



# A Healthy Minute

## *Helping Someone You Love to Live Independently*



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### **Caregivers Support Group**

**January 17, 2013, 1:00 pm–2:30 pm**

Join us at the New Milford VNA & Hospice for the Caregivers Support Group. Group is Free of Charge, no registration necessary.

### **Adult Bereavement Support Group**

**First and third Thursdays every months at 7:00 pm–8:30 pm**

Led by a Professional Grief Counselor, this group meets the first and third Thursdays of every month at 7:00 p.m.–8:30 p.m. Open to all bereaved adults, including, but not limited to, family members of deceased NMVNA patients in the community and surrounding towns.

I have a client who is 91 years old and lives by herself. Rose loves to tell me stories about riding horses as a young girl and how she fell in love with the boy next door, who became her husband. Like many seniors I meet, Rose wants to continue to live independently so she ordered Lifeline, a secure medical alert response service that helps the elderly and disabled live with greater independence. In the event of a fall or emergency, help is now available to Rose at the push of a button.

Do you have someone in your life who wishes to live independently and safely at home? Please call me, I would be happy to answer any questions you may have about Lifeline.

Warmly,



Claudette Sesera  
Lifeline Coordinator  
NMVNA & Hospice  
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## Are you a caregiver?

Visit us online at [www.newmilfordvna.org](http://www.newmilfordvna.org) for additional articles to help you better care for your loved ones.



**Is it Time for Lifeline?**



**Mobile Phones— Not the Best Option**



**Fall Prevention in Your Home**