

JANUARY 2010

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Quote OF THE MONTH

"What we have once enjoyed we can never lose. All that we love deeply becomes a part of us."

– Helen Keller



Accredited by The Joint Commission.

Remembering a long-time employee and friend

A tribute to former IT Director Richard Dolson



A fixture at New England Home Care for more than 12 years, Rich Dolson was an incredible IT Director. Always willing to help others through his knowledge and love of technology, Rich provided support to numerous employees – continually doing so with a warm smile and positive attitude. His confidence was contagious, and he helped many nurses, new and seasoned, fulfill their mission of caring for those in need. Even in the most frustrating of times, Rich calmly guided employees through all technology issues. He stabilized our systems, expanded our network to all three subsidiaries and deployed more than 200 laptops to our field users. Without Rich, much of the work we did could not have been completed.

When the news of Rich's passing reached fellow employees, there was an outpouring of condolences, fond memories and kind words. In his eulogy to Rich, Vice President Bill Sullivan recounted some of these comments, which included:

"His IT knowledge aside, his kindness, courtesy and sensitivity were experienced by all of us...he will be missed."

"Rich was a wonderful soul and I will miss him greatly! He was quite an exceptional gentleman."

As time goes by, it is important that we continue to remember Rich's amazing work ethic and personal character. Each day we can carry Rich with us by living our lives with the same dedication and compassion he held.

Sincerely,
Kimberly Nystrom, President

BRANCHES THROUGHOUT CONNECTICUT

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HEALTH CORNER

Beat the cold this winter!

Tips for staying warm



As the cold air arrives this season, it is important to always wear proper clothing for the weather. Dressing in **thin layers** that will keep you warm and can be adjusted to changing temperatures is a great way to stay comfortable. Also, **wearing a hat, gloves and scarf** can protect your body from harsh conditions that can lead to deadly ailments such as hypothermia.

Recognizing Hypothermia

Hypothermia is when your body begins to lose heat faster than it can be produced, causing a dangerous low body temperature. Below are the warning signs of hypothermia:

Adults:

- Shivering
- Exhaustion
- Confusion
- Memory loss
- Slurred speech
- Drowsiness
- Numbness in hands

Infants:

- Bright red skin
- Cold skin
- Very low energy

Make Sure You Are Protected from the Flu

Stay healthy this winter

With the flu season still in swing, now is a great time to get vaccinated. If you haven't yet, you should consider visiting your doctor's office or local pharmacy for a flu shot. Although media coverage of the flu has decreased in the last few months, it is important to utilize available vaccines throughout the winter as flu season doesn't actually peak until February or later. Depending on your medical coverage, the vaccine may even be free. This is especially crucial for seniors, who have increased susceptibility to the serious complications that can arise from the flu virus and often have shots covered by Medicare.

Put Your Old Holiday Cards to Use!

Did you know that recycling your holiday cards could benefit a worthy cause? St. Jude's Ranch for Children rescues abused, abandoned and neglected children and places them in a safe home-like environment where they can learn important life skills. Through the donation of holiday cards, the children participate in making cards by removing the front of old cards and attaching a new back. The results are beautiful cards made by the children and volunteers. The children receive payment for their work and learn the benefits and importance of "going green". The organization is accepting used, all-occasion cards until February 28, 2010. You can mail your donations to:

St. Jude's Ranch for Children
Recycled Card Program
100 St. Jude's Street
Boulder City, NV 89005

To learn more about the Holiday Card Program and how your cards can help children in need, visit: http://stjudesranch.org/help_card.php



Community Outreach

NEHC warms hearts over the holidays

Food and Toy Drive

The Cromwell Branch of New England Home Care participated in a food drive during the month of November for Cromwell residents in need. On November 30, branch volunteers delivered an assortment of non-perishable items to the Food Bank of Cromwell, which will distribute the food to residents facing financial difficulty. Following their food drive, the Cromwell Branch of New England Home Care also sponsored a toy drive during the holidays. Toys were donated from December 2 to December 18, during which time branch volunteers collected approximately 150 toys – a very good portion of the 600 plus needed.



Picture Above: Lisa Nardelli, clinical liaison, Shelton Branch, with decorated wreath.

Donations for Homeless Shelter

This holiday season, the Shelton Branch of New England Home Care sponsored the Spooner House, a homeless shelter in Shelton. The only homeless shelter in the Lower Naugatuck Valley, the Spooner House is also one of the only shelters in the state to accept families with children. As part of their sponsorship, the Shelton Branch set up donation boxes throughout their office and sold raffle tickets to raise money. The money was used to purchase items such as bibs, rattles, toothbrushes, socks, mittens and other necessities for the homeless. The raffle prize, a decorated wreath, is pictured to the left.

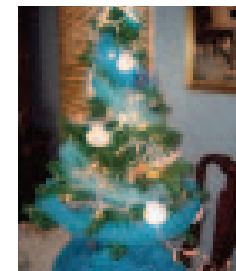


Hat, Mitten and Glove Drive

To help keep Veterans warm this winter, the New Haven Branch of New England Home Care was kindly joined by Fulton's Fitness of Milford, St. Ann's School in Milford, The Willows Rehabilitation Facility in Woodbridge, Arden House Rehabilitation Facility in Hamden and Madison House Rehabilitation Facility in Madison to collect donated hats, mittens, gloves and scarves during the

month of December. More than 500 pieces of knitted accessories and 100 pieces of toiletries were delivered to the Errera Community Care Center on December 23, 2009. The Veterans received the donations just in time for the holiday season and as the cold weather arrived in Connecticut.

Picture Above, Left to Right: Mary Sperrazza, director, CRP Program of Errera Community Care Center; Darla French, director of operations, Errera Center; Betty Wetmore, director of admissions, Arden House; Jeanette Hutchinson, medical supervisor, New England Home Care New Haven Branch; Angie Loughlin, admission assistant, Willows of Woodbridge; Lisa Kinsella, clinical liaison, New England Home Care and Karen O'Driscoll, customer care specialist, Sunbridge Healthcare. Missing from photo: Rob Fulton, owner, Fulton's Fitness in Milford.



Festival of Trees at Laurel Estates

The New Haven Branch of New England Home Care donated an ocean-themed tree for the Laurel Estates 9th Annual Festival of Trees celebration. Trees decorated by local businesses and individuals were on display from November 30 to December 8. On Tuesday, December 8, a Silent Auction of the trees was held to raise funds for the Orange Community Services Assistance Fund. To the left is a picture of the decorated tree donated by the New Haven Branch.

Picture Above: Tree donated by New Haven Branch to benefit the Orange Community Services Assistance Fund.



Get Back on Track!

Tips for eating healthy

After a month of holiday meals and treats, it's time to get back to eating healthy, natural foods that nourish the body and soul. Making the right food choices can help you feel good, inside and out – you can gain more energy and even improve your skin!

Each day, follow the food pyramid and try to eat:

Vegetables:

- Shoot for dark green or orange-colored vegetables

Fruits:

- Try to vary the types of fruit you eat
- For convenience, try frozen, canned or dried fruit

Grains:

- Make sure at least half of the grains you eat are whole
- Try switching to whole grain bread, cereal, crackers, rice and pasta

Dairy:

- Look for dairy that is calcium-rich
- Shoot for low-fat dairy products

Protein:

- Remember that beans, fish, nuts and seeds also contain protein
- Look for low-fat or lean cuts of meat