



VISITING NURSE ASSOCIATION
OF SOUTH CENTRAL CONNECTICUT, INC.

News Release

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For Immediate Release

VNA/SCC Offers Free Health Literacy Seminars

In celebration of National Health Literacy Month, the Visiting Nurse Association of South Central Connecticut is offering a free health literacy seminar to local organizations

New Haven, CT (Sept. 9, 2009) – What three questions should you always ask your doctor or health care provider? In promoting the importance of October as National Health Literacy Month, the [Visiting Nurse Association of South Central Connecticut](#) (VNA/SCC) wants to help all of us become better health care consumers and self-advocates by teaching three simple questions to ask your health care providers.

“It’s important to know that health literacy is not directly connected to an individual’s actual literacy level,” said Regina Demitrack, VNA/SCC’s Director of Community Health & Wellness. “Health literacy is about an individual’s capacity to obtain, process and act upon health information needed to make informed decisions. Asking your health care provider three simple questions can help to increase your health literacy. Everyone, no matter what their formal education level can benefit from this.”

[Ask Me 3™](#), which was developed by the [Partnership for Clear Health Communication at the National Patient Safety Foundation](#), is a quick, effective tool designed to improve health communication between patients and their health care providers.

“[Research](#) demonstrates that having low health literacy negatively impacts an individual’s health,” Demitrack noted. “Individuals who are not health literate are less likely to comply with treatment and provide adequate self-care, they make more medication errors, and they remain in the hospital longer, impacting the overall cost of health care to the community.”

The mission of the VNA/SCC as a non-profit health care provider is to not only care for people when they are sick, but also to help educate people to become more independent, live better, and become knowledgeable health care consumers. As the result of a generous grant from [The Community Foundation for Greater New Haven](#), the VNA/SCC is able to provide community outreach through its health literacy seminars and other community programs. The seminar is available for all community groups and organizations including libraries, senior centers, chambers of commerce, assisted living facilities and Rotary and Kiwanis clubs.

To schedule an “[Ask Me 3](#)” health literacy seminar for your group or organization call Regina at 203.859.6052 or email rdemitrack@vnascc.org.

About The Visiting Nurse Association of South Central Connecticut

Founded in 1904, the VNA/SCC, the original VNA of New Haven, Milford and the Valley, is a state licensed, non-profit, community based home health care agency. The VNA/SCC staff consists of highly skilled nurses, therapists, medical social workers and home health aides. A vital resource to the communities it serves, the VNA/SCC provides a wide range of specialized clinical services, community programs, the Nurturing Families Network and subsidized care to those who are in need. The agency employs over 240 staff members, has an average daily census of over 1,000 patients and makes over 150,000 home visits per year. The agency is the founder of the *Nightingale Awards for Excellence in Nursing*. The VNA/SCC is supported in part by The Community Foundation for Greater New Haven, local United Way organizations, corporate sponsors and individual donors. The agency has a private-duty affiliate, *CareSource*. *CareSource* strives to maximize the quality of life for its clients and their caregivers in the home and health care settings. Their services include private duty nursing, homemakers, companions and live-in home health aides. Both VNA/SCC and *CareSource* are CHAP (Community Health Accreditation Program) accredited. To learn more about the organizations, log onto www.vnascc.org or www.caresourceinc.org. To view quality information about VNA/SCC, as reported by Medicare, log onto www.medicare.gov and click on the link: Compare Home Care Agencies.

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