

The Lilac



A seasonal update for friends of Granite VNA - Fall/Winter 2025



Angela Rollins, RN
Nurse Educator

The Lilac, our donor newsletter, pays tribute to New Hampshire's state flower. The purple lilac is a symbol of adaptability and resilient strength. Just as the lilac thrives year after year, we are committed to providing consistent, high-quality care to the communities we serve across our beautiful Granite State.

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Mission

*We enhance the dignity and independence of people
by delivering quality health care and promoting wellness
in homes and communities throughout all stages of life.*

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.

A Note From Our President/CEO



Welcome to the Fall/Winter edition of our donor newsletter!

The Lilac (formerly The Lilac Ledger) has been reimagined to focus on the stories and relationships formed through Hospice and Home Care, as well as the direct impact of generosity from friends of Granite VNA—like YOU. We'll also share opportunities to get to know some of the unsung heroes who make our agency what it is: a leader in quality and compassionate hospice and home care in New Hampshire.

In this season's newsletter, you'll read about Mary Baxter and the profound experiences she and her father had with our hospice team last year. We hope her moving story leaves you feeling just as inspired as we are by her journey.

Next, we highlight our new model of care that bridges home care and hospice. In this article, you'll learn how a seamless transition between services is bringing greater comfort to patients and families—and how it benefits the healthcare system as a whole. Stories like this remind us that even in challenging times, compassion and connection remain at the heart of everything we do.

To round out this edition, we've included profiles of our Board of Trustees Chair, Dr. David Green, and volunteer extraordinaire, Hansi Glahn. It takes a village, as they say, and these two are leading the charge in their own special ways.

As always, we continue to showcase upcoming fundraising events and wellness opportunities available to you and our wider community.

This newsletter is more than an update—it's a reflection of what we can achieve together. We are deeply grateful for your continued trust and commitment. Your generosity strengthens our ability to care for our neighbors through every stage of life.

Thank you for being a part of this important work.

A handwritten signature in black ink that reads "Beth J. Slepian". The signature is written in a cursive, flowing style.

Beth J. Slepian, President/CEO

Gratitude Beyond Words

Sitting down with Mary Baxter, it was clear, family comes first. Along with her 2 grandchildren, Amos (5) and Carolyn (3), she came to the Granite VNA office in Laconia on their "Pay It Forward" day. They brought the VNA team breakfast treats and bright sunflowers, that Amos and Carolyn had proudly cut themselves that morning. (pic below)



When her father, Paul Boudreau of Lochmere, was nearing end-of-life last year, she left her job and moved into her parent's home, "to spend as much time possible with them." Granite VNA started the journey by explaining the whole process

while dispelling many myths. "I used to think hospice was only for people in their final days," Mary shared. "But I learned that people can be on hospice care for a long time, and sometimes even come off. That's when I truly understood how broad and meaningful hospice is."

The Granite VNA hospice team brought more than medical care. They offered dignity, compassion, and constant support. Nurses not only tended to his needs but also taught Mary how to care for him with confidence. Social workers checked in regularly. "No matter the time of day, if I called, someone always called back. They were organized, respectful, and they treated Dad like family. Even in his last days, he was grateful for the chemistry he shared with the team."

"Dad is of a certain generation that had a way to do things and valued their longevity and independence. He wasn't initially keen to have strangers in his home. It was a process and a comfort that grew as time moved forward," Mary recalled.

Mary makes a point to practice gratitude every day and how during the hospice process, even



Mary and her father, Paul Boudreau.

when things would inevitably get heavy and overwhelming, the nurses would be there to take that weight off and let her focus on the little things that brought some normalcy and gratefulness. Small tasks like making her dad toast or having a neighbor drop off fresh asparagus for him to enjoy, helped to remind her that within those little things are where the most comfort can be found. At times, even words didn't need to be spoken. "The nurses would notice when I would go outside to catch my breath and just come and stand with me. It was this unspoken feeling like, we got you, you can do this, we'll help you. And they did."

Mary stated, "My mother would sometimes have dementia issues while my father was receiving care and the nurses handled it with grace. They had seen it all and instead of it being disruptive, it was as if they expected it and just a typical moment of the process. His care wasn't just about him, it was about all of us." Sadly, Mary's mother passed away almost to the day, just 2 months later.

Hospice, she realized, was about so much more than medication. "It was about honoring my father's wishes and making sure I was cared for too. I still can't believe the outreach I continue to receive. Thank God these services are here." ❀

The Gift of Remembrance, The Power of Legacy

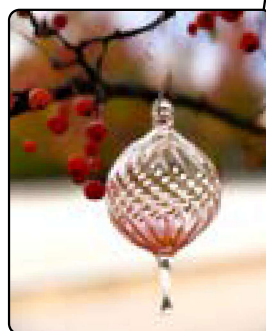
Season of Remembrance

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. By adding a name to our annual online Season of Remembrance Honor Roll, you create a lasting tribute to someone who has touched your life. These names, whether connected to our hospice program or not, become part of a collective remembrance that celebrates love, family, and enduring connections.

Your participation not only preserves cherished memories but also ensures others receive the compassionate hospice care they need. Every gift made through Season of Remembrance helps Granite VNA provide care to patients and families, regardless of their financial circumstances.

As a special thank-you, donors of \$250 or more will receive a handcrafted, glass-blown keepsake ornament, a beautiful symbol of memory and light during the season.

To add your tribute or learn more, please visit granitevna.org. ❀



The Legacy Society

The Legacy Society honors individuals who have chosen to include Granite VNA in their estate plans, ensuring that compassionate care and vital services will be available for future generations. These thoughtful gifts, whether through a bequest, trust, or beneficiary designation, reflect a deep commitment to community and a belief in the power of care at every stage of life.

Legacy gifts come in many forms and sizes, but they all share a common purpose: to support the mission of Granite VNA beyond the present moment. Members of The Legacy Society help ensure that home health care, hospice, and community wellness programs remain

accessible, especially to those most in need.

Joining The Legacy Society is simple. You can notify us of your planned gift at any time, and you may choose whether to be recognized publicly. All members are invited to special events and receive updates about the impact of their generosity.



Planned giving is more than a financial decision, it's a personal expression of values, hope, and love for the community. Please consider leaving a lasting legacy. To learn more, visit granitevna.org or contact our Development Office.

Your legacy can light the way for others. ❀



Amy Kucera, Director of Quality, Meg Lazott, RN and Angela Rollins, RN, Nurse Educator meet together to review transition needs.

How a collaboration between Home Care & Hospice Teams is answering the call for innovation.

The transition from home care to hospice marks one of the most profound moments in a patient's journey. To ease this transition, Granite VNA has introduced an innovative program that cross-trains home care nurses in hospice care—ensuring seamless continuity for patients electing end-of-life services.

As New Hampshire's population continues to age and the nationwide nursing shortage grows, maintaining access to quality care remains a pressing concern. In response, Granite VNA leadership proposed cross-training home care nurses to step into hospice roles—a concept that was quickly embraced by nurse educator Angela Rollins.

"It just makes sense," said Angela, who, along with Otilie Dean, RN, Director of Community Hospice, has been instrumental in training participating nurses. "This approach gives us greater flexibility

and responsiveness in delivering care where and when it's needed."

"This approach gives us greater flexibility and responsiveness in delivering care where and when it's needed."

-Angela Rollins, Nurse Educator

"I've received incredibly positive feedback from patients and their families," said Chelsea Bennett, RN, Home Care and Hospice Case Manager at Havenwood Heritage-Heights. "Being present throughout the course of a person's illness fosters trust and a sense of stability, which can significantly reduce stress during the transition to hospice."

Chelsea, who has previous hospice experience, emphasized the meaningful nature of the work. "It's a special honor to support people at the end of life. Being able to offer compassionate, high-quality care to patients and their loved ones during this time is deeply fulfilling."

Since the program's launch in November, 12 home care nurses have completed a thorough hospice cross-training curriculum. This includes education on hospice-specific regulations, comfort-focused care, medication management, documentation, and supply coordination. Nurses also participate in shadowing experiences across hospice disciplines and complete online coursework. Continuing education keeps them informed on evolving state and federal regulations.

These trained nurses are now able to conduct hospice

admissions and provide hospice nursing visits, expanding the organization's clinical capacity.

"Having team members who can transition between home care and hospice strengthens our ability to provide seamless, high-quality care," Angela said.

The program benefits everyone involved. Patients and families often feel more at ease working with a nurse they already know and trust. At the same time, nurses gain valuable skills across both specialties, which helps prevent burnout and enhances the agency's overall capacity to serve.

"It's truly a win-win-win," Angela said. ❖



Hayley Ladd, RN, meets with a patient.

Compassion in Action

Our largest annual fundraising event, **Passion for Caring**, was held May 7, at The Barn at Bull Meadow in Concord. Proceeds directly benefit Granite VNA's Hospice House. Over 140 attendees raised over \$74,000!

Pictured below, Granite VNA President and CEO Beth Slepian recognizes longtime Granite VNA volunteer Barbara Lobdell with the Donor Recognition Award.



On July 9, our annual **Hospice Home & Garden Tour** raised more than \$29,000 to support the agency's hospice services. This year's tour featured five remarkable properties in Wolfeboro and Tuftonboro.

Over 350 attendees spent the afternoon touring through Lakes Region homes and gardens, enjoying historical builds, elegant interiors, breathtaking gardens (seen below) and Lakes Region vistas.



Granite VNA *Profiles*

After more than 40 years of serving patients and leading through some of healthcare's most challenging moments, David Green, MD, FACS, continues to answer the call to care. In 2020, shortly after retiring as Chief Medical Officer at Concord Hospital, Dr. Green joined our Board of Trustees.

"It's an honor to be part of an organization that has dedicated 126 years to supporting and caring for others," said Dr. Green. "Contributing to its continued success is a meaningful way to give back."

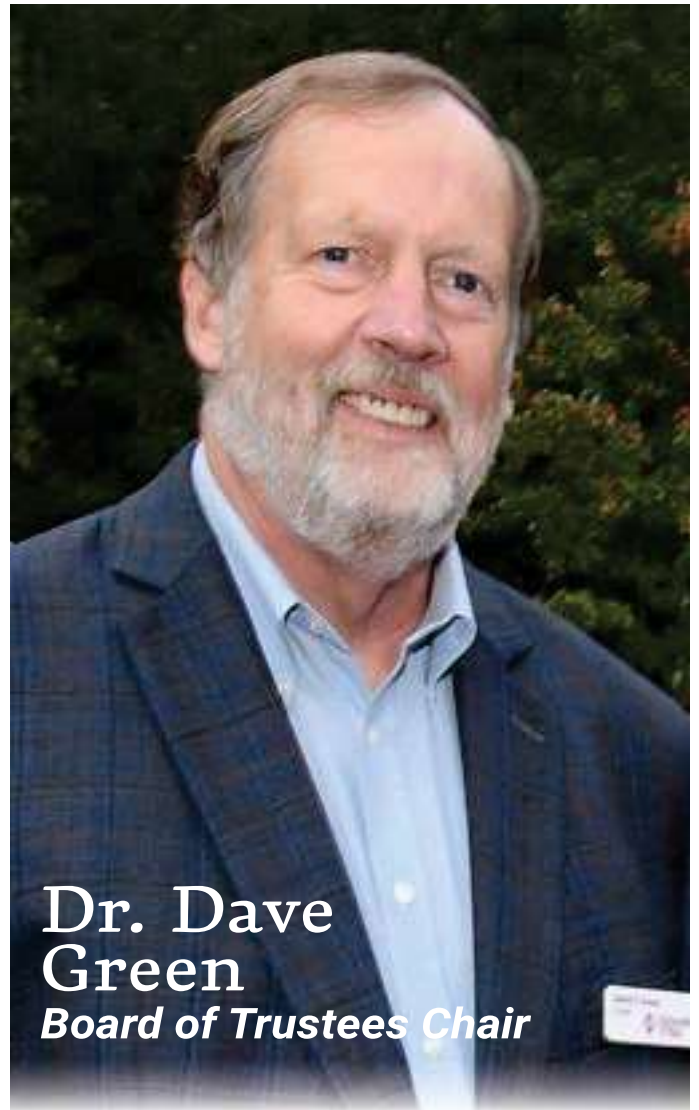
"This is a mission-driven organization focused not just on treating illness but on promoting wellness," he added. "That vision mirrors what we've worked toward in the Concord Hospital health system—helping people stay well, not just treating them when they're sick. Though the pandemic and other regional challenges made it a tough time to serve, our team has remained focused and resilient."

Dr. Green began his Board service just as COVID-19 was reshaping healthcare across the country. He witnessed the strain on systems and the toll it took on the workforce.

"It's an honor to be part of an organization that has dedicated 126 years to supporting and caring for others."

- Dr. David Green

"Workforce issues are one of the biggest," he said. "Fewer people are entering the field, and many seasoned professionals, especially nurses nearing retirement, have chosen to step away."



Now serving as Chair of the Board, Dr. Green is focused on what comes next—expanding programs that help individuals stay safely in their homes, reducing avoidable hospitalizations, and ensuring that those in our care continue to feel seen, supported, and valued.

One area especially close to his heart is Hospice House. "We're also turning our attention to the Hospice House, an invaluable community resource," he said. "We're exploring ways to revitalize the facility to ensure it offers the most compassionate and supportive experience possible for patients and their families."

We extend heartfelt thanks to Dr. Green and to every member of our Board. Their time, commitment, and expertise are instrumental to our mission—and our future. ❀



Hansi Glahn Volunteer

Granite VNA is proud to have the support of more than 100 dedicated volunteers who serve in a variety of roles. Among this generous group are many talented individuals from our community—but it's rare to find someone who serves in so many diverse ways. Hansi Glahn is that remarkable exception.

Hansi gives her time and heart in several meaningful roles. She visits hospice patients in their homes, provides bedside companionship and vigil care, assists with the pet therapy program, and serves as a bereavement companion.

"When I'm doing vigil work, most of the time the patient is sleeping," she said. "I'm there because they don't have family nearby—it's about being present so they're not alone."

As a pet therapy escort, Hansi partners with another volunteer, Kathy Lorenz, who brings her two therapy dogs, Hazel and Tillie, to visit patients and families.

In her role as a bereavement companion, Hansi offers a compassionate presence to grieving loved ones—meeting in person or speaking over the phone, depending on their comfort.

"Being a bereavement companion involves a lot of listening," she shared. "People need to talk, to cry,

to work things through."

In addition to her direct work with patients and families, Hansi has also contributed in other ways: helping maintain the Susan McLane Garden at Hospice House, making masks during the height of the COVID-19 pandemic, and participating in facility singalongs.

"Hansi is a volunteer coordinator's dream," said Lisa Challender, Volunteer Coordinator. "She is always willing to step in wherever there is a need, despite her many other volunteer commitments. Hansi's friendly and outgoing personality allows her to easily connect with patients, families, and bereaved loved ones."

We are deeply grateful to Hansi for her extraordinary commitment, compassion, and the many lives she has touched. Her impact on our patients, families, and organization is truly immeasurable. ❀



Hansi keeping the garden looking beautiful.

Introducing Our New Trustees



Neiko Lavery

Neiko Lavery brings more than five years of civil service and legal experience in New Hampshire. In her current role at Northeast Delta Dental, she provides legal support and strategic guidance to senior executives and business units on corporate governance, regulatory compliance, and risk management initiatives.

“As a previous recipient of Granite VNA services, I serve the organization to support its mission so others may receive the care they require and deserve.” ❀



Rusty Mosca

Rusty Mosca joined Nathan Wechsler and Company, a full-service accounting and tax firm, in 1987 and now serves as principal. Mosca specializes in accounting for construction, nonprofits, high net worth individuals, family offices, and generational businesses.

“I strongly believe in the mission of the organization and believe they do important work in the State of NH.” ❀



Tonya Rochette

Tonya Rochette brings over 30 years of experience in in-house human resources and consulting in both the for-profit and non-profit sectors. She currently serves as the Director of Human Resources at NAMI New Hampshire, a grassroots organization working to improve the quality of life for all by providing support, education, and advocacy for people affected by mental illness and suicide.

“Having personally experienced the compassionate care of a visiting nurse during my recovery from knee surgery and having witnessed the exceptional hospice support provided to my father, I am deeply moved by the mission of this organization. Serving on the Board is a profound honor and a meaningful way to give back to the team that made such a difference in our lives.” ❀

Your Dollars Help Support

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.

Caregiver Connection

Third Wednesday of Each Month, 9:30 - 11 a.m.
Location Varies

Join us and connect in-person with fellow family caregivers in a non-judgmental space. Enjoy an opportunity to unwind and a discussion rich in empathy and resources.

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.

Healthy Steps for Older Adults

Balance Screenings: Monday, November 3,
9 - 10:30 a.m.

Program: Tuesday, November 4, 2 - 4 p.m.

Thursday, November 6, 2 - 4 p.m.

Tilton Senior Center, 11 Grange Road, Tilton

Learn how to protect yourself and live a full and active life, free from the fear of falling. Participants must complete a balance screening and attend both workshops. Register at (603) 224-4093, ext. 85664 or granitevna.org.

Living with Grief Support Group

Wednesdays, Oct. 22 - Nov. 26, 1:30 - 3 p.m.

First Congregational Church

115 South Main Street, Wolfeboro

Offering a safe, caring space to share and learn alongside others whose lives and hearts have been broken open by loss. Register at (603) 410-9519 or granitevna.org.

As always, check out our online calendar for ongoing wellness classes, bereavement groups and other educational opportunities!

granitevna.org/calendar





Give Online
granitevna.org/donate

Concord Office
30 Pillsbury Street
Concord, NH 03301

Laconia Office
780 North Main Street
Laconia, NH 03246

Wolfeboro Office
645 South Main Street
Wolfeboro, NH 03894

Hospice House
240 Pleasant Street
Concord, NH 03301

603.224.4093

800.924.8620

email: info@granitevna.org



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company/granite-vna](https://linkedin.com/company/granite-vna)



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Save the Dates:

**SEASON OF
REMEMBRANCE**



Accepting loved ones names October 2025.
Visit granitevna.org for details.

Passion for Caring
Thursday, May 7, 2026

Hospice Home & Garden Tour
Wednesday, July 8, 2026