

Your Connection To Better Health

SPRING 2022



Granite VNA has added a full-time nutritionist to its staff to help support patients with specific dietary needs.

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A longtime licensed nursing assistant (LNA) was named the recipient of the agency's Living Our Values Award.

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Learn how personal experience led to a volunteer opportunity for Mike Griffin, Vice-Chair, Board of Trustees.

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Annual Fundraiser Returns to In-Person

We are excited to share that this year's *Passion for Caring*, our annual fundraiser, is once again in-person! Join us for the fun on Wednesday, May 4 at Belknap Mill in Laconia at 5:30 p.m.

Enjoy hors d'oeuvres and refreshments while bidding on exciting items in the silent auction. All proceeds benefit Granite VNA.

Helen Rautenberg, Family Support Specialist, will be honored with the Kay Sidway Award.

Special thanks to our leadership sponsor Cambridge Trust Company of New Hampshire.

Reserve your spot today for \$50 at granitevna.org/passionforcaring. ❖



From left, Anne Brown, RN, Home Care, Laurie Haggerty, PT, Home Care, Melissa Reep, RN, Home Care, and Randy Macdonald, Volunteer Coordinator

Granite VNA Celebrates One-Year Anniversary of Serving the Community

April marks one year since Concord Regional VNA and Central NH VNA & Hospice merged to form Granite VNA. During our first year, we traveled more than 1.5 million miles and provided over 205,000 visits

to community members in need. With the increasing need for services and programs, we expect these numbers will continue to rise. *To learn more about our first year, please read Beth's column on page 2.* ❖

More Than \$6.2 Million in Community Benefits Delivered

Granite VNA delivered more than \$6.2 million in community benefits to 82 communities in fiscal year 2021 (Oct. 2020



- Sept. 2021). This year's investment also included the expansion of programs and services in communities throughout the Lakes Region.

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Our newsletter is published as a 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, The Slusser Center, 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 from our mailing list.

Photography/

Unless specified, photos are by Granite VNA. Pg 2 Beth Slepian photo by JoyMark Photography; Pg 3 Annual Report photo by ©Adobe; Pg. 3 Steven Whitley courtesy photo; Pg. 4 Linda Flewelling photo by JoyMark Photography; Pg. 5 Michael Griffin courtesy photo; Pg 6 Melissa Howard photo by JoyMark Photography; Pg. 8 Stock photo by ©Adobe.

Beth's Bulletin

In April, we celebrate our one-year anniversary as Granite VNA. Many people played pivotal roles in the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice including donors, community members, community health partners, and employees.

We are extremely fortunate to have strong support to help us provide outstanding services and programs to the communities we serve. Your support is vital in helping us transition to one electronic medical record system, expand community benefit offerings, add a full-time staff nutritionist, grow our advanced illness management and behavioral health programs, and work on forming a new culture as one organization with shared experiences.

While there is so much more to accomplish, it is important to recognize the many successes we have had in such a short period of time. We could not have accomplished them without you.

We are hopeful in the upcoming year that the effects of the ongoing COVID-19 pandemic and the nationwide staffing shortage will ease and will allow us to make even greater strides. Our plans include developing a telemonitoring program to support the care of community members as well as continuing to offer more community wellness programs and clinics in the Lakes Region.

I am proud to lead this Agency with a talented and compassionate group of employees who have worked together through these challenges and have made us an outstanding organization. Thank you for your continued trust in us and we look forward to serving you and your families as Granite VNA for many years to come. ❖



Beth J. Slepian, President/CEO

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



2021 Report to Our Community

It was a historic year as Concord Regional VNA and Central NHVNA & Hospice merged to form Granite VNA. Unifying two organizations that have been in existence for a combined 225 years took tremendous effort and teamwork. The Report to Our Community can be viewed at granitevna.org/about/publications. ❀



A New Electronic Medical Record System

Granite VNA is transitioning to a new electronic medical record to enhance services provided to community members. The new system helps us streamline record-keeping and increases efficiency in providing care and treatment to you and your loved ones. We appreciate your patience and support during this transition. ❀



Nutritionist Added to Staff

Granite VNA added Lois Fahey, a full-time nutritionist, (pictured above) to visit patients who can benefit from support for needs such as IV nutrition or tube feeds, chronic heart failure, and prescribed nutrition plans. This will improve quality of care and allow us to serve more patients who specifically need nursing care. Lois will also help support our community programming. ❀

Shaheen & Gordon, P.A. Supports Agency Employees

Shaheen & Gordon, P.A. generously donated gift cards to the Red Blazer in Concord to share with Granite VNA employees. The donation was part of a nationwide "Day of Action" campaign geared towards creating opportunities to build a community resource kit for community members in need by:

- Helping local restaurants stay open
- Supporting medical providers
- Supporting organizations serving vulnerable populations

Our thanks to Shaheen & Gordon for recognizing our employees. ❀

Grateful for Mission Support

Granite VNA was awarded a three-year, \$60,000 grant from NH Charitable Foundation. This Community Grant Program awards unrestricted funds that support general operations. Our agency was awarded \$30,000 from Concord Hospital to support a full-time staff nutritionist. Granite VNA also received \$10,000 from the Concord Hospital Trust - Healthy Beginnings Endowment to support "Baby's First Homecoming" visits. ❀

Annual Home and Garden Tour

The Annual Home and Garden Tour in Wolfeboro is postponed until 2023. ❀



New Board Member Named

The Board of Trustees named Steven Whitley, Esq., DrummondWoodsum a new trustee. The Board of Trustees serves as the governing body of Granite VNA. Whitley is also active in his community serving as a member of the Town of Hopkinton Select Board. ❀

Staff Happenings



28 Days of Giving Food Drive

Employees donated more than 1,000 pounds of food to local food pantries in March after holding a “28 Days of Giving” Food Drive in February. Donation boxes were placed in locations in Concord, Laconia, Wolfeboro, and Penacook. Pictured is Emily Manning, dropping off items at Henniker Food Pantry. ❀



Award Recipient Named

Vung Thomte, LNA, was named the recipient of the agency’s 2021 Living Our Values Award. For 20 years, Vung has been a critical direct care staff member serving our clients and families at John H. Whitaker Place. This peer-nominated award recognizes employees who best demonstrate our agency’s values in his or her actions. ❀



Leadership Class Announced

Kristen Hayes, Paraprofessional Administrative Supervisor; Kris Nesheim, OT, Home Care; Abby Ofrias, Recruitment & Talent Manager; Brittany Cumba, PT, Home Care; and Alexa Rennie, RN, (not pictured) Hospice House Supervisor; were named to the Leadership Development Class. Program participants will develop and enhance skills, while helping ensure future strong agency leadership. ❀



Howard Speaks at Nonprofit Conferences

Melissa Howard, MBA, Director of Donor Relations, co-presented at the New England Association of Healthcare Professionals Conference in March and will also speak at the NH Nonprofit Conference & Expo in May. Melissa partnered with Sarah Gnerre, VP of Philanthropy, Five Maples Development Communication in making the presentations. ❀



CHRO Retires Following 28 Years of Service

Linda Flewelling, PHR, SHRM-CP, Chief Human Resources Officer (CHRO), retired after more than 28 years of service to the agency and the community.

She advocated for and worked to meet the needs of employees who serve community members with compassion, professionalism, and the utmost care each and every day.

From her beginning as the sole human resources staff member to directly and indirectly enhancing the work experience and quality of life for thousands of employees and community members, Flewelling has made a tremendous impact in the home health and hospice care provided to patients and families. ❀

Board/Donor Profile: Michael Griffin



How did you become involved with Granite VNA?

The year that my mother spent time in an assisted living facility, I found Concord Regional VNA very responsive to her needs, especially in the months prior to her death. My wife's grandmother had a similar situation. When you have a loved one going through such a difficult time, it is great to know that you have people there to support and help your loved ones! Shortly after my year of serving as the President of the

Bow Rotary Club, and stepping off that Board of Directors, I was looking for another organization to get involved in. A few of my peers recommended Concord Regional VNA, now Granite VNA, and the rest is history! I have served on the Board since January 2017.

Tell us about your experience on the Board.

I "dove in" fairly quickly once joining the Board of Trustees. I have served on the Development Committee since 2017, and am currently chair. I have served on the Governance and Executive Committees as well. Today I serve as the Board Vice-Chair.

What do you like most about Granite VNA?

First of all, I love the mission of the agency. Our goal is to enhance the dignity and independence for people by delivering quality health care and promoting wellness in our communities through all stages of life. As I mentioned, the agency was so important to me and my family on two

different occasions. I know that I am not alone in this experience. By serving on the Board of Trustees, I truly feel like I am giving back to my community. Secondly, I really enjoy working with my fellow Board members. It is a great team! We used to meet in person on a regular basis. Since COVID-19, most meetings have been virtual, and I am hopeful that we can start having more in person meetings soon.

Besides being involved with Granite VNA, do you volunteer your time with other organizations?

I am involved in other community organizations, serving as a current member and former President of the Bow Rotary Club, and serving as current board member and Treasurer of the Baker Free Library Foundation. I have also participated in the Greater Concord Chamber of Commerce's Leadership Concord Program and the Leadership NH Program. ❖

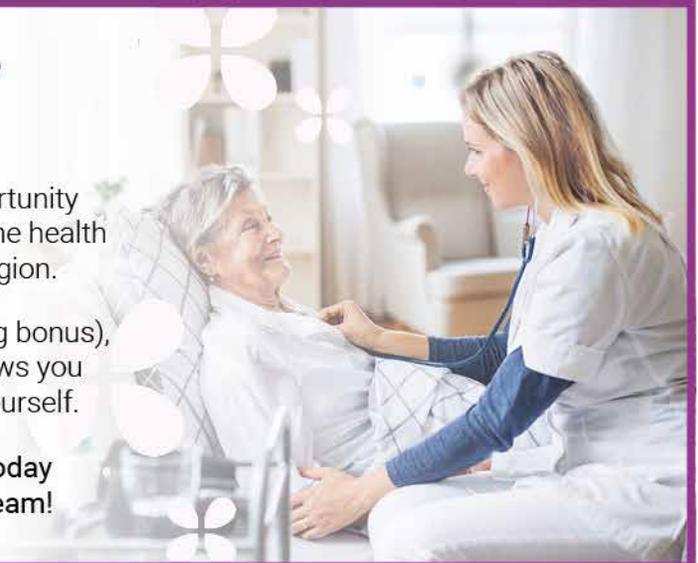
Make a Difference in the Lives of Your Neighbors

If you're looking for a more rewarding nursing opportunity closer to home, Granite VNA provides a variety of home health care services to families throughout the Lakes Region.

Enjoy excellent compensation (and a generous signing bonus), benefits and career growth. Flexible scheduling allows you more time with your patients - and more time for yourself.



Visit granitevna.org/careers today to learn more and to join our team!



Community Connection



*Melissa Howard,
Director of Donor Relations*

Granite VNA has 438 employees who are passionate about the work we do. Once a year, we gather together with our community to share our passion at our annual fundraiser –

Passion for Caring. When you attend Passion for Caring on Wednesday, May 4 at Belknap Mill in Laconia, you are affirming our work and providing resources that will support our community. We will also be honoring our Kay Sidway Award recipient. I hope to see you there! Visit granitevna.org/passionforcaring for details.

Why Your Donations Matter

In addition to supporting our Home Care and Hospice operations, your gifts provide more community health clinics, with foot care, blood pressure screenings, and other essential services to older adults in our community. Your gifts ensure grief support services are available for those struggling

with the loss of a loved one. Your gifts keep our beloved roundtable Café programs, the Aging Mastery Program®, Powerful Tools for Caregivers, and A Matter of Balance strong and present in our communities.

With your financial support and your belief in our mission to enhance dignity and independence for people through quality health care and promoting wellness through all stages of life—your gifts help to achieve healthier, happier communities. ❖

All the best,

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

More Than \$6.2 Million in Community Benefits Delivered

Continued from Page 1

- \$2,865,682 in subsidized health services due to operating Hospice House 24/7, year-round
- \$166,000 in charity care to individuals who are uninsured, underinsured, or otherwise unable to pay out-of-pocket fees for services
- \$133,746 in educational opportunities for individuals of all ages to help them improve their quality of life and remain independent
- \$102,575 for employees to support and strengthen communities through volunteerism, educational opportunities, and board and committee participation
- \$93,496 for basic health services such as foot care and blood pressure screenings at Foot Care Clinics
- \$86,435 in bereavement support for people who are grieving the loss of a loved one



Providing vital programs and services to our most vulnerable residents and improving the overall health and wellness of the community are central to our mission.

- \$32,449 for “Baby’s First Homecoming” in-home nursing visits to help new mothers and their infants safely transition home from Concord Hospital
- \$22,289 in providing clinical settings for undergraduate training ❖

Upcoming Community Programs

Focused on Health & Well-Being

Thursday, April 21, 2 p.m.

Elkins Public Library, 9 Center Rd., Canterbury

Join us as we discuss Community Benefit services and programs offered to enrich the health of our communities.

Simple Rules for Eating Well (Online)

Tuesday, April 26, 9:30 a.m.

Eating well can make a big difference in our overall health and how we feel. We will discuss the basics of good nutrition and share strategies on making healthy food choices part of your routine.

Trivia Tyme

Thursday, May 19, 11 a.m.

Tilton Senior Center, 11 Grange Rd., Tilton

Join us for a trivia game format in exploring how eating well can make a big difference in our overall health and how we feel. With some fun in mind, we will discuss the basics of good nutrition and share strategies on making healthy food choices part of your everyday routine.

Monthly Walk-In Immunization Clinics

1st Monday of Each Month, 1-4 p.m.

St. Paul's Episcopal Church, 21 Centre St., Concord

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.

Monthly Parent Circle (Online)

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

A mutual 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 other bereaved parents who are thrust into this journey of grief. To register, call (603) 524-8444, ext. 62393.



Duane Bailey, Spiritual Care Counselor, leads a discussion on healthy relationships during the Aging Mastery Program®.

Monthly Men's Grief Group

2nd & 4th Thursday of Each Month, 9-10:30 a.m.

Wesley United Methodist Church, 79 Clinton St., Concord

Men's Grief 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. 82828.

Newly Bereaved Support Session

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

Hospice House, 240 Pleasant St., Concord

Support sessions provide grief education and support for adults who have experienced the recent loss of a loved one. Participants learn tools for coping and are welcome to share their experiences. To register, call (603) 224-4093, ext. 82828.

Monthly Walk-In Wednesdays (Online)

4th Wednesday of Each Month, 10 a.m.-Noon

A Granite VNA Social Worker/Notary Public is available by appointment to review advance directives, assist with a Durable Power of Attorney for Healthcare and/or Living Will, and provide information about resources and services that may benefit you or a family member. Appointments can be made by calling (603) 224-4093, ext. 85815.

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

30 Pillsbury Street
Concord, NH 03301
www.GraniteVNA.org

Return Service Requested

Serving New Hampshire Since 1899

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



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.

