

Lake Sunapee Region
VNA & Hospice
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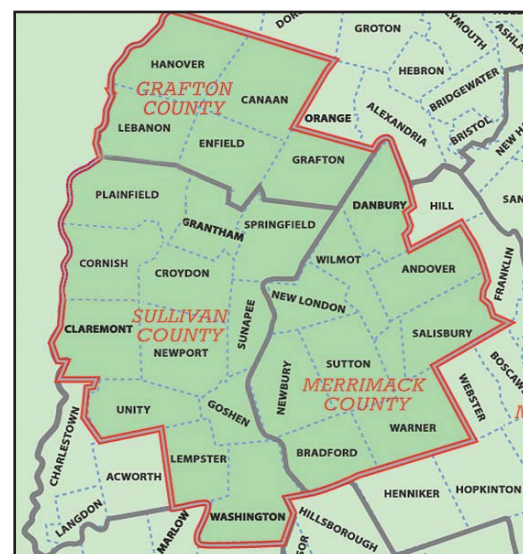
Volunteer Opportunities

Meeting the home health needs of the Lake Sunapee and Upper Valley regions.



Lake Sunapee Region
VNA & Hospice
1-800-310-4077 • (603) 526-4077
www.lakesunapeevna.org

• Medicare Certified • New Hampshire Licensed • A United Way Agency



SKILLED CARE is an array of medical services delivered by registered nurses, nursing assistants, therapists and staff in specialty areas for patients recovering from accident or illness or managing a chronic condition.

CAREGIVING AT HOME offers services to assist with activities of daily living that help individuals remain safely in their homes including meal preparation, light housekeeping, laundry, errands, bathing, dressing and more.

HOSPICE is provided by an exceptional team of nurses, aides, therapists, spiritual care providers, social workers and volunteers to help patients and their families make every moment matter and cope with complex physical and emotional issues at end of life.



LSRVNA at Home

THE NEWSLETTER OF THE LAKE SUNAPEE REGION
VNA & HOSPICE

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FALL/WINTER 2012

RESPITE CARE: *A Win-Win for participants and caregivers*

The Lake Sunapee Region VNA & Hospice "Good Day Respite Program" is committed to providing a safe and caring environment for individuals with mild to moderate memory loss or dementia. If you're one of so many caregivers who need "you" time for personal errands and activities but cannot safely leave your loved one at home alone, Respite offers the precious time off that is essential to your well-being. "There is total acceptance here, of participants and of their families. It's OK to be yourself . . . and to seek the extra support that you and loved ones may need to make life's challenges more manageable and life more fulfilling" says Kulli Bloom, RN, MBA, MSN, Community Health Services Program Manager.

Studies show that meaningful social interaction and mental stimulation brighten the spirit and provide health benefits, helping to counteract everything from depression to physical illness. As memory issues begin, individuals often tend to avoid social settings. Good Day Respite staff and volunteers understand this, welcome you and offer a variety of interactive and hands-on activities focused on the unique needs of individuals with memory loss. Arts, crafts, games, cooking, music, special guests and more enrich the lives of participants, who may engage in these activities as much or as little as they wish. The program is facilitated by a trained Licensed Nursing Assistant from Lake Sunapee Region VNA & Hospice. The need is real. We are here to help.

Two Locations:

**Kearsarge Community
Presbyterian Church
82 King Hill Road (Route 11),
New London**

**Lebanon United
Methodist Church
18 School Street, Lebanon**

Please contact Kulli Bloom
for information including
eligibility and cost.
603-526-4077
kbloom@lakesunapeevna.org.

• **The Alzheimer's Foundation of America estimates that as many as 5.1 million Americans may have Alzheimer's disease, and that between one and four family members act as caregivers for each individual with this disease.**

• **The number of people age 65 and older impacted by Alzheimer's is projected to more than double between 2010 and 2050 to 88.5 million or 20 percent of the population; prevalence of the disease among persons 85 and older will rise three-fold, to 19 million, according to the U.S. Census Bureau.**

In the Words of a Respite Volunteer and Family

"When Glenn was diagnosed with Alzheimer's in 2008 we decided to be up front about this dreadful disease, search for answers and seek quality of life however it changes. Part of the quality of life is the Good Day Respite Program professionally and lovingly run by the very best combination: Cheryl Fogwell LNA, respite volunteers and Lake Sunapee Region VNA & Hospice. They are the jewels in the Kearsarge /Lake Sunapee crown. The program provides a safe, secure and fun setting for attendees while giving the 24-7 caregiver a little break. The program has helped our quality of life and gives a formerly active person the chance to be and to do. We are very grateful."

Gail Matthews, Wilnot

"Volunteering for the Good Day Respite Program is such a rewarding experience

and has opened my eyes to an invaluable community program. It's wonderful to see clients enjoy crafts, entertainment and social time while their caregivers get much needed 'free time' knowing their loved ones are safe and well

cared for. This program is a gem that shines bright for area clients and caregivers.. It's an invaluable service that we are so lucky to have in our community."

Jane Peel, Georges Mills





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President's Message

Don't Delay, Enroll Today!

Despite the well-documented benefits available to both Good Day Respite (GDR) participants and their caregivers, individuals are sometimes hesitant to enroll their loved ones in adult day programs of this nature. There are many reasons for this but, frequently, one is guilt.

Guilt has a purpose in life. If we are mean, we should feel guilty. If we owe someone an apology, we should be big enough to do so. But guilt is a complicated emotion. We take on the expectations of our family, our culture, our religion. Then, we take on the expectations of our toughest critic – ourselves. We end up telling ourselves, "I'm not doing this caregiving thing well enough....if I was a 'good' son/daughter/partner, I wouldn't 'abandon' my mother/father/partner...."

No one should feel guilty when they are overcome by the burdens of caregiving. When I worked directly with patients and caregivers in their homes, one of my mantras was: You can't take care of anyone if you don't take care of yourself. GDR offers an opportunity for caregivers to have some time to take care of themselves while their loved one is offered the opportunity for rewarding, meaningful social interaction.

There is yet another important benefit: Studies have suggested that early use of community-based programs like respite may help to delay or even prevent institutionalization of individuals suffering from Alzheimer's and other forms of dementia.

If you are a caregiver for someone with memory loss, please give GDR a try. While I can't speak for other programs, ours requires no long-term contract. The daily fee is reasonable thanks, in part, to capable and specially trained volunteers who are present at every session. For those who cannot afford the fee, scholarships are available. I am a firm believer in the value of the GDR and urge anyone who is a caregiver for someone suffering from memory loss to come and see what the program is all about. You and your loved one have nothing to lose and so much to gain!

Scott Fabry RN, *President and CEO*



PHILANTHROPY

Is a Charitable Gift Annuity right for you?

A Charitable Gift Annuity (CGA) is a way to make a significant donation to Lake Sunapee Region VNA & Hospice (LSRVNA) and receive an income stream for life. A CGA is a simple contract between the donor and the agency. In return for a gift of cash or other property, LSRVNA guarantees a fixed sum to the "annuitant" (usually the donor) every year for his or her lifetime. At the end of the annuitant's life, the assets remaining in the

CGA support LSRVNA and its vital non-profit mission.

EXAMPLE: If you are 78 years of age and the sole beneficiary of the CGA, your annual payment rate is 6.4%. If 88 years of age, the rate increases to 8.4%.

For more information please contact the Development Office.

VOLUNTEERING...

something for everyone!

Office Support: Assistance with filing, copying, mailings, assembling patient packets, data entry and more.

Parent Child Program: Supervise children while parents attend the support group, which meets weekly September through May.

Clinics: For flu and other clinics, volunteers assist with greeting, registration and paperwork.

Renaissance Shoppe: Run 100% by volunteers, the Shoppe is open Tuesday – Saturday, 10 am - 4 pm.

HomMed & Lifeline: Trained volunteers install Lifeline & HomMed units in homes.

Good Day Respite: Volunteers are integral to the program, which offers a supportive environment for individuals with memory loss, by helping with activities, meals and more.

Hospice: Support hospice patients and their families by engaging in favorite activities, sitting or talking with patients, providing respite for the caregivers and more. There is a required 12-week volunteers training program.

Staff News.....

WELCOME TO OUR TEAM!

Debra Dumond, Hospice/Bereavement and Volunteer Coordinator



Debra received a B.A. in Behavioral Sciences from Notre Dame College and Master of Education from University of Maine. She has been a Hospice volunteer, teacher and support group leader.

Deborah Thornton, BS, RN, Home Care Program Manager

Deborah received a B.S. with a concentration in Community Health Education from Springfield College and Associate of Science /Nursing RN from Massachusetts Bay Community College. She has also completed a Masters level certificate program in Community Health.



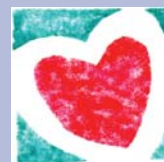
Mary Lambert, Human Resources Manager

Mary holds a Bachelor degree in Psychology from Colby-Sawyer College and in Business Management from Granite State College. She is pursuing her Master of Business Management with a focus in Human Resources.



Wendy Merrihew, RN, Home Care and Pediatric Nurse

Wendy received her Associate Degree in Nursing from River Valley Community College and brings more than 17 years of nursing experience, including Pediatrics, in the home, hospital and school settings.



Save These Dates!



HOSPICE MONTH 2012

TIME OF REMEMBRANCE

Saturday, November 3
Kearsarge Community Presbyterian Church,
New London

HOSPICE BENEFIT DINNER

Wednesday, November 14
Millstone Restaurant, New London

HOSPICE CRAFT FAIR

Saturday, November 17
Kearsarge Community Presbyterian Church,
New London