

# The Lilac Ledger

*Spreading roots in our community*

SUMMER 2024

## A New Community Health Offering

Granite VNA is now offering Healthy Steps for Older Adults, an evidence-based fall prevention program for adults ages 60 and over. Through activities, assessments and discussions, participants learn tools and tips on how to reduce falls, one of the leading causes of the loss of independence and hospitalizations.

“Thanks to support from a grant through the Partnership for Public Health, we are pleased to offer this program to community members in

our service area,” said Jennifer Brechtel, CHES, Director of Community Health. “Healthy Steps is a comprehensive two-hour, two-session program that focuses on managing fall risk and staying healthy, active and independent.”

“Falls continue to be a concern among older adults in our community making Healthy Steps for Older Adults a nice complement to what we already offer. We are excited to begin offering a new program and continue to be grateful for the partnerships that allow us to provide these impactful programs to those we serve.”

Developed by the Pennsylvania Department of Aging in 2005, Healthy Steps has been shown to decrease the incidence of falls, frequency of self-reported hospital and emergency department use, and costs associated with hospital and ED use.

Healthy Steps is one of five nationally-recognized, evidence-based programs offered by Granite VNA. “A Matter of Balance,” Live Well, Be Well, Aging Mastery Program®, and Powerful Tools for Caregivers, as well as Healthy Steps, are facilitated by community health educators and volunteers who are specially trained as facilitators.

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

See page 3 for class listing! ❀

### Hospice Home & Garden Tour an Annual Success!



Five beautiful, lakes region homes were toured on July 10. Over 400 people attended and more than \$20,000 was raised for our Hospice Program!



# Sharing the Facts About Hospice and End-of-Life

By Kris Green, MS, RN  
Chief Hospice Officer

There is a lot of discussion currently about end-of-life options that are raising questions about hospice. What is hospice? When is it appropriate, and for whom?

The fundamental goal of hospice is to help patients who are in the late stages of incurable illness and their loved ones experience the best quality of life when curative care is no longer an option. In hospice, the focus is on helping patients identify and articulate what they want most in their remaining time and providing symptom management, emotional support, and guidance to help them live as fully and comfortably as possible.

Hospice is a specialized form of medical care that ensures quality of life over quantity of life. Patients on hospice receive individualized care from a team of professionals, which includes their primary care provider and specially trained clinicians and volunteers. They receive nursing care, providing symptom management and education as well as spiritual care, emotional support, and companionship. Hospice is most often provided where patients live. Those who need more intensive care may opt for a specialized hospice facility such as Granite VNA Hospice House.

Common misperceptions about hospice include that it is only for patients with incurable cancer and that patients enter hospice just before they die. However, the Hospice Foundation of America defines hospice as, "Medical care for people with an anticipated life expectancy of six months or less, when cure isn't an option, and the focus shifts to symptom management and quality of life." People with end-stage kidney, heart, and lung diseases, advanced neurological disease, and other illnesses may benefit from hospice. And while some patients enter hospice weeks or days before they die, some choose to begin hospice much sooner.



In February 2023, former U.S. President Jimmy Carter announced that he would enter hospice. On February 18, 2024, one year after President Carter entered hospice, his family released a statement saying, "President Carter continues to be at home with his family... and the family is pleased that his decision last year to enter hospice care has sparked so many family discussions across the country on an important subject."

The Carter family's choices reflect the individual nature of hospice, and the way patients on hospice and their families are cared for and supported, which is another vitally important, and oft-overlooked element of hospice – it is also about supporting patients' loved ones and unpaid caregivers through the end-of-life journey and beyond.

We encourage people to learn more about hospice and others, and by attending local workshops on end-of-life conversations and planning.

Those who choose hospice care are not giving up hope. Choosing hospice is choosing to live fully, with dignity and respect, in the time that remains. Hospice provides individuals with care and support in a place where one is most comfortable, spending quality time with those they love in peace and comfort. ❀

# 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. ❖

## Walk-In Wednesday

**Wednesday, July 23, 10 a.m.-Noon**

GoodLife Programs and Activities  
254 N. State St., Concord

Meet individually with a social worker/notary public to discuss advance directives, Durable Power of Attorney for Healthcare and/or Living Will, and community resources.

## Healthy Steps

**Wednesdays, August 28  
and September 4**

**10:30 a.m. - 12:30 p.m.**

Baker Free Library, 509 South St., Bow

Healthy Steps is our new evidence-based fall prevention program for adults ages 60 and over. Through activities, assessments and discussions, participants learn tools and tips on how to reduce falls. Register at (603) 224-4093, ext. 85664 or [granitevna.org](http://granitevna.org).

*new  
class!*

## Meet Kelli!

Meet Kelli Anaya, our newest Granite VNA Community Health Educator! She's looking forward to connecting with our community members.



## Capital Area Memory Café

**Third Wednesday of each month, 2-4 p.m.**

Granite Ledges of Concord  
151 Langley Parkway, Concord

Memory Cafés are joyful and creative social experiences for people with memory loss and their caregivers to gather with others in a positive and engaging environment.

## Online Caregiver Connection

**Fourth Thursday of each month, 10-11 a.m.**

Caregiver Connection is an opportunity for family caregivers to support one another and connect with our staff professionals. Register at (603) 224-4093, ext. 85664 or [granitevna.org](http://granitevna.org).

## Bereavement Offerings

### Living with Grief Support Group

**Wednesdays, July 24-August 28, 4:30 - 6 p.m.**

Granite VNA Office  
645 North Main Street, Laconia

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

Register at [granitevna.org](http://granitevna.org).

### Newly Bereaved Support Session

**Tuesday, August 20, 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 [granitevna.org](http://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 @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.



## Planned Giving

*"The idea is not to live forever, it is to create something that will." - Andy Warhol*

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 an enduring gift. 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, Director of Donor Relations, at (603) 731-7757 or [melissa.howard@granitevna.org](mailto:melissa.howard@granitevna.org).

