



The Lilac Ledger

Spreading roots in our community

FALL 2023

Tax Credits Awarded to Support Community Space

Granite VNA was awarded \$187,500 in tax credits from the NH Community Development Finance Authority (CDFA). The funds will assist the agency with renovations to the Laconia office including a meeting space, entryway, and restrooms.

Community wellness programming is integral to the charitable mission of Granite VNA. Once renovated, the roughly 1,340 sq. ft. multi-use meeting space will be used for preventative wellness programs, bereavement support groups, and health clinics. The space is adjacent to the main entrance and is ideal for community wellness programming.

CDFFA Tax Credit awards are made to organizations in the form of tax equity.



Randy Macdonald, M.Ed., M.PA, Volunteer Coordinator, and Dee Laurent, IT and Facilities Program Assistant, review the initial design for the community space in Laconia.

NH businesses support the selected projects by purchasing the tax credits, resulting in the nonprofit receiving a donation and the company receiving a 75% New Hampshire state tax credit against that contribution. The credit can be applied

against the Business Profits Tax, Business Enterprise Tax, or Insurance Premium.

For more information, contact Melissa Howard, MBA, Director of Donor Relations, at melissa.howard@granitevna.org or (603) 731-7757. ❀



Lights, Life and Memories

Celebrating hospice services & remembering loved ones

Include the name of a special person on a porcelain dove or on the online Honor Roll visit granitevna.org/lights or scan QR code

Submit names by November 30, 2023



Navigating the Holidays While Grieving

By Barbara Desmond, MSW,
Bereavement Coordinator

Holidays, anniversaries, birthdays and even the changing of the seasons can be especially challenging when experiencing the loss of a loved one. Holidays are often steeped in traditions, celebrations, and social gatherings and bereaved often feel a sense of dread and wonder if they have the energy.

Self-care measures like being gentle with one's self, such as getting proper sleep, nutrition, and exercise are essential when grieving, but as we enter the holiday season and winter, we invite those who are grieving to consider expectations and their own unique needs.

For some, this will mean continuing with a tradition that brings them comfort...perhaps making a favorite recipe or decoration for their home. For others, embracing a new tradition may feel like a better choice (a trip, a movie marathon, or some time alone in a special place). Many bereaved find a way to honor their loved one by donating to a favorite charity, or volunteering their time to a cause near and dear to the deceased's heart. A simple lighting of a candle or another ritual of choice, acknowledging the gifts the loved one brought to the lives of others can be meaningful way.



Donna is one of our Bereavement Program Volunteers who comforts grieving loved ones.

Making intentional decisions about how one will spend their time and with whom in advance can be helpful. Communicating with family and friends will hopefully reduce anticipatory anxiety and bring a sense

of peace. Allow yourself the flexibility to change your mind and 'shift gears' as you see fit. As you enter the season ahead, remember there is no right or wrong way to grieve.... only your way. Be good to yourself. ❖

Bereavement Offerings

Online Parent Circle

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

For parents who have suffered the death of a child at any age to any circumstance. ❖

Helping Heal With Others (H2O)

2nd Saturday of Each Month, 9:30 a.m.-Noon

Provides bereaved children (ages 6-18) and families with coping skills and peer support. Generously supported by an anonymous donor. ❖

Newly Bereaved Support Session

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

Grief education and support for adults who have experienced a recent loss. ❖

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

Wellness for You

By Jennifer Brechtel, CHES, Director of Community Health

Imagine living in a community where you have access to someone who understands your health needs and can assist you in aging well. Community Health Educators provide individuals and communities with information and resources to help people make healthy choices. Whether providing education to reduce the risk of falling or cautioning against unhealthy activities, health educators help in the prevention of illness and increase one's confidence in their ability to have control over their own motivation, behaviors, and environment.

As part of its community commitment, Granite VNA invests in two highly skilled Community Health Educators to provide one-on-one, and community health and wellness programming. Offered independent of skilled home care and hospice services, Community Health Educators help aging adults by supporting them where they live, with services that align with their values and their provider's recommendations. Through one-on-one conversations in

their homes, Community Health Educators provide tools and education to increase overall health and quality of life. They work to understand barriers clients face in remaining healthy and partner with them to address needs and connect them to resources – all centered around the client's choice and preference.

Our Community Health Educators also hold wellness education programming, including nationally-recognized evidence-based programs each touching an important part of healthy aging – “A Matter of Balance,” Aging Mastery

Program®, “Powerful Tools for Caregivers,” and Live Well, Be Well. Often partnering with senior centers, community centers, independent living communities, or any other place aging adults gather, Community Health Educators provide access to fun and engaging programs.

Granite VNA has been fortunate to invest and sustain these no-cost community benefit programs through grants, private gifts, and generous donations.

For more information, visit granitevna.org/calendar. ❀



Pictured above are Community Health Educators Shaunna Mara and Brooke Noonan.

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 Community Space photo by davewhitephoto.com. Pg 2 Meditation Room photo by davewhitephoto.com. Pg 4 White Mountains 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. 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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The Lilac Ledger is a quarterly newsletter for our supporters to educate, inform, and share how donations make a positive impact on the work of Granite VNA.

   Please follow us on our social media channels.

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, MBA, Director of Donor Relations, at (603) 731-7757 or melissa.howard@granitevna.org.

