

The *Caring* CONNECTION

VNA*Care* Network & Hospice

Fall 2007

VNA CARE NETWORK & HOSPICE OFFERS NEW TELEHEALTH MONITORS



The easy-to-use telehealth unit supplements traditional nursing care.

VNA Care Network & Hospice recently unveiled new telehealth equipment to help patients with chronic illness continue living at home.

First introduced over five years ago, VNA Care Network & Hospice's Telehealth Program combines traditional, in-person nursing visits with "virtual" visits that allow clinicians to know how a patient is doing even though the patient and clinician aren't in the same place.

The new telehealth equipment takes advantage of touch screen technology and regular telephone lines and/or the Internet to better serve those with congestive heart failure, chronic obstructive pulmonary disease, diabetes, and other chronic conditions as well as patients at risk for re-hospitalization.

The monitor is a small, color display which connects to a blood pressure cuff, scale, and other devices that take measurements important to patients' health. The display uses large text, graphics, and audio to walk patients through the measurements. The telehealth unit can also be customized to ask people questions about their health, provide education about their illness, and give helpful reminders such as when to take medications.

The information is sent over a toll free telephone line where it is reviewed by a VNA Care Network & Hospice nurse. Patients' doctors may also review the data via e-mail, fax, or Internet. The equipment does not interfere with incoming and outgoing telephone calls.

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MICHAEL MORRIS NAMED CHAIR OF THE FOUNDATION BOARD



Michael Morris is a longtime supporter of nonprofit home health and hospice.

VNA Care Network & Hospice has welcomed Michael Morris as chair of the VNA Care Network Foundation board of directors.

Morris brings many years of experience in health care to this volunteer role and will help guide the agency's mission of caring. He is director of network services for New England for Aetna Health Inc. His prior roles in health care include senior network manager for Aetna, network manager for US Healthcare, vice president of operations at Addison Gilbert Hospital in Gloucester, and assistant administrator and chief financial officer at Hunt Memorial Hospital in Danvers.

Morris first discovered the importance of home health care more than 20 years ago when a nurse from VNA North Shore, now

VNA Care Network & Hospice, cared for his grandmother.

"It's an enormous comfort to know that someone will come into surroundings that are familiar to the patient," said Morris.

Morris has been a longtime member of the board and served as first vice chair of the Foundation prior to being elected chair. He is also a charter member of the Caring Connection Bequest Society, which gives individuals the opportunity to support nonprofit home health care and hospice by including a gift to VNA Care Network & Hospice in their will.

He holds a bachelor's degree in business administration from Salem State College and an MBA from Boston University.

TELEHEALTH GIVES LONG DISTANCE CARE-GIVER "PEACE OF MIND"

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The telehealth monitor measures blood pressure, pulse, weight, blood sugar, and blood oxygen levels.

Gloria Butler said the new equipment has given her "peace of mind" about her father Arthur Moulin's health. He suffered a fall and spent time in a hospital and rehabilitation facility before returning to his Worcester home under the care of VNA Care Network & Hospice. Moulin received the telehealth equipment along with traditional home health care services such as nursing and physical therapy.

A resident of Maine, Butler stayed with her father for over a month while he was getting back on his feet. She would bring reports from the telehealth monitoring to her father's doctor's appointments. Butler said the physician really liked the reports. "The doctor was changing his medications and was all for the telehealth equipment," said Butler.

The telehealth unit allows patients to check their measurements at whatever time is convenient for them. Butler said her father likes the flexibility because he can check his blood pressure and more at times when he doesn't feel well. "It helps him see if he should push himself or relax. The office (VNA Care Network & Hospice) calls him if

they have concerns about changes in his results," said Butler.

Now that Butler's settled back in her Maine home, she said, "The equipment makes me relax more. ...It's like having a nurse around."

Kerry Demers, RN, regional clinical director, said, "Our goal is to help patients remain at home near family and friends. Studies have shown that telehealth programs can do just that by decreasing unscheduled trips to the hospital, emergency room, and doctor's office."

This telehealth unit or similar monitor is included in some patients' home health or hospice care at no cost to the patient. Their physicians may also review the telehealth records for enhanced care coordination.

For a monthly fee, the telehealth service is also available to patients who did not receive a monitor as a routine part of their care or who are not currently home health care or hospice patients.

For more information, call VNA Care Network & Hospice at 800-728-1862.

FAMILY "FOREVER GRATEFUL" FOR THE CARE HOSPICE GAVE TO MOTHER

...continued from back cover



Paulina Izor

Hospice makes it possible for patients like Paulina to remain at home during much or all of their illness. If patients are unable to remain in their own homes, hospice is also offered in assisted living and skilled nursing facilities as well as at VNA Care Network & Hospice's homelike hospice residences (Chilton House, Cambridge; Rose Monahan Hospice Home, Worcester; and Tippet Home, Needham).

The weeks turned into months together. "Mom came to know them all (the hospice team), cherished them all, and thought they were all angels. So did I," recalled Michael. Paulina passed away in the spring of 2007 at the age of 83.

"At the beginning, I had no idea what hospice meant. It was just a word," said Michael. "Now I know that it's a network of caregivers that make sure the transition from life to death is made with dignity, respect, and care. I will be forever grateful."

For more information about hospice and other home-based health services for individuals and families coping with illness or injury, call VNA Care Network & Hospice at 800-728-1862.

Community support is vital to hospice. To learn more about becoming a volunteer or making a donation, visit our web site at www.vnacarenetwork.org.

BUSINESSES CONTRIBUTE THOUSANDS TO AID FAMILY CAREGIVERS



Donations support VNA Care Network & Hospice's mission of caring.

HONOR LOVED ONES THIS HOLIDAY SEASON



Businesses recently contributed thousands of dollars in support of the VNA Care Network & Hospice Corporate Family Connections Campaign in Eastern and Central Massachusetts.

Many area residents are faced with the challenges of caring for an ailing loved one, yet have no experience navigating the health care system, coordinating services, and providing everyday medical care — all part of being a family caregiver. With advanced technology, specific training and education, and ongoing support, family caregivers can be better equipped to care for their loved ones and themselves.

VNA Care Network & Hospice thanks the following businesses for their support of Family Connections:

LEAD SPONSOR

Gorton's Seafoods

CONTRIBUTING SPONSORS

Cape Ann Savings Bank

Robert Reiser & Co., Inc.

Westfield Capital Management Co., LLC

VNA Care Network & Hospice offers a meaningful way to honor caregivers, friends, family, and loved ones or memorialize those who are no longer with us during the annual Light A Life and Hospice Tree of Memories programs.

These annual festivities celebrate the joys of the holiday season while raising funds to support health care services in local communities. Donors to Light A Life and the Hospice Tree of Memories honor a wide range of people — spouses, parents, children, teachers, and even pets. VNA Care Network & Hospice will notify the honoree or other designee of the generous gift or the donor may choose to receive cards

OTHERS

Cape Ann Insurance Agency, Inc.

Cape Ann Marina Corp.

Dedham Institute for Savings

Glover's Floor Coverings, Inc.

Grand Banks Bldg. Products, Inc.

Lee Realty Co.

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Masterman's

Nichols Candies, Inc.

Secured Self-Storage, Inc.

Varian Semiconductor Equipment Associates, Inc.

Donations to support the 2007 Corporate Family Connections Campaign are still being accepted. For gift information, please contact Jane Woodbury, vice president of business and fund development, at 888-663-3688, ext. 1360 or jwoodbury@vnacarenetwork.org. For more information about VNA Care Network & Hospice's home health care, hospice, and wellness services, call 800-728-1862 or visit www.vnacarenetwork.org.

from the agency that they can use to personally notify honorees of the donation.

To honor someone through a gift to Light a Life or the Hospice Tree of Memories, please contact Susan Young, development officer, at 888-663-3688, ext. 1370 or syoung@vnacarenetwork.org.

VNA Care Network & Hospice is planning Light A Life ceremonies including the 5th annual tree dedication at the Marblehead Savings Bank on Dec. 1 and the 14th annual tree lighting and reception at The Cambridge Trust Company. Details about these events will be available on the events information line at 888-663-3688, ext. 5607 and at www.vnacarenetwork.org.

Developing some new habits can help people avoid catching or spreading the flu according to the health care professionals at VNA Care Network & Hospice.

THIS FLU SEASON:

- Wash your hands frequently with warm water and soap.
- Avoid touching or rubbing your nose and eyes.
- Stay healthy by eating well and getting enough rest. Avoid getting “run down” which can affect your immune system.
- Avoid close contact, such as hugging or kissing, with those who have the flu.
- Do not share cups, straws, and other items that you put in your mouth.
- Clean door handles, phones, water faucets, and other items that are frequently touched by people whether at home or work.
- Get a flu shot. (Individuals may find local clinics by visiting VNA Care Network & Hospice at www.vnacarenetwork.org. Businesses may schedule clinics for their employees by contacting Maureen Sendrowski, RN, preventative health program manager, at 888-663-3688, ext. 5603 or msendrowski@vnacarenetwork.org.)

IF YOU HAVE THE FLU:

- Cover your mouth with a tissue when you sneeze or cough, and dispose of the tissue immediately in an appropriate manner. If you do not have a tissue handy, cover your mouth with the inside of your elbow. Whatever you do, do not cough or sneeze in the direction of other people.
- Stay home from work or school.
- Avoid elderly or frail relatives and friends.
- Talk with your physician about whether or not antiviral medicines could be right for you either during an outbreak or if you have early signs of influenza.

FLU VACCINATION RESOURCES

Flu season in New England generally begins in December and lasts until March or April. The best time to receive a flu shot is in October or November, but individuals can benefit from receiving the vaccine as late as December.

VNA Care Network & Hospice will post updates about immunization clinics on its web site at www.vnacarenetwork.org and on a prerecorded flu hotline at 888-663-3688, ext. 6726 (toll free).

For more information about other preventative health programs, visit the web site or call 800-728-1862.

SIMPLE STEPS CAN HELP YOU AVOID CATCHING THE FLU



VNA Care Network & Hospice offers flu vaccination clinics.

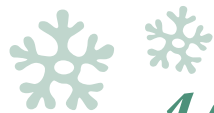
WE’LL MAKE GETTING A FLU SHOT HURT A BIT LESS.

Bring this coupon to one of VNA Care Network & Hospice’s flu immunization clinics, and we’ll send you a free gift.

Name _____

Address _____

Phone _____ E-mail _____



Toast the season with the *10th annual Holiday Pops*



BENEFITING VNA CARE NETWORK & HOSPICE AND THE ROTARY CLUB OF MARBLEHEAD HARBOR

Saturday, Dec. 8

at 8 p.m.

in Abbot Hall, Marblehead

Featuring Dirk Hillyer and the Hillyer Festival Orchestra

Champagne reception at 7:30 p.m.

Tickets go on sale Thursday, Nov. 8. Floor tickets are \$50 and available exclusively by mail. Balcony seats are \$35 and available through the mail and at The Arnould Gallery, 111 Washington St., Marblehead; The Garden Collection, 115 Washington St., Marblehead; and VNA Care Network & Hospice, 5 Federal St., Danvers. The mail order form will be available in the Nov. 8 issue of The Marblehead Reporter and at www.vnacarenetwork.org. For more information, contact Jodi Vigneron at 888-663-3688, ext. 1363 or jvigneron@vnacarenetwork.org.

GIFTS OF STOCK OFFER TAX ADVANTAGES



Jane Woodbury, vice president of business and fund development

Did you know that donating shares of long-term, appreciated securities (stocks) to charity may offer certain tax advantages?

When you sell shares of stock, the difference between your cost basis (generally what you paid for the shares) and the sale price may be subject to capital gains tax. When you give shares of stock directly to charity, capital gains tax can be avoided because nonprofit, 501(c)(3) charitable organizations like VNA Care Network & Hospice do

not pay capital gains tax. Thus, the full, current value of the shares is available to support the charitable mission.

Donors should consult their tax and financial advisors for personalized information. For more information about easily transferring shares of stock to VNA Care Network & Hospice, please contact Jane Woodbury, vice president of business and fund development, at 888-663-3688, ext. 1360 or jwoodbury@vnacarenetwork.org.

HOW TO REACH VNA CARE NETWORK & HOSPICE:

Service Information

800-728-1862

Web Site

www.vnacarenetwork.org

Hospice Volunteer Opportunities

Call 888-663-3688 and extension for your area.

CENTRAL MASSACHUSETTS: ext. 6887

METROWEST/CAMBRIDGE/NEEDHAM AREAS: ext. 4271

NORTH SHORE/CAPE ANN/MERRIMACK VALLEY: ext. 1402

Mailing List and Donations

888-663-3688, ext. 1370

Bequests

888-663-3688, ext. 1360

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**HOSPICE HELPED
FAMILY COPE WITH
CANCER "IN A
MILLION DIFFERENT
WAYS"**



Paulina Izor (center) with her children Michael Izor and Poppy Pearson

When Michael Izor first heard the word hospice, he had no idea what it meant or how much it would affect his family's life.

His mother Paulina was diagnosed with cancer in 1989. "There were times when she felt fairly healthy, but the cancer was always lurking," said Michael. Throughout the ups and downs, "she had her own place, her own car, her own life. It got to the point though that she couldn't cope with the illness on her own."

Michael and his wife, Leticia Nieves, welcomed Paulina into their Natick home in the summer of 2006, and, at the suggestion of one of Paulina's doctors, sought help from VNA Care Network & Hospice.

The nonprofit agency's hospice team offers physical, emotional, practical, and spiritual support for patients and their loved ones to help them live as fully as possible while dealing with a terminal illness. The personalized,

comprehensive care plan emphasizes pain and symptom management for patients.

The Izors were prepared that they might only have weeks left together, but Paulina rebounded under the diligent care of her family and hospice.

"All they (the hospice staff) want to do is help you, and they do it in a million different ways," said Michael. They supported him in his role as a caregiver and prepared him for what to expect as his mother's illness progressed. The hospice team, which may include nurses, social workers, home care aides, and rehabilitation therapists, were always assessing his mother's medications, nutritional needs, emotional well-being, and other aspects of her care.

"They ... kept watch over her so well that I never felt that I was alone," said Michael.

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