

The Far-Reaching Benefits of Adult Day

LOIS LOVES coming to the Memory Care program at the Adult Day in South Burlington. While reluctant at first, she quickly found comfort after visiting the program. “This place is like home,” she said. “Everyone is nice and the staff is great.”

For Lois, who was diagnosed with dementia, it’s a time to socialize and eat with friends, participate in activities like armchair tai chi, and listen to music. “I love country music, the kind of songs my Dad played on his violin.”

“I’m happy my son found this program,” says her husband, John. “Lois enjoys going and it gives me time to run errands and get other work done.”

The program has given John peace of mind because she is receiving the same care that he provides at home. While at Adult Day, Lois’ medications and vital signs are monitored by a nurse, and staff makes sure she has nutritious meals and maintains her safety. Specialized activities and therapeutic exercises support both physical and mental health, all designed around the unique needs of persons with memory impairment.

“We are the eyes and ears for the families,” said Diane Olechna, Manager of VNA’s Adult Day Program. “We provide that peace of mind. We monitor eating, vital signs and personal hygiene. Because we know these clients so well, we can pick up on any issues or health changes that might arise, such as weight loss or gain or a reaction to a medication.”



COURTESY PHOTO

Site Manager Sara Brower and Lois, above, share a moment. Surrounding photos show activities at Adult Day.



As people live longer and are at home longer, we are seeing increasingly complex needs of our clients, says Diane. According to the Centers for Disease Control and Prevention, 117 million older Americans have at least one chronic condition such as heart disease, diabetes or cancer. This requires a higher level of care. Carole, an Adult Day nurse, says that in addition to blood pressure, weight, medication management, and assessing their skin, she also does a lot of listening and offering advice.

“We have helped to get glucose levels down for some of our clients through medication management, offering nutritional food and education on eating healthy,” says Diane.

VNA’s Adult Day and Memory Care Programs have also seen an increase in the number of New American clients like Chandra, who recently suffered a stroke. Having him at the Adult Day program offers his sister, who cares for him, respite to take care of other things in her life while knowing

that someone is caring for Chandra. Being around others has helped him work on his speaking and to socialize more. The staff and Chandra have overcome language barriers by working on alternative ways to communicate with each other. As a result, he has become more talkative at home.

Staff use their talents to bring stimulating activities to the participant’s days, whether it is a painting club, horticultural therapy, gardening or daily exercises. Music is also a daily activity. Sometimes, a volunteer comes in to play guitar and lead singing. Other times, clients listen to music on an iPod as part of the Music & Memory program. Research has shown that music can have a calming effect on people, help a person focus, and awaken memories thought to be lost.

Lois is aware her memory is going now and appreciates these types of activities that help stimulate her mind. “We are busy, busy, busy every day,” says Lois. “But it’s good. It makes my mind rotate.” ■

New VNA Board Members

VNA WELCOMES four new members to the Board of Directors.

Brian Harwood is the retired CEO of HMC, a marketing firm that began in

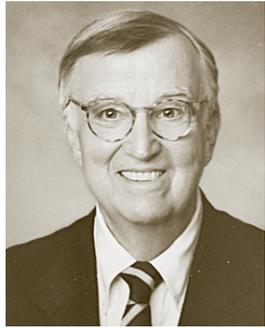
Department, Patient Transfer Center, Patient Support Services, Critical Care Transport Ambulance Services, Palliative Medicine, Telemedicine, Integrative Medicine,

Vermont from 2005 to 2015. In this capacity, he was the chief financial officer responsible for the oversight, development and monitoring of the state budget. Jim was employed in state service for more than 29 years in various fiscal leadership roles.

Erika Schramm is Director of Administrative Services at Vermont Energy Investment Corporation, leading the human resources, information technology, facilities and continuous improvement teams. She has over 15 years of experience in human resources management, helping organizations tackle tough challenges and work

toward a common good. Erika serves on the Lake Champlain Workforce Collaborative.

At the fall Board Retreat, the following officers for 2016-2017 were elected: Barbara Martin, Chair; Jeanne Hutchins, Vice Chair; Joe Hameline, Treasurer; and Frank Harris, Secretary. ■



Brian Harwood



Tara Pacy



Jim Reardon



Erika Schramm

Stowe in 1976 and is now located in Richmond. He began his broadcasting career at WDEV in 1954 and was a founding partner of a radio station that broadcast from Mt. Mansfield. He was inducted into the Vermont Broadcasters Hall of Fame in 2005 and has chaired several boards including Central Vermont Adult Basic Education, Vermont Public Television, and Central Vermont Home Health & Hospice.

Tara Pacy is Director of Emergency Care, Access and Patient Transitions at the University of Vermont Medical Center, a role that encompasses the Emergency

Administrative Nurse Coordinators, Language Access and Interpreters, and Case Management and Social Work departments.

Jim Reardon is Director of Finance for the City of Burlington Electric Department. He was Commissioner of the Department of Finance & Management for the State of

VNA Annual Fund

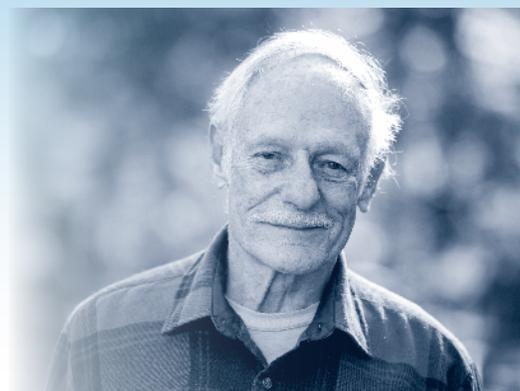
For 111 years, VNA has been there for our community providing home health and hospice services. Each year, more and more people are turning to the VNA for help with increasingly complex home care needs.

VNA was there for Roy after his hip surgery. He worked with a VNA nurse to create a plan of care that would support him so he could safely heal in the comfort of his home. A VNA physical therapist structured exercises for Roy to do around the house to help him regain his strength and balance, so that he could progress quickly from a wheelchair to a walker to a cane to walking independently – and to ultimately meet his goal of getting back out on the ski slopes.

The support of our community helps the VNA provide care every day to our neighbors in need. This year, your VNA

provided \$1.5 million in unreimbursed care to 5,400 Vermonters. Your generosity helps ensure that the VNA can continue to serve all who turn to us.

Please consider a tax deductible gift to the VNA Annual Fund. For more information, visit www.vnacares.org/donate or call 802 860-4475.



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United Way of
Northwest Vermont



Find us on
Facebook

Spring Blooms!

Fashion Show
and Dinner

April 6, 2017

5:00 - 7:00 pm

DoubleTree Hotel
by Hilton
South Burlington

Join us as we celebrate 111 years of caring for families and children. The evening will feature a delicious dinner, fun raffle prizes and beautiful fashions from local clothier Expressions. The fashions will be modeled by local community members and friends of the VNA. Guiding us through the evening will be emcee and local comedian, Autumn Spencer.

The cost is \$75/person or reserve a table for \$750. To register or learn more about this event, visit www.vnacaes.org/Fashion17.

We'd also like to thank our sponsors: Hanson & Doremus Investment Management; Dinse, Knapp & McAndrew, P.C.; Pines Senior Living Community; Wake Robin; Queen City Printers Inc.; Bergeron, Paradis & Fitzpatrick; New England Federal Credit Union; BerryDunn; Peregrine Design/Build; and Pomerleau Real Estate.



VNA Family Room to Become Freestanding Non-Profit

VNA announced last month that the Janet S. Munt VNA Family Room will transition from being a program of the VNA to a newly created freestanding non-profit organization in July 2017.

Family Room has been a vital and beloved resource for families in our community since its founding in 1988 and we look forward to seeing the program's continued success in the

future under the new leadership. The successor organization will be led by a Board of Directors with representation from community leaders and current Family Room parents, who together bring expertise and skills that will benefit Family Room as they move forward under this new structure.

The VNA will continue to operate Family Room programs through June 30, 2017 and anticipates transitioning these responsibilities to the successor organization in July 2017. This will include holding our annual Spring Blooms! Fashion Show, which raises funds for the Family Room, on Thursday, April 6, at the DoubleTree by Hilton in Burlington. We hope you'll join us to show your continued support for this important resource for parents and children.

For more information or to make a donation in support of the Family Room Transition Fund, please visit vnacaes.org/familyroom. ■



Indoor gardening at the Family Room.

Respite House Capital Campaign Nears Completion

Your Support is Needed



their families at such a challenging time in their lives.

The finish line is in sight and we now ask for your support in helping us reach our goal. A donation in any amount toward the final \$1 million will allow

us to retire the VNA Respite House Capital Campaign a year earlier than planned and ensure this vital and beloved resource is available to all who need it in the future, regardless of ability to pay.

Please visit vnacaes.org/campaign for more information or contact Ann Irwin, Campaign Director, at 802 860-4437 or irwin@vnacaes.org. ■

It was with great anticipation, pride and tremendous Capital Campaign support from the community that the new McClure Miller VNA Respite House opened its doors in September 2016.

Through a combination of rigorous budget oversight, reduced land acquisition costs and in-kind donations, we were able to reduce our Campaign goal from \$8.6 million to \$7.1 million. To date, our generous community has made 542 gifts totaling \$6 million.

We are honored to have the support of our friends who understand the importance of quality end-of-life care and how VNA Hospice and Respite House can provide the very best experience to patients and



ABOVE: *McClure Miller VNA Respite House Administrator Sharon Keegan visits with a resident.* TOP: *Goodies made by volunteers are part of Respite House's welcoming hospitality.*

Health Care Reform Update from Judy Peterson

THE PHRASE “health care reform” has been widely used for years to describe changes in the way we receive and pay for health care. Yet, many of us still have a difficult time understanding what it all means and how it impacts us as health care consumers. As CEO and President of your VNA, I have been at the table representing community-based health care and participating in the exploration and

implementation of new ways to organize, deliver, and pay for health care services for Vermonters.

At a state level, our work is guided by the national goals of health care reform that focuses on three objectives - improving health care quality, improving patient satisfaction and reducing the cost of health care – referred to as the Triple Aim. Home health is uniquely positioned to deliver

outcomes on all three of these goals, making this both an exciting and challenging time for the VNA. ■

Continue reading at vnacaes.org to hear about how your VNA is engaging in Vermont's health care reform initiatives and working to improve the health of our community.

In Memoriam

We deeply appreciate that the VNA and its programs were named to receive memorial gifts between July 1, 2016 and January 31, 2017 in remembrance of the following people. We thank their families for honoring their loved ones in this meaningful way.

VNA Adult Day

Vera Crosby

VNA Home Care

Jon Anderson
Kathleen Billings
John Bryant
Thomas Bushey
Thomas Dacres
Benjamin Follett
Laurette LaChance
Marie Lambert
Emmanuel Leduc
Amelia Mitiguy
Jeanne Morin
Eleanor Provencher
Sharlene Rasco
Betty Shepard
Robert Snyder
Theresa St. Peter
Wayne St. Peter
James Van Orden
Kirk Williams

VNA Hospice Program

Jacqueline Adams
Dorothy Casey
Elizabeth Cote
William Egan
F. Robert Ennis
Geraldine Fitzgerald
Anita Fournier
Stanley Gokey
Laura Leblanc
Nellie Lockerby
Rita Marcotte
Peter McGovern
Lorraine Moureau
Marion Munsell
Lee Oldfield
Nancy Robinson
Darcy Spence

McClure Miller VNA Respite House

Joanne Carron
Shirley Marshall
Beverly Post
Sandra Allaire
Robert Baker
George Baker
Katheryn Baker
Elizabeth Belair
Roland Belval
Andre Bertrand
David Beynnon
Richard Bluto
Roger Bourgea
Hedwig Bower
Donna Campbell
Bernice Charland
Diane Choiniere
Paul Collins
Geraldine Cunningham
Joanne Davis
Alan Desorda
Jonathan Diamond
Paula Donaghy
Robert Douglas
Johann Ede
Maurice Eustace
Thomas Evanchuk
Barbara Francis
Earl Freeman
Alan Gentes
Jennifer Hatch
David Hayward
Charlotte Hetta
Judy Huestis
William Huling
Lorraine Jones
Cindy King
Ann Kugler
Kermit LaClair
Elaine Landau
Shirley Lane
Douglas Lawson
Margaret Lawton

Emmanuel Leduc
Germaine Lively
Eve Loffredo
William MacFarlane
Lada Maple
Elizabeth Marshall
James Martin
Ernest Matton
Bibianne McDowell
Peter McGovern
Shirley Meier
Linda Menard
Thomas Nottingham
Raymond Palmer
Stevan Parks
Roger Poquette
Katrina Prim
Joan Rabideau
Beatrice Rock
Dezsoe Rottler
Francis Rounds
Bernice Roy
Edward Roy
Paul Shelc
Stephen Sicard
Jan Slusmon
Laurence Thomson
Barbara Wells
Shawn Wells
KK Wilder
James Wooster
Edward Worthen
Joan Woytowich

Applause

The VNA received a \$46,000 grant from the Community Investment Fund of the University of Vermont Medical Center, to help support the **Longitudinal Care pilot program** that has been recently launched. Through this program, ongoing support and assessment is given to our most frail and/or complex patients after their condition is stabilized and they no longer are eligible to receive home health services. As a result, the number of re-hospitalizations and Emergency Department visits has been greatly reduced.

Mary Byrne Smith, RN, MBA, has joined the VNA as the Director of Community Care Services. She oversees the VNA's long-term care, private care, adult day, hi-tech and SASH programs. Mary brings over 20 years of experience in health care

administration, most recently as the Director of Care Coordination for MHM/Centurion Vermont, the company that provides



Mary Smith

health services to the Vermont Department of Corrections. Mary was also previously the nurse liaison team leader for Home Health Visiting Nurses in Maine.



Bev Berry

Bev Berry, Lead Medical Records Specialist for the VNA, recently received her Master's Degree in Health Care Administration.

VNA Welcomes Director of Development

This fall, **Ayeshah Raftery** joined the VNA as the new Director of Development. She comes to the VNA after 12 years at the Vermont Association for the Blind and Visually Impaired as the Director of Development and Public Education.

She has extensive experience in leading Development efforts and working with communities across Vermont. She understands how important it is for nonprofits to have strong relationships with its customers and the broader community in order to ensure adequate support of services for those in need.



Ayeshah Raftery

Ayeshah began her career working for People Express and Continental Airlines, where she gained strong communication and customer service skills. She has also served on the board and co-chaired conferences for the Association for Fundraising Professionals, Northern New England Chapter. Ayeshah can be reached at raftery@vnacares.org or 802 860-4475.

Join us at our new location for our
McClure Miller VNA Respite House
5K Fun Run & Jiggety Jog

May 13, 2017

Malletts Bay School
609 Blakely Road, Colchester

Registration opens at 8 am / Run starts at 9 am

Join us at our new location as we run, walk, jog, bike and stroll to raise money for the new McClure Miller VNA Respite House, Vermont's Medicare-certified hospice home. This family-friendly event allows you to participate in memory of or in honor of a loved one while raising money for the Respite House. For more information, please visit www.vnacares.org/run or contact Bridget Conway at 802 860-4435 or conway@vnacares.org.



Weekend
Family Bereavement
Camp

**Camp
Knock Knock**

June 2-4, 2017

YMCA Camp Abnaki
North Hero

For 20 years, this annual weekend camp has been a time of support and guidance for families with children who have experienced the death of a loved one. Throughout the weekend, campfires, arts and crafts, and recreational activities are intermixed with therapeutic group times for adults and children to provide strategies for coping with grief. If you are interested in attending or would like more information about this camp, please contact Ally Parker at 802 860-4499 EXT. 3405.