



**With a
VHS
homemaker
good
nutrition
is a done
deal.**

Sometimes, the tasks of daily life such as shopping for groceries, preparing nutritious meals or following a special diet can become overwhelming. When this happens the health and wellbeing of an elderly loved one is often compromised. The trusted, caring and experienced homemakers from **Visiting Homemaker Service (VHS) of Hudson County** eliminate this worry with affordable, in-home services that ensures good nutrition and a better life at home. To learn more, visit vhshc.org.



Visiting Homemaker Service
Trusted. Caring. Experienced.

Did you know?

- A 1993 national survey by the Nutrition Screening Initiative (750 doctors, nurses, hospitals, nursing homes and home care agencies) reported that one in four of their elderly patients suffer from malnutrition.
- This is significant because malnourished older Americans are susceptible to infections and diseases; injuries take longer to heal; surgery is riskier; and hospital stays are longer.
- A report of the U.S. Senate stated, "85 percent of the older population has one or more chronic conditions that have been documented to benefit from nutrition interventions."

How do I know if Companion/Homemaker Service is needed?

- When you know an elderly person who is forgetful or has no help at home.
- When you know an older adult is skipping meals or not following a recommended diet of his or her physician.
- When an elderly loved one shows signs of losing weight.

VHS can provide help and support to help restore or maintain a loved one's health as well as management and care plans that improve quality of life and allow individuals to remain independent in their own homes. Services include:

- Certified VHS Home Health Aide to assist with shopping of groceries, meal preparation and adherence to suggested diet.
- Health supervision from a VHS Registered Nurse to assure that nutrition guidelines are being followed and health is maintained as well as identify any changes any condition that would complicate health and wellbeing.

Call today and get started! (201) 656-9012



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