

happy@HOME

Published by Quality Living at Home A program of Ridgefield Visiting Nurse Association

Quality Living at Home: A New Program



Patient Care Services

Home Care Nursing
Skilled Nursing
Psychiatric Nursing
Maternal/Child Nursing

Short Term Rehab at Home

Physical Therapists
Occupational Therapist
Speech Therapists

Senior Care Solutions

Home Health Aides

Homemakers

Companions & Live-ins

Other Services

Newborn Care
Wound Care
Palliative Care
Respite Care
IV Care
Life Line Medical Alert
Vaccines

SERVING

Bethel, Brookfield,
Danbury, Easton,
Georgetown, New Canaan,
New Fairfield,
New Milford, Newtown,
Redding, Ridgefield, South-
bury, Weston, Wilton

quality living
at home

FOSTERING COMMUNITY PARTNERSHIPS

This is the first issue of "happy @ Home", the newsletter for Ridgefield Visiting Nurse Association's new program, Quality Living at Home (QLAH). This free program was created by RVNA to empower individuals of all ages to remain in their homes in a safe, healthy and socially connected environment. Eloise Barron is the director of the program.

The QLAH program provides five targeted services:

- *A 24/7 non-emergency community information call center.* Residents should call the main RVNA number: 203-438-5555 Ext 1005.
- *A community directory of services that have been documented and referenced checked.* The directory will include the names of reliable local service providers in areas such as home maintenance, health, social, legal and spiritual services.
- *Creation of new community partnerships and programs to serve area residents.* A recent example is the new "Senior Safe Step", the program offers free delivery of discounted, premium ice melt to the doors of seniors. This was created through a partnership of the RVNA, the Boys & Girls Club and the Home Stop hardware store. Other examples are our "Wonderful Wednesdays" program and our home safety assessment program with fire and police.
- *A curriculum of free wellness and education programs.* These programs are designed to better equip our residents with the knowledge and information they need to manage their quality of life. The next event will take place at the Ridgefield Library Dayton Room on Sunday, February 27th at 2 pm. **"Heart of Heart Care"** is co-sponsored with the national WomenHeart organization and will feature: Emelie Howard, author of Heart Stars; Dr. Brian Pollack, Cardiologist; Andrei Varnavski, PhD research scientist; Jennifer Goldwag, RN and Clinical Manager for RVNA.
- *Advocacy for Senior Issues.* Two privately owned pharmacies, Bissell's in Ridgefield and Redding Pharmacy in Georgetown, are piloting a prescription home Delivery service for homebound and ill seniors.



Vera Caporali, piloted the home safety assessment program with Eloise Barron, Director of Quality Living at Home.

Our director, Eloise Barron, would be please to speak with you about the services provided by RVNA and the Quality Living at Home program. Please call with your suggestions and questions. Again, the number is 203-438-5555 Ext 1005.

medicare minute

Time for a change? If you want to change your Medicare health or prescription drug coverage for 2011, **now is the time.** The deadline for most changes is December 31, 2010. Information on what's new for 2011 can be found in the annual handbook *Medicare & You*. Call 1-800-633-4227 for more information.

caregivers corner

Sweetheart Bus goes to the MALL.

The first Wednesday of the month is Mall Day for Ridgefield seniors who do not want to drive on I-84 and would like a ride. Call 203-744-4070 for more information.



Senior Solutions

by Laura Switzer

5 Tips for a Flawless Routine Visit with your Doctor

- ◀ Bring a current list of all your prescription medications with you.
- ◀ Bring a current list of all your over the counter medications with you, including vitamins.
- ◀ Write down any troubling new symptoms that you are experiencing. Examples might include headaches or heart burn.
- ◀ Be sure to tell your doctor about any major changes in your life. The loss of a loved one or plans to move. These highly charged emotional issues can affect your health.
- ◀ If you feel you need more support, and family members are not available, a senior care manager may be an option.

Remember, your doctor is only able to help you if you are able to discuss your current health issues with him in an honest and open dialogue. He is your guide to good health.



Ed Karvosky
Bissell Pharmacy

PRESCRIPTIONS: HOME DELIVERY PILOTED

Home bound seniors with prescriptions to fill can now relax.

You don't have to ask your neighbors or family to deliver. Your local pharmacist will. Bissell's Pharmacy located in Ridgefield at 23 Governor Street, and Redding Pharmacy at 73 Redding Road in Redding, are offering this new service for home bound seniors.

Ed Karvosky has graciously offered to pilot a prescription home delivery service for Ridgefield residents. Prescriptions will be delivered from 2 pm to 3 pm, Monday through Friday. There is a \$5 service fee. Credit card or check will be accepted at time of delivery.

Daniel Lui has also agreed to pilot a prescription home delivery service for Redding residents. Delivery will take place from 10:30 am to 11:30 am, Monday through Friday. There is a \$5 service fee. Charges will be made to a credit card at time of order.

Please support these pharmacies with your business. You never know when we might need them.



Daniel Lui
Redding Pharmacy

silver sage



By Seymour Seidman
Seidman

On Aging

Don't notice it.

Avoid reflections that show it.

Look inside to frame that sight. Tolerate without rancor or impatience well intentioned images of what you are supposed to be and feel, understanding that is from those beginning a journey, far back of where I am, of what I know, of what I can still do, and feel, and accomplish.

Is Your House OK?

As a retired senior possibly living alone, you might feel apprehensive about whether you are taking care of your house adequately. Are there any major defects developing?

When performing inspections for prospective home buyers, house inspectors evaluate 12 components: roof, foundation, structural framing, plumbing system, electrical system, heating system, water supply (including a well), sewage disposal system (including septic), siding, windows, and drainage. For many of these categories, if they are performing well enough for you then they can be considered OK. However, some things wear out slowly and can do damage which is not obvious. Most important in this regard is the roof; the exterior siding is second. Termites and water leaks in concealed or semi-concealed areas are a third vulnerability. If your roof is older, it makes sense for you to have someone you trust check it. Keeping bushes and trees cleared away from the house and having wood rot repaired and routine painting performed are also important. Some reliable mainstream pest control companies will do a free termite inspection if asked. If you have a crawlspace, it is important that someone look into it from time to time to see if there are plumbing leaks or other latent defects that have developed.

For help in finding experienced, reliable contractors, please call the RVNA's Quality Living at Home (203-438-5555, Ext 1005) at the Ridgefield Visiting Nurse Association.



By Peter Seirup, P. E.
Home Directions, inc.

mind matters

"How was your date last night, Ann?"

"It was great."

"Is he handsome?"

"No."

"Is he rich?"



"Well, no."

"Does he have a good personality?"

"No. Not really."

"Well what do you like about him?"

"He still drives at night".

author unknown

SAFE STEP for SENIORS! Don't let winter get you DOWN!

**Prevent falls. Support local business.
Contribute to a good cause. Be prepared and
safe this winter. A community partnership with
Quality Living at Home.**

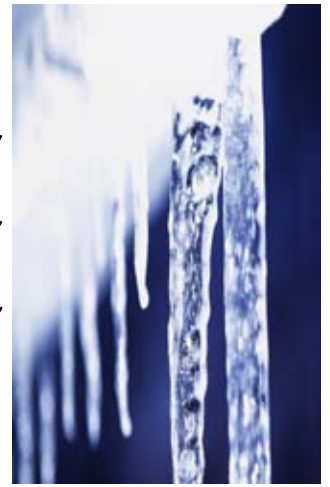
The Boys & Girls Club of Ridgefield is offering FREE DELIVERY of premium Safe Step ice melt to seniors this winter! Jennifer Schoelkopf, owner of the Home Stop hardware store in Ridgefield, is giving seniors a reduced flat rate, with a portion of the proceeds being donated to the Boys & Girls

Club Character and Leadership Program.

Rates for the ice melt are:

- * 10 lb bag of Safe Step, \$5.00.
- * 25 lb bag of Safe Step, \$15.00.
- * 11 lb Safe Step shaker, \$10.00.

The offer cannot be combined with other discounts or the Gold Card. Seniors can order by calling Quality Living at Home at 203-438-5555, Ext 1005. Order forms are also available at Home Stop, 62 Danbury Road. Delivery will be scheduled after the Thanksgiving holiday. Payment will be



Words to live by:

“Don't count the days, make the days count.”
Muhammad Ali

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