

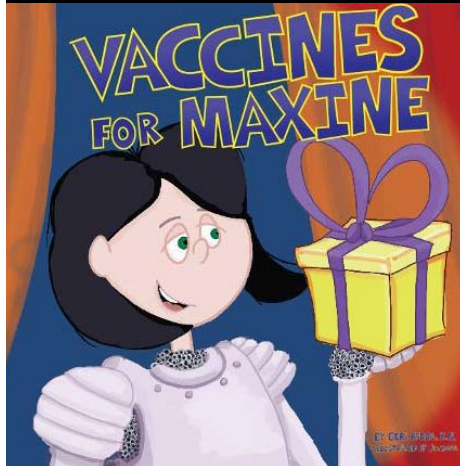


# A Healthy Minute

April 2013

*We are hardwired for safety.*

**JUST PUBLISHED**



Geri Rodda has authored three educational, kid-friendly books: *Lyme in Rhyme*, *The Flu and You* and *Vaccines for Maxine*, her newest book, which will be unveiled at the "Caring for Our Community" Breakfast on April 23.



**Third Annual Caring for Our Community Breakfast**  
Please join us for a fun morning with an old time diner theme! Tickets and Sponsorships can be purchased online at [www.newmilfordvna.org](http://www.newmilfordvna.org).

*Caring for Our Community Breakfast*  
**TUESDAY APRIL 23, 7:30 AM**  
THREE BROTHERS FAMILY RESTAURANT  
79 DASHLEY RD. (RT 7) NEW MILFORD  
Individual Seats \$25.00  
Seats and Sponsorships may be purchased online at [www.newmilfordvna.org](http://www.newmilfordvna.org)  
Funds raised will benefit New Milford VNA & Hospice Community Health and Wellness Programs  
New Milford Visiting Nurses, 68 Park Lane Rd, New Milford, 06020

From the time we are born, we put our safety at the top of our personal agendas! We buckle up when we drive. We install smoke alarms in our homes. When we have children, we teach them to look both ways before crossing the street. And most parents follow the recommended schedule of pediatric vaccinations safeguarding children against such diseases as measles, mumps, rubella and polio.

But do we do the same for ourselves as adults? There are many vaccines which can prevent illnesses and diseases that occur in adults. Among these conditions are shingles, a very painful condition which is caused by the chicken pox virus that lives in almost all of us. Whooping cough has made a comeback in the population because of declining immunity. It is important that everyone be up to date on this vaccination, especially caregivers of infants under one year of age. Flu vaccines are important for adults of all ages, and pneumonia vaccine is especially helpful for senior citizens. As more of us travel internationally, it is especially important to make sure that our vaccinations are up to date. You may need additional vaccines to protect against diseases like yellow fever, typhoid, Japanese encephalitis or Hepatitis A.

New Milford VNA & Hospice offers vaccinations that will protect you against all of these diseases. We support the efforts of the Immunization Action Coalition, a national leader in immunization education. Visit [www.vaccineinformation.org](http://www.vaccineinformation.org) to learn about vaccinations for all ages. And let us help you stay safe.



Warmly,  
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