are celebrating our community of hospice caregivers: a group which includes members of CVHHH's hospice team, hospice volunteers, our hospice medical director, and the families of individuals served by hospice.

We partnered with photographer Corey Hendrickson and National Life Group to bring these caregiver stories to the community through photographs and personal reflection.

For two years, Corey photographed 17 hospice caregivers, clinicians, and volunteers outside of work. They are at home, in nature and with their families or beloved pets. "When my grandmother died, I received help from several hospice volunteers. I was moved by their willingness just to be there and wanted to use my art to explore the ways that hospice caregivers recharge and reflect on their profession," says Corey.

National Life Group generously donated space in its Montpelier headquarters where the portraits will be on display through the end of November.

"The exhibit is a good fit for National Life Group, which has had a relationship with CVHHH for many years," says Beth Rusnock, President, National Life Group Foundation, and Assistant VP of Corporate Marketing and Community Relations for National Life Group.



Diana Moore is CVHHH's Bereavement Coordinator and a member of the hospice and palliative care team. She is one of 17 individuals featured in the exhibit at National Life Group in Montpelier and online.

"We see our role as helping families manage major life events with life insurance and annuities. CVHHH also helps families during challenging times by providing hospice care and other services. The exhibit shines a light on hospice caregivers and celebrates their work, demystifies what hospice is, and encourages individuals and families to take advantage of hospice when they need it."

Visit www.cvhhh.org for a link to view the portraits and hear the stories.

Grief Support Groups Open to the Public

Groups focus on learning about coping with grief and are led by Diana Moore, Bereavement Coordinator. Meetings take place at CVHHH, 600 Granger Road, Berlin. **Questions? 224-2241.**

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

- November 11
- December 9

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

- November 20
- December 18

