




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



Farmington Valley
Visiting Nurse Association

Winter 2011 Newsletter

Choose Your Home Health Care Provider after Hospital Discharge - Make Your Own Choice!

You or your family member is getting ready to be discharged from the hospital and plans are being made for follow up home healthcare or hospice. It can be a very stressful and confusing time. Planning and choosing your home health care provider ahead of time, if possible, may help alleviate some of the anxiety surrounding hospital discharge. Patients and their families have the right to choose the agency from which they would like to receive services and will need to make that choice known to hospital discharge planners/case managers. The term "VNA" is now used interchangeably and patients are sometimes unclear as to which agency will be providing their care. **Remember to ask for us by name, the Farmington Valley Visiting Nurse Association.** Trust your care to the Agency whose rich history and tradition of caring spans over a century! 

Volunteer Highlight: Nicholas B. Mason, President, Board of Directors

In a continuing effort to recognize our valued volunteers, we are very pleased to highlight



▲ **Nick Mason, Board President**

Board President, Nick Mason. Nick joined the Farmington Valley VNA Board of Directors in January 2001, and then was elected as Treasurer in 2003. In January of 2008, he agreed to serve in the dual role of President and Treasurer.

Nick has brought a high level of business, financial, and strategic planning skills to the Agency's governing body. Despite the extreme

challenges in managing a non-profit home health care agency, Nick's leadership, knowledge and experience have been instrumental in strengthening the Agency's financial position while retaining its commitment to charitable community service. As a long term Simsbury resident and an active member in town government, Nick also brings a genuine understanding of the local community and serves as an effective ambassador for the Agency.

Prior to becoming a member of our Board of Directors, Nick held the position of Chief Financial Officer of the Savings Bank of Manchester. Before joining the Savings Bank of Manchester, he served as a Director in the Information Systems Department at the Hartford Insurance Group and Assistant Director of the Travelers Insurance Company Life Insurance Department. Nick is also involved with many community organizations including the Simsbury Light Opera Company, Simsbury Community TV, the Drake Hill Flower Bridge, and the Farmington Valley Rowing Association. He currently serves on the Town of Simsbury Board of Finance, Pension Committee and Insurance Committee.

The Farmington Valley Visiting Nurse is extremely fortunate to have Nick as our Board President. It is through his and our other volunteers' dedication and tireless work that we can continue our long-standing mission of serving the residents of the Farmington Valley. ☞

Elaine (Jackie) Mackay, Former Board Member and Longtime Agency Contributor, Honored

A ceremony was recently held in memory of Jackie Mackay, a Farmington Valley Visiting Nurse Association former Board Member, Simsbury Town Associ-



▲ Left to Right: Ellie Morris, Bob Mackay, Nick Mason and Incy Muir

ates Chairman and longtime Agency volunteer and contributor. In Jackie's memory, a beautiful Hydrangea tree was selected and planted at our Simsbury office located on 8 Old Mill Lane. Jackie's husband, Bob Mackay; Incy Muir, Executive Director; Nick Mason, Board President; and the Simsbury Town Associates (a volunteer committee providing assistance to the Agency with a variety of projects, and quality assurance and program development feedback) were present to honor Jackie and her many contributions to the Agency. The Farmington Valley Visiting Nurse Association benefited greatly from Jackie's many contributions throughout the years. ☞

Rotary Club of Avon-Canton Makes Purchase of Congestive Heart Failure (CHF) Educational Tools for Patient Distribution Possible

Our Performance Improvement Committee is currently focusing on our CHF patient population and will be piloting educational programs to raise awareness on the early signs and symptoms of heart failure. Through a generous donation from the Rotary Club of Avon-Canton, the Farmington Valley Visiting Nurse Association was able to



▲ Left to Right: Mark Steier, Incy Muir and Hank Frey



purchase a total of 400 (200 of each) educational booklets, "A Stronger Pump – A Guide for People With All Types of Heart Failure" and "Here's How to Manage Your Heart Failure", for patient distribution. Rotary Club

members, Mark Steier and Hank Frey, presented Incy Muir, Executive Director, with the donation on October 8, 2010. The Rotary Club's support of our programs and services is greatly appreciated and we wish to take this opportunity to thank them for their donation and their many years of support. 

Meet Susan LaClair and Peg Johnson, Farmington Valley Visiting Nurse Association's Receptionists

When contacting the Farmington Valley Visiting Nurse Association during regular business hours (between 8:00 a.m. and 5:00 p.m.), you can expect to be greeted by either Susan LaClair or Peg Johnson. They jointly share the position of Receptionist and provide the highest level of personal service. They will efficiently route your call to the appropriate staff member and assist you



▲ Susan LaClair and Peg Johnson, Farmington Valley Visiting Nurse Association's Receptionists

in meeting your needs. We are a service oriented agency whose philosophy is to communicate with patients and all members of the community personally and directly, not through an automated push button system.

Susan LaClair has been on our Receptionist Staff since 2001. She also served as Home Health Aide Scheduling Coordinator from 2004 until 2008. Susan brings a warmth and calmness to her position, is a wonderful representative of the Agency and will provide whatever assistance is necessary.

Peg Johnson is a recent addition to the Farmington Valley Visiting Nurse Association and we are delighted to have her on staff. Peg has many years of customer service and receptionist experience and is an asset to our patients, their families and members of our community. She will handle and direct your call professionally and efficiently.

The Farmington Valley Visiting Nurse Association serves the following communities: Avon, Bloomfield, Canton, North Canton, Collinsville, Farmington, Unionville, Granby, East Granby, West Granby, East Hartland, West Hartland, Simsbury, West Simsbury, Tariffville, Weatogue and West Hartford.



Farmington Valley Visiting Nurse Association

8 Old Mill Lane, Simsbury, CT 06070


860.651.3539 | TTY: 1.800.842.9710

www.farmingtonvalleyvna.org

NONPROFIT ORG
U.S. POSTAGE
PAID
HARTFORD, CT
PERMIT NO. 751



Karen Gauna Joins Farmington Valley VNA as Granby School System's New School Health Services Supervisor/High School Nurse

The Farmington Valley Visiting Nurse Association is pleased to announce that Karen Gauna, RN BSN has joined our staff. Karen will serve as the new School Health Services Supervisor for the Granby School System and Granby Memorial High School's full time nurse. Karen recently moved from Naples, Florida to Connecticut. Originally from Pittsburgh, Karen earned her BS in Nursing from Edinboro University in Pennsylvania and her BA in Psychology and Theology from LaRache College. Karen brings over 25 years of healthcare management experience and extensive clinical experience as a registered nurse to our Agency. She has enjoyed serving as a board member and volunteer for various organizations and committees, including the American Heart Association. We welcome Karen to Connecticut and to the Farmington Valley Visiting Nurse Association. 

The Farmington Valley Visiting Nurse Association, Inc. is a non-profit, State-licensed and Medicare-certified home health agency and hospice, which has been serving the Farmington Valley community with compassionate care since 1908. A comprehensive program of health care, Hospice services and illness prevention services are available to any individual or family in need, regardless of ability to pay or other hardship. The Agency does not discriminate in its service delivery or operational practices on the basis of race, color, religion, creed, gender, sexual orientation or any other legally protected status. Please contact us if there are any errors in your name and/or address, or if you do not wish to receive future mailings.

