



Visiting
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Home Health Care ■ Hospice Care ■ Private Care



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Home Health Care Agency Offers Presentation on Depression

Visiting Nurse and Community Health Warns: Holidays Can Bring on the Blues

The upcoming holidays are, for many, a time of joy, gatherings and good cheer. But for some, the holidays are stressful and can contribute to depression. In anticipation of the upcoming holiday season, Visiting Nurse and Community Health, Inc. (VNCH), of Arlington, has developed "Don't Color Your Holidays Blue," a presentation that outlines contributing factors, indicators and preventative tips for the holiday blues and depression. The presentation is now available to all organizations and interested companies in the 22 eastern Massachusetts communities VNCH serves.

Being aware of the causes and symptoms of depression can help ease the stress of the holidays. As a result, VNCH advises that preventing depression before it has a chance to take hold is the best plan of action. The good news is that more than 80% of those who seek treatment for depression show improvement. VNCH has also compiled a "Depression Self-Assessment Checklist" to accompany the presentation.

Those interested in learning more about VNCH's "Don't Color Your Holidays Blue" presentation should contact: Karen Breehey, VNCH Marketing, PR and Development manager, at 781-643-6090, ext. 1204.

For over 110 years, VNCH has been acknowledged as the preeminent home health care provider in eastern Massachusetts. It has a deep-rooted tradition of providing its patients and the communities it serves with compassionate, quality home care, and unparalleled health care expertise. VNCH's response to questions and concerns is immediate and knowledgeable, and its medical technology is state-of-the-art. To underscore its commitment to quality health care, VNCH has the distinction of being ranked in the Top 500 (out of more than 8,000) home health care providers nationwide. To learn more about VNCH, visit the agency's website at www.TheVisitingNurses.com.

VNCH serves the following communities: Arlington, Bedford, Belmont, Billerica, Burlington, Cambridge, Carlisle, Concord, Everett, Lexington, Lincoln, Malden, Medford, Melrose, Somerville, Stoneham, Wakefield, Waltham, Watertown, Wilmington, Winchester, and Woburn.

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