



Granite
VNA

The Lilac Ledger

Spreading roots in our community

WINTER 2023

Lights, Life and Memories

Thank you for your support of *Lights, Life and Memories*!

The hospice awareness campaign is a combination of *Tree of Memories* and *Lights of Life*, that honors and remembers loved ones who have died. Our agency displayed 664 doves and 1,679 names on this year's Honor Roll that were submitted by community members. We are grateful for individual donors, as well as business sponsors and the 151 businesses who displayed a purple light in support of this campaign. With your tremendous support, nearly \$63,000 was raised for our Hospice Program.

Additionally, thanks to our Community Remembrance Ceremony location hosts. ❀

❀ *Lights, Life and Memories* ❀



Suzanne Olszak, RN, Telemonitoring Coordinator, and Brooke Walton, Personal Care Service Provider, Home Health & Hospice.

Telemonitoring Program Launches

Granite VNA has launched telemonitoring for home care patients who need additional support managing their chronic illness such as congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), and hypertension.

The program team works with medical providers and our home care team to help patients remain independent in their own homes and avoid rehospitalizations.

Each patient learns how to take their daily vital signs. A team member monitors their vital

signs and contacts patients who have vitals outside of previously set parameters. Each patient also learns about medication compliance, following a healthy diet, and recognizing and reporting adverse symptoms related to their chronic illness. When needed, the team contacts physicians for follow up orders.

Using telemonitoring equipment has shown to increase engagement, improve medication adherence, and enable patients to understand symptom trends better. ❀

Meeting our Mission

Granite VNA invested more than \$5 million in charitable community programs and services to meet the evolving needs of the communities we served in fiscal year 2022 (October 2021-September 2022). Your donations play a key role in helping us provide our robust Community Benefits Program. Total Community Benefit numbers include:

\$165,583

for Granite VNA team members to support and strengthen communities through volunteerism, educational opportunities, and board and committee participation ❖

\$2,289,605

in subsidized health services as a result of operating the Hospice House 24-hours-per-day, seven-days-per-week, year-round ❖



\$139,948

in health and wellness opportunities for individuals of all ages to help them improve their quality of life and to remain independent ❖

\$207,225

in providing clinical opportunities for undergraduate clinician training ❖

\$32,190

in bereavement and grief support services for community members who are grieving the loss of a loved one ❖

\$82,972

for basic health services such as foot care and blood pressure screenings provided at Foot Care Clinics throughout the region ❖



Scan the QR code to view Granite VNA's Annual Report and learn more about how Granite VNA is meeting its mission.

\$89,300

in charity care to individuals who are uninsured, underinsured, or otherwise unable to pay out-of-pocket fees for services ❖

Mission

We enhance dignity and independence for people by delivering quality health care and promoting wellness in homes and communities through all stages of life.

Photography

Unless specified, photos are by Granite VNA. Pg 1 Telemonitoring photo by Gil Talbot Photography; Pg 4 Passion for Caring photo by Cheryl Senter Photography.

Mailing List

Our newsletter is published for community members and friends. If you wish to have your name removed from our mailing list, write us at Granite VNA, 30 Pillsbury Street, Concord, NH 03301, call (603) 230-5664, or e-mail info@granitevna.org. Please include your name and address exactly as they appear on this mailing with your request to be removed.

Nondiscrimination Statement

Granite VNA complies with applicable Federal civil rights laws and does not discriminate in services and access to treatment, appropriate care or employment in its programs or activities on the basis of race, color, sex (pregnancy, sexual orientation, or gender identity), national origin, religion, disability, age, genetic information, marital status, source of payment, or the absence of advance directives.

Wellness for You



Shaunna Mara, Community Health Educator, and Anne Laforce, Positive Aging Through Home Supports (PATHS) RN, lead a wellness program on staying active this winter.

Community health and wellness is an important part of our mission. Our agency holds a wide-variety of wellness programs in the communities we serve. From nationally-recognized, evidence-based education to programs tailored to meet the needs of a community group, we are here to assist you. ❖

Live Well, Be Well

**Thursdays, Jan. 26-Mar. 2
9:30 a.m.-Noon**

City Wide Community Center
14 Canterbury Rd., Concord

Are you living with or caring for someone with arthritis, diabetes, hypertension, or any other ongoing health condition? Tools and information are provided to help manage disease symptoms, maintain proper nutrition and exercise, and more. In collaboration with Concord Parks & Recreation Department. ❖

Community Balance Screenings

**Monday, Feb. 6, 11 a.m.-1 p.m.
Friday, Feb. 17, 2-4 p.m.**

Pembroke Town Library
313 Pembroke St.

A Granite VNA Community Health Educator will conduct individual, 15-minute balance screenings. ❖

"A Matter of Balance"

**Fridays, Mar. 10-Apr. 28
10 a.m.-Noon**

Pembroke Town Library
313 Pembroke St.

Falls are common as people age, but it does not have to be that way! Learn simple ways to reduce your risk of falling during our "A Matter of Balance" program. ❖

For a complete list of upcoming programs and to register, visit www.granitevna.org/calendar.

Walk-In Immunization Clinics

**1st Monday of Each Month
1-4 p.m.**

St. Paul's Episcopal Church
21 Centre St., Concord

The clinic is for children and adults who are uninsured or underinsured. Eligibility is determined by the NH Immunization Program. A \$10 fee is requested for vaccine administration. ❖

Bereavement Offerings

Online Parent Circle

**2nd Tuesday of Each Month
6-7:15 p.m.**

A support group for parents who have suffered the death of a child at any age to any circumstance and whether the loss was recent or some time ago. ❖

Newly Bereaved Support Sessions

**3rd Tuesday of Each Month
6-7:15 p.m.**

Location Varies, Please Call for Information.

Sessions provide education and support for adults who have experienced the recent loss of a loved one. ❖

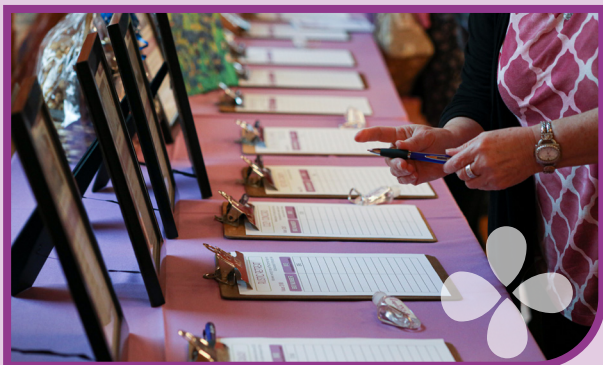
Return Service Requested

The **Lilac Ledger** is the new quarterly newsletter for you, our supporters, to educate, inform, and share how your donations make a positive impact on the work of Granite VNA.



Save the Date!

Wednesday, May 3 *Passion for Caring*



The Barn at Bull Meadow, Concord
5:30 PM

Join us for a cocktail party and a silent auction.
All proceeds benefit Granite VNA.
Tickets on sale in March.

Wednesday, July 19 *Hospice Home & Garden Tour*



Wolfeboro and Tuftonboro
10 AM - 4 PM

Spend an afternoon touring beautiful homes
to benefit Granite VNA Hospice program.
Tickets on sale in May.

For more information on these events, please call (603) 230-5664.