

Your Connection To Better Health



FALL 2022

Team members promote our Mission in different ways throughout the communities we serve.

02

Thanks to our donors who supported agency services by participating in this year's annual fundraiser.

03

One volunteer never forgot her personal experience with our Hospice Program.

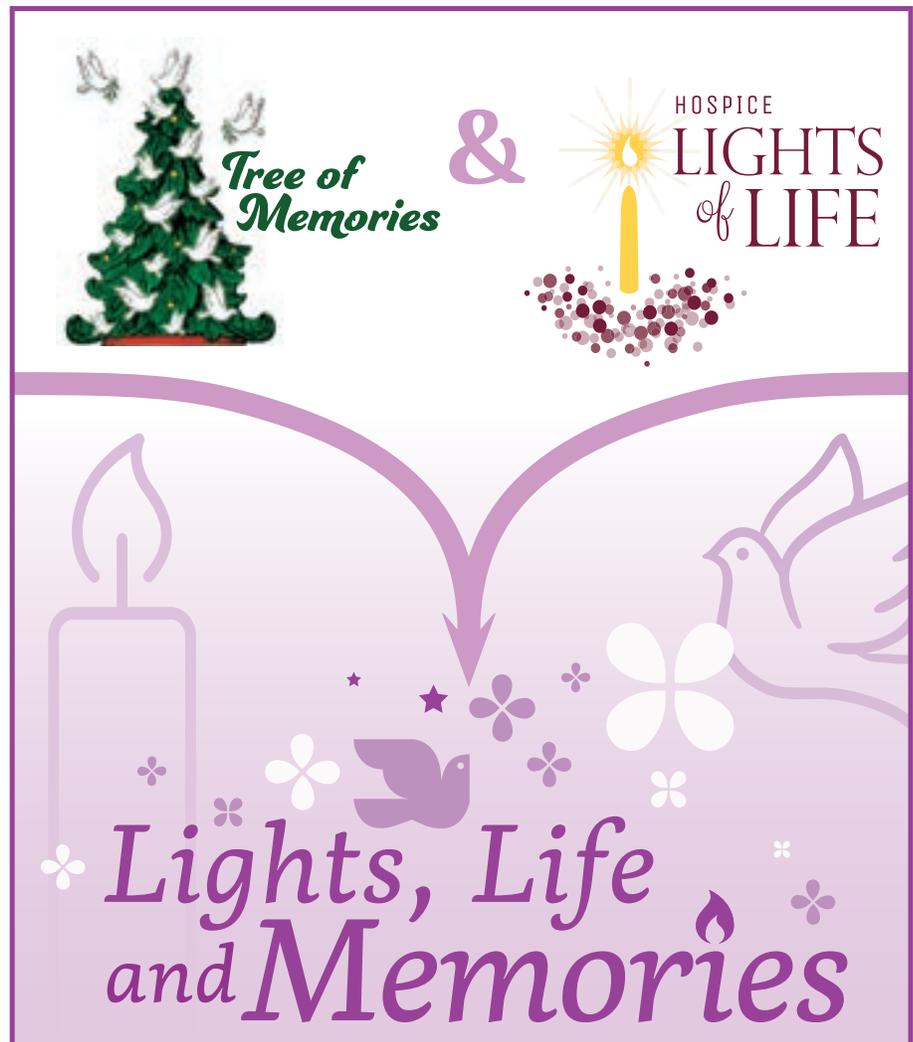
05

Celebrating Hospice Services & Remembering Loved Ones

Lights, Life and Memories, a combination of Central New Hampshire VNA's *Tree of Memories* and Concord Regional VNA's *Lights of Life*, honors and remembers those in our community who have died. We invite you to place the name(s) of your loved one(s) on the online Honor Roll and/or on a porcelain dove to be placed on an evergreen tree at one of our *Lights, Life and Memories* locations.

The people you remember through *Lights, Life and Memories* need not to have been a part of the

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Lights, Life and Memories was created as part of the merger of Central NH VNA & Hospice's *Tree of Memories* campaign and Concord Regional VNA's *Lights of Life* campaign.

President/CEO Named Healthcare Business Excellence Award Recipient

Beth Slepian, MBA, PT, President/CEO, was selected as the 2022 Business

Excellence Award recipient in the Healthcare category for large organizations from NH Business Review. The annual awards honor top business leaders in New Hampshire

for their imagination, industriousness, innovations, and achievements. The ceremony honoring all recipients will be held October 13 in Concord. ❀

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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) 224-4093, 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.

Photography

Unless specified, photos are by Granite VNA. Pg 2 Beth Slepian photo by JoyMark Photography; Pg 3 AmazonSmile photo by ©Adobe; Pg. 3 Natalya Pearl courtesy photo; Pg. 3 Helen Rautenberg photo by Cheryl Senter Photography; Pg. 4 Sarah DeFalco courtesy photo; Pg. 4 M/S Mt. Washington photo by Cheryl Senter Photography; Pg 5 Melissa Howard photo by JoyMark Photography; Pg. 5 Flu Clinics photo by ©Adobe; Pg. 8 Tree photo by ©Adobe.

Beth's Bulletin

At Granite VNA, we strive to fulfill our Mission to enhance dignity and independence for people by delivering quality health care and promoting wellness in homes and communities through all stages of life.

We meet our Mission in many ways through our services and programs, but also through our team member volunteer efforts that promote wellness.



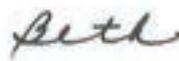
Beth J. Slepian, President/CEO

In May, we partnered with the Village Players of Wolfeboro who presented *Dying with Laughter*, a multiple night production that confronts end of life in a unique and uplifting way. This joint fundraiser included an informative live question and answer session with the cast, writer, director, and some of our hospice medical social workers and spiritual care counselors. During the same month, a Granite VNA team took to the streets to participate in the Annual *Rock 'N Race* that supports care and treatment at Concord Hospital Payson Center for Cancer Care, an event that our agency has supported for quite some time.

In August, our Agency participated in the Annual Granite Ledges of Concord 5K Run/Walk that supports the Aging Well Alliance Fund, and later that month, we handed out more than 1,000 boxes of dry goods and produce at the NH Food Bank's Mobile Pantry in Laconia. As a proud sponsor of the NH Senior Games, team members also handed out medals to winning golfers at Beaver Meadow Golf Club in Concord just a few days later.

It is an honor to be part of this community and have many opportunities to promote wellness, a key part of our Mission. Thank you to our community and partners for allowing us to continue our important work and for putting your trust in us. ❖

With warm appreciation,

A handwritten signature in cursive script that reads "Beth".

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.

News at Granite VNA



Grateful for Mission Support

Granite VNA was awarded a grant to support the purchase of CPR Manikins and associated supplies for in-house trainings from The Fraternal Order of Eagles Concord #613 Auxiliary (pictured above). Our Agency was also awarded grants from Merrimack County, Bald Peak Colony, Laconia Kiwanis Club, and Moultonborough Women's Club. ❀



AmazonSmile Charity of Choice

As an AmazonSmile charity of choice, Granite VNA has received more than \$1,600 from AmazonSmile. It is a simple way for people to support our work each time they shop at no cost. AmazonSmile donates 0.5% of your eligible purchases to our agency. For more information, visit AmazonSmile.com. Thank you for your support! ❀



Annual Fundraiser Returns and Held in Laconia

Granite VNA donors raised more than \$40,000 in support of Agency services at Passion for Caring held at Belknap Mill in Laconia on May 4. It marked the first time the annual fundraiser was in-person since 2019 and at a new location in the Lakes Region.

Helen Rautenberg, (pictured above) formerly the Family Support Specialist and who has since retired, was honored as the Kay Sidway Award recipient. Through the Healthy Families America program, Helen helped young families with children from prenatal to three years of age in need of support and education.

Special thanks to Cambridge Trust Company of New Hampshire, the leadership sponsor of the event. ❀



Day of Caring at Hospice House

Since the opening of Hospice House in 1994, Granite VNA has been truly blessed to have a community of caring volunteers. During this year's Granite United Way Day of Caring, a team from Ledyard Bank and Ledyard Financial Advisors planted mums and moved perennials in the Susan McLane Memorial Garden. ❀



New Board Member Named

The Board of Trustees named Natalya Pearl, CFP®, CTFA, Vice President and Senior Relationship Manager at Bangor Savings Bank, a new trustee. The Board of Trustees serves as the governing body of Granite VNA. Pearl has also served on the Board's Investment Committee since 2014. ❀

Staff Happenings



New Vice President of Hospice

Our new Vice President of Hospice Services is Kris Green, MS, RN. She provides operational management and leadership oversight of the program. Kris worked previously at Concord Hospital and Concord Hospital Medical Group, and most recently, as Administrative Director of Cardiovascular Services. ❖



Human Resource Executive Named

Sarah DeFalco was named Chief Human Resource Officer, replacing Linda Flewelling who retired. Sarah brings 24 years of experience in human resources to the role. Sarah previously served in human resources management and consultancy positions. ❖



Team Members Climb Onboard M/S Mt. Washington

Team members and Board members were treated to a M/S Mt. Washington cruise on June 1. The event gave attendees an opportunity to mix and mingle with peers and friends. It also gave team members a chance to meet others in-person for the first time since Granite VNA formed on April 1, 2021. ❖



Employee Scholarship Awards

Elizabeth Diminico, RN, Megan Taylor, RN, and Beth Rachdorf, LNA (*not pictured*) were awarded employee scholarships. Elizabeth received the Ruby Rainie Nydegger Scholarship, Megan was the Eugene and Anne Slusser Scholarship recipient, and Beth received the Jacob W. Bishop Scholarship. Awards were made possible by community member donations. ❖



Home Health Care Nurse Residency Program

Elisha Smith, RN, and Molly Wrobel, RN, (*pictured above*) are participating in our Agency's Home Health Care Nurse Residency Program. The year-long transition to practice program serves as a bridge to support and enhance the professional development of new graduate nurses entering home care practice. ❖



Nurse Throws a First Pitch Strike Before Fisher Cats game

Our team members and guests enjoyed a fun night out at the NH Fisher Cats game on August 11. Representatives from all three of our offices proudly displayed our agency purple in the stands. One of our nurses, Cindy Duchemin, RN, Home Care, was awarded the thrill of throwing out one of the first pitches before the game! ❖

Donor Profile: Lia Barody



How did you become involved with Granite VNA?

I worked in Human Services my entire career so volunteering with Granite VNA seemed fitting. In 1990, my father began using agency services and transitioned to hospice in 1991. My mother also used services and transitioned to hospice. The care and support allowed us to help fulfill her wishes to pass away at home. I first met Beth Slepian, President/CEO, while serving on a statewide Stroke Committee. A few years later during lunch, I asked

about volunteering. I wanted to give back to an organization that I believed in and helped my parents and ultimately our family.

Tell us about your experience

It has been a great experience with the Development Committee and the *Passion for Caring* Committee. When I started volunteering, we were providing care to my mother and I was working full-time so I asked for volunteer work that was time limited. I was told about *Passion for Caring*, the annual fundraiser and the Development Committee. I started with the *Passion for Caring* Committee five years ago and added the Development Committee.

What do you like most about Granite VNA?

Granite VNA helps patients and families who cannot take care of their loved ones alone. The *Passion for Caring* Committee raises funds to help those in need and the Development Committee is another facet of the agency where fundraising decisions are made. ❖

Celebrating Hospice Services & Remembering Loved Ones

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Granite VNA Hospice Program - they need only to hold a special place in your heart. You can submit names to add to the Honor Roll or to inscribe on a dove by visiting www.granitevna.org/lights. The online Honor Roll will be updated weekly.

Lights, Life and Memories ceremonies will be held on Saturday, December 10 at 11 a.m. Plans are in place for ceremonies and dove displays in Alton, Concord, Meredith, Wakefield, and Wolfeboro. Visit www.granitevna.org/lights for up-to-date information and ceremony locations.

To participate by November 30, please visit www.granitevna.org/lights.



Become a Volunteer!

Contact:
(603) 224-4093

ext. 82826
Lisa for Concord Area

ext. 62378
Randy for Lakes Region

Community Connection



*Melissa Howard, MBA
Director of Donor Relations*

It is a privilege to be invited into homes to provide care and we are humbled when we hear from patients and families. Recently, our Agency received this kind note along with a donation:

"Thank you for the care and compassion you shared with Peter during the final months of his life. This was a new experience for me, but [with] your competence and confidence ... and help he was able to die at home with his family around him. We could not have given him that without your support. We will always be grateful for you and the work you do."*

The care we provide is made possible in part because of donations we receive. These gifts are used to support our Hospice and Home Care programs but also fund our expansive community benefits program where education and

care is offered at no charge.

As the year winds down, it's important to note there is still time to support our work. Each donation makes a difference. With the strength of our team, patients, and your help, we remain committed to our mission: personalized, high-quality care and wellness at home, through all stages of life.

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

All the best,



Public Flu Clinics

Ages 3 and Older

Immunizations are offered at no charge with an ID card from Medicare B, Medicare Advantage, Medicaid, Harvard Pilgrim, Tufts, or Anthem. **Masks Required.**

\$30 (cash or check) for all others. Published rate is \$45.

We are offering the standard quadrivalent influenza vaccine.

For more information, please call **(603) 224-4093, ext. 85815.**

Oct. 18, 4 - 6 p.m.
Crestwood
14 Crestwood Dr., Concord

Oct. 20, 10 a.m. - Noon
Gilford Public Library
31 Potter Hill Rd.

Oct. 20, 1 - 3 p.m.
Sanbornton Library
27 Meetinghouse Hill Rd.

Oct. 21, 10 a.m. - Noon
Slusser Center
41 Houston Dr., Hopkinton

Oct. 21, 1 - 3 p.m.
GoodLife Programs & Activities
254 North State St., Concord

Oct. 25, 9 - 11 a.m.
Smith Memorial Cong. Church
30 West Main St., Hillsboro

Oct. 27, 12:30 - 2:30 p.m.
Bow Community Center
3 Bow Center Rd.

Oct. 12, 1:30 - 3:30 p.m.
White Birch Center
51 Hall Ave., Henniker

Oct. 14, 9 - 11 a.m.
Pittsfield Senior Center
55 Barnstead Rd.

Oct. 16, 11 a.m. - 1 p.m.
First Cong. Church of Hopkinton
1548 Hopkinton Rd.

Oct. 18, 11:30 a.m. - 1:30 p.m.
Suncook Senior Center
8 Whitten Street, Allenstown



Upcoming Community Programs

Powerful Tools for Caregivers

Mondays, Oct. 10 - Nov. 14, 1 - 2:30 p.m.
Lakes Region Community Developers
193 Court St., Laconia

Caregiving can add stress to our physical and emotional health. "Powerful Tools for Caregivers" is an educational program to help family caregivers learn to take care of themselves.

Every Step Matters - Minimizing Slips, Trips and Falls and Balance Screening Clinic

Thursday, October 13, 10 a.m. - 2 p.m.
Moultonborough Public Library, 4 Holland St.

Falls can lead to moderate to severe injuries such as hip fractures and head traumas, and can even increase the risk of early death. Fortunately, falls do not need to be accepted as a natural part of aging and are largely preventable. Explore common factors that can lead to falls and simple steps you can take to minimize risk.

Walk-In Wednesday

Wednesday, October 26 10 a.m. - Noon
Meredith Library, 91 Main St.

A Granite VNA Social Worker/Notary Public Notary can review your advance directives and assist with filling out your Durable Power of Attorney for Healthcare and/or Living Will.

Managing Stress at Any Age

Tuesday, November 1, 1 - 2:30 p.m.
Gilford Public Library, 31 Potter Hill Rd.

Stress can affect our mental and physical health in various ways. Learn how to recognize signs and symptoms and take steps to reduce its harmful effects.

A Matter of Balance

Thursdays, Nov. 3 - Dec. 29, 10 a.m. - Noon
Moultonborough Public Library, 4 Holland St.
Don't let the fear of falling limit your activities. "A Matter of Balance" classes provide the tools needed to gain confidence and learn simple fall prevention strategies.



Brooke Noonan, Community Health Educator, leads "Managing Stress at Any Age" during a presentation at Wolfeboro Public Library.

Monthly Walk-In Immunization Clinics

1st Monday of Each Month, 1-4 p.m.
St. Paul's Episcopal Church, 21 Centre St.,
Concord

The 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.

Monthly Parent Circle (Online)

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. Parents are encouraged to come individually or with partners, spouses, or co-parents to connect and share with others who are thrust into this journey of grief. To register, call (603) 224-4093, ext. 82826.

Monthly Men's Grief Group

2nd & 4th Thursday of Each Month, 9-10 a.m.
Wesley United Methodist Church, 79 Clinton St.,
Concord

This group is for grieving men to connect with each other around the loss of their spouse or life partner. Participants are encouraged to talk about their experiences and struggles with grief and share ideas for coping with loss. To register, call (603) 224-4093, ext. 82826.

For a complete list of programs and to register, visit granitevna.org/calendar. ❖



Return Service Requested

Serving New Hampshire Since 1899

Allenstown	Center Barnstead	Franklin	Loudon	Penacook	Washington
Alton	Center Harbor	Freedom	Manchester	Pittsfield	Weare
Alton Bay	Center Ossipee	Gilford	Melvin Village	Salisbury	Webster
Andover	Center Sandwich	Gilmanton	Meredith	Sanbornton	West Ossipee
Antrim	Ctr. Tuftonboro	Gilmanton	Middleton	Sanbornville	Windsor
Ashland	Chichester	Iron Works	Mirror Lake	Sandwich	Winnisquam
Barnstead	Chocorua	Goffstown	Moultonborough	South Tamworth	Wolfeboro
Bedford	Concord	Henniker	New Boston	Suncook	Wolfeboro Falls
Belmont	Contoocook	Hillsborough	Newbury	Sutton	
Boscawen	Deerfield	Holderness	New Durham	Tamworth	
Bow	Deering	Hooksett	New Hampton	Tilton	
Bradford	Dunbarton	Hopkinton	Northfield	Tuftonboro	
Bristol	East Wakefield	Laconia	Northwood	Union	
Brookfield	Effingham	Lakeport	Ossipee	Wakefield	
Canterbury	Epsom	Lochmere	Pembroke	Warner	



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.

