



2180 Empire Boulevard
Webster, NY 14580-2029
585-787-2233
www.vnsnet.com

For Immediate Release

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CONTACT: Ann Duckett
Manager, Marketing Communications
585-787-2233, ext. 8106
aduckett@vnsnet.com

Visiting Nurse Service Promotes Better Breathing, Hosts Medical Experts from Rochester Area

Rochester, NY – Visiting Nurse Service of Rochester and Monroe County, Inc. (VNS) is hosting the May 2010 VNS/Upstate HomeCare Better Breathers Group, on Wednesday, May 5, 2010, from 5 to 6 p.m. at which Corey Romesser, MD, presents, “Vitamin D: where does it come from, what does it do and why is it important?”

Dr. Romesser, Hospitalist and Medical Director at the Acute Care for Elderly Unit at Highland Hospital, will discuss this topic in an informative and open format. Dr. Romesser is Clinical Instructor of Medicine, Division of Geriatrics, at the University of Rochester Medical Center, and is attending physician in rehab and long term care at the Highlands at Brighton.

Members of the VNS/Upstate HomeCare Better Breathers Group can learn about the latest developments for those who feel short of breath, have tightness in the chest, or suffer from Emphysema, Bronchitis, COPD or other respiratory disease, as well as learn tips for better breathing. This educational/support group for pulmonary patients and their families meets monthly, hosts guest speakers, group discussions, a question and answer period and “caring and sharing.” Educational hand-outs, pamphlets and a growing library are available to members. Meetings are held at 2180 Empire Blvd., from 5 to 6 p.m. on the first Wednesday of each month; no cost to attend. This event is free and open to the public but space is limited. Please call **Karen Ihrman**, community relations representative, to register at 585-787-8360. Light refreshments will be served.

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Visiting Nurse Service
of Rochester and
Monroe County, Inc.

STRONG  **HEALTH**

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Visiting Nurse Service of Rochester and Monroe County, Inc. (VNS) offers complete home health care services for newborns to seniors, whether acutely ill, temporarily disable, or requiring long-term care. Founded in 1919 as the first home care agency in Monroe County, VNS has provided quality care for more than 90 years and continues to be the leader in making a smooth transition from hospital to home. With more than 600,000 visits to 11,000 patients annually, VNS staff has the experience to handle all types of medical conditions. As a full service, not-for-profit, Medicare-certified home health agency, VNS provides nursing care, physical, occupational, and speech therapies, home health aide assistance, medical social work, infusion therapy and hospice care. For specialized needs, VNS offers advanced nursing care through premier programs like Long Term Home Health Care, Meals On Wheels, Heart and Lung Care, Cancer Care, and Hospice. All services are available 24 hours a day, seven days a week. For more information, please call (585) 787-2233 or visit www.vnsnet.com.

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