

Do you ever wonder why we do...

...what we do every day in Hospice? Let me share a few stories and, perhaps, you will wonder no more. A hospice nurse visited a frail, middle-aged woman this week who has severe lung disease. She is very independent and very much in charge. Well, in charge of everything except this disease which has rendered her essentially helpless. They talked for over an hour and a half about her fears, quality of life and goals. She reports she has not shed a tear since her husband died in the late 1990's. Yet, through tears, she was able to tell the nurse that she just wanted to be able to breathe well enough to go out and finish her banking and funeral plans before she died. With much teaching, and some medication adjustment, she went out today; the first time in months and she finished her banking and funeral plans. As she shared this with the nurse she shed more tears, this time they were happy tears.



Jennifer Legassie
Hospice Director

Have you ever visited a patient who is certain they do not need help from anyone? Especially someone who thinks you are going to help bathe them? Our clinicians do all the time. One of our very talented nursing assistants met a cantankerous gentleman who gave her a run for her money. He refused to have her help him with anything until about the fourth visit when they started talking about race cars. Before they knew it, she was giving him a nice back rub and trimming his toenails, which were in dire need of care. He now allows her to help him with showering. And the ulcers he had on his skin are healed due to her good care and resilience. We never know what will be that one small thing that opens a person up, but we sure keep trying to find it. These are just two of so many stories I could share with you.

I am so proud of all we do in hospice and as an agency.
My Best,
Jenn

Tour continued from page 1

We are very grateful to the four couples who opened their homes so that we might enter client's homes & provide our special brand of caring, compassion and support.

Second, the Tour Committee spends many hours each year planning and organizing a special day for you. Special thanks to Ann Bastis, Brooke Docter, Barbara Lobdell, Anne McLennan, Janice Michaud, Peg Mongiello and Shirley Richardson and to the dozens of Head Hostesses, hostesses, parking attendants and docents who donated a beautiful summer day to this effort, we thank you.

Last, but certainly not least, to you the tour participant, without whom we could not succeed – the agency thanks you, our hospice client's thank you, and the family and friends of our hospice clients thank you.

Special Treat from the Tour
World's Best Cookies
Submitted by Dale Grout

Preheat oven to 325 °.
1 cup unsalted butter
1 cup sugar
1 cup brown sugar (firmly packed)
1 egg
1 cup salad oil
1 cup regular oats (I use Quaker Quick)
1 cup crushed Cornflakes (Total or any other similar cereal)
½ cup shredded coconut
½ cup chopped walnuts or pecans
3 ½ cups sifted flour
1 tsp. baking soda
1 tsp. salt
1 tsp. vanilla
Cream together butter and sugar until fluffy.
Add egg, mixing well, then add salad oil, mixing well.
Add oats, cornflakes, coconut and nuts, stirring well.
Add flour, soda, salt and vanilla. Mix well.
Roll into small balls onto ungreased cookie sheet.
Flatten with fork, bake 12-15 minutes at 325 °.
Makes 5 dozen, depending on size of the ball.



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On The Home Front

August 2017	
In This Issue....	Page
Faces	1
Welcome/Kudos	2
Emblem Club	2
Dates of Interest	3
Staff News	4
Hospice Message	5
Cookie Recipe from Tour	5

"Promoting dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services."

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30th Annual Hospice Home and Garden Tour Tremendous Success

More Than \$23,000 Raised! Thank you!!

This year, for the first time in many years, the Hospice Home and Garden Tour sold out! Demand was so high that the committee was forced to print more tickets, allowing an additional 23 summer residents to join in the fun. And, of course, raise much needed funds for our programs!

Thanks to this tremendous outpouring of support, more than \$23,000 was raised, allowing Central New Hampshire VNA & Hospice to bring hospice services to those at the end stages of life regardless of ability to pay.

Many thanks are in order – first and foremost to the amazingly generous Wolfeboro and Tuftonboro homeowners who opened their doors and allowed us all a peek into their differing tastes and lifestyles. This year we featured a home whose central portion was constructed during revolutionary times with add-ons during the Civil War, a camp expanded to a fun and intriguing 4-season waterfront home, a 1950's cape refurbished to make you feel like you had stepped back into the 1880's, and an incredible home – Hemlock Haven - completed only months ago that felt like being outdoors, even as one strolled through the spacious and exquisitely furnished living space. Regardless of one's taste, each house offered an enticing and unique experience. *Continued on page 5*

Faces of Central New Hampshire VNA & Hospice



Nick Mikkelsen started with us on July 5th. "Born and bred" in Rhode Island, he completed his seven-year program at the University there and holds a clinical doctorate in Physical Therapy. But now, he is happy to be here as "the air is better." That's a good thing for a man who hikes, mountain climbs and snowboards.

Prior to accepting his role here, Nick worked in hospitals and nursing facilities. He particularly enjoyed his past work in school settings working with kids with disabilities. Nick met his wife, Mollie, climbing at a rock gym in Rhode Island. In addition to the activities listed above, they share a love of taekwondo and swing dancing. Says Nick, "I love Physical Therapy. I want people to get better and to help put a smile back on their faces. And not just with clients, with my coworkers, too. Smiling is important." Welcome, Nick!

Communities Served

Alton	Lochmere
Alton Bay	Melvin Village
Ashland	Meredith
Barnstead	Middleton
Belmont	Mirror Lake
Bristol	Moultonborough
Brookfield	New Durham
Center Barnstead	New Hampton
Center Harbor	Northfield
Center Ossipee	Ossipee
Center Sandwich	Sanbornton
Center Tuftonboro	Sandwich
Chocorua	South Tamworth
East Wakefield	Tamworth
Effingham	Tilton
Franklin	Tuftonboro
Freedom	Union
Gilford	Wakefield
Gilmanton	West Ossipee
Gilmanton Iron Works	Winnisquam
Holderness	Wolfeboro
Laconia	Wolfeboro Falls
Lakeport	

WELCOME



Leslie Ari has joined Central New Hampshire VNA & Hospice as the new Director of Fund Development. In this role, Leslie will be responsible for fundraising activities and marketing for the organization's service area.

Leslie brings almost three decades of fundraising experience to the organization. Starting her career at NH Public Radio, she has worked at such diverse non-profits as United Way, The Children's Museum of NH, Granite State Independent Living, Spaulding Youth Center and the ACLU of New Hampshire.

"This was an easy position to accept," says Leslie. "My tenure at GSIL taught me about home care and because my grandmother died in Hospice care, that's a cause that is near and dear to my heart. I am happy to be helping Central New Hampshire VNA & Hospice continue to offer, and expand, the fabulous work they've been doing for the last century!"

If you would like to speak with Leslie about fundraising, advertising or marketing, she can be reached at 603-524-8444.

After more than 60 years of service to our community, the Laconia Emblem Club #80 will be closing its doors. In a final act of generosity they are disbursing their assets. Representatives Sandy Bolduc and Marilyn Dunn presented Schelley Rondeau, Pediatric Coordinator of Central New Hampshire VNA & Hospice with a check for \$3,000 for the Young Family Program.

Thank you Laconia Emblem Club for all the amazing support you have shown us over the years.



KUDOS

JENNIFER LEGASSIE APPOINTED TO NHHPCO BOARD OF DIRECTOR'S

Central New Hampshire VNA & Hospice is proud to announce Hospice Director and Chief Clinical Nurse, Jennifer Legassie (formerly Laramie) has been appointed to sit on the Board of Directors for the New Hampshire Hospice and Palliative Care Organization.

The NHHPCO is a charitable, non-profit organization with a mission to help the people in New Hampshire have access to excellent care that is valuable and meaningful to them when facing life-threatening conditions. This is accomplished through: education of healthcare professionals and caregivers; raising public awareness and expectations for quality hospice and palliative care; providing meaningful networking opportunities for the members; as well as engaging other organizations around the state to participate in their vision and mission.

Jenn has been with Central New Hampshire VNA & Hospice for 12 years and sits on the New Hampshire Board of Nursing. She has made Hospice and Palliative Care her passion and when asked about this new role, Jenn stated she is "looking forward to expanding her role on a state level in order to further the mission of quality end-of-life care for all who so greatly need Hospice". Her new position on the board will be further testament to the commitment she has for a hospice patients' quality of life, dignity and respect.



NHHPCO Board of Directors

You Are Invited

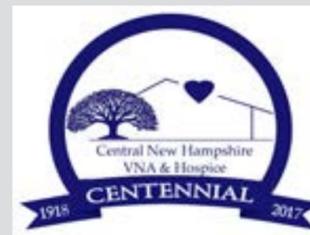
Central New Hampshire VNA & Hospice

2017 Annual Meeting

Wednesday, September 27, 2017

5:00pm - 7:30pm

The Wolfeboro Inn, Wolfeboro, NH



Join us for our 2017 Annual Meeting on September 27th at The Wolfeboro Inn, Wolfeboro, NH. Cocktails and hors d'oeuvres start at 5:00pm, Welcoming Remarks and A Year in Review at 5:30pm then a presentation by Guest Speaker Shawn LaFrance, followed by a Buffet Dinner.

Mr. LaFrance will highlight a relatively new area of medicine, Population Health. Population Health examines the health outcomes of a group of individuals, which are often geographic in nature but can also be groups such as employees, ethnic groups, children, etc. Interestingly, overall health could be quite high if the majority of a population is relatively healthy even though a minority of the population is much less healthy. Ideally, by examining society in segments, such differences could be eliminated or at least substantially reduced. Join us to hear more.

RSVP is required.

Please inform Leslie Ari at 603-524-8444 of your intentions before September 20th.

Sponsored by:



Save the Date

- September 22nd 12:00p-1:30p Pot Luck Volunteer Luncheon at the Benz Community Center in Center Sandwich
- September 27th at 5:00pm Annual Meeting – The Wolfeboro Inn
- November 12th at 4:00pm Hospice Memorial – Good Shepard Lutheran Church, Laconia
- December date TBD Tree of Memories

Staff News

We would like to welcome new staff and introduce them to the Central New Hampshire VNA & Hospice family. If you or someone you know is interested in working with us we are continuing to recruit qualified candidates. For more information you can visit www.centralvna.org.

Over the past few months we have expanded our staff to include the following individuals:



Abbie Sparks
Parent Educator



Amanda Nye
Registered Nurse



Susan Koda
Registered Nurse



Jenn Lachapelle
Registered Nurse



Amy Stoddard
Registered Nurse



Ellen Stickney
Registered Nurse

Congratulations to our newest graduates of Central New Hampshire VNA & Hospice Orientation Program



Jessica Deshaies
Physical Therapy Assistant



Kathie Reddick
Physical Therapist



Amanda Belanger
Registered Nurse