



# FVVNA Newsletter

## Winter 2019 Edition



"In 1908 we made the decision to care for each and every one of our neighbors. 100 years later... we haven't stopped."

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**Farmington Valley**  
Visiting Nurse Association



**From the Desk of**  
Nancy Scheetz,  
Executive Director



## Your Support Allows Us to Care for You

So much goes into creating an environment for philanthropy. The Farmington Valley VNA, since its inception in 1908, has had the mission to promote the health and welfare of others. We have been successful only because of the generous donations of so many area residents who truly care about the quality and availability of health care for others. Money given to our charity affords programs, treatments, and one on one professional care that otherwise would not be available. The lives touched daily is immeasurable; the thanks that pour into our office is heartfelt. We stand in when your neighbors need health care, rehabilitation and hospice. We are here for your family, your neighbor, for you. Your generosity, along with support from our area towns, is what allows our organization to be a viable force in community health care.

For each of our valued donors, we know there is a personal reason why you choose to support us. Perhaps we cared for a loved one, a

neighbor or friend. Perhaps we gave you your annual flu shot, or Granby Food Bank was there for you or a friend. So you give and your gift cares for others right in your own hometown. The VNA literally puts legs on your gift, going directly to the door of those in need providing home health care, physical, occupational and speech therapy, palliative and hospice care. Our community services provide annual flu shots, blood pressure and blood sugar screening, community education, and provide the Granby Food Bank. We are so truly grateful as your donations keep our grassroots mission alive. We can provide care regardless of ability to pay or insurance coverage.

Because of you, lives improve, people are not turned away, respite is given. We are the heart of home town health care. You make that possible. You are the philanthropist, the support line, that keeps the VNA alive.

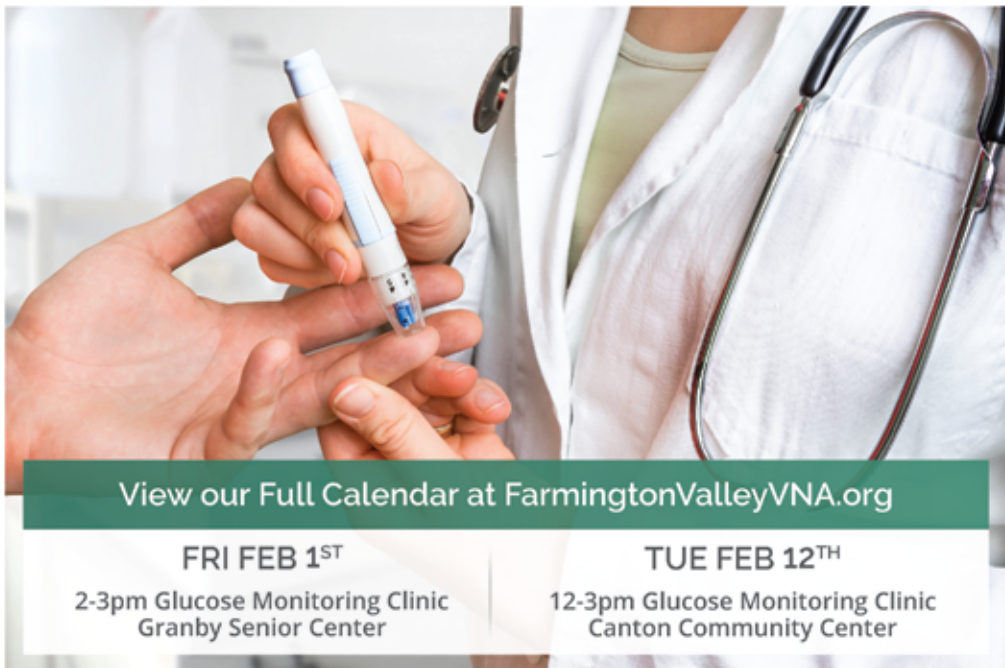
## VNA Adds Blood Glucose Monitoring to Free Services

Diabetes is a complex, chronic illness requiring continuous medical care. Patients must work closely with their primary care treatment team to assure that medications and diet give them the results that keep this illness stable. There are so many risks associated with uncontrolled diabetes, that it is critical to always be aware of your numbers. Today, monitoring your blood sugar levels is easy. There are numerous testing machines all aimed at making the process more comfortable and error proof. While it is a simple step to take, it is also an easy one to skip. It is

also a procedure that often can lead to more questions, leaving patients wishing for more one on one time with a medical professional. When numbers are unpredictable and not easily maintained, it is not easy to monitor. The VNA is here to help you monitor your glucose levels.

This winter, the VNA Community Health Program Department, funded by our area town public health funding, along with the private donations of our patrons, has initiated adding blood glucose monitoring at many of our blood pressure screening clinics. Now, in most of our towns, you can come to

Speak directly with a nurse, who can check your blood glucose level. It is this type of health assessment that can answer questions, lead to confirmation that you are on the right track or even tell you when you need to see your physician. It is not always an easy decision to make and given that some people do not want to needlessly bother with another doctor's visit, some things go unchecked. This is not something that should be left to guessing. Come see one of our nurses if you have questions about your blood sugar levels. We can be an additional step in keeping you healthy, and it's free of charge.



View our Full Calendar at [FarmingtonValleyVNA.org](http://FarmingtonValleyVNA.org)

FRI FEB 1<sup>ST</sup>

2-3pm Glucose Monitoring Clinic  
Granby Senior Center

TUE FEB 12<sup>TH</sup>

12-3pm Glucose Monitoring Clinic  
Canton Community Center

Please call the VNA office at

**(860)651-3539**

to find out where and when your free local glucose monitoring site will be held.

*We are here for you.*

## Hospice Care Is Total Family Support

The Farmington Valley VNA Hospice Program has been serving patients and their families for over twenty years. It is care designed for the treatment of terminal illnesses, providing comfort and quality of life when a cure is not possible. The goal is to enable patients to be comfortable and free of pain, so that they live each day as fully as possible. For our patients and families that have enlisted our VNA hospice team, their experience is that we become part of their family. We receive feedback on a routine basis that our team made this time in their lives easier, enabling them to reach the goals that they desired at the end of a life, with comfort and compassion provided. The VNA has been fortunate that after care is done, we become the beneficiary of kind donations, all that can then be used to further support another patient and his/her family. While much of the care is an insurance covered expense, there are times when additional services could further ease a family's burden. Hospice patients require 24-hour care and

monitoring, and it can be a process that exhausts the care givers on hand. Our trained hospice nurses, social workers, clergy and volunteers provide medical, logistical and spiritual care in the support and respite for family and the patient.



The Farmington Valley VNA recently received a call from a friend. His mother had been a hospice nurse for our agency years back, and she remained dedicated to the hospice spirit, volunteering within the community at other Hospice Programs. After her passing, one of her sons lost his battle with cancer, and the family determined that a foundation would be started. **The Chick and Doc Foundation** was formed, receiving donations from across the country. It was vital to the family that monies support local hospice organizations as this would have been the wishes of

the two individuals for whom it was founded. The VNA received a generous donation that already has given grants to several families, allowing for respite care and services that they otherwise could not afford. ([info@chickanddocfoundation.org](mailto:info@chickanddocfoundation.org))

These funds support all types of extra expenses, ones that we offer because of generous people like you. Whether it is to be able to provide a new ramp at a home to enable ease of transport, or to purchase items that are not covered by insurance that could ease a day's functioning, or even to provide a memorable family event such as the hot air balloon ride we once arranged by special request, the hospice funds that we receive help so many. These donations are the quiet, kind assistance that never go unnoticed by the patrons receiving the help. On their behalf, we thank you. The good that is done is immeasurable and the tangible support is so important to the patient as well as the family facing loss. We take great care to see that no need is left unmet and payment is never an issue.



The Chick and Doc Foundation is a 501 c3 foundation whose goal is to provide funding to support the Hospice foundation, a non-profit organization that provides comprehensive care for patients with terminal illnesses.

Established in memory of Nancy "Chick" Chamberlain and her son, Bob Chamberlain, MD, the Chick and Doc Foundation raises funds to help ease the burdens of Hospice patients, provide respite to their families and support education for care workers in the Hospice community.





## Farmington Valley Visiting Nurse Association



Seven-Time Recipient  
of Top HomeCare Elite®  
Recognitions

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HARTFORD, CT  
PERMIT NO. 158

☎ (860) 651-3539

🌐 farmingtonvalleyvna.org

📘 facebook.com/FarmingtonValleyVNA

📍 8 Old Mill Lane, Simsbury, CT 06070

*Since 1908, the Farmington Valley Visiting Nurse Association has been on doorsteps bringing quality care and compassion to every neighborhood. The only non-profit and independently owned agency, we are here regardless of ability to pay.*

### WITH US, YOU CAN COUNT ON:

- Medicare Approval Achieving 4-Stars for Clinical Excellence
- Friendly, Dependable and Respectful Care, 24/365
- Successful Recovery: Proven best in the valley for preventing rehospitalizations
- Community Health Programs: Blood pressure and blood sugar checks, as well as immunizations
- Granby Food Bank: Providing nutritional needs for over 100 families
- LSVT Parkinson's physical and occupational therapies



## KNOWLEDGE IS POWER: Community Education is Key to Health Care

The Farmington Valley VNA has had a longstanding commitment to the education of its patrons on the ever-changing health care issues of today. So much changes as medicine and healthcare continually evolve, and while much is at your fingertips with the internet, being able to attend an educational talk with skilled professionals allows you the ability to better understand the information that is current. There are so many questions when learning about healthcare that cannot be answered by reading a computer screen. The VNA is pleased to share that we continue to produce programs, in coordination with your towns and the healthcare facilities, offering you opportunities for further learning. The programs are often small and afford the participant time for the unique questions that you



may not be able to get easily answered. The speakers are trained nurses who are available for confidential discussion.

Avon Free Public Library and the Avon Senior Center have been awarded a grant, funded by the National Institutes of Health, the Department of Health and Human Services and the National Library of Medicine, to provide a series of community conversations all to promote good mental health. The VNA is pleased to partner with the town and will be participating in some of the programs. Open to the public, the series offers excellent programs on numerous topics. The series began in February and will run into the summer. Day and evening sessions are being made available so that a time can work for you. Join us.