



A Healthy Minute

May 2013

Maya Angelou's mother was a nurse.

I am a nurse living in a world where health care is at a crossroad. Some might even say that health care is in crisis mode. Hospitals are merging, medical schools are reporting a drop in enrollment, and the pool of uninsured people is at all time high and it is affecting all of us regardless of race, class and age.

The landscape has changed, but our nursing intention has not. In fact, I believe that Maya Angelou had her mother's vocation in mind -nursing - when she wrote, "They may forget your name, but they will never forget how you made them feel!"

[Nursing is a privilege](#), and I am proud to be a nurse with New Milford VNA & Hospice. We go into your world to hold your hand, help you master new routines when you are discharged from the hospital, suggest ways to manage your medication and nutrition, and at the end of the day we become part nurse/part friend. So please join me in celebrating Nurse's Week.

Do you know a nurse? Thank them for being in your life.



Warmly,
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A place to relax, express your feelings and connect with other caregivers.

Join us on the first and third Thursdays of the month
1:00 – 2:30 pm

New Milford VNA & Hospice
68 Park Lane Road
New Milford, CT

Free of Charge, No registration necessary (860) 354-2216

Catherine Vlasto, LCSW will provide professional guidance.

Volunteers are available to stay with your loved one at your home while you attend.

