

# The *Lilac* Ledger

Spreading roots in our community

SUMMER 2023

## Staying A Step Ahead

### Ensuring Healthy Diets & Good Nutrition

Having a staff nutritionist is a tremendous asset for our patients and families as well as our clinical team.

Our staff nutritionist Lois Fahey, RD, LD, CNSC, cares for patients who have specific needs such as intravenous (IV) nutrition or tube feeds, conditions that require specific diets, and patients who have difficulty understanding or following a prescribed nutrition plan. Changing one's diet can be a challenge for various reasons but having the support of a nutritionist in-person helps patients to adapt. Lois also helps patients who have difficulty swallowing or if their



*Having a staff nutritionist allows our team to provide enhanced care for patients who have complex medical needs.*

appetite is suppressed due to illness. She provides ongoing support and encouragement.

In addition to providing patient care, Lois works with our team to provide community health programming as well as our community health educators

who help clients make action plans toward lifestyle and behavior changes to meet their personal wellness goals and improve their quality of life. This nutrition program began with support from our community partner, Concord Hospital. ❖

## HOSPICE *Home & Garden* TOUR

Wednesday, July 19, 2023 | 10 a.m. - 4 p.m.

Four families graciously open their homes in Wolfeboro and Tuftonboro for a fundraiser to benefit Granite VNA Hospice Program

\$50 per ticket | Online tickets and information at [granitevna.org/hometour](https://granitevna.org/hometour)

Purchase tickets in-person (cash or check only)

**Black's Paper Store and Gift Shop**

8 South Main Street, Wolfeboro

**Winni Paw Station**

35 South Main Street, Wolfeboro

For questions call (603) 230-5664

# Talking About Death and Dying

For many of us, death and dying is a taboo subject that is frequently avoided, however, it is an important conversation to have with loved ones and others who are close to us.

We are all mortal and Granite VNA has been a longtime advocate of encouraging community members to have meaningful conversations about this subject.

“We will have many important conversations throughout our lives, few as critically important as discussing the end of life, said Kris Green, MS, RN, Chief Hospice Officer. “While there is no one right way to talk about death, the ability to discuss our fears, hopes, goals, and how we will be remembered can provide comfort and meaning. A conversation about death enables us to prepare for this challenging time and affirm what is most important to us.”

Our agency has held many community programs about this subject including our most recent

“Death Over Dinner” event in partnership with Bennett Funeral Home of Concord. The “Death Over Dinner” concept is based on the idea that the dinner table is a comfortable place for difficult conversations. Sharing a meal is a ritual that sets us at ease and encourages connection with our dinner companions. Questions asked during the event ranged from what do you think hospice is to what do you want to be remembered for?

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*“We hope to reduce the fear and stigma that surrounds talking about death and focus on past experiences and personal goals at end of life.”*

*-Jennifer Brechtel, CHES  
Director of Community Health*

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It is also important to document your wishes and share them with loved ones. Our Walk-In Wednesday program can help. They are held monthly throughout our service area.

During Walk-In Wednesday, one of our social workers/notaries public is available to meet with you individually to discuss your end-of-life wishes, review your advance directives to ensure it reflects your decisions on future medical care, and assist with completing your Durable Power of Attorney for Healthcare and/or Living Will. They can also provide information about community resources and services that may benefit you or a family member.

For more information about any of our community programs, please call (603) 224-4093, ext. 85815 or visit [www.granitevna.org](http://www.granitevna.org). ❖



*Kris Green, MS, RN, Chief Hospice Officer, speaks with community members at “Death Over Dinner.”*

## 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 Nutrition photo by Gil Talbot Photography. Pg 4 Lake Winnepesaukee photo by ©Adobe.

## 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](mailto: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

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. ❖

## Better Balance, Better You

**Thursday, July 13, 10:30-11:30 a.m.**

Epsom Public Library  
1606 Dover Road

Learn the importance of balance and how it affects our physical, emotional, and social well-being. Discover ways to incorporate balance training in your daily routine. ❖

## Walk-In Wednesday

**Wednesday, July 26, 10 a.m.-Noon**

Concord Public Library  
45 Green 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. ❖

## Online Caregiver Connection

**Fourth Thursday of Each Month, 10-11 a.m.**

Caregiver Connection is an opportunity for family caregivers to support one another and connect with our staff professionals. Registration is required. Please call (603) 224-4093 or (800) 924-8620, ext. 85815. ❖

## 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

Memory Cafés are joyful and creative social experiences for people with memory loss and their caregivers to gather with others in a positive and engaging environment. Memory Cafés are generously supported by Northeast Delta Dental. ❖



*Shaunna Mara, Community Health Educator, talks with community members at a Balance Screening.*

For all upcoming wellness programs, visit [www.granitevna.org/calendar](http://www.granitevna.org/calendar) or call (603) 224-4093, ext. 85815. ❖

## 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 Session

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

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

### Men's Grief Group

**Meets Twice a Month, 9-10 a.m.**

Men's Grief Group is an informal gathering providing an opportunity for grieving men to connect with each other around the loss of their spouse or significant other. ❖

In-person group locations vary. Registration is required. Please call (603) 224-4093 or (800) 924-8620, ext. 82828.





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



Bequests have sustained the mission of Granite VNA since 1899. Please consider a provision to your estate plans to leave a living legacy.



Choosing to support Granite VNA in your estate plans allows you to leave a lasting legacy. There are many ways to designate a gift while also ensuring your loved ones are supported. When you make a planned gift, you are providing resources for Granite VNA to continue to fulfill its mission to deliver quality healthcare and promote wellness.

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