



## RETURNING HOME FROM YOUR HOSPITAL STAY? LET US HELP YOU TO STAY HEALTHY AT HOME!

You've been recommended for a new community program that can provide you with one or more of the following **FREE** services while you recuperate:

- Meals delivered to your home - 2 regular or special diet meals delivered Monday through Friday (Weekend meals are also available for delivery on Friday)
- Nutrition & diet counseling – Professional advice to better understand your special diet
- Telephone “health check” as needed from a registered nurse
- Personal Emergency Response System – A wearable activator you can use to call to receive help from your family or from police, fire or ambulance services. The system connects you with a certified emergency operator who is available 24 hours/day to get you the help you need.

These **FREE** services may be available to you for up to 90 days after your hospital discharge.

This new community program is being provided with funding from the CT Community Foundation and is a partnership between New Opportunities, Inc. and Care Transitions LLP.

Please call New Opportunities, Inc.  
Lisa LaBonte 203-575-4208 or  
Mary-Kate Gill 203-575-4209  
for more information.



## OUR GOAL IS TO HELP YOU TO STAY HEALTHY!