



HOME

A NEWSLETTER OF THE
VISITING NURSE
ASSOCIATION OF
NORTHERN NEW JERSEY, INC.

Caring

SPRING FEVER:

New Developments
at VNA

A Dedicated Joint
Replacement
Program

Customized
Private
Care Services

A Perfect
Report Card
for Hospice



SPRING 2009

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FRONT COVER:

VNA's Team Leader of Rehabilitation Services Lesley Cattano spent some one-on-one time with a client during a recent visit to Friendship House. Her visit marked the start of a new exercise developed by physical and occupational therapists.

This newsletter is published by the Visiting Nurse Association of Northern New Jersey.

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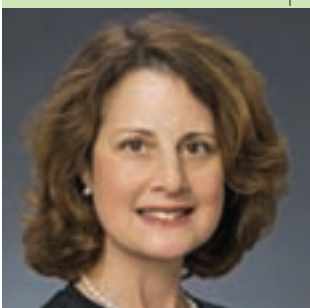
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Celebrating our success while planning for our future...

There is so much exciting news to share, it's difficult for me to choose just one topic for special attention. A large, new eco-friendly headquarters about to open as *Home Caring* goes to press...a new logo...a perfect satisfaction rating for our Hospice...a rapidly growing Private Care program...creative new activities at Friendship House...dedicated program to help patients return home more quickly after joint replacement surgery...an ambitious fund raising gala with an international theme. This is an exciting time in the history of our VNA. It is truly the start of a new era.

This new era is being ushered in by a burgeoning demand for home health care and our past performance as an exceptional, high-quality provider of such services. So, as we take a few moments to celebrate many milestones in our history, we are also working more diligently than ever before to ensure that we can uphold our responsibilities and the trust the community has placed in us.

In this challenging and volatile time for our community and our nation, the Visiting Nurse Association of Northern New Jersey is well-positioned to continue making a difference for some of our society's most vulnerable members — those who are homebound due to illness, injury, disability or advanced age. As always, our success is in the hands of our extraordinary staff, talented volunteers, generous donors and compassionate friends who come together with a shared vision. We welcome and gratefully acknowledge your support of our mission and we'll be here for everyone in our community when home care is needed — just as we have been for more than a century!

Faith F. Scott, CHE
PRESIDENT & CEO

A New Look



Through the years, the Visiting Nurse Association of Northern NJ has refined and updated its services to keep abreast of advances in medicine and the evolving needs of its constituents. Along the way, the look of its nurses and staff has also changed with the fashion trends. So, after many years, the agency has given its logo a makeover, as well!

"It's an appropriate time to update our visual identity as we embark on a new era in our history," explained Faith Scott, President and CEO. "Although we've changed from green to blue ink, the opening of our new, eco-friendly headquarters will make our VNA one the greenest businesses in this region," said Scott, "and rest assured that although we've removed heart and home from our logo, our devoted staff will continue to deliver compassionate care to thousands of homebound clients each year."

Volunteer to Share Your Skills!



Volunteer Helen Clear (right) also happens to be a master of Reiki, an ancient Japanese discipline that promotes calm. In addition to sharing her special skill with Hospice clients and their families, she recently began a Reiki program for Friendship House clients including the one pictured here.

Several months into Helen Clear's work as a Hospice volunteer, she was delighted to find Reiki on a VNA questionnaire inquiring about any special skills their volunteers had to share. Clear, a Reiki master who trains others in the ancient Japanese discipline and provides the service for private clients, was happy to share its soothing and healing properties with any interested Hospice families. She has also begun a pilot Reiki program at Friendship House, VNA's adult day care center. She performs Reiki on a volunteer basis for cancer patients at a local hospital, as well.

"It's difficult to explain Reiki to people who've never experienced it," she said. However, many VNA clients, fellow volunteers and staff who have participated say Reiki, which involves light physical touching reminiscent of massage and mental, meditative aspects, achieves its objective of alleviating stress and promoting a sense of calm.

"I'm very fortunate to be able to share Reiki in my volunteer work, but I want to emphasize that no special skills are required to be a VNA volunteer other than a desire to help others," Clear said. In addition to Hospice visitors, the agency needs volunteer grocery shoppers for elderly and shut-in clients throughout Morris County; assistance with activities at Friendship House, an adult day program in Boonton; and clerical assistance at its Morristown headquarters.

All volunteers must be age 18 or older and possess good communication skills. Flexible schedules are available, so these opportunities are suitable for homemakers, business professionals, retirees and students. VNA is unable to provide transportation, so a car and a valid driver's license are needed for most assignments. For the safety of its clients, VNA conducts criminal background checks. For further information about volunteer opportunities, call **Judy Rogers at (973) 451-4128** or e-mail **jrogers@vnannj.org**.



Spring Fever at VNA:

New programs, services and recognition

VNA is growing in response to community needs. These are just a few of many recent noteworthy developments.

Enhancements at Friendship House

Friendship House, VNA's social adult day care program in Boonton, now offers safe, convenient transportation to and from the center for residents of Morris County and neighboring communities. "This service will be particularly helpful to caregivers for whom driving their loved ones or locating transport assistance is particularly inconvenient," observed Linda Schulman, the center's program coordinator.

Spring will also bring an array of creative activities designed to help elderly clients maintain their optimal mental and physical function. In fact, physical and occupational therapists will visit monthly to develop appropriate light exercise routines to be incorporated into the center's day-to-day activities.

"Lack of movement can result in the loss of gross motor skills. Our goal is to address the deterioration of muscle tone and bone strength associated with inactivity and aging," observed Joanne Scillia, Vice President and Chief Clinical Officer for VNA. Yomenco, a hybrid of yoga and dance movements especially for the elderly and disabled, will also continue to be offered monthly.

Volunteer Helen Clear will begin a pilot program in Reiki, a Japanese discipline which promotes calm and well-being (see page 3 for more about Reiki), and social worker Bethany Joseph will form a Reminiscence Group. The monthly discussions will allow participants to reflect on historical events they have witnessed, as well as cherished personal memories of days gone by.

(continued on page 5)

(Top) Transportation to Friendship House is now available for residents of Morris County and neighboring communities.

(Bottom) Everyone enjoys the center's new exercise program which involves the use of resistance bands to maintain upper body strength.





Friendship House offers an array of enjoyable activities specially designed to help its clients maintain their physical and cognitive skills.

The Master Gardeners' and Pet Therapy programs, two of the center's most popular activities, will continue along with the nurse service.

"It's rare for a social day facility which is not required to have a nurse on-site to offer such a service," observed Scillia. "We provide a nurse two hours each day to assist with client medications and take note of any changes in behavior or appearance that may signal a need for medical intervention."

Attendance at Friendship House is open to all seniors who require supervision. The center accepts clients with various mental and physical challenges including mild to moderate dementia.

Assistance with fees is available for those who qualify. For further information, call **Linda Schulman** at **(973) 402-1867**.

A Dedicated Joint Replacement Program

With advances in orthopedic surgery making it feasible for increasing numbers of patients to avoid days or even weeks confined in rehabilitation facilities, VNA of Northern NJ has established a dedicated program for joint replacement care. "Like most of our new offerings, this one grew out of an emerging need discovered in our day-to-day work on the first lines as a comprehensive home care provider," observed Joanne Scillia. "The majority of patients we encounter strongly prefer the option of returning to the comfort of their own homes as soon as possible and doctors in our service area are recognizing that many patients can thrive with intensive in-home physical therapy and skilled visiting nurse services."

In fact, home care may actually be more conducive to an effective recovery than residential facilities. "A number of factors including mental outlook can impact recovery. For some patients, the idle time and lifestyle restrictions associated with inpatient rehab are a source of frustration which holds them back," observed Lesley Cattano, Team Leader of Rehabilitation Services. For further information about the Joint Replacement Home Care Program, call **1-800-WE-VISIT**.

Jerry Goldschein, pictured here with Rehabilitation Manager Lesley Cattano, credits VNA's physical therapy program with helping him to quickly regain his mobility in the comfort of home following hip replacement surgery and direct-to-home discharge from the hospital.



Customized Private Care Services

Someone is serving as a caregiver for a loved one who cannot manage alone due to a serious, chronic illness, disability or advanced age in nearly 25% of all households nationwide. While many situations involve a husband or wife caring for their spouse, others involve an adult son or daughter caring for a parent or a loving relative looking after an extended family member. Some caregivers are seniors with their own health concerns and limitations caring for other seniors, while many younger caregivers are simultaneously juggling parenting and careers.

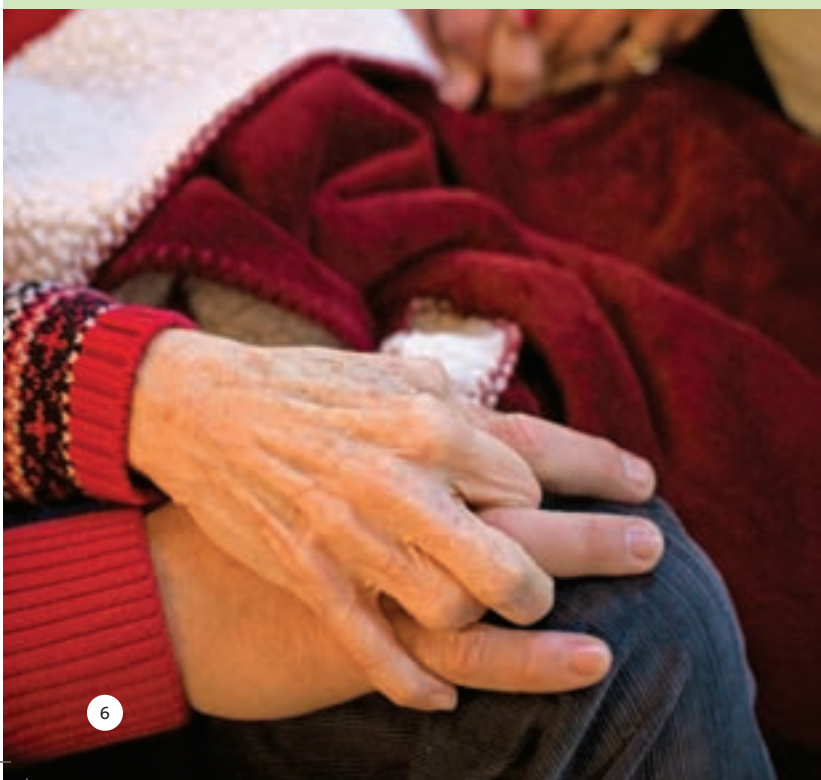
In greater Morris County, caregivers of both genders and multiple generations are increasingly turning to the VNA's Private Care Services division for assistance. "When someone mentioned that the VNA now provides live-in, private care, I knew that was my best option. I'd known of the VNA's good reputation for years," observed one client who relies upon a VNA aide to assist her mother, an Alzheimer's patient determined to remain in the comfort of her own home.

In fact, the VNA has taken the stress of out finding in-home help for families with diverse lifestyles and resource levels. Assistance is available just a few hours a week or on a full-time, live-in basis. A visiting nurse/case manager works with every family to prioritize their needs and establish a care plan.



VNA offers Private Care Services because even the most loving and devoted caregiver needs a respite from the stress of attending to a loved one.

All VNA home health aides complete a comprehensive training program, obtain state certification and pass criminal background and reference checks. Throughout the course of an aide's employment in a client's home, VNA provides supervision by a visiting nurse, ensures the continuity of care and administers all employment-related details. For further information about Private Care Services, call **Jennifer Doherty** at **(973) 451-4120** or e-mail **jdoherty@vnannj.org**.



A Perfect Report Card for Hospice

In a recent independent survey, 100% of families who received VNA Hospice services in the past two years said they were satisfied enough to recommend the program to others. "The Hospice serves families in the midst of one of life's most stressful and emotional experiences and consistently manages to meet or exceed their expectations," said Joanne Scillia, Vice President & Chief Clinical Officer. "By emphasizing specialized training for Hospice staff at all levels, the creation of individualized care plans for each patient and their family and teamwork within the VNA, we have built an exceptional program." For further information, call **1-800-WE-VISIT**.

VNA Election Results: O'Sullivan to Head Foundation, Bonis joins Board

With considerably less fanfare than a national presidential election, the VNA of Northern NJ's Board of Trustees held its annual election at the end of last year. Vice Chair Denis O'Sullivan was elected to a second volunteer position, President of the Foundation. "We're very grateful to Denis for taking on leadership of our capital campaign, Eldercare Endowment Fund and other Foundation activities at this exciting, fast-paced time in our history," said Nancy Nadaskay, Chairperson of the Board. "His strategic management skills have proven valuable to VNA and I'm confident that the Foundation will thrive under his leadership."



A new trustee, Joseph Bonis, CPA, has joined the Board. He is currently the Senior Vice President and Chief Financial Officer for O'Sullivan Communications in West Caldwell. He previously held similar positions with the Hardardt Group and Chep USA. "We're honored to work with Joseph Bonis," Nadaskay said. "His financial expertise and analytical skills will be very helpful to us."

The following trustees have been re-elected to positions with VNANNJ Affiliated Health Services, Inc: Rev. Tony MacNaughton, Chair; Sally Ward, Secretary; Patricia Muratore, Eva Kubanik and Denis O'Sullivan, trustees. For VNANNJ, Inc, the following members were re-elected: Denis O'Sullivan, Vice Chair; Sally Ward, Secretary; Rowland Lucid, Rev. Tony MacNaughton, Nancy Nadaskay, and Susan Sameth, trustees. Elizabeth Gilfillan, was re-elected as Secretary of the VNANNJ Foundation, Inc. and Susan Sameth was elected to another term as a trustee. Denis O'Sullivan, Vice Chair, and Sally Ward, Treasurer, were re-elected to their posts with VNANNJ Health System, Inc.

A G L O B A L E V E N T

Supporters of this year's Lighting the Way fund raising gala on May 8 at the Madison Hotel will be treated to an evening with an international flair. The event committee has once again devised a fresh, creative theme for the annual gala to emphasize fun while also supporting the mission of VNA.

"There has never been a greater need to provide a safety net for members of our community who are experiencing financial hardships," said Chairperson Lisa Appleby. "In planning this event, we are always mindful



FRIDAY, MAY 8, 2009
12TH ANNUAL BENEFIT GALA
VISITING NURSE ASSOCIATION OF NORTHERN NEW JERSEY

that the funds we raise help to support home care for people who are turning to VNA for a helping hand in times of illness, disability and frailty due to advanced age."

The gala will feature dining and dancing to a live orchestra, as well as a silent auction of travel packages and imported luxury goods donated by businesses and individuals. Tickets for "Lighting the Way: Journey With Us Around The Globe" are available by calling Shekeya Watkins at **(973) 451-4150** or e-mail **swatkins@vnannj.org**.

Visiting Nurse Association of Northern New Jersey, Inc.

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Free Speakers for Local Organizations

VNA wants to be invited to an upcoming meeting of your club, service organization, civic or employee group. In fact, the VNA Speakers Bureau will provide an experienced and knowledgeable professional free of charge to give a talk about your choice of topics including caring for the caregiver, adult day care and hospice.

"We've spoken at public libraries, senior centers, Rotary, AARP and Newcomer's Club meetings, as well as at corporate Lunch and Learn programs throughout Morris County," observed Deborah Castro, a Program Services Representative who frequently gives such talks. "Since our organization has been a provider of eldercare, services for the disabled and caregiver support programs for many years, we are very comfortable discussing sensitive topics and helping the public to better understand the options and resources available to them."

The presentations are about 45 minutes in length and audience members are invited to ask questions. "I have spoken to groups as small as five people and as large as several hundred. Going out into the community to educate the



Program Service Representatives Mary Curoski (left) and Deborah Castro are available to schedule talks about caregiver support, adult day care and hospice care.

public, listen to their concerns and answer their questions about home health care is the most rewarding part of my job," Castro said.

Speakers are available for both day and evening events. The agency provides a door prize and hospitality bags, as well as light refreshments when needed. To schedule a talk, call **Deborah Castro** at **(201) 787-8460** or **Mary Curoski** at **(973) 214-5311**.



Visiting Nurse Association

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