

The Lilac Ledger

Spreading roots in our community

WINTER 2025

A Perfect Way to Give Back

If you have ever visited a loved one at Granite VNA Hospice House on Thanksgiving, you have probably had a meal with all the trimmings from Alan's of Boscawen. That's because Alan and his team at the longtime family restaurant have been cooking and delivering 35-40 meals to Hospice House for more than 20 years.

"My mom passed away in hospice and one of my cooks who has been with me since the beginning also had his mom pass away in hospice," Alan said. "We just feel the people at Hospice House are special. They are special in the way they take

care of others, they give people humility."

Alan and his team understand the challenges that patients and their loved ones' face while on hospice. Knowing these challenges, Alan said they have never missed a year despite the day's numerous pre-orders and large holiday crowds.

"There's never been a year that we thought we were so busy that we couldn't deliver meals to Hospice House," he said.

Supporting hospice patients, loved ones, and staff is just one aspect of Alan's of Boscawen's community commitment. They also make and deliver soup and food to The Friendly Kitchen, donate to local schools, and sponsor youth sports teams.

"I get involved with a lot of things," he said. "I am very fortunate in what we have done here. It's the local people who support us and I try to give back."

At Granite VNA, we are so grateful for their commitment to patients, family, friends, and Hospice House staff members each and every year. We deeply appreciate your continued amazing generosity. ❖



Alan Andrian of Alan's of Boscawen has been in business for more than 40 years.

Granite VNA Achieves Exemplary Home Care Quality Ratings

Granite VNA earned 5 out of 5 stars for the months of July, August and September 2024 in CMS's "Care Compare" rating system. This rating placed Granite VNA in the top 5.77% of agencies across the country. This rating, based on a scale from 1 to 5, reflects Granite VNA's commitment to providing the highest quality of care and

service to the community, with 5 being the highest possible score.

Like other home care agencies around the nation, Granite VNA receives a quality score from the Centers for Medicare & Medicaid Services based on patient outcome data from assessments

continued

Granite VNA Achieves Exemplary Home Care Quality Ratings continued

conducted at the beginning and end of the home care episode, along with claims-based data and patient and caregiver satisfaction survey results.

Home Care Compare data displayed on the CMS website is based on Medicare claims for services delivered at an earlier date.

In the ranking for the final quarter of 2024, Granite

VNA met or exceeded state and national averages for managing daily activities like walking independently, bed transferring, bathing, and assessment and care planning; treating symptoms including dyspnea (shortness of breath); and preventing harm, including timely initiation of care and oral medication management. ❖



Community Businesses Support Our Mission

Thanks to seven local businesses for purchasing our awarded tax credits from the NH Community Development Authority to support updates and repairs to our Laconia office. The funds assisted with renovations to the first floor including the entryway, restrooms, and meeting space. The roughly 1,340 sq. ft. multi-use meeting space will be used to hold community wellness programs and bereavement support groups. The space will also be available for community non-profit organizations to gather.

We are deeply appreciative to the following businesses which purchased our awarded tax credits:

- Associated Grocers of New England
- Bridge & Byron Printers
- Evans Group, Inc.
- Grappone Automotive
- Merrimack County Savings Bank
- Meredith Village Savings Bank
- Miracle Farm Landscape Contractors



Granite VNA hosted a Coffee, Networking & Celebrating with the Lakes Region Chamber in the newly renovated Opechee Room as part of National Home Care & Hospice Month. Pictured above for the Opechee Room ribbon cutting is Karmen Gifford, Chamber President; Sarah Goodrum, Chamber Membership Director; Lee Laughlin, Development Associate; Elyssa Pickowicz, MS, OTR/L, Care Transition Liaison; Jessica Deshaies, PTA, Care Transition Liaison; Randy Macdonald, Volunteer Coordinator; Dee Laurent, Program Assistant IT; Julie Stone, MSW, Chief Strategy Officer; Jennifer Brechtel, CHES, Director of Community Health; Abby Ofrias, MS HRM, SHRM-CP, Human Resource Manager; Kristen Byron, Community Engagement Coordinator; and Melissa Howard, MBA, Director of Donor Relations.

Save the Date!

Wednesday, May 7

Passion for Caring
The Barn at Bull Meadow, Concord
5:30 p.m.

Join us for a cocktail party and a silent auction.
All proceeds benefit Granite VNA.
Tickets on sale in March.
All proceeds benefit Granite VNA Hospice House.

Wednesday, July 9

Hospice Home & Garden Tour
Wolfeboro and Tuftonboro
10 a.m. – 4 p.m.

Spend an afternoon touring beautiful homes.
All proceeds benefit Granite VNA
Hospice Program.
Tickets on sale in May.

For more information on these events, please call (603) 230-5664.

Wellness for You

A Matter of Balance

Tuesdays, March 11-April 29, 10 a.m.-Noon

Horseshoe Pond Place Senior Center
26 Commercial Street, Suite 105, Concord

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. Generously supported by St. Mary's Bank. Register at (603) 224-4093, ext. 85664 or granitevna.org.

Healthy Steps for Older Adults

Balance Screenings:

Wednesday, March 26, 1-2:30 p.m.

White Birch Center, 116 Main Street, Henniker
Program: Monday, March 31, 1-3 p.m. and
Monday, April 7, 1-3 p.m.

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.



Capital Area Memory Café

Third Wednesday of Each Month, 2-4 p.m.

Granite Ledges of Concord
151 Langley Parkway, Concord

Memory Cafes are joyful and creative social experiences for people with memory loss and their caregivers to gather with others in a positive and engaging environment. Registration is not required.

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.



Volunteer Coaches Marianne Fleischman and Joanne Casino demonstrate A Matter of Balance exercises.

Bereavement Offerings

Spousal/Partner Loss Group

Thursdays, February 13-April 3, 1:30-3 p.m.

Wesley United Methodist Church
79 Clinton Street, Concord

This group offers a safe space for mutual support and understanding as well as an opportunity to share ideas and strategies that might be helpful to your grief journey. Register at (603) 224-4093, ext. 82828 or granitevna.org.

Newly Bereaved Support Session

Tuesday, February 18, 6-7:15 p.m.

Hospice House Meditation Room
240 Pleasant Street, Concord

These sessions offered six times per year provide 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 @davewhitephoto.com Pg 3 @davewhitephoto.com.

Mailing List

Our newsletter is published for supporters. 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.

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.



Buckle Up for this Dream Come True

Edward, a patient at Hospice House, fulfilled his lifelong dream of riding in a Ferrari, with the help of our hospice team and the generosity of his friend Jeff.

Edward was all smiles as he donned his Ferrari hat and shirt and slid into the passenger seat as Jeff revved the mighty engine and the friends roared out of the driveway for their special cruise! Edward's wife, daughter, and son-in-law were there to witness his joy and excitement and this beautiful gesture of friendship.

Each patient's life interests and passions are valued and respected. Our team is honored to help create special memories like these for our patients and their loved ones.

