



# The Lilac Ledger

*Spreading roots in our community*

SPRING 2024

## PASSION *for* CARING

### Get Your Tickets Now!

Mark your calendars! Granite VNA's annual fundraiser, Passion for Caring will take place Wednesday, May 1 from 5:30 to 7:30 p.m. at the Barn at Bull Meadow in Concord.

Every year, we recognize an individual who has devoted themselves to the education, nurturing, and well-being of families with the prestigious Kay Sidway award. This year we are pleased to recognize Jennifer Beetle of Patrick's Pub. We will also salute Legacy Award recipient, Congresswoman Ann McLane Kuster.

Make your reservations today to enjoy delicious hors d'oeuvres and refreshments while bidding on an impressive list of silent auction items including a beautiful sterling silver and gemstone pendant donated by Capital Craftsman and Romance Jewelers, prime seats at a Red Sox game courtesy of Helms & Company, and overnight stays at some of New Hampshire's great inns and resorts. Don't miss your chance



*Our Legacy Award recipient, Congresswoman Ann McLane Kuster.*

to bid on an African Safari, or a one-week stay at a beach front home in the Bahamas.

Granite VNA gratefully acknowledges our presenting sponsor Cambridge Trust Company of New Hampshire.

To make your reservations, visit [www.granitevna.org/passionforcaring](http://www.granitevna.org/passionforcaring) or call (603) 230-5664. Proceeds from this year's event go to support our hospice program. Thank you for your continued support of the Granite VNA. ❖

### Death Over Dinner *A unique dinner idea is coming to Concord!*

Death can be an uncomfortable topic to discuss with loved ones. Let us give you permission to laugh and find joy as we hold these engaging and important conversations over dinner.

Join us at Bennett Funeral Home in Concord on Wednesday, April 17 beginning at 6 p.m. This event is offered at no charge. Registration is required and space is limited. To register, call (603) 224-4093, ext. 85815 or visit [www.granitevna.org](http://www.granitevna.org). Dinner is generously provided by Bennett Funeral Home. ❖

# Granite VNA Elevates End-of-Life Conversations



National Health Care Decision Day is each year on April 16. Founded in 2008, this day was created to

inspire, educate and empower the public and providers about the importance of advance care planning. The advance care planning process supports adults at any age or stage of health in understanding and sharing their personal values, life goals, and preferences regarding future medical care.

In New Hampshire, "Advance Directives" are legal documents that allow you to plan and make your own end of life wishes known in the event that you are unable to communicate. Advance directives consist of a living will and a durable power of attorney for healthcare. A living will describes your wishes regarding medical care. With a durable power of attorney for healthcare you can appoint a person to make healthcare

decisions for you in case you are unable to speak for yourself.

Through various Granite VNA community health programs, all community members have the ability to complete their advance directives as well as have meaningful conversations about end-of-life wishes. Monthly Walk-In Wednesdays provide individuals an opportunity to meet with a medical social work who is also a notary public to complete their durable powers of attorney for healthcare and living wills.

Community conversation events like Death Over Dinner, Celebrate Love: Honoring End-of-Life Conversations, and Courageous Conversations: Navigating Life's Final Journey are happening throughout the region with the goal of removing the fear and stigma associated with these important conversations.

Granite VNA has been fortunate to invest and sustain these no-cost programs in the community through grants, private gifts, and generous donations – thank you for supporting us in meeting our mission. ❖



## Proud sponsor of Granite VNA's Passion for Caring

We applaud their commitment to enhancing dignity and independence for people by delivering quality healthcare and promoting wellness in homes and communities through all stages of life.

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# 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. ❖

## Capital Area Memory Cafe

**Wednesday, April 17, 2-4 p.m.**

**(Third Wednesday of each month)**

Granite Ledges of Concord

151 Langley Parkway, Concord

**Topic:** Communication Strategies

The Memory Cafe is a joyful and creative social experience for people with memory loss and their caregivers to gather with others in a positive and engaging environment. In addition to our featured topic, a meaningful activity will be offered to those who are interested.

## "A Matter of Balance"

**Thursdays, April 18-June 6, 12:30-2:30 p.m.**

Epsom Public Library

1606 Dover Road, Epsom

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.

## Walk-in Wednesday

**Wednesday, April 24, 10 a.m.-Noon**

GoodLife Programs & Activities

254 No. State St., Unit L, Concord

A Granite VNA Social Worker/Notary is available to discuss end-of-life wishes, review your advance directives, assist with completing your Durable Power of Attorney for Healthcare and/or Living Will, and provide resources.



*Shaunna Mara, one of our community educators, facilitates a discussion during last year's National Falls Prevention Day event.*

For all upcoming programs and to register, visit [www.granitevna.org/calendar](http://www.granitevna.org/calendar) or call **(603) 224-4093 ext. 85664**.

## Bereavement Offerings

### Living with Grief Support Group

**Wednesdays, May 1-June 5, 10:30 a.m.-Noon**

Granite VNA Office

645 So. Main St., Wolfeboro

This group offers a safe, caring space to share and learn alongside others whose lives and hearts have been broken open by loss.

### Healing Hearts

**4th 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.

### 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 Ann McLane Kuster Courtesy Photo; Pg 2 ©Adobe; 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](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, conscience, religion, disability, age, genetic information, marital status, source of payment, or the absence of advance directives.

Return Service Requested

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



## Save the Date!



There's no better way to support the Granite VNA Hospice program this summer, than by spending the day touring five, unique homes in beautiful Wolfeboro and Tuftonboro!



**Wednesday, July 10, 10 AM - 4 PM**

Tickets on sale in May:  
[granitevna.org/hometour](http://granitevna.org/hometour)

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