



VNA at Home

THE NEWSLETTER OF THE LAKE SUNAPEE REGION
VNA & HOSPICE

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“EVERY MOMENT MATTERS” GALA TO SUPPORT HOSPICE CARE



Lake Sunapee Region VNA & Hospice announces the 2011 “*Every Moment Matters Gala*” on June 2nd at Mount Sunapee Resort in Newbury.

Join us in support of the remarkable care that brings dignity, comfort and meaning to hospice patients and their families in every moment.

-  Elegant hors-d’oeuvres, Chef Specialties & Cash Bar
-  Ken Clark Jazz Quartet
-  Master of Ceremonies Gary Robinson
-  Gathering with friends after a long winter

Highlights...

MEMORY WALL. An opportunity to share memories about loves ones. Items (stories, notes, photographs) can be brought to the Gala or sent to LSRVNA in advance to be displayed in memory of each special life.

BALLOON BLITZ. A new twist on a traditional raffle. **Be sure to bring your checkbook, credit card or some extra cash to get in on the fun!**

TICKET INFORMATION

\$75

Credit Cards or Checks (payable to LSRVNA Gala) can be sent using envelope enclosed.

Tickets will be mailed upon receipt of payment.

Tickets also available at LSRVNA, 107 Newport Road, New London.



LSRVNA “LIVING HOPE UMBRELLA”

We are pleased and excited to announce our new program, **Living Hope Umbrella**, a unique and innovative hospice and palliative care program. **Living Hope Umbrella** offers disease-specific care models for individuals suffering from heart disease, lung disease, Alzheimers and other forms of dementia, and many specific types of cancer. Under the **Living Hope Umbrella**, patients and their families can receive evidence based care and interventions which are tailored to the individual and take into account all facets of his or her being.

As part of **Living Hope Umbrella**, LSRVNA has partnered with our local V.A. and the National Hospice and Palliative Care Organization to participate in the national **We Honor Veterans** program, which provides specialized care for those who have nobly served their country and all of us.

Recognizing that hospice and palliative care is not just for our patients but also for those people loved by our patients, **Living Hope Umbrella** offers both formal and informal support programs for caregivers and families, too.

Stay tuned for more information about this innovative, unique, customizable program!

For information contact Cathy Raymond at (603) 526-4077 x231 craymond@lakesunapeevna.org



Message from the Board Chair



Michael Wood (left) with Scott Fabry RN, LSRVNA President & CEO, at Wood's induction as 2011 Board Chair.

I am honored to be part of the Lake Sunapee Region VNA and Hospice (LSRVNA) and look forward to working with an amazing group of employees, volunteers and supporters to continue our essential, community-driven mission.

Whether it's Hospice and Palliative Care, Skilled Medical Care, Assisted Living or Pediatric Services, our mission remains constant. Each day dedicated employees and volunteers strive to fulfill our mission to provide exceptional care in Merrimack, Sullivan and Grafton counties, care that is rarely matched anywhere else.

What makes Home Health Care so important?

Our homes are an integral part of our well being. Whether a mansion on a hill or a cottage in the woods, the positive feelings we associate with our home bring us peace and comfort. This is often why when we are not feeling well we ask to go home. Home Health Care:

- Keeps families together, particularly important in times of illness
- Helps individuals stay independent, preventing or delaying hospital or nursing home stays
- Promotes healing while emphasizing freedom. Care is in a reassuring and individualized setting, far removed from the regulated environment of hospitals and nursing homes
- Is personalized, delivered on a one-on-one basis
- Is efficient and less expensive than other forms of care, costing only 1/10 as much as hospitalization and 1/4 as much as nursing home placement
- Extends life and quality of life. The US General Accounting Office concluded that home care not only adds "years to life" but "life to years". Home care is clearly the preferred options for individuals who are terminally ill

Finally, home health care is delivered by *special people* - employees who look at their work not as a job but as a calling. LSRVNA believes in the benefits of home health care. We are committed to keeping home health care the center of our mission. We are here to support you.

With gratitude,
Michael L. Wood, LSRVNA Board Chair

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Our Mission

To provide comprehensive health care services that support the dignity and independence of individuals and families in partnership with physicians and other health care providers.

PHILANTHROPY AWARD



Jan and Paul Sahler (left) with Andi Steel, former LSRVNA President & CEO

The giving spirit of Jan and Paul Sahler was recognized at the 2011 Annual Meeting on February 15th. As financial contributors this dynamic duo consistently and generously

shares its treasure, but also shares invaluable time and significant talent. Paul has brought vital technical expertise as a volunteer *Lifeline* installer, giving an average of 5 hours a week for the past 13 years. Jan began her journey as a pediatric nurse nearly 30 years ago and remains fully engaged to this day, consulting and volunteering whenever needed. Both were instrumental in securing the licensing and facility approvals for the Kearsarge Good Day Respite Program. These examples only scratch the surface of a depth of commitment and leadership that is exceptional. Motivated, willing, proactive, cheerful, friendly, kind and generous in every way, we thank Jan and Paul for inspiring us all to give the best of who we are.

SPECIAL VOLUNTEERS:

Colby-Sawyer College Students Have Hearts of Hope



Colby-Sawyer Senior Nursing Students: Hillary Hudson, Bethany Kucia, Julie Cookish, Nicole Felisme

Lake Sunapee Region VNA & Hospice and Colby-Sawyer College partnered to create a cardiac-specific hospice program called *Hearts of Hope*. Fitting nicely into LSRVNA's new model of hospice and palliative care, the *Living Hope Umbrella*, the initiative is a Senior Capstone Project for four Colby-Sawyer nursing students. Julie Cookish, Nicole Felisme, Hillary Hudson and Bethany Kucia

spent their senior year working on the *Hearts of Hope* project with the goal of assessing the need for such a service in our area and creating a comprehensive resource that can ultimately be offered by LSRVNA. The project included extensive research involving meetings with community partners as well as Advanced Practice Nursing staff at Dartmouth-Hitchcock's Cardiac Clinic. Their findings were eye-opening. According to Julie Cookish, "Our research uncovered a disconnect between hospice care and cardiac patients receiving hospice care. Though hospice offers amazing resources that can help cardiac patients remain at home in the end stages of life, most do not receive this care because health care providers and the public at large are unaware of the appropriate time to make or seek a referral." As a result of this finding, *Hearts of Hope* includes an educational component intended to inform providers about hospice care services for cardiac patients and support them, as well as patients, on making or seeking a referral.

Betsy Wotton RN, Hospice Program Director confirms these findings: "Hospice is a misunderstood program with many barriers. People often associate hospice with dying when, in reality, the sooner a person enters hospice the better chance they have of improving their quality of life and, possibly, living longer. *Hearts of Hope* is a win-win for everyone."

Staff News

James H. Horak, MD Joins Hospice Team



Lake Sunapee Region VNA & Hospice welcomes Dr. James Horak as its *Hospice Medical*

Director Designee. With a personal interest in Hospice and Palliative Care, Dr. Horak completed an observership at Dartmouth Hitchcock Medical Center in Hospice and Palliative Care and brings not only a great depth of knowledge and experience, but also a passion for end-of-life care. In this position, Dr. Horak helps to ensure the 24-hour patient coverage required for certified hospice programs, coverage that enhances the overall quality of care and experience for patients and their families. Dr. Horak works closely with Dr. Jack Kirk, Hospice Medical Director, and the entire Hospice Team. Together, they coordinate and manage the clinical and medical care of all hospice patients. Dr. Horak will serve as the medical director designee and hospice physician, review patient eligibility for hospice services, participate in the review and updating of the plan of care for each patient, and document patient progress toward the outcomes specified in the plan of care. He is also a medical resource for the hospice interdisciplinary group and a liaison to physicians in the community. He contributes to continuing education for staff and visits patients to assess their eligibility for recertification for hospice care and in-depth sign and symptom management.

Dr. Horak graduated from Baylor College of Medicine, Houston, TX in 1982 and completed his residency at Baylor Affiliated Hospitals in Family Medicine. He is Board Certified by the American Board of Family Medicine. He has practiced family medicine at 45th St. Community Health Clinic in

cont'd on page 4

MAY 18TH IS THE FINAL DAY TO VOTE!



Help LSRVNA win and be awarded a significant grant for its vital work.

Simply go to www.ledyardbank.com for details. Please vote every day until May 18th.

In This Issue

Message from the
Board Chair

Philanthropy Award

Special Volunteers

LSRVNA Services

Staff News

Living Hope Umbrella

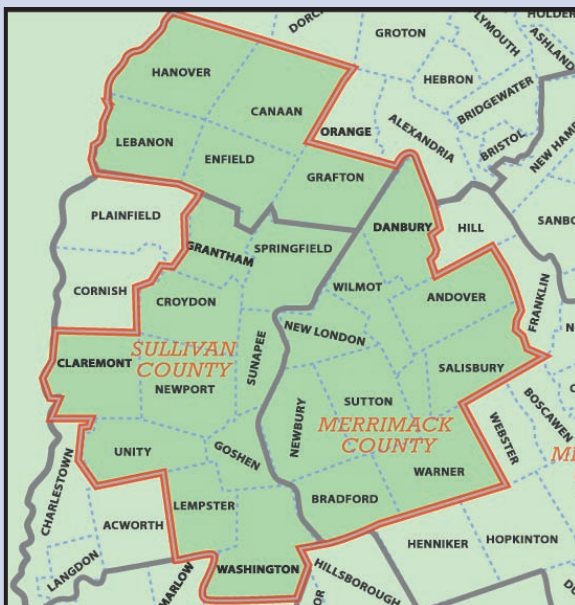


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Staff News

cont'd from page 3

Seattle, Washington, Kelsey Seybold Clinic in Houston, Texas, CIGNA Health Plan of Texas and Valley Wide Health Services in Alamosa, Colorado. He has also practiced emergency medicine at a number of hospitals and is currently the Emergency Department Medical Director at New London Hospital.

Dr. Horak holds several specialty certifications including Advanced Cardiac Life Support, Pediatric Advanced Life Support and Advanced Burn Life Support. Horak serves on numerous professional boards and committees and as AHA teaching center faculty at Dartmouth Hitchcock Medical Center, Valley Regional Hospital and New London Hospital.

An avid hiker, musician and photographer, it is with pride that we welcome Dr. Horak to our team.