



Lake Sunapee Region
VNA & Hospice
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LSRVNA at Home

THE NEWSLETTER OF THE
LAKE SUNAPEE REGION VNA & HOSPICE

AUTUMN 2018

AGING WITH CONFIDENCE

During its 2017 Community Health Needs Assessment (CHNA) Lake Sunapee Region VNA & Hospice saw several key themes rise to the surface, one of which was "Aging With Confidence". In the CHNA survey, 70% of respondents said it was "very or extremely important" to stay in their home and community as they age. AARP statistics are even more compelling with nearly 90% of seniors surveyed wanting to remain at home. Often referred to as "Aging in Place" - defined as the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level - AARP further reports that even if seniors begin to need day-to-day assistance or ongoing health care, most (82%) still prefer to stay in their homes. Only a few expressed a preference for moving to a facility (9%) or to a relative's home (4%).



Krystyna Obst, LNA, with Barbara Hurley

- Our country is aging. U.S. Census Bureau numbers back this up:
- Approximately 10,000 baby boomers turn 65 years of age daily in the United States, a trend that is projected to continue until 2030.
 - In 2000 there were just over 35 million Americans age 65+; by 2030 that number is projected to grow to 70 million.
 - By 2020, 20% of NH's 1.3 million residents will be age 65+, up from 13.5% in 2010.

Aging confidently involves many variables including a reliable source of income, social interaction to avoid isolation, open communication with family to reduce stress and anxiety, a plan to address home safety and repairs, awareness of community resources to assist with all aspects of daily life and more. Also in our CHNA survey, nearly 50% of respondents said that the "ability to perform activities of daily living" was a barrier to aging safely at home. Other barriers cited included "cost of necessary home support services," "fear of falling" and "lack of family support".

Lake Sunapee Region VNA & Hospice is acutely aware of this trend and remains committed to doing its part to enhance quality of life at every stage. We do this in partnership with many other organizations and by offering innovative programs like Ounce of Prevention. For more information please call 603-526-4077 or visit www.lakesunapeevna.org.

OUNCE OF PREVENTION PROGRAM

... helping you age with confidence

Lake Sunapee Region VNA & Hospice can provide a free visit to begin a conversation about how to keep you or loved ones safe and independent at home. You may be concerned about:

- Falling/Fear of Falling
- Home Safety
- Memory
- Chronic Medical Issues
- Personal Care
- Health Education
- Nutrition
- Medication Management

If so, a licensed staff member will talk with you about your needs and concerns in the privacy of your own home, and recommend community resources and services that could increase your safety and independence. This program is one of many ways we strive to enhance wellness and quality of life.

Call us at 603-526-4077 to learn more about a free Ounce of Prevention visit.



HOSPICE & PALLIATIVE CARE MONTH 2018

TIME OF REMEMBRANCE

Wednesday, November 7th



30th ANNUAL HOSPICE DINNER

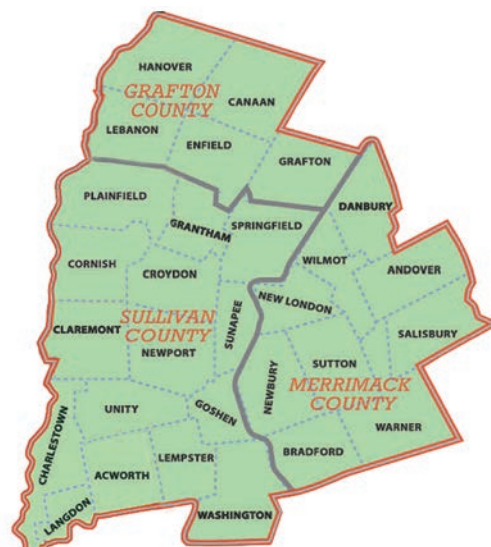
Wednesday, November 14th

13th ANNUAL CRAFT FAIR



Saturday, November 17th

Proudly Serving Our Community!



- HOME HEALTH CARE
- PRIVATE PERSONAL CARE
- HOSPICE & PALLIATIVE CARE
- COMMUNITY CLINICS & PROGRAMS

603-526-4077



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Letter to the Community



As you know, we work in the home health care business ... with a special emphasis on the "home" aspect of care. This differentiates us from other important health care settings such as outpatient services, hospitals or rehabilitation facilities.

However, the definition of "home" has changed over time and is broader than years ago. One of the most significant, and clear, directives we received from our 2017 Community Health Needs Assessment is the desire for our community members to "age in place." I suspect you're going to be hearing more and more about aging in place in the future. Why? Because our state

is growing older, leading to the need for greater supports and services to age confidently.

We see this clearly in private homes but also when we work with people whose home is in a senior living community or an independent or assisted living facility. As we increase our presence in facilities we have had to redefine how and who we work with at times. We've needed to realize that a facility is a home and that very, very frequently the facility employees are family. As such, it has been important for us to more closely work with facility staff as they are important partners, just like a son or daughter, mother or father, in supporting each patient.

A final thought: "Aging in place" requires caregivers to deliver vital services. But a perfect storm is brewing as the state ages rapidly while unemployment is low, resulting in a shortage of workers. I encourage anyone looking for a first job or thinking about a new direction to consider home care ... and being part of the amazing team at Lake Sunapee Region VNA & Hospice. We are not buildings, we are not equipment, we are our people!

Thank you for the support that makes us stronger and keeps us here for you.

Jim Culhane, President & CEO



ANNUAL GIVING ... every donation matters!

As a non-profit organization, Lake Sunapee Region VNA & Hospice relies on charitable giving to sustain its mission and recruit and retain compassionate caregivers to provide vital home care. Our care changes lives. Your support makes us stronger.

WAYS OF GIVING ... have you considered?

IRA DISTRIBUTION: Persons age 70 1/2 or older who directly transfer required minimum distributions (RMD) to a qualified charity will not owe income tax on the distribution.

APPRECIATED SECURITIES: Enjoy a federal income tax deduction and avoid capital gains tax on the transaction.

Donate online at www.lakesunapeevna.org/giving/donate or by mail to PO Box 2209, New London, NH 03257

Questions? Contact Cathy Raymond @ 603-526-4077 x 231; craymond@lakesunapeevna.org

**VOLUNTEER
"ELVES" SPREAD
HOLIDAY JOY!**

Three very special volunteers have taken on the cheerful task of serving as this year's "Volunteer Elves" for the Kearsarge Kids Christmas Program. Sheila Wallace, Debbie Seyfried and Betsy Kloeppel (pictured l-r below) - all who volunteer in other capacities for LSRVNA including in the office and at the Good Day Respite Program - have stepped up to help bring joy to area families in need during the holiday season. The priority is on the children, ensuring that they receive some "necessity items" such as clothing as well as a few "wish list" items such as toys. Generous donations from caring individuals, families, organizations and businesses sustain this program. Some "adopt" families, buying and wrapping gifts that have been requested. Others donate gift cards or make financial contributions. Betsy, Debbie and Sheila make sure ads and mailings go out, communicate with area school nurses and welfare officers, match families with sponsors, field calls on our "Elf Line" and coordinate the drop-off and pick-up of gifts. Sometimes they even go shopping. And the families who benefit are enormously grateful ... and tell us so over and over!

"This is truly a blessing to my life this year. It amazes me how this community comes together to help one another!"

"I am very grateful. My son was so very excited for Christmas day to come!"

"Words cannot express how wonderful this whole experience has been."



STAFF NEWS



Diane Brace RN: Diane Brace, MSN, RN, joined the LSRVNA team this year as Hospice & Palliative Care Director bringing more than 25 years of nursing experience. She has worked in varied specialties from acute care (including med surg, cardiac telemetry, intensive care and the post anesthesia care unit) to an outpatient interventional pain center and other outpatient procedural clinics, such as endoscopy and urology. Diane obtained her Associates Degree in Nursing from Manchester Community College, attended Rivier University and then received her Masters of Science in Nursing from Walden University in 2011. Her career then transitioned to nursing management, where she worked as nursing director of assisted living and long-term care facilities and then as director of clinical services for a hospice company. "I am passionate about patient care in general but especially end-of-life care, where we have the unique opportunity to treat, not only our patients, but their families as well."

Kim Pruett-Ilg: Kim joined LSRVNA as an Outreach Liaison in June of this year following 15 years in financial services, the last seven with Lake Sunapee Bank as Investor Relations & CAPA (corporate and public affairs). She completed her B.S. at Cornell University and is just a capstone away from a Masters in Health Education from Plymouth State University. Kim's primary role is to build relationships with providers, facilities and other community partners to keep them informed about and well-served by the services of LSRVNA. "The transition from banking to health care was so welcome and has allowed me to put to use much of my health education. I am so proud to play a role in this community organization where, even though I am non-clinical, I have the chance to help people. Making a difference in the everyday lives of our patients is a privilege, and I am grateful to be a part of this team."



Jennifer Abbott RN: Jen received her Associates Degree in Nursing from New Hampshire Technical Institute (NHTI) in Concord, New Hampshire and began her nursing career in the hospital setting. She joined the LSRVNA team in 2016 as an RN Case Manager, visiting patients in the home and overseeing comprehensive patient care plans in conjunction with other disciplines such as physical therapy, occupational therapy, wound care and more. Jen recently became our Home Care Operations Supervisor with the primary role of supporting field staff in scheduling, supply orders, skills training and general oversight of their daily needs as well as those of patients. Although primarily an administrative position, Jen still accompanies nurses on patient visits to lend support and expertise when needed and to provide skills training in the home setting. "I truly love the work that LSRVNA does in the community and I think that our patients really appreciate us! In my new role I enjoy being an advocate for our field staff. They work so hard and care a lot about their patients."

