

Alton Rotary Supports Hospice

This past summer, the Alton Rotary sponsored a fundraiser for our Hospice Program. Using the theme of the butterfly – a creature that carries powerful meaning that speaks to our own capacity to move through different life cycles, mirroring our own journeys of regeneration, renewal, expansion and rebirth – contestants painted wooden butterflies and submitted them for prizes.

In all, over 20 butterflies were created. They were put on display during Alton Old Home Days and were evident during the parade through the center of town. Thank you to all who created such beautiful affirmations of life. A few photos show the creativity, time and talent that this project engendered.

Recently Leslie Ari visited the morning Rotary group for a delicious breakfast (thanks, Butchy!) and a check presentation. Pictured with Rich Leonard (left), Club President, and Jeremy Dube (right), Leslie happily accepts their gift of \$1000.

Jeremy talked to the group about our hospice program, and the amazing help his family received while caring for his grandfather. He could not say enough, and was so glad for the opportunity. “The nurse, Linda, was so wonderful. She could always bring a smile to our faces, and she took such great care of my grandfather. I cannot imagine how we would have gotten through without her.”

Thank you Alton Centennial Rotary for the donation, the kind words and the support in the community. We are all very grateful.



“We are all butterflies. Earth is our chrysalis.”
— LeeAnn Taylor



Kick for Cancer, continued from page 1

The day includes competitions in Kata (Empty Hand), Weapon Kata and Sparring. Many participants are black belts, so the competition is fierce and fascinating.

The entrance fee is only \$5.00, and there are raffles, concessions and other ways you can help support our Hospice Program.

We hope to see you there!



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On The Home Front

March 2018

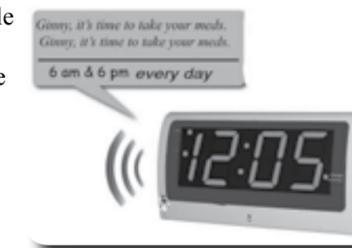
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“Promoting dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services.”

Thanks to You, Ginny Is On The Mend

When Ginny first came to us, chronic illness was winning the day. She was having a terrible time managing her diabetes and heart disease, and was finding it hard to walk. Her legs were so filled with fluid that they were actually leaking water. She was already prescribed a massive daily dose of insulin and had been in and out of the hospital as her symptoms worsened. The hospital wanted to release her, but she was going to need some help.



Fortunately, Central New Hampshire VNA & Hospice was enlisted. First our LNA Cindy helped Ginny bathe and dress – two activities that she had been struggling with due to her lack of mobility. Already she felt better. Her skin needed special attention – the diabetes had made it very brittle and the heart disease was allowing fluid to build up. Lotion and special patches were applied to keep her skin from breaking and the fluid from running down her legs.

Next, while Elyssa was helping Ginny’s mobility with some physical therapy, they chatted. Come to find out, Ginny’s major challenge was remembering to take her medicine.

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29th Annual Kick for Cancer Martial Arts Tournament - April 15, 2018

When Grandmaster Georgeanne Verigan’s sister died of cancer in our Hospice Program, Grandmaster felt she wanted to give back. Little did she imagine how large her dream would become.

Says Verigan “Hospice is important to each of us; at some point we are likely to have someone close to us in need of Hospice care.” Over the years, Kick for Cancer has raised over \$100,000 to help ensure that people feel valued at the end of life through this amazing program.

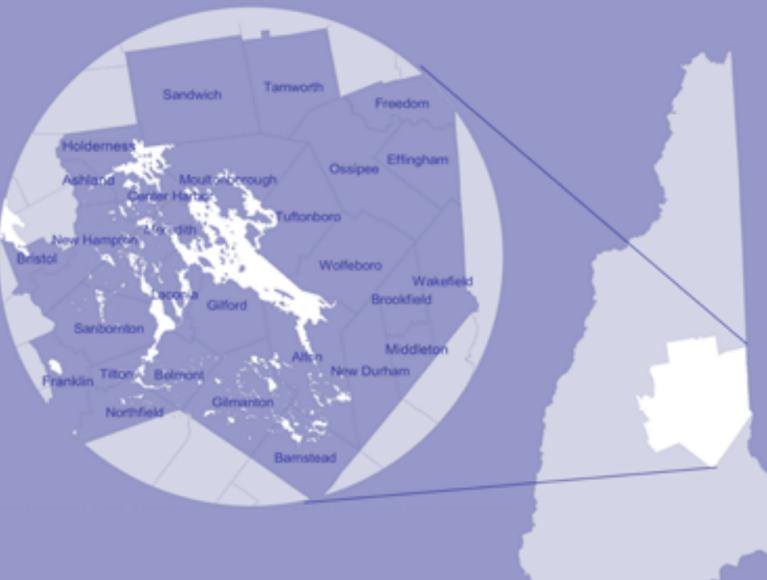


This year’s tournament will take place at Gilmanton Elementary School in Gilmanton, beginning at 10am. Martial arts students from all over the country are invited (and come!) to participate in what has now become a signature event for Central New Hampshire VNA & Hospice.

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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	



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Serving You

Speakers' Bureau

Attention Rotarians, Kiwanians, Churches, Synagogues and community members at large! We would love to come to your function hall or place of worship to talk with you about what we do here at Central New Hampshire VNA & Hospice. Experts are ready to present, *What is Hospice?*, *Planning for the Future, both medically and financially*, *Safety Tips for Seniors*, and more. To find a speaker for your next event or meeting, please call Leslie Ari, at 524-8444 or write her at lari@centralvna.org.

Blood Pressure Clinics

In the last few weeks, Central New Hampshire VNA & Hospice has held free blood pressure clinics in Ossipee, Gilmanton, Center Harbor, Moultonboro, Wolfboro (see right for details) and would be happy to offer one in your neck of the woods. To arrange for a professional Registered Nurse to "set up shop" in your community, please call Angela Smith at 524-8444 or write her at asmith@centralvna.org.

Ginny's Story continued from page 1

"Let's see what we can do about that, Ginny" and Elyssa immediately grabbed her cell phone, did some research and found a tool that may have ultimately saved Ginny's life. It is a "pill reminder" but this one allowed Elyssa to record her own voice.

Now, every day at 6am and 6pm, Ginny hears Elyssa (of whom she had grown very fond) saying "Ginny, it's time to take your medicine."

Ginny has not been back to the hospital! Central New Hampshire VNA and Hospice found the one tool that finally worked.

Now healthy and living in North Carolina, Ginny misses "her girls." In fact she says "You guys helped me out a lot. You are one of the things I really miss from New Hampshire."

Leadership Staff

Lisa Dupuis
CEO

David Emberley
CFO

Jennifer Legassie
Hospice Director

Tammi Mozier
Clinical Director

Free Clinics in your neighborhood

One in every three adults – approximately 75 million people in the USA alone - have high blood pressure. With no symptoms to speak of, many people are unaware that they have this condition.

Central New Hampshire VNA & Hospice has been hard at work bringing the diagnosing to our cities and towns. In just the last several months we have conducted more than a dozen blood pressure clinics - spreading the word and encouraging folks to take charge. We've been at the dump in Gilmanton, the soup kitchen in Center Harbor, the public library in Moultonborough. We want to be where we are needed – in the community – because untreated hypertension increases the risk of heart disease and stroke which are the first and third most common causes of death in the United States and can also damage the kidneys and increase the risk of blindness and dementia. That is why it is often referred to as a "silent killer." Even if hypertension isn't an ongoing condition, blood pressure is important information for you and your doctor about your general health and fitness.



Once blood pressure is determined, our nursing professionals can discuss lifestyle, changes, potential

treatment options, and even help with locating a medical practice for those who do not have a Primary Care Physician.

The good news is that this is a treatable condition, and that you can have a large impact on the outcome.



Molly, the Library Dog

Come see us when we're in your neighborhood – watch newspapers for clinics near you.

Something New - Bereavement Arts Workshops

Tragically, the opioid epidemic has claimed the lives of many of our friends and neighbors in recent years. Even sadder, most are young, leaving behind children, brothers, sisters, nephews & nieces. Children are experiencing loss and grief in astounding numbers.

In response, Central New Hampshire VNA & Hospice will offer a new series of workshops for all ages exploring grief and celebrating loved ones through art, music, and nature. Each workshop will include several hands-on stations, led by local artists, such as crafting hand-made books, playing or creating harp melodies, forming clay pots or luminaries, tying fly-fishing lures, recording a favorite family story, pressing flowers, or planting seeds in honor of a loved one.

You can join us on **Saturday April 14th, from 10am-12pm**. Guiding artists will include painter and sculptor Kathryn Field, potter Suzanne Weil, therapeutic musician Val May, and gardener and bereavement care coordinator Dan Kusch.



Children, parents, and grandparents of all ages are encouraged to attend, either on their own or to share the experience together - anyone under 18 must be accompanied by an adult. These workshops are free, and open to the public. You do not need to have a prior relationship with our organization. So if you have a friend or family who is struggling, please share this information and invite them to participate.

Future workshops are scheduled for May 12 (Celebrating our Mothers & Grandmothers), and June 16 (Celebrating our Fathers & Grandfathers).

All workshops will be held in Laconia. To have supplies on hand for you, registration is required. Please contact Dan Kusch, Bereavement Care Coordinator, at 603-524-8444 or dkusch@centralvna.org.

A Bittersweet Day

A few days before Christmas, Laconia Emblem Club members came by with a huge donation of toys for the children in our Young Families Program. Our kids have been thrilled with these games and toys for 17 years.

But the sweetness of the donation is clouded with a few tears, as this is the last time the ladies will be helping out our kids. The Emblem Club, after 60 years of service, has closed its doors.

We are so very grateful for all the monetary donations, stuffed animals, toys, games, crayons and books they have so thoughtfully supplied for all these years.



Save the Date

- **Expressive Grief Workshops (see article to left)**
April 14th, May 12th and June 16th
- **Kick for Cancer (see article on page 1)**
April 15th
29th Annual Martial Arts Tournament
Gilmanton Elementary School, 10am.
\$5.00 entrance fee.
- **Annual Interfaith Hospice Memorial Service - Wolfboro**
April 15th, 4pm, reception to follow at 5pm
First Congregational Church, 115 S. Main, Wolfboro
A service of remembrance to celebrate loved ones who died in hospice care and all others whom we have lost and hold in our hearts. All are welcome, no registration is required.
- **Home & Garden Tour**
July 11th
31st annual tour of exquisite and unique Wolfboro homes. Tickets are \$40 and will be available on our website (with use of any credit card) starting the second week in June, or in person at a downtown Wolfboro location TBD. (cash and checks only).

Donor Corner

What is Planned Giving?

Planned giving encompasses a wide range of philanthropic strategies to help you accomplish your personal and financial goals, while leaving a lasting charitable legacy.

Donors frequently think their only option is to make an outright gift of cash. While this is a great way to make charitable gifts, there are a number of other ways for you to donate to charity. A planned gift can be made with almost anything: cash, stocks, bonds, mutual funds, real estate, retirement plan assets, life insurance – even property such as artwork and royalties.

Additionally, your heirs can benefit tremendously from a planned gift. For instance, you can design a gift to pay income for life to you and your spouse. You can tailor your planned gift options to benefit your children and grandchildren. And by involving your family in your giving, you can teach them about your philanthropic values and transfer those values to future generations.

Planned gifts come in many different shapes and sizes. There are several different types of bequests. Charitable Gift Annuities can be immediate, deferred, stepped or flexible. A gift of life insurance or an IRA may work best for you. Charitable Remainder Trusts are a popular choice for those seeking an income for a lifetime or a term of years.

The important thing is to choose what's right for you. Talk to your accountant or attorney. If you don't have one, we can make recommendations. Like an Advance Care Directive which lets your family know how you want your medical services delivered, a will and a planned charitable gift can help relieve conflicts and provide measures of security for family members.

To talk about making a planned gift to Central New Hampshire VNA & Hospice, contact Leslie Ari at lari@centralvna.org or by calling (603) 524-8444.

Your Medical Future Your Voice, Your Choice

On a cold day in February Central New Hampshire VNA & Hospice, in partnership with LRGHealthcare and the Greater Laconia Ministerial Association, presented this unique and empowering seminar about Advance Care Directives and more, entitled "Your Voice Your Choice." Dr. Marianne Jackson discussed the future of healthcare delivery, highlighting common myths and misconceptions, and why it is more important than ever to plan for your future.

Dr. Jackson and Central New Hampshire VNA & Hospice have been working together for the past year to educate communities in Belknap County about the importance of establishing plans and communicating them to families, providers,

and friends. Joining us were Wilkinson-Beane Funeral Home, a sponsor of this event, as well as Estate Planner Margaret Demos from Martin, Lord and Osman. After the main presentation each were available at workstations for personal discussions and questions.

The important takeaway here is that planning for your medical and financial future is vital. In fact, advanced care planning can help avoid conflicts and provide security for family members. How much better for all involved to know, well in advance of any surprises, what you want and how they can best honor your wishes.

If you want any information about Advanced Care Directives and how to obtain one, please contact Angela Smith at asmith@centralvna.org. If you are interested in making a planned gift, please contact Leslie Ari at lari@centralvna.org. Both can be reached at (888) 242-0655.

