



The Lilac Ledger

Helping our community bloom

FALL 2024



SEASON OF REMEMBRANCE



Remembering loved ones who have passed away has been an important tradition for Granite VNA. Each winter we take pride in providing an opportunity for our community to pause during a typically busy time of year to remember those no longer with us.

Based on feedback we have received, we have re-imagined our annual hospice remembrance campaign that honors and remembers loved ones. We are pleased to introduce:

Season of Remembrance

You are invited to help us continue this meaningful tradition. Join us in celebrating hospice services and remember those close to

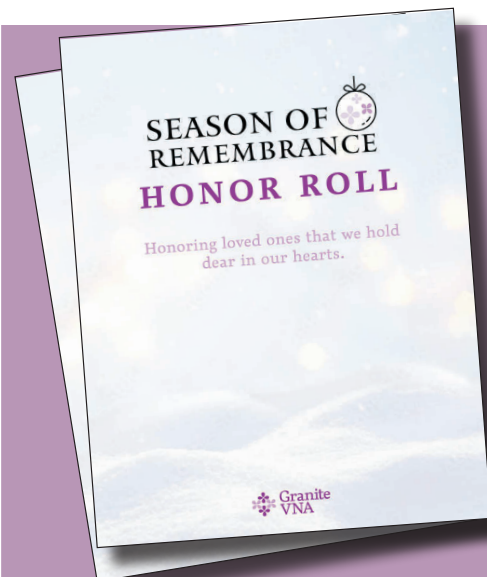
you who have died by placing their name(s) on our online honor roll. The people you remember as part of Season of Remembrance need not have been part of the Granite VNA Hospice program, they only need to hold a special place in your heart.

Your donation to Granite VNA supports our hospice services and provides the means needed to serve all in our community regardless of a patient's ability to pay.

New this year: A hand blown glass keepsake ornament from Granite VNA's Jeff Lamy will be sent to those who make a gift of \$250 or more. This custom-made piece is infused with 14k gold and created especially for our Season of Remembrance Campaign.

To participate, please visit granitevna.org. Make your donation and submit your loved ones' name no later than Tuesday, December 31, 2024.

Please note, as the campaign has transitioned to *Season of Remembrance*, we have ended the use of porcelain doves. In addition, the previous *Lights, Life and Memories* ceremonies will merge with our Annual Memorial Service in the spring to bring all families together to remember loved ones. We invite you to join us for this special event. More on the Annual Memorial Service will be available at granitevna.org/calendar. ❀



Our online Honor Roll Book.

New Hampshire's First Hospice House Marks 30 Years of Service



Granite VNA President and CEO, Beth Slepian.

On Friday, September 20, nearly 100 people gathered in the Susan McLane Memorial Garden at Granite VNA Hospice House in Concord to mark the 30th anniversary of its opening. The Hospice House, located at 240 Pleasant St., opened in April 1994, and was the first of its kind in New Hampshire.

“Hospice House was created in 1994 as a place where community members with terminal illness could find care and comfort – regardless of their ability to pay. Today, it continues to be just that and more. It is a place where our team of dedicated hospice staff and volunteers provide around-the-clock care, guidance and support for patients and their families during what is often the most emotionally intense and exhausting time of their lives,” said Beth Slepian, President and CEO, Granite VNA.

Since its opening 30 years ago, Hospice House has continued to support patients and their loved ones, providing them with quality care and comfort during one of life’s most difficult times.

“Hospice House is more than just a place; it is a cornerstone of our community and a vital partner of Concord Hospital,” said Robert Steigmeyer, President and CEO, Capital Region Healthcare and Concord Hospital. “When patients and families in our care reach the decision to enter hospice, we

are fortunate to be able to refer them to Granite VNA and Hospice House.”

U.S. Representative Ann McLane Kuster personally reflected on her family’s experience with the vital services provided through hospice care. “I understand the profound impact quality, compassionate care can have on those in hospice, and it truly makes all the difference,” said Kuster. “Over the course of 30 years, Granite VNA has provided that comfort, care and dignity to patients and their families during one of the most impactful times of their lives, and today, there is no doubt in my mind that they are here with us.”

The Susan McLane Memorial Garden was named for Representative Kuster’s mother Susan McLane, who served in the New Hampshire Legislature for 25 years, and was instrumental in ushering-in legislation that paved the way for what we now know as ‘advanced directives’ – binding agreements meant to ease the burden of end-of-life decisions, and to hospice services.

The event was made possible by a generous donation from Michael and John Donahue in loving memory of Geraldine Stone Donahue, Granite VNA’s CEO from 1985-1997.

We Need Volunteers!

If you have some free time and would like to give back, volunteering for Granite VNA is a perfect opportunity! Right now we have a great need for:

- *Veteran volunteers*
- *Volunteers to visit hospice patients in their homes (providing companionship and caregiver respite)*
- *Certified pet therapy dog teams*
- *Greeters at Hospice House*

For more information please email lisa.challender@granitevna.org or call (603) 224-4093, ext 82826.

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. ❁

Online Powerful Tools for Caregivers

Fridays, November 1-December 13, 1-2:30 p.m.
No class, November 29

This online, interactive workshop helps family caregivers learn the tools needed to help manage difficulties in caregiving while considering their own well-being. Learn ways to reduce personal stress, change negative self-talk, communicate more effectively, handle different feelings, and make challenging decisions. Register at (603) 224-4093, ext. 85664 or granitevna.org.

A Matter of Balance

**Mondays, November 4-December 23,
10 a.m.- Noon**, Inclement weather date is Dec. 30
Granite VNA Office
Laconia, 780 North Main Street

Falls are common as people age, but it does not have to be that way. Learn simple ways to reduce your risk of falling during this program. Register at (603) 224-4093, ext. 85664 or granitevna.org.

**Healthy Steps for Older Adults
Balance Screenings: Thursday,
November 14, 2-3:30 p.m.**

**Program: Monday, November 18, 1-3 p.m.
& Wednesday, November 20, 2-4 p.m.**
Elkins Public Library
9 Center Road, Canterbury

*new
class!*

Learn how to protect yourself and live a full and active life, free from the fear of falling. Through activities, assessments, and discussions, participants learn tools and tips on how to reduce falls. Participants must complete a balance screening and attend both workshops. Register at (603) 224-4093, ext. 85664 or granitevna.org.



Community Educator, Kelli Anaya, leads our NEW, evidence-based class, Healthy Steps for Older Adults.

Bereavement Offerings

Healing Hearts

Fourth Tuesday of each month, 5:30-7 p.m.
Bow Mills United Methodist Church
505 South Street, Bow

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. Register at (603) 410-9861 or granitevna.org.

Newly Bereaved Support Session

Tuesday, December 15, 6-7:15 p.m.
Hospice House Meditation Room
240 Pleasant Street, Concord

These sessions, offered six times per year, support and education for those whose loss is recent. Register at (603) 224-4093, ext. 82828 or granitevna.org.

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 2 @Lisa Cramb; Pg 3 @davewhitephoto.com

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, conscience, religion, disability, age, genetic information, marital status, source of payment, or the absence of advance directives.



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

NON-PROFIT ORG.
U.S. POSTAGE
PAID
CONCORD, NH
PERMIT #1514

Return Service Requested

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.



Celebrating National Home Care & Hospice Month

During November, area businesses are helping us celebrate and shine a light on the caregivers in our community and illuminating the importance it can have in our lives as we age. We appreciate their support in helping us spread awareness by displaying a Granite VNA candle.



The change is an update to our December Hospice awareness campaign to bring a greater focus to National Home Care & Hospice Month. Please note we will not be distributing candles in December.

Additionally, in your travels during November, you may also notice our new street banner (pictured below) across South Main Street in Concord and Court Street in Laconia.

Thank you to our caregivers and the countless family caregivers in the community!

