The Meals on Wheels program of Visiting Nurse & Health Services of CT has been awarded a $7000 grant from Meals On Wheels Association of America (MOWAA) and the Wal-Mart Foundation to support our local program in doing what we do best - feed seniors.

This past year, many Meals On Wheels programs were forced to change or reduce their services, because of severe operating constraints brought on by rising food and gas prices and the current economic crisis. The “MOWAA/Wal-Mart Foundation Cure Grant” is intended to alleviate these burdens and help restore our nutrition services to better serve our seniors in CT.

“With the MOWAA/Wal-Mart Foundation Cure Grant, we will be able to feed more of our senior clients in need and make a tremendous impact in our community,” said Todd Rose, CEO and President of Visiting Nurse & Health Services of Connecticut.

According to a groundbreaking national research study entitled “The Causes, Consequences and Future of Senior Hunger in America,” which was commissioned by the MOWAA Foundation, 1 in 9 seniors in America is at risk of hunger. The fact that 11.4 percent of seniors in the country are at risk of hunger and the fact that the population is aging at an unprecedented rate put a significant strain on community-based Meals On Wheels programs’ ability to provide meals for those in need. The “MOWAA/Wal-Mart Foundation Cure Grant Program” is intended to increase the number of individuals served and reverse the forced reduction in meal services seen at Meals On Wheels programs throughout the nation.

“Unlike cancer or AIDS, we have the cure to end senior hunger in America today,” said Enid Borden, President and CEO of MOWAA. “We can’t thank the Wal-Mart Foundation enough for supporting us in our mission and remembering the seniors we serve during this desperate time.”

The Meals On Wheels Association of America (MOWAA) is the oldest and largest national organization in the United States representing those programs that provide meals to people in need. To obtain more information about MOWAA or to locate a local Meals On Wheels program, visit the MOWAA website at www.mowaa.org.

Walmart Stores, Inc. (NYSE: WMT) and the Wal-Mart Foundation are proud to support the charitable causes that are important to customers and associates in their own neighborhoods. Through its philanthropic programs and partnerships, the Wal-Mart Foundation supports initiatives focused on enhancing opportunities in education, job skills training, sustainability and health and wellness. In 2007, Wal-Mart, Sam’s Club and the Wal-Mart Foundation gave $296 million to communities across the United States. To learn more, visit www.walmartfoundation.org.
Mary Lou Geraghty, Adult Day Center Director, was honored with the Nightingale Award from Visiting Nurse & Health Services of Connecticut. Mary Lou, who is certified in Gerontological Nursing Practice, has worked in the capacity of Day Center Director since 1996. Mary Lou has grown the program which now serves 30 clients on a daily basis. The Center has been accredited with excellence by the Connecticut Association of Adult Day Centers. The VNHSC Day Center provides medication administration, treatments and personal care along with socialization and cognitive training. This past year the center was one of three programs selected by the New England Cognitive Center to participate in the Active Mind Program. The day center staff has been trained to provide the program to their clients in an effort to promote cognitive fitness.

Mary Lou has served as past president of the Connecticut Association of Adult Day Centers and currently serves on the certification and peer review committees and is a peer review trainer. On a monthly basis, Mary Lou facilitates an Alzheimer's Support Group for community members as well as day center family members.

Mary Lou and her staff provide a wide variety of entertaining and stimulating activities for their clients. The center has an outdoor garden that is maintained by clients and staff. At the end of the summer clients proudly cook and serve the vegetables they have grown. The center has raised money for various local charities through bake sales and arts and crafts.

Mary Lou is a strong proponent for the elderly and their families. She is a firm believer in providing care in a home setting. Mary Lou works with the Association of Adult Day Centers to provide education to community members as well as new providers to promote adult day centers as an alternative to nursing home placement. She has found that by using the services of an adult day center families can maintain their loved ones at home by almost 2 additional years.

Mary Lou believes that providing the elderly with a sense of purpose improves their quality of life. Her success stories at the day center prove this. Mary Lou's advocacy for the elderly and her commitment the VNHSC Day Center demonstrate her excellence in nursing. She is truly a role model for our staff.

For more information on the Visiting Nurse & Health Services of Connecticut’s Adult Day Center, call (860) 870-7203.
Nonprofits feed the poor, comfort the afflicted, teach our children, and empower people to repair their lives. There are nearly 10,000 nonprofit groups in Connecticut, engaged in an enormous range of activities to improve the lives of our state’s residents.

The work of these charities is vital, but it requires financial support.

For the most part, Connecticut is a generous state. Each year, 72% of our residents leave money to charities. But only 5.7 percent leave charitable bequests in their wills. The number one reason for this gap: most people say they were never asked, or didn’t think about it.

LEAVE A LEGACY® Connecticut is a statewide public awareness effort to promote charitable bequests. The campaign encourages people to make gifts from their estates to their favorite nonprofit organizations. We urge people to discuss their intentions with financial and estate planners who specialize in this field. Many estate-planning professional organizations are a part of LEAVE A LEGACY® Connecticut’s collaborative efforts, as are more than 640 CT nonprofit organizations.

“Everyone can help, regardless of income, and each gift makes an impact,” says Lyn Walker, co-chair of LEAVE A LEGACY® Connecticut and a partner at Shipman & Goodwin, LLC.

Consider including those organizations in your will, so that you can continue to make a difference for generations to come. By remembering nonprofits in your estate plans, you can help improve the lives of generations of Connecticut residents.

To find out more, visit the LEAVE A LEGACY® Connecticut website at http://www.leavealegacyct.org or call the United Way’s Infoline at 211.

A Caring Hand adds a new Director of Sales, Lauri Collins

Lauri Collins was born and raised in Central Connecticut where she lives with her wonderful daughter, Bethany. Collins has been a sales professional since 1991. Prior to becoming Director of Sales for A Caring Hand, she was the Executive Sales Manager for a company located in Plainville, CT. Lauri earned a Bachelor of Arts in English from the University of Connecticut.

Lauri is sincerely honored to be an integral part of A Caring Hand and looks forward to growing the company while continuing to provide quality care that allows patients to stay at home for as long as possible.

A Caring Hand is a private duty, non-medical alternative to homecare offering: homemakers, companions, personal care assistants and 24 hour live-ins. For more information on A Caring Hand, please call Lauri at (860) 643-1623 or visit them online at www.acaringhand.com.
To Benefit Hospice

North Central Hospice & Palliative Care is hosting its 4th Annual Wine Tasting & Live Auction on Friday, May 15, 2009 from 7 to 10 p.m.

This year’s event will be held at The Society Room of Hartford, 31 Pratt Street, a beautifully renovated piece of New England history. Twenty-five years ago North Central Hospice opened its doors with a clear and simple promise to the community—to be companions on life’s most difficult journey. To care for the dying—for their bodies, minds and spirits and for those who love them. This year our Hospice team provided more care to patients than ever before.

With the monies raised at this event our uninsured or underinsured patients can experience the care and dignity they deserve during their final chapter. Please help us celebrate this great cause while you enjoy fine wines, spectacular food and dance the night away!

I would like to show my support for the Wine Tasting to benefit North Central Hospice & Palliative Care.

Admission $49 per person _______# of Tickets at $49 _________

Name __________________________________________________
Address ________________________________________________
City_____________________ State______ Zip_________
Phone __________________________________________________
Email __________________________________________________

Payment:
Visa ☑   Mastercard ☑   Discover ☑   American Express ☑
Signature______________________________________ Exp. Date_____

Please make checks payable to VNHSC
Amount Enclosed $________

Mail to: VNHSC, 8 Keynote Drive, Vernon, CT 06066