



Diabetes and You

Diabetes is a chronic condition that effects millions. According to the American College of Cardiology, approximately 18 million Americans have been diagnosed with diabetes and about 79 million have pre-diabetes. During this presentation, VNA will provide an overview of diabetes and pre-diabetes, provide guidelines for how to identify the signs of diabetes and pre-diabetes, and offer nutrition and exercise tips. We hope you'll join us to learn more about this condition and have your questions answered.

Caring for the Caregiver

Caregivers who are responsible for a spouse or loved one are characteristically unselfish, patient and steadfast. While caregiving can be a rewarding expression of love, it also comes with physical, emotional and spiritual demands and even the most devoted caregiver needs respite. Help may be available via grant-funded respite programs. VNA is pleased to offer an educational presentation to help caregivers reduce stress in their selfless role.

Home Safety and Fall Prevention

Falls are the leading cause of injury among older Americans, and can lead to the loss of independence and create undue financial burdens. There home may possess hazards that can lead to increased risks of falling while at home. However, there are simple modifications that can make the home a safer place to be. Join the Visiting Nurse Association of Northern New Jersey and learn to identify potential hazards, modify your home for increased safety, and reduce your risk of falls.

Understanding Hospice

Hospice Care can greatly benefit the quality of life for a patient with a life-limiting illness while providing support to family and loved ones during this difficult time. There are many misconceptions about these services, and VNA is here to help you better understand Hospice and how it may serve you or a loved one.

Since 1898, VNA has been a leading provider of comprehensive home care services. Residents of Morris, Hunterdon, Sussex and Warren counties know that one call to VNA opens the door to quality, patient centered home health care solutions that allow patients to remain in the comfort of their homes with dignity, health and independence.