



HouseCalls



NEWSLETTER OF VNS OF NEWPORT AND BRISTOL COUNTIES

CELEBRATING
61 YEARS

VOL ONE | ISSUE TWO

Celebrating VNS for 2010!



JEAN ANDERSON, CEO



PHYSICAL THERAPIST MATTHEW KICZYNSKI RECEIVES
A DISTINGUISHED STAFF AWARD FROM HR DIRECTOR MATT BURNS

At Visiting Nurse Service of Newport and Bristol Counties, the Annual Meeting is a celebration of service and a gathering for a party. Far from the norm in charitable organizations' yearly formalities, VNS gathers annually in the incredibly ornate and dignified main hall of Salve Regina's Ochre Court to honor staff, volunteers and Board members for their service and to follow the awarding of honors with a festive cocktail party in the elegant surroundings.

The Agency's key award for distinguished service, the Mary A. Dwyer Award, was conferred for 2010 to William Burns. Bill, a retired Navy Captain and engineer; is a past president of the Board of Directors and has served on numerous Board Committees, including Finance and Building Committees.

A new slate of VNS officers was announced effective June, 2011, including a new President, Barbara Weatherford, replacing retiring Board president Alice Vermette. Leslie Reed, Richard Erwin, and Rebecca McSweeney were welcomed as newly elected members of the Board.

A full review of the finances and programs of 2010 is contained in the Annual Report, available at www.vnsri.org or by calling the main office at (401) 682-2100.



VNS BOARD OF DIRECTORS, LEFT TO RIGHT: FRONT - GREG FATER, ALICE VERMETTE, JANE BARRY, STACEY CARTER, RICHARD ERWIN; BACK - BRUCE WALSH, HOLLY DELANEY, MARIE THOMAS-EVERETT, LESLIE REED, KRISTY GARSIDE, REBECCA MCSWEENEY, BARBARA WEATHERFORD, FINN WALLACE II; ABSENT: JEAN ANDERSON, ALLEN DRE MCGOVERN, CHRISTINE WINSLOW



**Visiting Nurse Services
OF NEWPORT AND BRISTOL COUNTIES**

BOARD OF DIRECTORS

BARBARA WEATHERFORD, PRESIDENT
HOLLIE DELANEY, VICE-PRESIDENT
BRUCE WALSH, TREASURER
ALLEN DRE MCGOVERN, SECRETARY
JEAN ANDERSON, CEO

JANE BARRY
STACEY CARTER
RICHARD ERWIN
GREGORY FATER
KRISTY GARSIDE
REBECCA MCSWEENEY
LESLIE REED
MARIE THOMAS-EVERETT
ALICE VERMETTE
FINTON WALLACE II
CHRISTINE WINSLOW

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PORTRAIT OF A BOARD MEMBER: BRUCE WALSH



For 21 years, Bruce Walsh has served on the Board of VNS and has helped to steer the agency's financial health. Soon after he accepted his position as CFO of NewportFed in the late 1980s, Bruce began searching for a non-profit commitment to give back to the Newport community he loved. What grabbed Bruce's interest about VNS was the large financial contribution the agency made to subsidizing free health care to those who could not afford medical services or home care. "Unlike many other non-profits in the region, the VNS makes a huge commitment to its funding for free care to those who need it and can't pay. It is really impressive, and this social safety net is important. I'd like to make sure we can continue to do so into the future."

Bruce currently serves VNS as a Hospice Volunteer. Wanting to experience a direct service to clients rather than the more removed Board director's role, Bruce became a Hospice Volunteer in 2005. "It was a challenge for me - as I entered the Hospice training program, I wasn't sure I was suited for this intense kind of work. But there is a lot of support and care on the Hospice team for the clients as well as for the team members." Bruce has continued as a Hospice Volunteer for 6 years and values both what he has been able to give and to get back from end of life care to clients and their families.

The strawberry haired, youthful looking Bruce Walsh belies being a father of three now grown young adults. Not your run-of-the-mill banker hobby, even more surprising is Bruce's passion for surfing. A native of Southern California and currently a time share owner in Hawaii, Bruce loves the waves and recalls fondly his first dinged surfboard and hole-ridden wetsuit.

When asked what he considers his secret to longevity on the VNS Board, Bruce sums it up: "When you know what you're doing is right, it's not at all hard to keep doing it."

MATERNAL & CHILD HEALTH PROGRAM: A Mother and Daughter's Story

July 4th was an extremely hot day, but mom-to-be Courtney Coelho was intent to celebrate the holiday, despite obvious swelling of her face, hands and legs that had suddenly appeared in her 26th week of her first pregnancy. Not wanting to complain, Courtney soldiered on while the swelling and extreme headache gave no let up. By midweek a full blown medical emergency ensued, with Courtney admitted to Women and Infants Hospital with preeclampsia. Baby Layla, only 26 weeks gestation, was delivered by Caesarian section and entered the world a fragile, tenuous 1 lb. 2 oz. baby.

This unexpected and traumatic start of life was hard on both baby and mother. Complications of the C-section delivery and the high blood pressure caused Courtney to require continuing blood pressure monitoring and wound care after she was discharged from the hospital without her tiny baby.

Maternal and Child Health nurse Joan Rossi visited Courtney daily and provided both medical care and sensitive emotional support for a new mother separated from her at-risk premature baby.

By October Layla's weight was up to 4.5 pounds, and she was ready to come home. Although Courtney felt ready to care for Layla on her own, bringing a preemie home is fraught with anxiety for any new family. VNS nurse Joan reconnected with Courtney as Layla's nurse when the baby came home, and Joan visited weekly throughout the fall and winter.

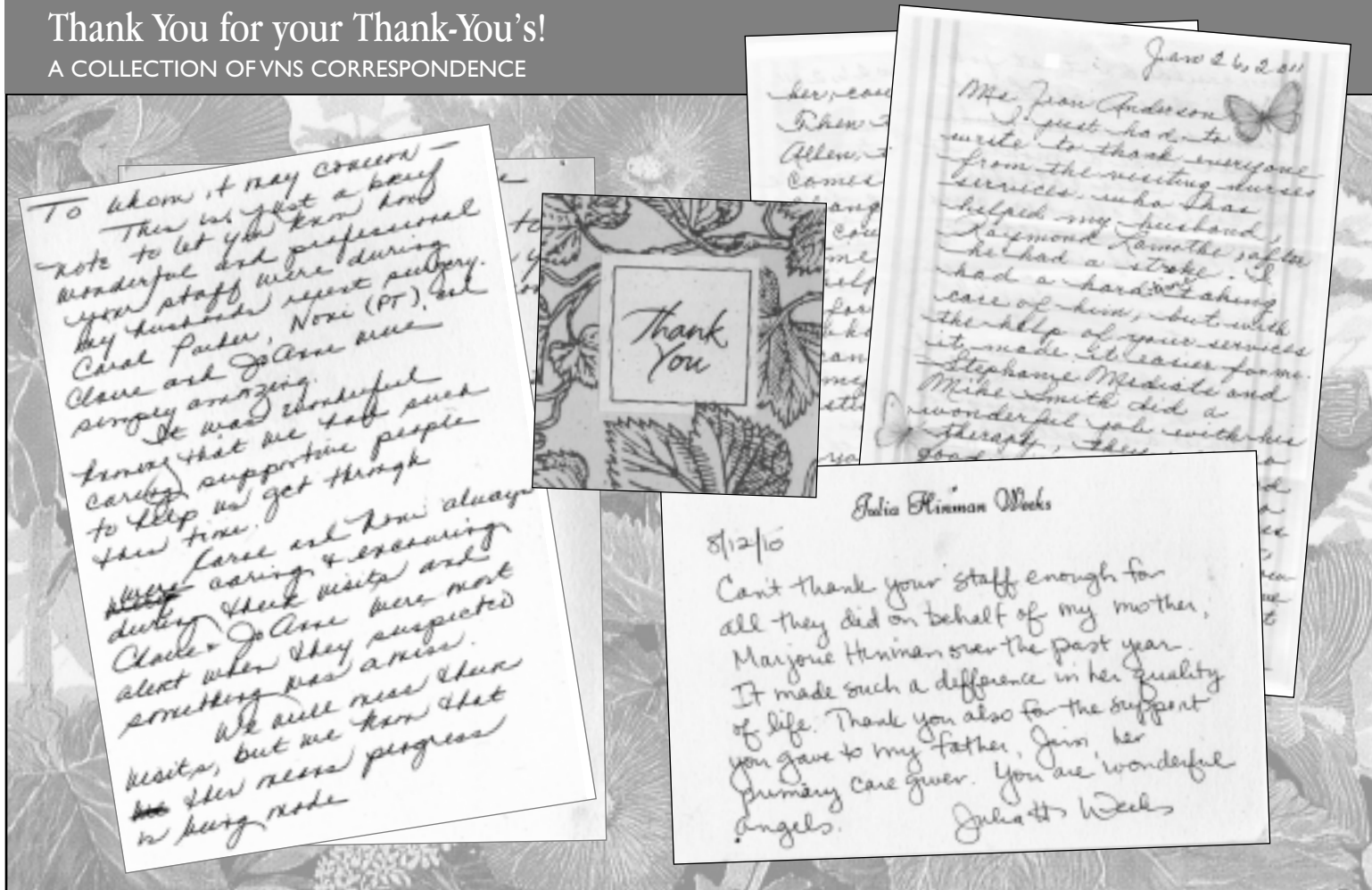
Nine months after Layla's premature birth, this thriving, sociable baby girl is a happy addition to Courtney and John Coelho's family. VNS is happy to have provided the medical and emotional support for both mother and baby in this situation where both were patients needing care and healing once they got home.



COURTNEY COELHO AND HER DAUGHTER LAYLA

Thank You for your Thank-You's!

A COLLECTION OF VNS CORRESPONDENCE



YOUR DONATIONS AT WORK: DIABETES SUPPORT GROUPS

A Portrait of Catboat Jon

A small diverse group of adults meet monthly in Newport's ornate Edward King House. Together with VNS nurse Judy Byrnes, these adults have all been diagnosed with diabetes, and together they share practical tips, disease-management suggestions, useful web sites, and reading suggestions with each other. An atmosphere of camaraderie, inclusiveness and respect characterizes the interaction between members.

Jon Heon, a 56 year old restoration wood worker who lives on a boat, has been coping with diabetes for eight years. Jon is relieved that the VNS is hosting a diabetes support group here in Newport, for he used to have to go to Wakefield for a diabetes education group until he heard that the VNS offered diabetes education as well as support groups here on the island. Jon had struggled alone with management of his diabetes for six years after diagnosis, and he was not getting the time and practical advice about his self-management from physicians or the medical community. Although doctors urged him to do better with diet and oral management, he lacked the common experiences and practical knowledge then that he has since gained from the diabetes education and group support. "Who would have told me to ask

the pharmacist for shorter, thinner needles to prevent bruising? Who would have advised me to warm up the syringe to body temperature after taking the insulin out of the refrigerator? This is the kind of practical support that fellow diabetes patients know and share, and it is the kind of information that helps me live day to day with this disease. My fellow group members have hope and show a path for success with this very complicated disease. It is really important for newly diagnosed members to find the support group so that they can learn what works and what doesn't from those of us who have been managing this disease over years."



CATBOAT JON

Diabetes education groups and support groups are offered to all diabetes patients, free of charge, made possible by grants and donor dollars.



From the Desk of the CEO...

Speech and hearing month was held in May. We are blessed to have several masters prepared speech-language pathologists on staff who work with children, often because of developmental delay, or with adults, most often after a stroke, trauma, or accident.

May 6 -12 was the National Celebration of Nursing as a profession. An area of strength for Visiting Nurse Services is our program for home care patients in Wound Care. We have two excellent certified wound specialists on staff, Victoria Kirby, RN and Kara King Barron, RN, who work with our physicians, medical supply companies and our own staff nurses to ensure VNS patients are receiving the best care and state of the art treatment for optimal wound healing.

In June we celebrate Home Health Aide week. In Rhode Island, this group of staff are licensed and certified –not true in every state. They see between 5 and 6 patients per day and are key to helping with personal care for our patients who are ill, frail, or disabled -- of all ages. They get to know our patients and families well and are often with some local residents for many years. It is a very physically taxing job, and I applaud the CNA staff at VNS. Several have been with us 20-30 years!

Highlighted in these pages are individuals who benefited from several of our programs in public health, which is a strong tradition in Visiting Nurse agencies. Wellness and prevention are now a focus of health care reform but have always been a vibrant part of the mission of our organization. I would also like to applaud some of our home care staff in this issue.

How Can I Give A Lasting Gift to VNS?

Please consider joining other friends and donors to the VNS who make up the Legacy Society. These Legacy Society members have made the thoughtful decisions and planning to include bequests for the VNS as part of their wills.

There is a prevalent belief that charitable bequests and other forms of legacy gifts come only from wealthy people. Nothing is further from the truth. The motivation to give a bequest in one's will to VNS comes from many places, among them an inspired moment, the understanding that home-based health care is a measure of the quality of a caring community, or perhaps a sense of gratitude for compassionate care for one of your own loved ones.

If you have already prepared your will and now would like to include VNS as a beneficiary, a simple statement, or codicil, can easily be added. An outright bequest through your will to VNS is not subject to federal estate or gift taxes, and is deductible in calculating your taxable estate. As with all forms of estate planning, professional advice is important. When planning a bequest to VNS, you and your attorney or financial planner can work out simple and clear bequest language. Bequests can be designated for general purposes (unrestricted bequest) or for specific programs (restricted bequest).

If you make a planned gift or bequest to VNS, please notify Jan Gordon at (401) 849-2101 in the Newport office so we can recognize you as a member of the Legacy Society, which was established to honor and celebrate the thoughtful and generous individuals who have chosen to support VNS through their wills or estate plans. Members will receive special recognition in VNS Annual Report and will be invited to VNS events throughout the year. By adding your name to the Legacy Society, you will encourage others to do the same. If you prefer to remain anonymous, your gift will of course be kept completely confidential.

Upcoming Events:



THE 10TH ANNUAL Edna Open

Friday, July 22 at the North Kingstown Golf Course. \$110 per player. Golfers of all abilities are welcome. Tons of fun!



Changing Shoes

Thursday, July 28 at the Casino Theatre, 7:00 PM. This play by actress Tina Sloan models how to grow older, not old, with grace and more than a dose of humor. Tickets are limited; reserve early! \$150 for Premium seating, \$75 for general admission.



A Chocolate Brunch

Sunday, November 6. Save the date for the best chocolate feast and fun in town, with Russell-Morin catered brunch, music, and Silent Auction. Tickets are \$80 with patron tables and corporate packages available.

Please call the VNS Newport office for information about any of these upcoming events: (401) 849-2101