

Lake Sunapee Region
VNA & Hospice
PO Box 2209
New London, NH 03257

Nonprofit Org.
US Postage
PAID
New London, NH
Permit #11

LSRVNA car window decals are now available.
Stop by our office to get one and show your pride
in YOUR VNA!

In This Issue

"Aging in Place"

President's Message

Staff Highlights

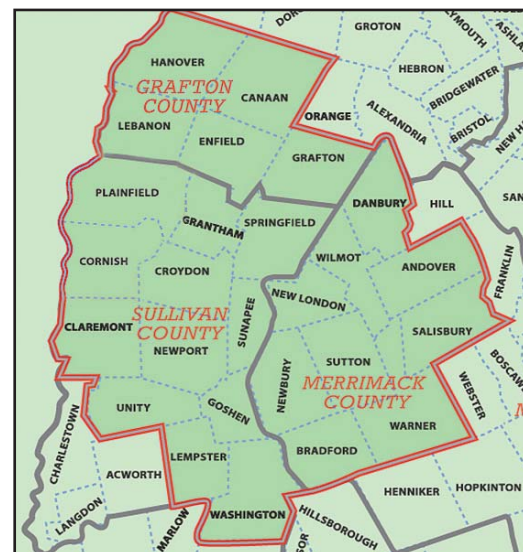
Upcoming Events

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



1-800-310-4077 • (603) 526-4077
www.lakesunapeevna.org

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



SKILLED CARE: An array of medical services delivered by RNs, nursing assistants, therapists and staff in specialty areas for patients of all ages recovering from accident or illness or managing a chronic condition.

CAREGIVING AT HOME: Assisting with activities of daily living to help individuals remain safely in their homes - meal preparation, light housekeeping, laundry, errands, bathing, dressing and more.

HOSPICE: An exceptional team of nurses, aides, therapists, spiritual care providers, social workers and volunteers help patients and their families make every moment matter as they cope with complex physical and emotional issues at end of life.



LSRVNA at Home

THE NEWSLETTER OF THE
LAKE SUNAPEE REGION VNA & HOSPICE

WINTER 2014

AGING IN PLACE

Partnering with Quail Hollow Senior Living

"The desire for families and friends to remain at home or "age in place" has created a diverse home care service industry and a variety of service providers." *Source: 2012 MetLife Market Survey of Nursing Home, Assisted Living, Adult Day Services, and Home Care Costs*

"Aging in place deals with a variety of issues, most importantly having older Americans age in their own communities and homes. Almost 89 percent of the elderly in the U.S. wish to reside in their own homes. To allow older Americans to stay in their own homes, communities must supply elders with appropriate services [including] affordable housing, transportation, social opportunities and health services." *Source: "Partners for Livable Communities" Aging in Place Initiative*

As the U.S. population over the age of 65 grows at a rate of 10,000 per day, so does the number of available health care providers. Lake Sunapee Region VNA & Hospice remains dedicated to wellness at all stages of life, offering clients not only 43 years of experience and the stability of a staff that is screened, insured and highly trained but also access to its three core service lines: **Skilled Care, Caregiving At Home and Hospice.**

As part of its commitment to help people age in place, LSRVNA contacted area housing authorities and living facilities to offer wellness programs to their residents. Among those who responded was Quail Hollow Senior Living Community in Lebanon, New Hampshire.



Wellness Club Members enjoy a healthy lunch!

The management of Quail Hollow saw this as a way to enhance the wellness, quality of life and overall satisfaction of its 250+ residents. Now in its second year, the on-site clinic is staffed two 1/2 days each week by a Registered Nurse from LSRVNA offering access to basic health services such as blood pressure and glucose screenings as well as nursing expertise.

continued on Page 3

QUAIL HOLLOW CLINIC ... BEYOND THE ROUTINE

In addition to visits to the on-site clinic for routine services, other health issues are often identified. Early intervention can help to avoid the progression of more serious problems. Dianne Collins, Clinic RN, shares examples from her weekly log:



☞ Quail Hollow resident came to the Clinic at the recommendation of his LSRVNA Homemaker after apparently bumping a toe in the bathroom resulting in injury and bleeding. An evaluation showed no infection or complications. However, the visit prompted the patient to request additional help with his inhaler, help that was provided. He was instructed to practice and return to the clinic for additional teaching as needed.

☞ Quail Hollow resident came to the Clinic for advice following a recent fall. The individual reported that she lost her balance while stepping into the tub and hit her head. She did not seek medical attention at that time. However, she later experienced a moderate headache and slight nausea, consistent with concussion. A neurological evaluation was "benign", showing no speech or facial abnormalities, no numbness or tingling and no apparent wound on her head. However, her blood pressure was elevated and she was advised to go to Emergency Department to rule out any possible complications.

☞ Quail Hollow resident came into the Clinic with a cough and congestion. She had recently seen her doctor and a chest X-ray revealed bronchitis. She was given a nebulizer and returned home. However, significant congestion and a productive cough continued. An exam at the Clinic revealed crackles on her right side. She was advised to return to her PCP if she developed a fever, increase in respiratory effort or worsening cough. Plentiful hydration and rest were advised.

☞ A local physician contacted the Wellness Clinic seeking assistance with one of his patients in the use of her glucometer. This resident had recently received a diagnosis of Type II Diabetes and her doctor wanted reinforcement of her Diabetes management. It was also suggested that the patient's daughter, the primary caregiver, become acquainted with the Wellness Clinic to help keep her mother on track.



Lake Sunapee Region
VNA & Hospice

Lake Sunapee
Region VNA
&
Hospice
Board of Trustees

Lea Ayers LaFave,
Chair

Sheldon Boege,
Vice Chair

Courtland Cross,
Treasurer

Debra Johnson,
Secretary

Scott Fabry RN,
President and CEO

Albert Barth

Linda Brenner

Donald Eberly, MD

Maynard Goldman

Michele Holton

Joanne Hughes

Kristyn Jamieson

Richard Quinlan

Michael Wood Esq.,
Chair Ex-Officio

Dr. Kristi Saunders,
Hospice Medical
Director

Dr. John W. Kirk,
Hospice Medical
Director Designee

Aging in Place ... Yeah, we can do that!



“Aging in place” is a hot topic in many circles. “How hot?” you may ask. Well, I think it’s a hotter topic than the Boston Red Sox or New England Patriots. Recently, I googled “Boston Red Sox” and got about 65 million results. “New England Patriots” brought back about 68 million hits. Then I googled “aging in place” and the search returned about 95 million results. Wow!

The Centers for Disease Control define aging in place as “the ability to live in one’s own home and community safely, independently and comfortably regardless of age.” Most elderly Americans want to stay in their homes for the remainder of their lives. Unfortunately, this is sometimes easier said than done.

Medicine is a remarkable profession. One of the fruits of its labors is that people are living longer than ever. However, this increase in longevity is accompanied by higher numbers of people living with chronic illnesses and various forms of memory loss. A modern-day challenge is to have quality of life keep up with quantity (as in years). For many, quality of life is inextricably linked to remaining in the homes they love.

Here at your VNA, we’re all about home ... and staying there for as long as possible. We’ve probably focused on aging in place longer than that phrase has existed. We operate three primary areas of business: skilled medical care, long-term private duty and hospice care. Skilled medical care helps individuals suffering from an acute illness or an exacerbation of a chronic illness to maximize their independence and well-being. Long-term private duty care assists individuals, who are no longer independent in some or all of their needs, to remain safely in their homes. Hospice care helps individuals suffering a life-limiting illness spend their final months at home, in comfort and with dignity.

All three programs feed each other. People transition from home care to private duty or hospice. Private duty patients transition in and out of home care and, sometimes, into hospice. Hospice patients frequently need additional services beyond the hospice benefit and utilize private duty care. Our three program directors collaborate closely with each other and other staff to address the holistic needs of each unique patient. The result: People stay in their homes. They age in place!

Scott Fabry RN, President and CEO

PHILANTHROPY Save The Date!

May 14, 2014

Women Who Make A Difference Luncheon

Colby-Sawyer College's Wheeler Hall, New London

15th Anniversary!



Lake Sunapee Region VNA & Hospice gratefully acknowledges Tom and Vicky Mills for hosting the annual Hospice Benefit Dinner at The Millstone Restaurant for the past 25 years!

Gracious hosts, successful restaurateurs and unselfish advocates for a strong community, Tom and Vicky have helped to build awareness and raise significant funding in support of Hospice Care. Their giving spirit is truly exceptional!



VOLUNTEER SPOTLIGHT: Gladys Smith

Gladys Smith arrives promptly at the offices of Lake Sunapee Region VNA & Hospice every Tuesday morning to assist with what she calls “incidental” tasks. We call them vital!

For 10 years Gladys has been a cheerful and reliable volunteer, one of nearly 100 who support the agency in many ways. Gladys sorts and recycles forms, assembles inserts for the “File of Life” and helps to compile a variety of care related folders and information given to patients and families. Her invaluable assistance frees up staff to do the many other projects required of them. This is what Gladys “does”. But Gladys tells us that what volunteering “does” for her is to keep her active, vital and definitely young at heart. Having celebrated her 91st birthday and going strong, Gladys Smith is an inspiration and a remarkable member of our team.

Please contact Debra Dumond for details about volunteer opportunities.
603-526-4077 • ddumond@lakesunapeevna.org

AGING IN PLACE

continued from Page 1

Quail Hollow took this initiative one step further by starting the **Quail Hollow Wellness Club**. Residents can join at a rate of \$100 for 3 months and, in addition to basic wellness services described above, enjoy additional benefits such as:

- Coumadin testing
- Cholesterol and BMI screenings
- Foot Care
- Medication Box refills
- Monthly Wellness Luncheon
- Quarterly Education Programs
- Chair Massage
- \$10.00 off per month on covered/heated parking
- \$5.00 off per month on storage locker fee
- \$5.00 off per month on air conditioner rental fee
- \$1.00 off every meal ticket purchased
- Hair Salon VIP card to earn points toward discounts on retail products.

For information please contact Ellen Brownson at 603-526-4077 or ebrownson@lakesunapeevna.org.

STAFF

Kandy Dukette, LNA (Licensed Nursing Assistant): Individually licensed by the Board of Nursing to provide physician-ordered services for home care, hospice and private duty clients.



“As I start my 21st year at LSRVNA, I am as passionate and dedicated now as I was on day one. Every day is different, seeing life through someone else’s eyes. I have shared laughs, tears and peaceful moments. Whether helping someone remain safely in their home, recover from surgery, accident or illness or assisting with end-of life care, you will find me there. My work is so rewarding that I couldn’t imagine **not** doing this job. I have been blessed to meet many wonderful people over the years and equally blessed to have such capable and caring co-workers. It’s a great team and I am proud to be part of it!”

Sheralee Bailey, PCSP (Personal Care Service Provider): Providing hands-on services primarily to private pay clients, generally covering larger blocks of time requested.



“This position allows me to make positive changes in people’s lives. I provide care and companionship that helps clients to remain at home. I meet so many interesting people from all walks of life and with unique life experiences.

Not only do I help out with a variety of tasks, I try to be a cheerful presence in the home. It’s wonderful that clients look forward to my visits! My colleagues also help to make this job a well-rounded, enjoyable experience.”

Kathy Smith, Homemaker: Assisting clients with activities of daily living, with no hands-on or medical care.



“I love my work because of how much everyone cares about each other. Our staff is capable, compassionate and dedicated. For me, it’s a privilege to be welcomed into someone’s home. I sometimes feel that I get more out of what I do than my clients. Whether making a meal, running an errand, doing laundry, washing the floor or offering companionship, every person has different needs. One of my clients had to renew her handicap placard and asked me to help with the forms, which I was happy to do. Another client, whom I visit every Tuesday, said to me: ‘I wish everyday was Tuesday!’ It’s a wonderful feeling to help people remain secure and happy in the home they love.”