

# Your Connection To Better Health



SPRING 2021

In cooperation with local public health networks, nurses have been vaccinating homebound patients.

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Three Employees Receive Scholarships for Professional Development

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Learn about our upcoming online community programs

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## Concord Regional VNA and Central NH VNA & Hospice Become Granite VNA

Concord Regional VNA and Central New Hampshire VNA & Hospice have merged and are now known as Granite VNA and will serve the home and community-based healthcare needs of residents across 82 communities in the greater Concord area and Lakes Region of New Hampshire.

“This merger allows us to improve access to care for individuals and families, respond to growing demands for specialty clinical services, enhance and expand community wellness programming, and attract, retain, and develop a highly skilled workforce,”

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## Passion for Caring Goes Virtual

Granite VNA's annual fund raiser *Passion for Caring* event is virtual and will be held June 9 to June 16 this year!

For 11 years the event has been in-person and featured music, refreshments, and a silent auction to support our mission. In response to the pandemic, reimagining *Passion for Caring* from a one-night event to a

longer virtual campaign provides an opportunity for people and businesses to participate from anywhere in the state and beyond. Support Granite VNA by bidding on unique items during the online

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Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 82 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, palliative care, personal home services, pediatric and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit [www.granitevna.org](http://www.granitevna.org).

### Photography

Unless specified, photos are by Granite VNA. **Pg 2** Beth Slepian photo by JoyMark Photography; **Pg 3** Stock photo by ©Adobe; **Pg 4** Stock photo by ©Adobe; **Pg 5** Passion for Caring photo by JoyMark Photography; **Pg 6** Melissa Howard photo by JoyMark Photography; **Pg 7** Stock photo by ©Adobe; **Pg 8** Stock photo by ©Adobe.

# Beth's Bulletin

After months of planning and preparation, Granite VNA is official!

Our agency now employs 470 skillful and caring clinicians and talented support staff, we have 150 volunteers, who give generously of their time and talent. Together we will serve 82 communities stretching 84 miles north to south, from Tamworth to Bedford, and west to east from Washington to Middleton for about 71 miles.

Our new 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" perfectly describes what our staff do on a daily basis.

I want to thank all of the supporters that made Granite VNA possible! We had so much support from our Boards of Trustees, employees, volunteers, donors, and listening session and public hearing attendees. Both of our organizations had a longstanding history of working closely together.

With Granite VNA, we can:

- Improve access to home-based care for individuals and families in 82 communities served
- Respond to a growing demand for specialty, home-based clinical services including IV therapy, wound care, and pediatrics
- Enhance and expand community wellness programming
- Recruit and Retain a highly skilled workforce.

Thank you for all making this possible! I am proud to lead the organization as we create our future.

With warm appreciation,



Our newsletter is a published service for our community members and friends. If you wish to have your name removed from our mailing list, please write us at Granite VNA, 30 Pillsbury Street, Concord, NH 03301, call (603) 224-4093, or e-mail [info@granitevna.org](mailto:info@granitevna.org). Please include your name and address exactly as they appear on this mailing with your request to be removed from our mailing list.

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, national origin, religion, disability, age, gender, marital status, sexual orientation, source of payment, or the absence of advance directives.



*Beth J. Slepian, President/CEO*

## Vision

A community where wellness and well-being is achieved through compassionate care to those in need.

## 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

## Values

Respect  
Compassion  
Competence  
Culture of Excellence  
Leadership  
Stewardship

## Cultural Integration– A Key Component of our Merger Success

Granite VNA is committed to integrate the culture of Concord Regional VNA and Central NH VNA & Hospice to meet the needs of our nearly 500 employees. Organizational cultural integration leads to the provision of high quality, coordinated care to our communities and also ensures sustainability. Dr. Gerri King of Human Dynamics, Inc. in Concord has been engaged to facilitate this integration. We wish to extend our gratitude to Cambridge Trust NH for helping to support this initiative with a grant. ❖



## Annual Home and Garden Tour

The annual Home & Garden Tour held each summer in Wolfeboro has been postponed until Summer 2022. We look forward to hosting this popular fundraiser again post pandemic. Visit [granitevna.org](http://granitevna.org) for information on events. ❖



## Caring Never Changes

*Concord Regional VNA and Central NH VNA & Hospice have become Granite VNA*

Our new name reflects our history and service to the people of New Hampshire, the depth and strength of our combined teams, and our commitment to providing personalized, high-quality, compassionate home care, hospice care, personal home services and community wellness programs in the 82 communities we serve.



## Three Employees Receive Scholarships



Congratulations to our employee scholarship recipients Sally Nolet, MSW (pictured above), Elizabeth Diminico, RN, and Chloe Wintle, LNA!

Sally is the recipient of the Eugene and Anne Slusser Scholarship.

The scholarship promotes continuing education for career advancement. Scholarship awards may be applied toward a health-focused, post-secondary education degree program, a continuing education program, a certification program, and tuition expenses. Sally is enrolled in the advanced practice palliative care certificate program for social workers at the California State University's Shiley Institute for Palliative Care.

Elizabeth is the recipient of the Ruby Rainie Nydegger Scholarship. The scholarship supports continuing education of registered nurses, licensed practical nurses, and licensed

nursing assistants/personal care service providers who wish to or who care for pediatric patients. Elizabeth is enrolled in the ASN to BSN program at Southern New Hampshire University.

Chloe is the recipient of the Jacob W. Bishop Scholarship. The scholarship awards financial support to nursing or paraprofessional staff who are enrolled in an accredited nursing program. The scholarship funds may be used toward tuition and fees incurred while matriculating in accredited nursing education programs. She is enrolled in the registered nursing program at New Hampshire Technical Institute. ❖

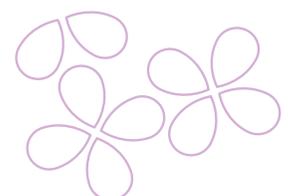
## In-Home COVID-19 Vaccination

In cooperation with the Capital Area Public Health Network, Winnepesaukee Public Health Region, and the Carroll County Public Health Region, Granite VNA has been vaccinating homebound patients 65 and older as well as patients who are chronically ill with multiple co-morbidities. We are proud of our community health team of nurses and office staff who have worked through the logistical challenges of vaccinating our patients in their homes. The gratitude of our patients has been rewarding, oftentimes referring to their nurse as an angel. ❖



### Grateful for Mission Support

Granite VNA was awarded \$10,000 from Merrimack County Board of Commissioners for Foot Care Clinics and \$7,500 from the Concord Hospital Trust – Healthy Beginnings Endowment to support “Baby’s First Homecoming” visits. ❖



# Becoming Granite VNA

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said Beth Slepian, MBA, PT, President and CEO.

The unified organization employs more than 470 highly-skilled clinicians and staff members who provide unmatched care through a broad array of services, including home care, hospice care, palliative care, pediatric and maternal child health and personal home services. The agency also offers community clinics and wellness programs to help people maintain their health, well-being and independence.

"Our agency has endured and expanded for more than a century by understanding the needs of our community and adapting to provide the best possible care," Slepian said "We are excited for our future as Granite VNA."

**"Over the past 121 years, our name and location have changed, our technology has advanced and our services have expanded, but our mission remains true to the goal upon which our agency was founded – to provide home-based health care to all members of our community," said Beth Slepian, MBA, PT, President and CEO.**

Granite VNA's main office is located at The Slusser Center, 30 Pillsbury Street in Concord, and the agency will maintain branch offices in Laconia and Wolfeboro. To learn more about the merger, services offered and service area, or to contact Granite VNA, visit [www.granitevna.org](http://www.granitevna.org). ❖



*Passion for Caring Committee from 2019. We are optimistic this event will return to in-person in 2022.*

## Passion for Caring goes Virtual

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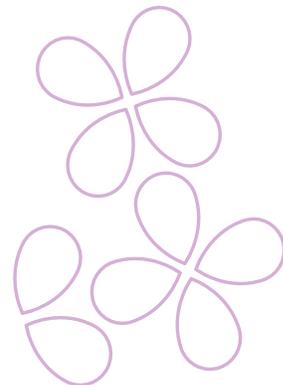
auction. Items include overnight stays at boutique hotels, fine dining experiences, gift cards to New Hampshire restaurants, retailers and destinations, and locally-made goods, including jewelry, clothing, and home accents.

The auction opens at 10 a.m. on Wednesday, June 9 and will remain open until 12 p.m. on Wednesday, June 16. People are invited to view auction items and bid through our web site from the comfort and safety of home. The web site will be continually updated with submitted bids, and winning bidders will be notified of results on the afternoon of June 16.

Granite VNA will also honor the Kay Sidway Award recipient and the Donor Recognition Award recipient during the weeklong event.

All proceeds from the event benefit Granite VNA. Donations in lieu of tickets will also be accepted. When you make a donation or bid on an auction item, you are helping to ensure that we have the resources to care for all in our community regardless of ability to pay. Thank you for your support!

More details can be found at [www.granitevna.org/passionforcaring](http://www.granitevna.org/passionforcaring). ❖



# Community Connection



*Melissa Howard,  
Director of Donor Relations*

Welcome to Granite VNA! This is an exciting time for Concord Regional VNA and Central New Hampshire VNA & Hospice as we merge. As Director of Donor Relations, my goal is to ensure your investment in our Agency is recognized and put to good use.

Donations from our community are fundamental to our work. Support helps our friends and loved ones in times of great need, but also the caregivers who provide the dignified,

compassionate treatment we would want for ourselves.

Whether you have been supporting Concord Regional VNA or Central NH VNA & Hospice, rest assured your donations will continue to benefit your neighbors and community to ensure that all are able to receive care regardless of the ability to pay.

### Ways to Give:

Donate online at [granitevna.org/donate](http://granitevna.org/donate) to make a one-time gift or set up a recurring monthly gift

- Mail in your donation:  
Granite VNA  
30 Pillsbury Street  
Concord, NH 03301
- A gift of stock – contact me about setting up a stock transfer
- Legacy gift – add Granite VNA as a beneficiary to your

will, trust or retirement plan to ensure you leave a lasting legacy.

### Select your support:

You have the option choose where your gift can have an impact.

Our next event is *Passion for Caring*. This year, the event is virtual and is set for June 9-16, 2021 and will honor our award recipients, feature a silent auction and raise funds to support our community. Learn more at [granitevna.org/passionforcaring](http://granitevna.org/passionforcaring).

**We are grateful for your belief in our mission and investment in our Agency!**

All the best,



## Prescription Center

Independently owned and operated since 1950, The Prescription Center has been delivering exceptional service with a personal touch. This is the pharmacy where the health of you and your family comes first.

**The Prescription Center is proud to sponsor  
the Passion for Caring Annual Fundraiser**

**Concord Hospital Campus**  
246 Pleasant St, Suite 100  
Concord, NH 03301

**Downtown Concord**  
125 North Main St, Suite 1  
Concord, NH 03301

**Northeast Pharmacy Services**  
1 Granite Place, Suite N200,  
Concord, NH 03301

[www.prescription-center.com](http://www.prescription-center.com)

# Upcoming Online Community Programs

For a complete list of programs, visit [www.granitevna.org/onlineprograms](http://www.granitevna.org/onlineprograms).

Registration is required. To register, call 603.224.4093, ext. 5815 or visit [www.granitevna.org/onlineprograms](http://www.granitevna.org/onlineprograms). Once your registration is confirmed, you will receive a link to the program. Technical support is available to participate in the group.



## Caregiver Connection

*A Caregivers Support Group*  
Friday, April 23, 10 a.m.

Caregiver Connection is an opportunity for family caregivers to support one another and connect with our staff professionals. We look forward to providing a safe space to connect with other caregivers facing similar challenges.

## "A Matter of Balance"

Thursdays, May 6 - July 1,  
10 a.m. – Noon  
OR

Wednesdays, June 16 - August 11,  
1 - 3 p.m.

Many older adults experience the fear of falling and restrict their activities. "A Matter of Balance" emphasizes practical strategies to reduce this fear and increase activity levels. Learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change the environment to reduce fall risk factors, and exercise to increase strength and balance.

## Better Choices, Better Health™

Tuesdays, June 8 - July 13,  
10 a.m. - 12:30 p.m.

Better Choices, Better Health™ is for adults age 18 and older living with or caring for someone with arthritis, diabetes, hypertension, or any other ongoing mental or physical health condition. This six-week interactive workshop provides valuable tools and information to help manage disease symptoms, maintain proper nutrition and exercise, communicate with your healthcare provider and more.

## Monthly Immunization Clinics

First Monday of Each Month,  
1 - 4 p.m.  
(Appointments are required)

The monthly 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. To make an appointment, please call (603) 224-4093, ext. 5815 or visit [www.granitevna.org/immunizationclinic](http://www.granitevna.org/immunizationclinic).

## Aging Mastery Program®

Thursdays, July 29 - September 30,  
1 - 2:30 p.m.

The Aging Mastery Program is a comprehensive and fun approach to living that celebrates the gift of longevity. The 10 core classes from local experts focus on exercise, sleep, healthy eating and hydration, finances, healthy relationships, and much more.

## Monthly Walk-In Wednesdays

Fourth Wednesday of Each Month,  
10 a.m. - Noon  
(Appointments are required)

A Granite VNA Social Worker/Notary Public is available by appointment to:

- Review your Advance Directives document to make sure it reflects your decisions regarding future medical care
- Assist with filling out your Durable Power of Attorney for Healthcare and/or Living Will
- Provide information about resources and services that may benefit you or a family member



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Concord, NH 03301  
www.GraniteVNA.org

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## Concord Regional VNA and Central NH VNA & Hospice have become Granite VNA

*Serving New Hampshire  
Since 1899*



### Leaving a Lasting Legacy

A vital way you can help fulfill the mission of Granite VNA is by including us in your estate plans. This future planning can be done a couple of different ways: designate a gift in your Will or trust or select Granite VNA as one of the beneficiaries of your retirement accounts. Whether you select a specific dollar amount or percentage - you have the benefit of selecting which program or service you'd like to support.

To learn more, contact Melissa Howard,  
Director of Donor Relations at (603) 731-7757 or  
[melissa.howard@granitevna.org](mailto:melissa.howard@granitevna.org).

