



Lake Sunapee Region  
VNA & Hospice

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US Postage  
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New London, NH  
Permit #11

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# LSRVNA at Home

THE NEWSLETTER OF THE  
LAKE SUNAPEE REGION VNA & HOSPICE

SUMMER 2017

## MAKE YOUR WISHES KNOWN

Seventy percent of Americans say they would prefer to die at home, but nearly 70 percent die in hospitals and institutions. Ninety percent of Americans know they should have conversations about end-of-life care, yet only 30 percent have done so. The best way to guarantee that your wishes are known and honored is to complete an Advance Directive.

An Advance Directive is a legal document that allows you to give instructions for a broad range of health care decisions and appoint an agent to make those decisions for you if you become unable to do so yourself. It is any written communication from you, properly signed and witnessed, that speaks about your future wishes and preferences for treatment. However, to ensure that everyone understands your instructions, individuals are encouraged to fill out a formal Advance Directive document, which consists of two parts: a Durable Power of Attorney for Health Care in which you name another person to make medical decisions for you in the event you lack the capacity to do so; a Living Will that instructs your health care provider to not give life-sustaining treatment if you are near death or permanently unconscious, without the hope of recovery.



Barb Woolley (left), Medical Social Worker at Lake Sunapee VNA, discusses advance directive documents with Sheila Wallace of Sunapee.

Completing an Advance Directive document takes thought and conversation, but there are many resources to help with this process, including most health care organizations. Lake Sunapee Region VNA & Hospice recently partnered with Valley Regional Hospital and Summercrest Senior Living to provide free screenings of the PBS Frontline documentary, Being Mortal, which underscores the importance of people planning ahead and talking with family members and health care providers about end-of-life decisions. "The film screenings were part of a national effort to get more families talking about these difficult yet important issues," says Jim Culhane, President and CEO. "We will continue to foster these discussions by making the film available and working with other health care partners in an effort to increase the number of completed Advance Directives."

For more information, call 603-526-4077 or visit [www.lakesunapeevna.org](http://www.lakesunapeevna.org).

## Advance Care Planning Checklist



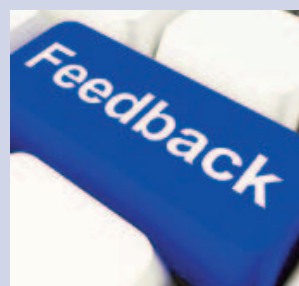
- Make a list of the three most important things you want those close to you to know about your wishes for end-of-life care.
- Think about who you would want to make your medical care decisions for you if you could not speak for yourself.
- Plan when and where you might want to talk to that person and others close to you about your wishes.
- Make a list of questions you'd like to ask your doctor.
- Fill out an Advance Directive form to record your wishes and legally appoint the person (agent) who will speak for you if you can't speak for yourself.
- Make copies of your Advance Directive and give them to your agent, your doctor and anyone else you would like to know your wishes.
- If you already have an Advance Directive, review it to make sure it fits with your current wishes.
- Talk with those close to you about their wishes.

## OUR SERVICE AREA



### DID YOU KNOW?

On any given day we have more than 600 patients on service in 29+ towns. We are here for you ... with home health services, private personal care, hospice and palliative care, and community programs.



WE  
NEED  
YOURS...

...for our 2017 CHNA

Please visit [www.lakesunapeevna.org](http://www.lakesunapeevna.org) and take 5-10 minutes to complete a brief and confidential survey ... part of our 2017 Community Health Needs Assessment. Your feedback is vital as we strive to identify and address, in partnership with other organizations, the health needs of our community. If you prefer to be sent a paper copy to complete, please call Jeana Newbern or Cathy Raymond at 603-526-4077.

Thank you!



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## Letter to the Community

For more than 45 years Lake Sunapee Region VNA & Hospice has invested time, energy and resources into the **total health of the community** by providing services such as skilled medical care, hospice and private personal care to all ages in the comfort and security of home. Total health is our commitment – from birth through end of life, regardless of an individual’s ability to pay. We provide preventative services as well as help people recover from illness and injury. We invest in services we receive little to

no reimbursement for. Why? Because that is what our community needs and deserves. That is what a committed non-profit, invested organization does.

Today our impact is greater than ever: on any given day we have more than 600 patients on service; our field staff drive more than 650,000 miles annually to deliver vital care; nearly 200 employees and 90 volunteers make up our amazing team. As your local non-profit home care and hospice agency we pride ourselves on being integrated into the fabric of the Lake Sunapee, Connecticut Valley and Upper Valley regions of NH.

As you know, the health care system in our country is a source of endless debate. We live in tumultuous times and what our health care system will look like down the road is not fully clear. What is clear is that LSRVNA has positioned itself to weather the storm, to continue to pursue our mission: the total health of our community.

Our greatest resource has been and will always be that which defines us – our dedicated staff. We are not buildings or expensive hi-tech equipment. We are the people who work in the homes of the residents of our community. Investing our resources into ensuring the highest quality staff is what distinguishes us.

Because there is no greater return on investment than that of a healthy life, your continued confidence and support are deeply appreciated.

Jim Culhane, President & CEO

## 2017 SUMMER FUND RAISER



Tuesday, September 12<sup>th</sup> ~ 5:30 p.m.  
New London Historical Society

Enjoy TAPAS, SANGRIA Bar & Music in a relaxed setting

Contact Cathy Raymond: [craymond@lakesunapeevna.org](mailto:craymond@lakesunapeevna.org) • 603-526-4077 x231

## HELP MAKE IT A "GOOD DAY"!

Lake Sunapee Region VNA & Hospice is seeking volunteers for a few hours on occasional weekdays at the **Good Day Respite** programs in Lebanon and New London. Run by a Licensed Nursing Assistant, **Good Day Respite** is a day program that supports adults with mild to moderate dementia or memory loss and their caregivers. Participants are dropped off at 10am and enjoy games, crafts, lunch, special guests and entertainment. Volunteers help with these activities, all of which provide stimulation and socialization for participants until their caregivers return to pick them up at 3pm. Typical shifts are 9:45am-12:00pm or 12:00-3:00pm. To learn more or observe at either location before making a commitment, call Jeana Newbern at 603-526-4077.



Fridays in Lebanon at  
Lebanon United Methodist Church



Mondays & Thursdays in New London at  
Kearsarge Community Presbyterian Church

## STAFF NEWS



**Breanna Gokey, RN**, Home Care Manager, has been part of our team for two years. Prior to joining us, she worked in the long-term care facility and physician practices at New London Hospital. In June of 2015, Breanna joined our home health care department as a per diem LPN, while pursuing her RN degree at St. Joseph’s School of Nursing in Nashua. After receiving her RN, she transitioned to a full-time Case Manager, and in April of

this year, was promoted to Home Care Manager. In this role, Breanna oversees the daily operations of the home care clinicians and provides training and support to fine-tune their case management skills. “I like home care for the quality one-on-one time it provides to patients, and I like working with the staff to help them be the best they can be for our patients.”

**Penny Koch, LNA**, joined Lake Sunapee VNA last summer after working at Connecticut Valley Home Care for eight years. Her first career was in human resources, but when the company she worked for closed, she decided to try something new working as a Homemaker and Personal Care Service Provider and then earning her LNA license in 2010. She considered careers with higher rates of pay, but says, “I would rather love what I do. This is such a feel-good job. It’s nice to work with patients and brighten their day.”



**Chris Harmon, DPT**, first became affiliated with Lake Sunapee VNA as a “traveler,” working as a temporary physical therapist until he accepted a full-time job with us in 2014. After receiving his doctorate in physical therapy from Franklin Pierce University, he also had a traveler assignment at Home Healthcare Hospice & Community Services in Keene, NH. In addition to providing therapy in the home for things such as hip, knee and shoulder replacements, back pain and balance issues, Chris gets involved in community projects such as the tia chi class with an emphasis on balance that he is currently teaching at Council on Aging in New London. “Home care has really become the leading edge of geriatric care, rather than nursing homes, since we can do so much for patients right in their own homes.”

