From the first time I met Sheila, I had the sense that she wanted to ‘take control’ of her life and make decisions in her own best interest,” said hospice volunteer, Phyllis Osterman.

Sheila is able to sit up in bed, with her oxygen and medications, surrounded by paper, pencils, and her telephone. She recently had a small refrigerator and coffee pot brought into her room which she now calls her “pad.”

“What has been so moving about my visits with Sheila is that she has embraced all that hospice care has to offer,” said Phyllis. “She tells me how grateful she is to have people in her life now who really listen and with whom she can be her truest self. She is able to explore difficult but important questions as well as her fears and anxieties. She is very courageous and we talk about challenging topics that most people avoid discussing such as pain, the afterlife and forgiveness.”

“Sheila Polotaye is a lifelong resident of Stamford. She is 56 years old and now lives with her father in the same neighborhood where she grew up. She has COPD and is receiving hospice care from Visiting Nurse & Hospice of Fairfield County. Sheila is visited by her nurse and her home health aide. She also meets regularly with a spiritual care provider and a hospice volunteer.

Sheila elected to receive hospice care when her breathing difficulty became debilitating. When she was no longer able to climb stairs and was confined to her bedroom, Sheila decided it was time to accept the reality of her condition.

“Life has not always been easy or kind to Sheila but she has found love and is sharing that love with all of us. And we are truly grateful.”

“What has been so moving about my visits with Sheila is that she has embraced all that hospice care has to offer,” said Phyllis. “She tells me how grateful she is to have people in her life now who really listen and with whom she can be her truest self. She is able to explore difficult but important questions as well as her fears and anxieties. She is very courageous and we talk about challenging topics that most people avoid discussing such as pain, the afterlife and forgiveness.”

Continued on page 3
A Note about Healthy Eating

Eating healthy doesn’t have to be boring or difficult to manage. Variety is the spice of life!

Here are a few tips to keep your diet fun and interesting.

• Eat lots of different colors and kinds of fruits and vegetables – the fresher, the better! If you do eat canned foods, rinse them to eliminate excess salt.

• Make sure that at least half of your grains are whole grains – not processed or refined. Eat fiber (beans, nuts, seeds, fruits and veggies) to prevent stomach or intestinal problems and to help lower cholesterol.

• Limit fat. Eat lean meat and remove the skin from poultry. Grill, steam, poach, bake or broil food instead of frying. And use low-fat dairy products.

• As we age we can lose our sense of thirst. We should drink six to eight, 8 ounce glasses of non-alcoholic, non-caffeinated fluids per day. Fruits like grapes, soup, Jello, milk and juice are good sources of fluid. If you don’t like plain water, make ice cubes from juice and drop one or two in water for low-cal flavor. Avoid sugary drinks.

• Calorie Count: Active women need 2,000-2,200 calories per day. Active men need 2,400-2,800 per day. Women who are somewhat active need 1,800 calories per day. Somewhat active men need 2,200-2,400 per day. Inactive women need 1,600 calories per day. Inactive men need 2,000 calories per day.

• Eat several, small meals instead of three large meals a day. And remember, food always tastes better when you share a meal with good company!

Helping others – now and forever. A charitable gift in your will could be the most important and lasting gift you ever make.

For more information about how your generosity can live on through a bequest to Visiting Nurse & Hospice of Fairfield County, call 203-834-6341, extension 305.
Finding Peace and Comfort at Home

Continued from page 1

“Sheila once mentioned that earlier in her life she could be in a room filled with people yet feel very much alone. I was touched when she told me that, since being on hospice, she doesn’t feel alone anymore. She expressed gratitude for the whole hospice team who cares for her with love and devotion.”

“As a hospice volunteer, I am thankful to have this opportunity to get to know such a vital and vibrant person,” said Phyllis. “Sheila speaks from her heart. As much as I want to be a help to her and provide her with love and support, I know that it is she who is helping me. As she travels this most difficult part of her life’s journey, I realize how much she is teaching me about grace and finding peace and comfort at the end of life.”

“Life has not always been easy or kind to Sheila but she has found love and is sharing that love with all of us. And we are truly grateful.”

Thank You For Sharing

At Visiting Nurse & Hospice of Fairfield County, we are grateful for the privilege of caring for our patients and their loved ones. It is gratifying to receive letters from those who have been touched by our care and we’d like to share excerpts from two of these letters so that you will know the difference your support makes in the lives of our patients and their families. Thanks for joining in our mission to bring healing and comfort to our community.

Make a difference. Become a volunteer. Call 1-800-898-HOME.
Volunteers Honored at Awards Luncheon

The volunteers of Visiting Nurse & Hospice of Fairfield County were honored recently at an awards ceremony and luncheon at Bernard’s Inn at Ridgefield. Eleven individuals were singled out and received recognition for their outstanding commitment, compassion and dedication to volunteer service.

Thom Healy and Lynn Saphire received awards for their volunteer work on the agency’s Board of Directors; Carol Bernhard received an award for her volunteer work at the Turnover Shop of Wilton; Inge Maerowitz and Anne Patterson received awards for their volunteer work as Patient Support Volunteers; Diana Metro received an award for her work as an Office Support Volunteer; Maryann Gabriel and Jennifer Venneri received awards for their volunteer work at the New Canaan Thrift Shop; Linda Roberts received special recognition for her volunteer service in Office Support; Deb Rakich received an award for her work as a Hospice Volunteer.

Dawn Jeffrey received the Agency’s highest honor -- The Carol B. Bauer Community Spirit Award -- for her outstanding service as a Hospice Volunteer.

“This award was established in honor of Carol Bauer, whose spirit of support and devotion to volunteerism is unmatched in the community,” said Sharon Bradley. “The Carol B. Bauer Award is presented each year to that special individual who embodies the ideals of volunteerism. In the relatively short time that she has been volunteering with our agency, Dawn has demonstrated a deep commitment to helping patients and families at the most vulnerable time in their lives. She is employed full-time but is always ready to visit with patients in the evenings and on weekends. Dawn is an inspiration and a role model and we are grateful for her compassion and caring.”

“Dawn is tireless in caring for... Continued on page 5
Continued from page 4

“others,” said Mrs. Bauer, who was present at the awards ceremony. “It is with sincere gratitude that we recognize Dawn for her remarkable contribution to the work of Visiting Nurse & Hospice of Fairfield County.”

Dawn Jeffrey (second from right) received the Carol B. Bauer Community Spirit Award for her outstanding volunteer work as a Hospice Volunteer. She is pictured here with Christine Pfeffer, Sharon Bradley and Carol Bauer.

Deb Rakich (at right) received an award for her work as a Hospice Volunteer. She is pictured here with Christine Pfeffer.

Linda Roberts (center) received special recognition for her volunteer service in Office Support. She is pictured here with Laurie Petrasanta and Sharon Bradley.

Diana Metro (at left) received an award for her work as an Office Support Volunteer. She is pictured here with Laurie Petrasanta.

Inge Maerowitz (second from left) and Anne Patterson (second from right) received awards for their volunteer work as Patient Support Volunteers. They are pictured here with Sharon Bradley and Laurie Petrasanta.
## Bereavement Support Offered

Visitng Nurse & Hospice of Fairfield County is committed to providing bereavement support to grieving individuals and families during the first year following the death of a loved one. Our professional grief and bereavement counselors and social workers are trained to provide comfort and promote healing after a loss.

One-on-one support is available during this time as are bereavement support groups. Bereavement support groups are open to anyone who has experienced a loss. Participation offers the opportunity to grieve in a supportive and therapeutic environment with others who have also suffered a loss.

Check our website for periodic updates to our schedule of bereavement support groups.

### Autumn Schedule of Support Groups for Grieving Adults

at the Health & Wellness Center at I-Park, 761 Main Ave., Norwalk

<table>
<thead>
<tr>
<th>Loss of a Spouse</th>
<th>Weekly on Wednesdays</th>
<th>2:00 – 3:15 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>for those grieving the loss of a spouse</td>
<td>9/21/16 - 11/9/16</td>
<td></td>
</tr>
<tr>
<td>with Nanette Greene, MA, LPC</td>
<td>Weekly on Thursdays</td>
<td>6:00 – 7:30 pm</td>
</tr>
<tr>
<td>with Rev. Marti Bishop, MA</td>
<td>9/15/16 - 11/3/16</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Loss of a Parent</th>
<th>Weekly on Thursdays</th>
<th>6:00 – 7:30 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>for adults grieving the loss of a parent</td>
<td>9/22/16 - 11/10/16</td>
<td></td>
</tr>
<tr>
<td>with Rev. Karen Judd, LCSW</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Loss of a Child</th>
<th>Weekly on Thursdays</th>
<th>2:30 – 4:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>for adults grieving the loss of a child</td>
<td>9/15/16 - 11/3/16</td>
<td></td>
</tr>
<tr>
<td>with Laurie Petrasanta, MS, BSW</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Caregiver Support</th>
<th>Weekly on Tuesdays</th>
<th>1:00 – 2:30 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>for those who are caring for an ill loved one</td>
<td>9/13/16 - 11/1/16</td>
<td></td>
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<tr>
<td>with Laurie Petrasanta, MS, BSW</td>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Loss of a Loved One</th>
<th>Weekly on Tuesdays</th>
<th>6:00 – 7:30 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>for adults grieving the loss of a loved one</td>
<td>9/20/16 - 10/18/16</td>
<td></td>
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<tr>
<td>with Rev. Karen Judd, LCSW</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Loss of a Pet</th>
<th>Weekly on Thursdays</th>
<th>1:00 – 2:30 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>for adults grieving the loss of a beloved pet</td>
<td>9/29/16 - 10/13/16</td>
<td></td>
</tr>
<tr>
<td>with Rev. Karen Judd, LCSW</td>
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</tbody>
</table>

These programs are free-of-charge and open to the public but pre-registration is required. For more information, call Rev. Karen Judd at 203-762-8958, ext. 255.

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Your generosity can live on through a bequest to Visiting Nurse & Hospice of Fairfield County. For more information call: 800-898-HOME
New Canaan Thrift Shop Needs Volunteers

Looking for a meaningful way to spend your time? Consider becoming a volunteer at the New Canaan Thrift Shop for a few hours a week.

Long-time volunteer, and now manager of the New Canaan Thrift Shop, Susanne Palmer says that volunteers derive great satisfaction from their efforts at the New Canaan Thrift Shop. “They are gratified by the recycling aspect of what we do – the clothes and other items that people no longer need or want are being put to good use by someone else,” she said. “Also, people have the opportunity to buy top quality merchandise inexpensively and the money goes to a good cause.”

All proceeds from the sale of donated items at The New Canaan Thrift Shop directly benefit the home health and hospice patients of Visiting Nurse & Hospice of Fairfield County.

What Susanne especially enjoys about the Thrift Shop is interacting with the clientele. “You get to know the regulars. The personal contact with people is enormously rewarding.”

“Our volunteers could easily spend their time enjoying leisurely pursuits,” continued Susanne. “Instead, they choose to make a meaningful difference in the lives of those in need by volunteering at the New Canaan Thrift Shop.”

Located at 2 Locust Avenue, the New Canaan Thrift Shop is one of the oldest volunteer-run thrift shops in the United States. The shop sells gently-used articles of clothing, accessories, jewelry, housewares, china, silver, books, toys, games, sporting goods, small appliances, crockery, and small home furnishings. The Thrift Shop also donates items to relief organizations for refugees around the world, and is a resource for the town’s social services organizations.

“This is a wonderful place and a great cause and there’s a lot of camaraderie among our volunteers,” said Susanne.

The New Canaan Thrift Shop is open from 12 noon until 4:00 p.m., Monday through Friday, and from 10:00 a.m. until 1:00 p.m. on Saturdays. To volunteer, call Laurie Petrasanta, Volunteer Coordinator for Visiting Nurse & Hospice of Fairfield County, at 203-761-8958, ext. 316. To make a donation to the Thrift Shop, call Susanne Palmer at 203-966-2361, or drop by Monday through Saturday between 9:00 a.m. and 12 noon.

Thrift Shop manager, Susanne Palmer (at right) with volunteer Diane Wisedy.
Flu spreads quickly among people of all ages in the fall and winter months. While hand-washing and avoiding contact with people who are sick helps to reduce the risk of infection, being vaccinated prior to flu season is still the most effective way to avoid contracting influenza.

This year, the flu vaccine will be available at a number of flu clinics offered by Visiting Nurse & Hospice of Fairfield County. The high-dose flu vaccine for those over age 65 will also be available.

Anyone four years of age or older may receive a seasonal flu shot. Persons under the age of 18 must be accompanied by a parent or legal guardian.

The cost of the vaccine is $45 for the regular dose and $60 for the high dose. Cash or check will be accepted or it can be billed directly to Medicare Part B, Aetna, Anthem, Connecticare, Fallon, Harvard Pilgrim, Multi Plan, Unicare, Wellcare or HealthyCT. Please bring your insurance card with you. For more info, call our Flu Info Line at 203-762-8958, ext. 444. Or call 203-762-8958 to speak to a nurse.

---

**Schedule of Fall Flu Clinics**

*Visiting Nurse & Hospice of Fairfield County is here to help.*

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Riverbrook Regional YMCA</strong></td>
<td>October 22</td>
<td>1:00 pm – 3:00 pm</td>
</tr>
<tr>
<td>404 Danbury Road, Wilton</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>St. John’s Church</strong></td>
<td>September 26</td>
<td>10:30 am – 12:30 pm</td>
</tr>
<tr>
<td>(Over 60 Club – 2nd Fl)</td>
<td>October 30</td>
<td>11:30 am – 1:00 pm</td>
</tr>
<tr>
<td><strong>St. John’s Church</strong></td>
<td></td>
<td></td>
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<tr>
<td>628 Main Street, Stamford</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Norwalk Senior Center</strong></td>
<td>September 28</td>
<td>10:00 am – 12 noon</td>
</tr>
<tr>
<td>11 Allen Road, Norwalk</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Wilton Senior Center</strong></td>
<td>September 19</td>
<td>10:00 am – 11:30 am</td>
</tr>
<tr>
<td>180 School Road, Wilton</td>
<td>October 2</td>
<td>10:00 am – 11:30 am</td>
</tr>
<tr>
<td><strong>Visiting Nurse &amp; Hospice</strong></td>
<td>September 28</td>
<td>3:30 pm – 5:00 pm</td>
</tr>
<tr>
<td>of Fairfield County</td>
<td>October 5</td>
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<tr>
<td>761 Main Avenue, (Route 7) Suite 114</td>
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<tr>
<td>Norwalk (at Kent Road in Wilton)</td>
<td>October 12</td>
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<tr>
<td></td>
<td>October 19</td>
<td></td>
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<td></td>
<td>October 26</td>
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<td>November 2</td>
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<td>November 9</td>
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<td></td>
<td>November 16</td>
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<tr>
<td></td>
<td>November 23</td>
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</tbody>
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Continued on page 9
## Schedule of Fall Flu Clinics (continued)

Continued from page 8

<table>
<thead>
<tr>
<th>Location</th>
<th>Day(s)</th>
<th>Date(s)</th>
<th>Time(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Thomas the Apostle</td>
<td>Tuesday</td>
<td>September 20</td>
<td>11:00 am – 12 noon</td>
</tr>
<tr>
<td>308 East Avenue, Norwalk</td>
<td>Sunday</td>
<td>October 2</td>
<td>9:30 am – 1:00 pm</td>
</tr>
<tr>
<td>Norwalk Senior Center South</td>
<td>Tuesday</td>
<td>October 4</td>
<td>9:30 am – 11:00 am</td>
</tr>
<tr>
<td>92 Cedar Street, Norwalk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Darien Library</td>
<td>Monday</td>
<td>October 10</td>
<td>1:00 pm – 3:00 pm</td>
</tr>
<tr>
<td>1441 Post Road, Darien</td>
<td>Thursday</td>
<td>November 10</td>
<td>10:00 am – 12 noon</td>
</tr>
<tr>
<td>Our Lady of Fatima</td>
<td>Monday</td>
<td>September 19</td>
<td>After 9:00 am mass</td>
</tr>
<tr>
<td>229 Danbury Road, Wilton</td>
<td>Sunday</td>
<td>October 9</td>
<td>9:30 am – 12 noon</td>
</tr>
<tr>
<td>Sacred Heart Church</td>
<td>Sunday</td>
<td>October 23</td>
<td>9:30 am – 11:00 am</td>
</tr>
<tr>
<td>30 Church Street, Georgetown</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wilton Library</td>
<td>Monday</td>
<td>October 17</td>
<td>3:30 pm – 5:00 pm</td>
</tr>
<tr>
<td>137 Old Ridgefield Road, Wilton</td>
<td>Saturday</td>
<td>November 5</td>
<td>3:30 pm – 5:00 pm</td>
</tr>
<tr>
<td>Wilton Kiwanis Club at WEPCO</td>
<td>Wednesday</td>
<td>October 19</td>
<td>11:00 am – 12:30 pm</td>
</tr>
<tr>
<td>48 New Canaan Road, Wilton</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wilton Health Department</td>
<td>Monday</td>
<td>October 3</td>
<td>2:30 pm – 4:00 pm</td>
</tr>
<tr>
<td>238 Danbury Road, Wilton</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Canaan Thrift Shop</td>
<td>Tuesday</td>
<td>October 4</td>
<td>1:00 pm – 2:00 pm</td>
</tr>
<tr>
<td>2 Locust Avenue, New Canaan</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Darien YMCA</td>
<td>Friday</td>
<td>October 21</td>
<td>9:00 am – 12 noon</td>
</tr>
<tr>
<td>2420 Post Road, Darien</td>
<td>Saturday</td>
<td>November 12</td>
<td>9:00 am – 12 noon</td>
</tr>
<tr>
<td>Stamford Senior Center</td>
<td>Monday</td>
<td>October 3</td>
<td>10:00 am – 12 noon</td>
</tr>
<tr>
<td>888 Washington Boulevard, Stamford</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>O’Neills Pub</td>
<td>Friday</td>
<td>October 14</td>
<td>6:00 pm – 8:00 pm</td>
</tr>
<tr>
<td>93 North Main Street, Norwalk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>United Congregational Church</td>
<td>Sunday</td>
<td>September 25</td>
<td>Following services</td>
</tr>
<tr>
<td>275 Richards Avenue, Norwalk</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All flu clinics are first-come, first-served. Open to anyone age 4+ years. If under age 18 must be accompanied by a parent or legal guardian. Cost of flu vaccine is $45, payable by cash or check or it can be billed directly to Medicare Part B, Aetna, Anthem, Connecticare, Fallon, Harvard Pilgrim, Multi Plan, Unicare, Wellcare or HealthyCT. High dose vaccine is available for those over age 65. The cost is $60. Please bring your insurance card with you. For more info, call our Flu Info Line at 203-762-8958, ext. 444. Or call 203-762-8958 to speak to a nurse.
Visiting Nurse & Hospice of Fairfield County wishes to thank all those who have so generously given their support from July 1, 2015 to June 30, 2016.

Your gifts touch the lives of those in need with professional nursing, support services, rehabilitation, health education, community wellness programs and compassionate hospice and palliative care. It’s because of your spirit of giving that we are able to bring healing and comfort to those in our care.

Thank you

ANNUAL FUND AND BENEFIT GIFTS
(Gifts received from 7/1/15 to 6/30/16)

VISIONARIES
We acknowledge with gratitude these donors who have made gifts of $25,000 or more.

The Bauer Foundation*
The Safe Family Foundation
Mr. Richard A. Silver
Turnover Shop of Wilton*

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We acknowledge with gratitude these donors who have made gifts totaling between $10,000 and $24,999.

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We acknowledge with gratitude these donors who have made gifts totaling between $5,000 and $9,999.

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We acknowledge with gratitude these donors who have made gifts totaling between $2,500 and $4,999.

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Linda Mitchell*‡
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Tauck Foundation
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We acknowledge with gratitude these donors who have made gifts totaling between $1,000 and $2,499.

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Special thanks to these donors who have supported Visiting Nurse & Hospice of Fairfield County
* for the last five years consecutively  ‡ with ten or more gifts since July 1, 2003  M with a matching gift
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Westport Woman’s Club, Inc.*  
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Mr. Stephen E. Woodward‡  
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We acknowledge with gratitude these donors who have made gifts totaling between $500 and $999.  

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“No one is useless in this world who lightens the burdens of another.”
Charles Dickens
If we have inadvertently omitted or misspelled your name, please accept our apologies and contact the Development Office at 203-834-6341, ext 305, with any corrections.
High blood cholesterol affects over 65 million Americans. It can be a serious condition as it increases the risk for heart disease, yet has no symptoms. Research indicates that lowering blood cholesterol levels lessens the risk for developing heart disease and reduces the chance of having a heart attack or stroke.

Visiting Nurse & Hospice of Fairfield County will offer a cholesterol screening on Monday, October 10 at its offices in Suite 114 at the Health and Wellness Center at I-Park, 761 Main Avenue, on the Wilton/Norwalk town line. The screening is by appointment and will be held from 8:45 a.m. until 12 noon.

The cholesterol screening measures total cholesterol, HDL, LDL, glucose and triglycerides, as well as blood pressure and a body mass calculation. A confidential cardiovascular risk counseling session with a Registered Nurse will be provided.

The screening involves a simple, finger-stick blood test and results will be available within ten minutes. The cost is $30 payable by cash or check. Fasting for 12 hours prior to the test is suggested but not required.

For more information, or to schedule an appointment, call 203-762-8958.