



Promoting the Health of our Community

Public Foot Care Clinics

Join us at one of our foot care clinics, which are 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.

July Clinic Schedule

2	North Barre Manor	1:00 pm - 5:00 pm
8	Montpelier Senior Center	9:00 am - 1:00 pm
9	The Gardens	1:00 pm - 4:00 pm
10	Twin Valley Senior Center	8:00 am - 12:00 pm
11	Evergreen Place	8:30 am - 12:00 pm
17	Montpelier Senior Center	9:00 am - 12:00 pm
17	Quarry Hill Apartments	1:00 pm - 4:00 pm
19	Northfield Senior Center	8:00 am - 12:00 pm
29	Waterbury Senior Center	9:00 am - 12:00 pm
30	The Gardens	8:00 am - 12:00 pm
31	Twin Valley Senior Center	8:00 am - 12:00 pm

August Clinic Schedule

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

Become a Hospice Volunteer Training Begins in October



"Volunteering helped me open up my heart, and it taught me to empathize and make connections with people," Ram Verma, Hospice Volunteer.

Volunteers are an integral part of our hospice program. They sit with patients at home or in nursing facilities, as Ram does, provide companionship, and run errands, among other tasks, to help improve the quality of life for patients and their families.

Our next Hospice Volunteer Training begins October 2 and runs on Wednesday evenings through November 6. The training provides education and hands-on skills to prepare you to support hospice patients and families. Training is conducted in person with an online component and takes place at CVHHH's main office, 600 Granger Road in Berlin.

For the full schedule and syllabus, visit www.cvhhh.org/hospicevolunteer.

To sign up, or if you have questions about training, contact Jean Semprebou at 223-1878 or volunteercoordinator@cvhhh.org.





Support Groups Grief & Bereavement

This group meets weekly and focuses on helping you learn to cope with your grief. All meetings are free, and they offer a safe environment for you 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.

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

- July 17
- August 21

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

- July 8
- August 12

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, 64 Main Street, Montpelier. Pre-Registration required.

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

- July 23
- August 27



Questions? Call Diana Moore
Bereavement Coordinator, 224-2241

Better Breathers Club

Are you living with COPD? Join our free Better Breathers Support Group, which meets once a month at our main office. **For more information or to let us know you're coming, call CVHHH at 223-1878.**



Thursday Afternoon
(1:30 pm to 2:30 pm)

- July 18
- August 15
- September 19

Caring for Your Family

Support at Home for Moms & Babies



We believe that every mother deserves to have the best pregnancy and birth experience possible. Our lactation trained nurses are reliable and knowledgeable. They understand the range of emotions you and your family are experiencing and want to support you. Our Maternal-and-Child Health team is available to help you prepare for each step in your journey to, and through, motherhood.

We offer the following services:

- Lactation support in your home, available 7 days a week, including holidays
- Guidance on making the transition back to work
- Nutrition education for you and your baby
- One-on-one support and education from our childbirth educators
- Answering questions about caring for your baby
- Connecting with other community supports

Want to learn more? Call Katy Leffel, RN, CLC, at 224-2209 or email kleffel@cvhhh.org.

