

JANUARY 2020

2	Evergreen Place	8:30am - 12pm
3	Northfield Senior Center	8am - 12pm
8	Montpelier Senior Center	9am - 12pm
8	Quarry Hill Apartments	1pm - 4pm
13	Waterbury Senior Center	9am - 1pm
13	The Gardens	1pm - 4pm
14	The Gardens	8am - 12pm
15	Twin Valley Senior Center	8:30am - 12pm
16	1 st Congregational Church, Berlin	8am - 12pm
16	Evergreen Place	8:30am - 12pm
21	Montpelier Senior Center	1pm - 4pm
22	Northfield Senior Center	8am - 12pm
22	Quarry Hill Apartments	8am - 12pm
27	Barre Senior Center	8am - 12pm
28	North Barre Manor	1pm - 5pm
30	Barre Senior Center	9am - 1pm

MARCH 2020

2	Barre Senior Center	8am - 12pm
2	Montpelier Senior Center	1pm - 4pm
4	Northfield Senior Center	8am - 12pm
4	Quarry Hill Apartments	8am - 12pm
10	North Barre Manor	1pm - 5pm
12	Barre Senior Center	9am - 1pm
16	Montpelier Senior Center	9am - 1pm
17	The Gardens	1pm - 5pm
18	Twin Valley Senior Center	8:30am - 12pm
19	Evergreen Place	8:30am - 12pm
27	Barre Senior Center	8am - 12pm
25	Montpelier Senior Center	9am - 12pm
25	Quarry Hill Apartments	1pm - 4pm

MAY 2020

6	Montpelier Senior Center	9am - 12pm
6	Quarry Hill Apartments	1pm - 4pm
8	Northfield Senior Center	8am - 12pm
18	Waterbury Senior Center	9am - 1pm
18	The Gardens	1pm - 4pm
19	The Gardens	8am - 12pm
20	Twin Valley Senior Center	8:30am - 12pm
21	1 st Congregational Church, Berlin	8am - 12pm
21	Evergreen Place	8:30am - 12pm
26	Montpelier Senior Center	1pm - 4pm
27	Northfield Senior Center	8am - 12pm
27	Quarry Hill Apartments	8am - 12pm

FEBRUARY 2020

3	Montpelier Senior Center	9am - 1pm
4	The Gardens	1pm - 5pm
5	Twin Valley Senior Center	8:30am - 12pm
6	Evergreen Place	8:30am - 12pm
12	Montpelier Senior Center	9am - 12pm
12	Quarry Hill Apartments	1pm - 4pm
14	Northfield Senior Center	8am - 12pm
24	Waterbury Senior Center	9am - 1pm
24	The Gardens	1pm - 4pm
25	The Gardens	8am - 12pm
26	Twin Valley Senior Centers	8:30am - 12pm
27	1 st Congregational Church, Berlin	8am - 12pm
27	Evergreen Place	8:30am - 12pm

APRIL 2020

6	Waterbury Senior Center	9am - 1pm
6	The Gardens	1pm - 4pm
7	The Gardens	8am - 12pm
8	Twin Valley Senior Center	8:30am - 12pm
9	1 st Congregational Church, Berlin	8am - 12pm
9	Evergreen Place	8:30am - 12pm
13	Barre Senior Center	8am - 12pm
13	Montpelier Senior Center	1pm - 4pm
15	Northfield Senior Center	8am - 12pm
15	Quarry Hill Apartments	8am - 12pm
21	North Barre Manor	1pm - 5pm
23	Barre Senior Center	9am - 1pm
27	Montpelier Senior Center	9am - 1pm
28	The Gardens	1pm - 5pm
29	Twin Valley Senior Center	8:30am - 12pm
30	Evergreen Place	8:30am - 12pm

JUNE 2020

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



**RUBIN & SHALINE BENNETT
HONORARY CHAIRS
FALL APPEAL**

**TO CENTRAL VERMONT:
THE INCREDIBLE POWER
OF HEALING AT HOME**

If you have attended Seasons of Life, CVHHS's annual fashion show, dinner, and live auction, you've likely seen one of Shaline's intricate handmade wedding dresses. As Shaline recalls in the letter written with her husband, Rubin Bennett, for this year's appeal, she brought Lacey, her youngest child (pictured left), to the fashion show when Lacey was 10 days old. Shaline needed to help a bride get into a corseted dress. Lacey is 9 today and modeled one of her mother's gowns in this year's show. Lacey beamed as she walked down the runway, provided by her father and his company rbTechnologies.

Rubin and Shaline's letter to Friends of Central Vermont was mailed in November. In it, the pair talk about their long-time relationship with CVHHS: "Shaline, in her work with Shaline Bridal, has loved creating her impossibly beautiful creations for the runway. For my part, I've happily lugged many racks full of wedding gowns and accessories into the venue and back to the car at the end of the night. My company, rbTechnologies, has sponsored the event in different ways for many years."

Rubin and Shaline recognize the impact of CVHHS's services on their friends and neighbors, especially how CVHHS enables people to remain at home and take an active role in managing their care: "We've come to understand the incredible healing power that is provided in part by allowing people to recover, or pass in comfort, surrounded by their loved ones, in their own homes, and on their own terms." Rubin says that CVHHS's mission became internalized for him and Shaline and that they are lucky to be in a position to help.

Read Rubin's and Shaline's letter at www.cvhhh.org/donate where you may also make a secure online donation. For questions, contact Kim Farnum, Director of Community Relations & Development, at 224-2234 or at kfarnum@cvhhh.org.



**HEARTSONGS ORNAMENTS
HANDCRAFTED KEEPSAKES**

Heartsongs are fine, porcelain ornaments made by hand by two artists in the Northeast Kingdom. Display these in your home over the holidays or send them as a gift. Each heart is embossed with a delicate lace detail and can be created in honor or in memory of a person. Proceeds from Heartsongs benefit Hospice at CVHHS.

For more information, or to purchase an ornament, contact Kelly Mears at 224-2281 or kmears@cvhhh.org.



CENTRAL VERMONT HOME HEALTH & HOSPICE
HOUSECALLS
FALL 2019



**TOPPER McFAUN
TO CENTRAL
VERMONTERS:
IT'S TIME TO
SUPPORT CVHHS**



SANDY ROUSSE
PRESIDENT & CEO
CENTRAL VERMONT HOME HEALTH & HOSPICE

A MESSAGE FROM SANDY ROUSSE:

Since the fall, CVHHH has been engaged in the process of revising its strategic plan. This document is the backbone for CVHHH's operations and outreach and will serve as a guide for our work over the next three years.

A team of board members and staff, with input from community members and partners, is working to collect data in focused areas of the industry environment and how it impacts CVHHH's future. Through this data collection, we remain committed to CVHHH's mission, providing care to central Vermonters who need it in the comfort of home.

This group has also spent time discussing CVHHH's organizational strengths. Bringing hospital-level care to people at home allows individuals to heal in a familiar environment while keeping their support systems — their family, friends, neighbors, and pets — intact and close by.

We start by checking your vital signs and getting your medications in order. Based on your personalized plan of care, we bring in additional supports like remote telemonitoring and video visits, chronic disease management and education, advanced wound care, and intensive therapy for impaired speech or breathing. And, we will connect you with our community partners to make sure you get the support you need to secure food, financial, housing, and transportation.

We know that most people do not want to go to a facility or to the hospital. The magic of CVHHH is that we are nimble in how we provide care and can adapt to the needs of each of our clients. This is because we go to you! If you want to conduct your visit by your bedside, at the kitchen table, or in your favorite recliner, we can do that. We will also collaborate with your physician and network of other providers to offer truly comprehensive care in a place where we know you want to be — home.

As a former CVHHH client, and as the CEO of CVHHH, I can say how truly lucky we are to have the choice to receive high-quality care in the comfort of home. Over the next couple of months, many of us will gather with friends and family at home. I wish you the most wonderful holiday season and a joyous new year.

Sandy Rouse

WE ARE YOUR LOCAL VISITING NURSE ASSOCIATION CVHHH SERVICES INCLUDE:

- Physical, Speech & Occupational Therapy
- Recovery from Surgery & Stroke
- Wound Care & Telemedicine
- Heart Disease Care
- Diabetes Care
- Medical Social Work
- Hospice Care
- Bereavement Support
- Maternal & Child Health Care
- Personal Care & Homemaking

THE LIVES OF HOSPICE CAREGIVERS

We've partnered with National Life Group and photographer Corey Hendrickson to present Being There, a collection of stories about hospice caregivers who live and work in central Vermont. In photographs and interviews, we explore what inspires these individuals and show them engaged in activities or visiting places that feed their sense of self and help them maintain balance in their lives. To view the portraits and meet these individuals, visit www.cvhhh.org/beingthere.



HOW CAN YOU GET INVOLVED?

WHY YOU SHOULD SAY "YES" TO CVHHH'S TOWN FUNDING REQUEST

Francis McFaun, known as Topper, went from working in a mattress factory in Cambridge, MA, to Vermont's Office of Economic Opportunity, to the Barre Town Select Board, to the Vermont Legislature, where he's served as a Representative from Barre Town since 2005. In 2017, Topper joined CVHHH's Board of Directors, where he's focused his efforts on town funding.

"It's a natural fit for me," he says. "When CVHHH gets a referral, they go and take care of the person,

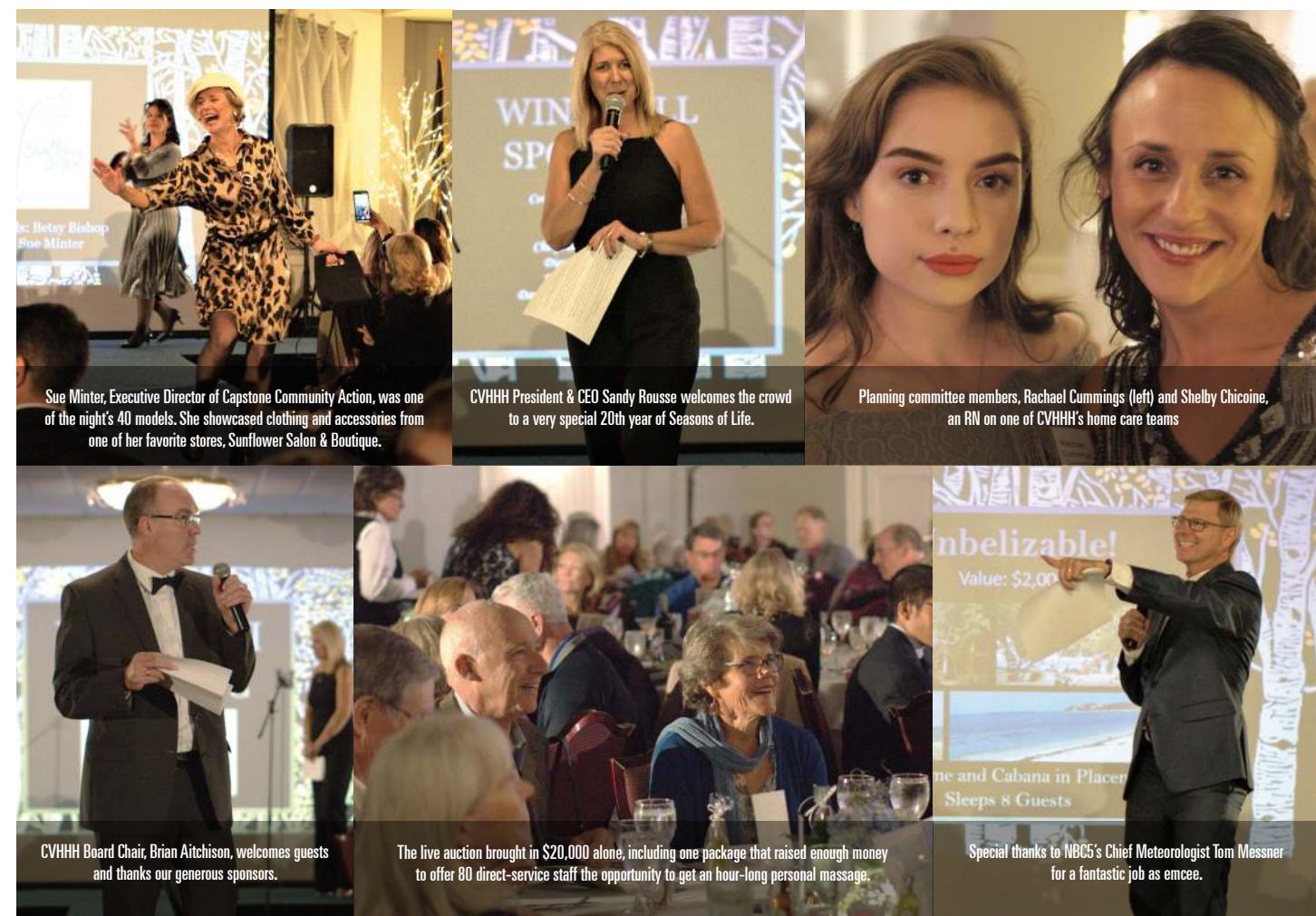
no questions asked." In return, he says, towns and cities should make a fair contribution to the agency. "You never know when someone in your community is going to need help."

Topper spent time this fall helping educate central Vermonters about the importance of town funding, which CVHHH receives from each of the twenty-three communities it serves.

For more info, visit www.cvhhh.org/townfunding.

GIVE BACK: SUPPORT CVHHH AS A VOLUNTEER

Volunteers play a critically important role at CVHHH. Some folks help out in our office with administrative tasks or by making patient survey phone calls. Others get involved in fundraising and events. A number of volunteers go through an extensive training so that they may work directly with patients and families enrolled in hospice. For information about administrative or event volunteering, contact Jean Semprebon at 224-2286 or jsemprebon@cvhhh.org. For info. about hospice volunteering, contact Nicole Dupont at 223-1878, ext. 2285 or ndupont@cvhhh.org.



SEASONS OF LIFE FUNDRAISING EVENT

We are thrilled to share that we raised over \$60,000 to support programs and services for central Vermonters at the 20th Annual Seasons of Life Fashion Show, Dinner, and Live Auction. Over 200 guests gathered on Friday, October 4 in the Governor's Ballroom at the Capitol Plaza Hotel in Montpelier, where they mingled, watched models walk the runway, bid on live auction items, and celebrated the platinum anniversary of CVHHH's largest annual fundraiser.

THANK YOU SEASONS OF LIFE TOP SPONSORS

- Platinum Sponsor New England Excess Exchange
- Event Sponsor Northfield Savings Bank
- Spotlight Sponsors Carmen Beck, in honor of Paul Beck; Cody Chevrolet-Cadillac; Community National Bank; John Gardner of Gardner Insurance Services; Maple Capital Management; National Life Group
- Venue Sponsor Capitol Plaza Hotel & Conference Center
- Runway Sponsor rb Technologies
- Media Sponsor The Point
- Print Sponsors Capitol Copy; The Drawing Board; L. Brown & Sons Printing
- Haute Couture Sponsors Central Vermont Medical Center; Denis Ricker & Brown Insurance; John Meyer