



Upcoming events:

**Vote & Vaccinations
Tuesday, November 7th:**

SVNA is offering flu vaccines to anyone 5 years and older.

Salisbury Town Hall
8am-6pm at SVNA

Sharon Town Hall
11am - 2pm

**Holiday Survival Tips
for the Bereaved:**

Wednesday, November 8th
5-6pm at SVNA

GoWish Event:

Wednesday, November 15th
3-4:30pm at the Scoville Library
Salisbury

SAVE THE DATE:

Cancer Survivor Celebration

Tuesday, June 5th
at the Town Grove, Lakeville

Denim & Diamonds

at Quarry Hill Farm
on June 30th

Dear Friend of SVNA,

They say timing is everything and I couldn't agree more - every year during the month of November home health and hospice caregivers are celebrated and recognized during National Home Health & Hospice month; which is also why SVNA publishes our annual newsletter at this time of year. Our newsletter gives us the opportunity to showcase our employees and their successes and to thank them for all that they do. I am very grateful to the team of caregivers at SVNA their commitment, compassion and professional care they provide to our patients - every day, 365 days a year, 24 hours a day - is inspiring!

Our newsletter also allows us to thank our donors for their very generous support to SVNA, without this support we couldn't do what we do. And, as we begin this year's annual appeal, we have some exciting news to share. Several generous benefactors have come forward to help increase the support we receive from our community by offering an enticement to our donors. Any new gift to the SVNA Annual fund will be matched dollar for dollar, and any increased gift of over last year's contribution will also be matched dollar for dollar. This is a great opportunity for SVNA to maximize our annual appeal to help meet our rising operating expenses and we hope that you might be willing to help us rise to this challenge.

With Gratitude and Appreciation,

Michele M. Kearns
Executive Director



SVNA Home Assistance implements a "Caregiver of the Month" program.



SVNA Home Assistance wants to make sure that our caregivers are recognized for the work they do and to honor those caregivers whose compassion and professionalism go above and beyond the call of duty.

Our caregivers provide a wide range of tasks for their clients from picking up groceries, preparing a meal, to holding a hand during the last moments of a person's life. It is a challenging and rewarding job and our caregivers strive to build caring relationships with their clients so that they are comfortable and happy.

Each month an outstanding caregiver is recognized with a picture of the individual displayed outside of the Home Assistance office and is given a gift card as a thank you. We also show recognition in our bi-weekly newsletter and our Facebook page.

Congratulations go to

Jen Cade (June 2017),
June Kelly (July 2017) and
Hanna Reel (August 2017) and
Doug Rick (September 2017)
on receiving this recognition.

If you have any questions about Home Assistance, please call us at (860) 435-0816.

Caring for the Emotional Health of Hospice Families



Many families today take advantage of hospice services to provide supportive care when a loved one is near the end of life. Hospices serve many thousands of patients each year and provide high-quality, cost-effective and compassionate care for people with terminal illnesses.

The hospice team which may include the patient's personal physician, nurses, social workers, physical and occupational therapists, chaplains and home health aides, work closely with the patient and family to keep the patient comfortable and to ensure the best possible quality of life during the last days. Hospice care can be provided in the patient's home, in a nursing home or other senior living community, or in a dedicated hospice facility.

New research shows that while we've come a long way in supporting patients at the end of life, we sometimes fall short of supporting the most important members of the care team—family caregivers—who do so much for their loved one, yet may not take the time to focus on their own emotional, social and spiritual needs.

University of Missouri School of Medicine researchers recently published a study, "The Prevalence and Risks for Depression and Anxiety in Hospice Caregivers," in the *Journal of Palliative Medicine*. Lead researcher and Professor Debra Parker-Oliver reported that 25 percent of these caregivers experience moderate to severe depression, and nearly a third suffer from anxiety.

"While some sadness and worry are expected components of caring for a dying family member or loved one, clinical depression and anxiety shouldn't be," said Parker-Oliver, who is a professor in the university's Department of Family and Community Medicine.

Parker-Oliver noted that younger caregivers were at a higher risk for depression, and caregivers whose loved ones had Alzheimer's had a higher level of depression than those who were suffering from cancer. Her team called for expanded depression screening and treatment for family caregivers who care for a loved one whose life is near the end. Parker-Oliver reminds us that "health providers are usually more focused on the terminally ill patient and not on the family, and it's fair to say that the they have two patients: the caregiver and the person who is terminally ill."



Dr Mark Marshall
SVNA's Certified
Hospice and
Palliative Care
Medical Director. He
provides our patients
with compassionate
and professional care
where and when it is
most needed. We are
so fortunate to have
him on our hospice
team.

SVNA Hospice Director, Mark Marshall, MD (right) with
SVNA Hospice Director, Melanie McGinn, RN, MBA

A message from SVNA's Clinical Director, Donna Pequignot on Infant & Pediatric Home Care

Bringing your child home from the NICU or PICU can be both joyful and intimidating. This is especially true for families who are going home with oxygen equipment, apnea monitors, suctioning equipment or complicated feeding and medication regimens. Even when your child is stable enough to go home, you still might find yourself in need of skilled nursing care. We help with the transition home, making sure you are confident that your child's needs are being handled professionally and with top-quality care.

We assist families with:

- ▶ Infant bilirubin treatment
- ▶ Infusion therapy – IV nursing
- ▶ Premature infant discharge
- ▶ Technology –ventilators, bi-pap, c-pap, trachs, and apnea monitors
- ▶ Physically disabled children – assist with Katie Becket waivers.

The goal of home health care for infants, children or adolescents with chronic conditions is to provide comprehensive, cost-effective health care within a nurturing home environment. It's to maximize the capabilities of the individual and minimize the effects of the disabilities. This may be established to prevent hospitalization or reduce the length of a hospital stay.

We have highly trained pediatric nurses and neonatal intensive care nurses that are available to assist you today.



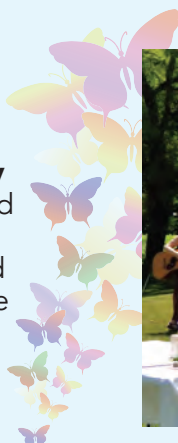
Emergency Preparedness at SVNA:



SVNA held an agency wide table top disaster drill in preparation to meet the new Medicare Conditions of Participation requirements, also known as the COPs. The COPs address ten areas of new or enhanced Medicare regulations home health agencies are required to meet, in order to remain a Medicare certified agency. The Emergency Preparedness COP team revised and developed new components to the SVNA Emergency Preparedness Program.

Butterfly Release

SVNA held its 3rd annual **Day of Remembrance & Memorial Butterfly Release** to honor and remember loved ones who had passed away. There was music, inspirational messages and a public reading of the names of those being remembered. It was a time of peace, poetry and quiet reflection ending in a release of butterflies.



We would like to take this opportunity to thank all of our donors for their generous and continuing support. We are committed to providing comprehensive, compassionate health and hospice care at home. However, we can only do this with the help of a generous community. Thank you.

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Mr. & Mrs. Richard Storey

Richard Wolf

Ms. Maura Wolf

Robert Yoakum

Mr. & Mrs. John Chandler
Mrs. Gerard Cloney
Mr. Lea Davies and Mr. Larry Power
Ms. Orlena Firuski
Mr. & Mrs. Pat Vincenti

We apologize for any errors or omissions. If we've misspelled or inadvertently left your name off of this list, please call our office at 860-435-0816.

Could you benefit from Health Guidance Services?

SVNA has discovered a need in our towns for patients that require some additional health guidance in order to maintain their health and safety at home. Patients can be seen monthly or bi-monthly in their home by a SVNA nurse. This is a free service and is paid for by local town support.

Health Guidance Visits include:

- ▶ Physical assessment
- ▶ Medication review
- ▶ Chronic care/disease management
- ▶ Screenings for risk of falling, depression, skin breakdown
- ▶ Education & teaching on health, nutrition and physical activity
- ▶ Home safety evaluation
- ▶ Stress management



The SVNA Health Guidance program has proven its value on multiple occasions. Clients are followed monthly to ensure they are safe and are successfully managing their health conditions. At times the health guidance client demonstrates a change in his health, indicating a need for SVNA Home Care services. Additionally, they are referred to our Hospice Program when indicated. Health Guidance resides on the SVNA continuum of care as the bridge between our Home Care and Hospice services.

A Letter from Michelle Holst-Grubbe, RN

I have remarked on many occasions, that SVNA is a team composed of a compliment of talents, skills and abilities of every employee, and no one employee stands alone in the success of our agency. Yesterday this concept was demonstrated by Cathy Reid, who was receiving the day time on call messages. The son of one of our elderly patients was not able to reach his mom via his daily a.m. calls. He called the agency asking us to check on his mother. The on-call RN was deeply involved in a series of wound dressings for another patient, in another town. Cathy utilizing that calm, level headed thinking, informed the son she would go over to check on his mom. Additionally, she asked his permission to call the police for a well check if she could not see or talk with his mom. Indeed, Cathy did locate the patient who was on the floor. Unable to gain access, she made two calls to the EMS and the key holder to the patient's residence. The key holder arrived before the ambulance, allowing Cathy to calm the patient, inform the son and remain until the patient was tucked into the ambulance. Additionally, she printed out the patient's medication list and faxed it to the ER at Sharon Hospital.

Thank you Cathy, I am sure the patient's son felt comforted that his mom was medically attended to and comforted by folks she knew.

Michelle Holst-Grubbe, RN
SVNA Wellness Coordinator/Quality Improvement Coordinator

SVNA welcomes

Sean McGlynn, RN

Sean came to SVNA in August of 2017 after taking time off to finish renovating a 1866 Victorian he bought with his significant other. He started his nursing career after graduating from Columbia-Greene Community College in Hudson, NY. Sean worked for St. Peter's Hospital in Albany, NY, before moving to CT. He then been working as an RN on a rehabilitation unit at Masonicare in Wallingford CT. Sean is originally from Queens, NY, and enjoys a variety of outdoor activities with his significant other and two daughters, including kayaking, hiking, and skiing.



Sean McGlynn, RN

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SVNA's New Medical Social Worker

Liz Tanner-Horn is a Licensed Clinical Social Worker and has worked in the healthcare field for the past 16 years. She has several years' experience in homecare and hospice. Becoming a social worker was a very natural decision for her as the ability to help, and advocate for families at the end life is her passion. She is very familiar with the Northwest Corner of CT as she grew up here and now lives near her family farm in Warren. Liz obtained her BSW from Western Connecticut University and her MSW from Fordham University.

Congratulations to Dorita Devitt, RN

who has received the prestigious Nightingale Award for excellence in nursing. Dorita is an exceptional nurse who delivers compassionate and dedicated care to our patients. We are so fortunate to have her on our team!



Cancer Survivor Celebration



SVNA hosted the Cancer Survivor celebration at Noble Horizons on June 8th to commemorate National Cancer Survivors Day. We honored cancer survivors in our community to show that life after a cancer diagnosis can be fruitful, rewarding, and even inspiring. Sandy Glickman from Sharon Hospital was the keynote speaker. The Master of Ceremonies was retired SVNA Hospice Director, Donna DiMartino, and Salisbury's own Housatonics serenaded us.

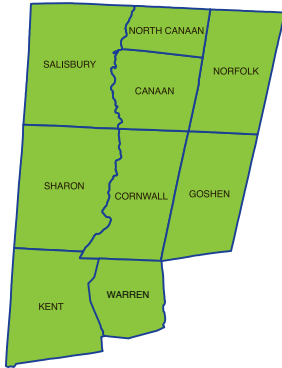
Stephanie Baldwin, RN Receives OASIS-Specialist certification!

Stephanie Baldwin, RN has successfully completed the Certification for OASIS Specialist-Clinical exam. To achieve the COS-C designation, an individual must complete a 100-item, 2 1/2 hour exam.



30A Salmon Kill Road
 Salisbury, CT 06068
www.salisburyvna.org
(860) 435-0816

*Serving Canaan, Cornwall, Falls Village,
 Goshen, Kent, Lakeville, Norfolk,
 Salisbury, Sharon, Taconic, Warren*



Free Wellness & Blood Pressure Clinics

Michelle Holst-Grubbe, RN is SVNA’s Wellness Clinic Coordinator. She keeps track of her clients and their overall health and counsels them regarding their blood pressure, nutrition, exercise and strategies for maintaining a healthy lifestyle. The clinics are drop-in and open to all ages.

Contact us at:
 860-435-0816
 30A Salmon Kill Road
 Salisbury CT 06068



SVNA
 First Wednesday of Every Month
 10am – 12 noon
 Fourth Wednesday of Every Month
 1pm – 3pm

Lakeville Town Grove
 42 Ethan Allen St, Lakeville
 Second Tuesday of Every Month
 12 -1pm

Geer Village
 77 South Canaan Rd, Canaan
 First Tuesday of Every Month
 10am-11am

Falls Village Senior Center
 107 Main St, Falls Village
 Third Thursday of Every Month
 10:30am 11:30am

Sharon Pharmacy
 8 Gay Street, Sharon
 Second Tuesday of Every Month
 10:30-11:30am



Visit our website often at www.salisburyvna.org to learn the latest about SVNA.