



A Healthy Minute

December 2013

Peace, Love and Lifeline

I am endlessly inspired by my 92 year old mother who lives alone and is still bound to the traditions of baking fruit-studded biscotti and struffoli coated with honey. Regardless of the menu or the season, her kitchen is the gathering place where friends and family meet to share stories that are heavily steeped in peace, love and family traditions.

One day a few years ago, I received a distressing call from her: *"Debbie, I'm having trouble breathing, my back hurts and I can't walk. What should I do?"*

I prompted her to push her Lifeline button, and in fewer than five minutes the police and the ambulance arrived at her door. They transported her to the Emergency Room where she received the care she needed.

When she tells her knitting group friends this story, she pulls out her Lifeline necklace, her 24/7 talisman that she wears around her neck.

As time has lapsed, she has taken to adding spice to her tale: *"The EMT who came was a real cutie. I should have asked him for his phone number. You know for my grand- daughter... the one who hasn't found her Prince Charming yet."*

Peace of mind, love and Lifeline. That's the gift that my mother has given to me this holiday season. It's all I need and all I want.



Warmly,

Debbie Matta
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"Best Gift Under the Tree"



Security & Safety with one push of a button



GIFT CERTIFICATES AVAILABLE

Claudette Sesera, NMVNA
Lifeline Coordinator
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HOLIDAY HOPE Hospice Fundraiser



Scott's Landscaping
at 322 Kent Rd. New Milford

has generously agreed to donate a portion of tree and wreath sales to the New Milford VNA & Hospice.

The areas we serve...

