



SASH DEERFIELD VALLEY (802) 464-0438 15 BUTTERFIELD DR. WEST DOVER

NATIONAL CAREGIVERS & COPD MONTH

10 TIPS FOR FAMILY CAREGIVERS

- Seek support from other caregivers. You are not alone!
- Take care of your own health so that you can be strong enough to take care of your loved one.
- Accept offers of help and suggest specific things that people can do to help you.
- Learn how to communicate effectively with doctors.
- Be open to new technologies that can help you care for your loved one.
- Watch out for signs of depression and don't delay getting professional help when you need it.
- Caregiving is hard work so take respite breaks often.
- Organize medical information so it's up to date and easy to find.
- Make sure legal documents are in order.
- Give yourself credit for doing the best you can in one of the toughest jobs there is!

Deerfield Valley Caregiver Support Group: Meets every other Sunday @ West Dover Congregational Church for more Info call Jennifer Fitzgerald 802-681-8740

4 REASONS TO LEARN MORE ABOUT COPD

Did you know Chronic obstructive pulmonary disease is the 3rd leading cause of death in the US. Here are 4 things you can do to live a longer, more active life.

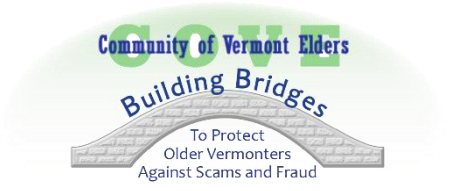
Be aware of the risk factors. Recognize the symptoms. Ask your doctor or health care provider about a simple breathing test. Follow treatment advice.

Here are 4 risk factors for COPD.

If you have shortness of breath, chronic cough, or have trouble performing simple daily tasks like climbing stairs, grocery shopping, laundry; are over 40 and currently smoke or used to smoke; have worked around chemicals or fumes.

4 things you can do if you are at risk for COPD

Talk with your healthcare provider about shortness of breath, chronic cough, or decline in activity level. Get a simple breathing test, known as Spirometry. Quit smoking. Need help? Talk to your doctor or call 802 QUILTS 1-800-784-8669



COVE's mission is to promote and protect a higher quality of life for the State's seniors. COVE advances it's mission through advocacy and education. It works with and for elder Vermonters and the organizations that serve them to identify, interpret, and respond to critical issues that impact the dignity, security, and wellbeing of seniors.

Come meet Kelly McElheny from COVE, November 16th 12:30-2:00 at The Jacksonville Municipal Center for a discussion with Q & A

Medicare Facts & Fraud & Open Enrollment

The Gathering Place West Dover Mountain Park Plaza

Pre Enrollment-Thursday Nov 16 & 30, 9am-3pm. Stop by or Call for an appt.

254-6559.

