



VNA at Home

THE NEWSLETTER OF THE LAKE SUNAPEE REGION
VISITING NURSE ASSOCIATION


VOL 1 • NO 1
WINTER 2005

Hospice Care

IT'S ABOUT HOW YOU LIVE

At the heart of the hospice philosophy is an emphasis on quality of life and each person's right to choose how and where they spend their final days, whether that means several weeks, several days or several hours. Hospice is a specialized form of care that focuses on supporting the deeply personal needs of dying individuals and their families.

Sharing memories, talking about hopes for the futures of the loved ones who will go on, and saying goodbye are all enormously important. "Having the chance to do so, however, requires acceptance and planning" says Barbara Boulton, RN, BSN, Director of Hospice and Palliative Care at LSRVNA. "Because there are such complex emotions at the end of life, one of the most important and challenging roles of the Hospice Team is to help give the patient the gift of final days which are as peaceful as possible and help the family celebrate that person's life." Five important things to understand about hospice care are:

- *Hospice care is for persons of any age, newborns to the elderly.* Hospice serves anyone facing a life-limiting illness, regardless of age.
- *Choosing hospice does not mean giving up all medical treatment.* Pain management and symptom control options are available and are thoughtfully discussed with the patient and family.
- *Hospice care is affordable for most patients.* Medicare patients pay little or nothing for hospice services, and many insurance plans include hospice benefits.
- *Hospice care is not only for the last few days of life.* Patients may receive hospice services for six months or longer depending on the course of the illness.
- *Hospice care emphasizes how you live.* The hospice philosophy celebrates each person's life and helps patients find comfort and peace by allowing them to live out their life the way they choose. The focus of hospice is on living, not dying. 



The last photograph of Pat and Thomas "Gary" Nelson together, taken New Year's Eve 2002.

A Wife's Gratitude

*"Gary wanted to die at home. I had to give him that gift."—
Pat Nelson, New London*

After a long and brave battle with cancer that began in 1992 with a diagnosis of colon cancer, Thomas "Gary" Nelson passed away in June of 2003 at peace, in his home, and under the care of the Lake Sunapee Region VNA Hospice Team. Throughout his struggle, Gary was cared for by LSRVNA on several occasions. When his condition became terminal, the hospice team was there again. "They are just

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Our Mission
is 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.

President's Message

Having celebrated National Home Care Month, National Hospice Month and National Caregivers Month in November, we thought it would be the perfect time to introduce our new community newsletter.

All of us at Lake Sunapee Region VNA are working hard to offer services that will meet your needs in the home, school or other community setting. We have invested in staff education by certifying them in wound care, advance care planning, hospice and palliative care and more. We are fortunate to have other staff who specialize in cardiac care, diabetes care, nutrition and rehabilitation to name just a few. We continue to invest in technology that will help keep people independent at home for as long as possible.

Our partnerships with physicians, hospitals and other health care providers are so important in helping us access the greatest expertise and best resources in planning. We value those relationships and are always looking for ways to strengthen them.

We are thankful for the tremendous community support we receive in so many ways, and we depend on hearing from you to know how we can better serve you. We look forward to keeping you informed through this newsletter and express heartfelt gratitude for the gifts shared by so many of you. 



Andrea Steel

Andrea F. Steel
President and CEO

PHILANTHROPY Thank You!

The extraordinary generosity and caring of our community continues to be deeply gratifying for staff, volunteers and patients. During fiscal year 2005 (October 1, 2004–September 30, 2005) a total of \$320,000 was received in charitable contributions from individuals, businesses, foundations and civic organizations. We thank each and every donor for having confidence in our work and mission and for understanding the importance of the services we provide.



Susan Mayer (seated in center) with her family, honored as the 2005 "Woman Who Makes A Difference" at the October 19th luncheon to benefit the VNA pediatric programs

GIFT SOURCES ... *our giving year in review*

ANNUAL FUND	\$87,000
BEQUESTS	\$40,000
SPECIAL EVENTS	\$10,000
MEMORIAL GIFTS	\$60,000
MAJOR GIFTS	\$40,000
RENAISSANCE SHOPPE	\$53,000
GIFTS TO SPECIFIC PROGRAMS	\$30,000

"The miracle is this: the more we share, the more we have."—Leonard Nimoy

Volunteer Focus

THE RENAISSANCE SHOPPE ...

A Treasure You Will Want to Discover

Volunteers are perhaps the most valuable treasure you will discover at The Renaissance Shoppe, established in December of 2004 by the Friends of LSRVNA and staffed completely by a team of nearly 40 volunteers.

This is no small task since the shoppe is open Tuesday through Saturday, 10:00 a.m. until 4:00 p.m. “The dedication of these volunteers allows virtually all of the proceeds to go directly back to LSRVNA to benefit its programs,” says Joan Hughes. “We provide an important service and have a lot of fun doing it!”

A high quality re-sale shop, items for sale include furniture, antiques, glassware, china, collectibles, jewelry and more. The shoppe has raised tens of thousands of dollars for LSRVNA since its opening. Contributions are always welcomed and are tax-deductible. For information call 603.526.6711 or, better yet, stop by. We promise your first visit won't be your last! 



Joan Hughes, founder, and Rocky Mueller, volunteer merchandiser, together contribute more than 50 hours a week to the Renaissance Shoppe.



Shoppers of all ages are welcome at the Renaissance Shop!

Staff News


Caring For Children—An Essential Service

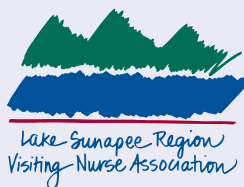
Pediatric Services are a vital part of the care provided by the Lake Sunapee Region Visiting Nurse Association, from prenatal care for high risk pregnancies to pediatric hospice services. Newborn visits assess the health of mother and baby. Well child exams are available from infancy through adolescence to monitor each child's development and general health status.

A growing part of the pediatric program is serving acutely and chronically ill children with conditions such as asthma, cancer, cystic fibrosis, brain injuries, diabetes, congenital heart disease and other serious conditions.



Diane Whalley RN (left) and Leah Cooper RN weigh and measure 18-month old Isabella Brown at a well child check up.

“Caring for these children in their own home is so important for the child and the entire family. It eliminates stressful, time-consuming trips to the hospital, and allows children to be treated where they are most secure” says Corinne McCandless, Pediatric Case Manager. The program also offers comprehensive end of life care with pediatric hospice, palliative care and bereavement support services. Enhancing wellness and keeping all individuals, including children, at home for as long as possible, are at the core of our mission. 



LSRVNA Services

From prenatal to end of life care, we offer a comprehensive range of services:

- Skilled nursing care
- Cardiac assessments
- Homemakers and companions
- Infusion therapy
- Rehabilitation therapy including physical, occupational, and speech
- Assisted Living at Home services
- Telemedicine technology
- Home safety appraisals and nursing assessments
- Respite care
- Oncology care
- Health education
- Nutrition counseling
- Psychiatric care
- Medical social services
- Hospice and Palliative care for adults and children
- Wound care, diabetes management and other specialty areas
- Licensed Nursing Assistants and personal care aides
- Pain and symptom management
- Pediatric Services including well child exams and services for acutely ill children
- Support Groups

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HOSPICE CARE *cont'd from page 1*

amazing. Each member is astoundingly giving and compassionate” says Pat.

As difficult as it was at the time, Pat remains grateful to the hospice team for helping her and Gary take the first step in the process of dying. By doing so, they found peace and happiness in the time they had left together. “I don’t know what I would have done without them” says Pat. “They were all wonderful, especially Joy, our primary nurse and our angel.”

Pat’s only wish would have been to begin hospice care for Gary sooner. But Gary had to let go when he was ready, and he did. An artist, an avid reader, a Civil War scholar, a father of seven and a risk-taker, Gary is described as a man who followed his heart, who ‘wandered without a compass’. Pat knows she would not have been able to honor his wish to die at home without the knowledge and compassion of the hospice team.

Today, Pat has the memories of her 22 years with Gary and the continued support of the VNA through friendships formed, bereavement support groups and special remembrance events. Pat considers all to be priceless gifts. 

Communities Served in 2004 by LSRVNA

* Our special thanks to these towns
which designate appropriations to us.

Acworth • Alstead • Ashland
Andover* • Bradford* • Bedford
Canaan • Canterbury • Charlestown
Claremont • Concord • Contoocook
Croydon* • Danbury* • Deering
Enfield • Etna • Franklin • Goshen*
Grafton • Grantham* • Hancock
Henniker • Hill • Jaffrey • Keene
Laconia • Lebanon • Lempster*
Manchester • Marlow • Newbury*
Newport* • New London* • Northfield
Salisbury • Sanbornton • Springfield*
Spofford • Sunapee* Sutton* Unity*
Warner* • Washington* • Webster
Wilmot*

IT’S UP TO YOU: Choosing a VNA to provide services to you and your loved ones is just that ... **your choice.** We thank each of you who have selected LSRVNA for your care needs.