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LSRVNA at Home

The Newsletter of the Lake Sunapee Region VNA & Hospice

OCCUPATIONAL THERAPISTS ... private investigators of the therapy world!



"I like to call Occupational Therapists (OTs) the 'MacGyvers' - or private investigators - of the therapy world," shared Lynne Neuwirt, OT. We take a holistic approach and dig deeper, using an array of tools and resources to better assess each person's level of function and home environment to more fully understand their unique needs." Lynne is part of a team of four

Occupational Therapists and one Occupational Therapy Assistant at Lake Sunapee Region VNA & Hospice. Team members have earned a number of special certifications including Home Accessibility and Safety Therapist (HAST) and Certified Aging in Place Specialist (CAPS).

Occupational Therapy helps people live life to the fullest, providing practical solutions for success in activities of everyday living.

OTs work directly with the patient's daily routines and functions to build back independence. Being in the patient's personal space, the home environment, offers a unique perspective on how to help them live safely and maximize function. OTs not only help patients, but also their caregivers. They can teach healthy coping strategies, educate the caregivers on their loved one's needs, and teach caregivers how to support their loved one's progress after visits from the home health OT end. As they assess the actual physical environment, OTs can assist patients in rearranging items and adding supportive devices for maximum safety. They might suggest removing slippery area rugs or obstacles in areas that a patient frequents, make recommendations on how they can rearrange closets for easier access, remove clutter that literally gets in the way of daily activities, or add lighting. Adaptive devices such as sock aides, long-handle reachers, shower chairs, grab bars and more can significantly enhance overall quality of life. "It's vital that patients actively participate in their return to independence. Helping them do so is one of the things I love most about my profession," shared Lynne.



THE COFFEE CUP STORY: SEEING THINGS DIFFERENTLY

Occupational Therapists use a variety of skills and tools to help their patients perform important activities of daily living, activities they need to do and want to do.

A real-life situation shared by one of our OTs is a perfect example of how these professionals see the environments they encounter and work to improve function and safety based on each person's personal space and routines.



This particular OT was visiting a 90 year-old woman who lived alone. She noticed that the patient was using a small step ladder to reach her coffee cups every morning, likely a habit of many years. When the OT asked why she did this, the patient simply said "that's where my coffee cups have always been!" The OT suggested she move her coffee cups to a lower shelf in her kitchen cabinet so she didn't need to use a step ladder, which is a major fall risk. The National Council on Aging reports that more than 1 in 4 Americans age 65+ will experience a fall each year, and the cost of treating injuries caused by falls is projected to increase to over \$101 billion by 2030.

Clearly, making simple changes can have enormous positive impact and are exactly the kind of adjustments OTs are trained to notice and address.



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Show Your Feet Some Love!



Caring for your feet is important to overall health. So "beat feet" to the nearest foot clinic!

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Letter to the Community

Today as always, we remain committed to the long-term vitality and viability of Lake Sunapee Region VNA & Hospice. As identified in our updated agency-wide strategic plan, we continue to focus on purposeful, measurable, carefully thought-out goals and initiatives. By doing so, we ground ourselves in our mission and chart a steady path forward. As a reflection of this commitment, the theme of our 2023 Annual Report is “Thriving ... and driving our future.” Please take a few moments to review the report at: lakesunapeevna.org/images/pdfs/annual-report-2023.pdf.

Another high priority area is to recruit and retain the qualified, compassionate staff essential to care for patients as we assess community need and recalibrate our patient census post-Covid. We have recently experienced a notable increase in our hospice census and credit this, in part, to a robust palliative care program under the leadership of a specialized nurse practitioner. Because end-of-life care is an integral part of what we do and who we are, this trend is very meaningful.

Through every challenge and every success, we stay focused on our mission to enhance quality of life and help people stay in the homes they love for as long as possible. Doing so is our guidepost to thrive and move forward in service to you and many others. Please enjoy the newsletter!

Jim Culhane, *President & CEO*

PHILANTHROPY

Women Who Make A Difference Luncheon!

On May 8, 2024 the beloved Women Who Make A Difference Luncheon celebrated its 25th anniversary of honoring extraordinary women and raising vital funds for Lake Sunapee Region VNA & Hospice. “This milestone 25th year was as amazing and joyful as ever with more than 215 guests and lots of happy energy,” says Cathy Raymond, Development Officer.



One of the many event highlights is the much-anticipated presentation of awards. Tina Helm (resident of New London) won the Woman Who Makes A Difference Award; Adara Boucher (Kearsarge Regional High School student) won the High School Student Who Makes A Difference Award. Both exceptional ladies exemplify a commitment to others and the impact of volunteerism, a spirit shared by the many other local women who make a difference!



EVERY GIFT MATTERS! Donate at: lakesunapeevna.org/giving/donate or by mail: LSRVNA, PO Box 2209, New London, NH 03257
QUESTIONS? Contact Cathy Raymond, Development Officer
 603-526-4077 x231 • craymond@lakesunapeevna.org

STAFF THOUGHTS

WHY I CAME TO LSRVNA ...AND WHY I STAY



- I wanted an office position like the one I have. But after 3 years at LSRVNA I was offered a position in a town 45 minutes closer to home and decided to take it. I quickly discovered I had made a huge mistake. I missed my co-workers. The commute seemed miniscule compared to what I felt I was missing. I reapplied and thankfully was rehired.
- I was looking for an organization that provides vital services as part of the local community.
- Having met several staff members who came to provide services to my dad, I knew this would be a caring and supportive environment.
- I am able to assist and educate new nurses in the art and skills of homecare. I can knock on any office door and feel as though I am more than just an employee but a friend.
- I am surrounded by my community of superheroes, never wanting praise, but seeing their rewards in their best practice methods.
- I continue to enjoy the camaraderie and in recent years feel it has only gotten stronger. I am a proud employee of nearly 25 years and plan to stay until retirement.
- I enjoy all the activities that management plans.
- I stay because of the daily reminders of how what we do, in all aspects of the agency, makes a positive difference in someone’s life.
- I feel valued, heard and part of my community every day.

We work every day to sustain a culture that makes employees feel valued. A strong and steady staff retention rate of more than 90% (97% most recently!) reflects out-of-the-box thinking and input from our staff about benefits and special programs that are meaningful to them.

Good Day Respite: Meaningful Interaction

Studies show that meaningful social interaction not only brightens the spirit but provides health benefits as well.

Lake Sunapee Region VNA & Hospice offers an adult day program serving individuals with mild to moderate memory loss or dementia and supporting their caregivers. Participants may engage in activities as much or as little as they wish. Respite also provides caregivers of participating individuals the ‘time off’ that is essential to their health and well-being.

- Socialization and stimulation
- Games, crafts, music, guests, entertainment
- Healthy lunch and snacks
- Handicap accessible
- Affordable daily fee; scholarships available

Kearsarge Community Presbyterian Church,
 New London
 Tuesdays and Thursdays; 10:00 a.m. - 3:00 p.m.
 Contact Katie Wells at 603-526-4077 x105



The Renaissance Shoppe

2024 marks the 20th anniversary of the Lake Sunapee VNA’s wonderful resale shop! Look for more details in the coming weeks about the special event of celebration we will be having later this summer.

In the meantime, stop by!
 Tuesday – Saturday • 10:00 am – 4:00 pm
 107 Newport Road, New London, NH

