

The *Lilac* Ledger

Spreading roots in our community

SPRING 2023

Death Over Dinner

A unique dinner idea is coming to Concord!

Talking about death and dying is one of the more challenging conversations we can have, and yet it can be the most freeing.

Join us for small group conversations about living and dying that are thoughtful and sprinkled with moments of joy and laughter. Our hope is that these conversations will provide insight and empowerment.

This event is offered at no charge and is in partnership with Bennett Funeral Home.

Registration is required and space is limited. To register, call (603) 224-4093, ext. 85815 or visit www.granitevna.org.

Dinner is generously provided by Bennett Funeral Home. ❖



Event Attendees bid on silent auction items at last year's Passion for Caring fundraiser.

Annual Passion for Caring is May 3

Granite VNA's *Passion for Caring* annual fundraiser will be held at The Barn at Bull Meadow in Concord on Wednesday, May 3 from 5:30 to 7:30 p.m.

Enjoy hors d'oeuvres and refreshments while bidding on exciting items in the silent auction. Auction items include a sterling silver and 18K gold bubble ring and necklace from Capital Craftsman and Romance Jewelers, a weeknight stay at Mills Falls at the Lake, an African safari, and a week-long stay at a beach front Bahamas home.

The evening will feature the presentation of the prestigious Kay Sidway Award, given annually to an individual who has devoted themselves to the education, nurturing, and well-being of families.

To make your reservations, visit www.granitevna.org/passionforcaring or call (603) 230-5664.

Granite VNA extends a special thanks to Cambridge Trust Company of New Hampshire who is the leadership sponsor of the event. ❖

Make an Impact as a Volunteer

Granite VNA is extremely grateful and fortunate to have many talented community volunteers. As we offer services to more community members and further expand our community health program offerings into the Lakes Region, we are seeking additional volunteers.

We have a variety of roles and have an immediate need for volunteers to make in-home visits that provide companionship to hospice patients and respite to caregivers. Occasionally, there are opportunities to sit with patients while family caregivers run errands outside of the home.

One current volunteer recently commented:

"Some of the reasons I became a hospice volunteer was so I could practice compassion and to form connections with patients. It is a way to give back. I feel I always get more than I give."

Patient volunteers are well trained and supported by our volunteer coordinators and hospice team.

Additionally, we have immediate needs for

Hospice House kitchen help, greeters (which can also be students who need community service hours), as well as support for our home care services and community health programs.

For more information on how you can make an impact in your community as a Granite VNA Volunteer, please contact:

Lisa Challender (Concord area) at (603) 224-4093, ext. 82826 or lisa.challender@granitevna.org

Randy Macdonald (Lakes Region) at (603) 224-4093, ext. 62378 or randy.macdonald@granitevna.org ❖



Granite VNA Hospice House Volunteers Audrey and Mindy.

Proud sponsor of Granite VNA's Passion for Caring

We applaud their commitment to enhancing dignity and independence for people by delivering quality healthcare and promoting wellness in homes and communities through all stages of life.

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Wellness for You

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. ❖

Aging Mastery Program®

Wednesdays, April 19-June 21, 1:30-3 p.m.

Hooksett Public Library
31 Mount St. Mary's Way

Learn from local experts about topics such as sleep, healthy eating, hydration, finances, advance planning, medications, and falls prevention. This program is generously supported by Bank of New Hampshire. ❖

Walk-In Wednesday

Wednesday, April 26, 10 a.m.-Noon

Meredith Library
91 Main Street

Meet individually with a social worker/notary public to discuss advance directives, Durable Power of Attorney for Healthcare and/or Living Will, and community resources. ❖

Lakes Region Memory Café

Second Thursday of Each Month, 1:30-3 p.m.

Laconia Public Library
695 North Main Street

Capital Area Memory Café

Fourth Thursday of Each Month, 1:30-3 p.m.

City Wide Community Center
14 Canterbury Rd., Concord

The Memory Café is a joyful and creative social experience for people with memory loss and their caregivers to gather with others in a positive and engaging environment. ❖



Joanne, a volunteer co-facilitator, talks with participants during our Live Well, Be Well program.

For all upcoming programs and to register, visit www.granitevna.org/calendar or call (603) 224-4093 ext. 85815. ❖

Bereavement Offerings

Spousal/Partner Loss

Wednesdays, May 3-June 21, 5:30-7 p.m.

Wesley United Methodist Church
79 Clinton Street, Concord

This group offers a safe space for mutual support and understanding as well as an opportunity to share ideas and strategies that might be helpful in your grief journey. ❖

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. ❖

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 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.



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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, July 19

Wolfeboro and Tuftonboro
10 AM - 4 PM

Spend a day touring
four beautiful homes.
All proceeds will benefit
Granite VNA Hospice
program.

Tickets on sale in May:
granitevna.org/hometour

For more information on this event, please call (603) 230-5664.