

The Lilac

A seasonal update for friends of Granite VNA - Spring/Summer 2026



Laurie and her pet therapy dog, Noodle.
*Read about them in our Granite VNA
Profiles on Pg. 9*

Welcome to our seasonal donor newsletter "The Lilac" – a name that pays tribute to New Hampshire's state flower, which symbolizes adaptability, resilience, and strength. Just as the lilac thrives year after year, Granite VNA is 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



After more than a decade as President and CEO of Granite VNA, I will be retiring this June.

Serving this organization has been the honor of a lifetime. Every day, I have been inspired by the dedication of our team and the compassion that defines our work. Together, we have expanded access to home health and hospice care, strengthened the quality and reach of our clinical services, and deepened our partnerships throughout the communities we are privileged to serve.

Through every chapter, my guiding belief has remained the same: high-quality care should be compassionate and available to all, regardless of ability to pay. That commitment is made possible because of the extraordinary people who stand behind our mission.

I am especially proud of how our team has met extraordinary challenges, including the COVID-19 pandemic, with resilience, innovation, and unwavering dedication to patients and families. During uncertain and difficult times, our clinicians and staff continued to show up with skill, kindness, and a deep commitment to those in our care. Their work exemplifies the very best of healthcare.

Because of our exceptional team, committed volunteers, generous donors, and trusted community partners, Granite VNA remains strong and well positioned for the future. Your support ensures that our neighbors receive the care they need during some of life's most vulnerable moments.

While this decision comes with mixed emotions, I leave with immense confidence in the organization's next chapter. Granite VNA's mission, values, and commitment to our community will continue to guide the important work ahead.

Thank you for your trust, your partnership, and your belief in our mission. It has been a privilege to serve alongside you in caring for our community, and I will always be grateful for the opportunity to be part of this remarkable organization.

A handwritten signature in black ink that reads "Beth J. Slepian".

Beth J. Slepian, President/CEO

Peace of Mind When it Matters Most



Granite VNA has partnered with Concord Hospital to provide Baby's First Homecoming visits to new mothers and newborns after hospital discharge since 1994. For one Hopkinton mother and her two children, these visits have proven to be invaluable.

"Laura, Granite VNA's Pediatric and Maternal Health Nurse, noticed that my youngest son Max was a little lethargic and had some bloating, so she recommended that we see our pediatrician," said Tiffani C., Hopkinton. "She also evaluated me and noticed a red mark on my arm that was painful which raised Laura's concern. Laura urged me to be seen that same day. I went to the emergency room and was diagnosed with a blood clot." Due to the blood clot, Tiffani was prescribed a blood thinner for 90 days. "I would not have known I had a blood clot if Laura hadn't been there," she said.

Baby's First Homecoming visits extend the care provided at The Family Place at Concord Hospital and are available to families in the service areas of Concord Hospital, Concord Hospital-Laonia, and Concord Hospital-Franklin. Typically occurring two to five days after discharge, nurses offer education on infant care and postpartum recovery,

helping lay the foundation for a healthy start at home. In the last fiscal year (October 2004 through September 2005), Granite VNA provided 920 visits to support mothers and newborns during this critical transition.

"Laura was very caring and thoughtful," Tiffani said. "She did not just follow a checklist. She took the time to understand what we needed and how she could truly help. It is so stressful coming home from the hospital and having someone there to bridge that gap makes all the difference."

This was not Tiffani's first experience with the service.

"We also had a visit after my first child Oliver was born," she said. "He was a preterm newborn and was in the hospital for about a month. When he came home, Kimberlee, a former Granite VNA nurse, visited for several weeks and supported us every step of the way. She was always willing to answer any questions, even the ones from a nervous mom."

Today, Tiffani says both of her children are doing well. She credits Laura not only for her medical knowledge, but for the support she provided during a stressful time.

Stories like Tiffani's highlight the profound impact of Baby's First Homecoming visits offering not only clinical expertise, but also reassurance, early intervention, and a

sense of comfort during an often-overwhelming transition. By meeting families where they are and providing personalized, compassionate care, Granite VNA continues to help ensure that mothers and newborns begin their journey at home with confidence, safety, and support. ❀



Max and his big brother, Oliver.

Support Hospice Care and Explore the Beauty of the Lakes Region

Save the date! Wednesday, July 15, 2026, from 10 a.m. to 4 p.m., Granite VNA's Hospice Home & Garden Tour returns to the beautiful Wolfeboro area. This self-guided tour invites you to step inside distinctive Wolfeboro and Alton homes, including three stunning waterfront properties, and enjoy the charm and natural beauty of the Lakes Region.

Every ticket directly supports Granite VNA's community hospice services, helping us provide expert, compassionate care to patients and families throughout central New Hampshire, wherever they call home. Relax and gather inspiration while making a difference for those facing life limiting illness in our community.



Tickets will be on sale Friday, May 22, and can be purchased by visiting Black's Paper Store & Gift Shop on Main Street in Wolfeboro, online at granitevna.org/hometour, or by calling 603-230-5664. Gather your friends, enjoy a summer day by the lake, and join us in supporting the comfort, dignity, and peace at the heart of Granite VNA's mission. ❖



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.

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. ❖

HARLEYS FOR HOSPICE

2026 Heritage FLHC® Customed designed by tattoo artist Jimmy Snaz.

\$20 per ticket
Only 2500 tickets available



Net proceeds to benefit Granite VNA Hospice

*see ticket site for raffle rules

LACONIA HARLEY-DAVIDSON



Get Tickets





Home Care Administrative Assistants, Denise Constant (left) and Linda Englehart (right), set up an Ibis system ready to be used in a patient's home.

Enhancing Independence Through Innovative Home Monitoring

Chronic conditions such as congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), and diabetes remain leading causes of death and disability. At Granite VNA, we care for and support home care patients living with chronic conditions, helping them maintain stability, independence, and quality of life at home.

To further strengthen that support, we have introduced extended monitoring through Ibis Health, a telemonitoring service that provides daily vital sign tracking, medication reminders, and ongoing support through a user-friendly tablet device. Patients also have access to Ibis Health's specialized clinical team, who offer health coaching and help set personalized goals tailored to each individual's needs.

"Ibis Health does not replace in-person visits for home care patients," said Cindy Bergeron, Senior

"It enhances our ability to support patients between visits and helps them continue living safely and independently."

- Cindy Bergeron, Senior Director of Patient Care Services

Director of Patient Care Services. "It enhances our ability to support patients between visits and helps them continue living safely and independently."

As part of the program, patients receive a tablet along with any necessary equipment such as a blood pressure cuff, scale, or pulse oximeter to easily track their health at home. This data is securely transmitted to Ibis Health, where clinical staff monitors for any changes. If concerns arise,

the team reaches out directly to the patient or alerts Granite VNA, enabling timely intervention.

A key advantage of the Ibis Health system is its continuity. The service can remain in place even after a patient is discharged from home care. If a patient continues using the system, Ibis Health monitors ongoing trends and reconnects them with Granite VNA should their condition change helping address concerns early and potentially preventing hospitalizations.

The system is designed to be simple and accessible, and patients agree. David L., Barnstead, shared, "I have been using it for a few

months, and it is easy to use. It is a good thing, especially now that Granite VNA is not visiting anymore."



The Ibis Tablet displays large, clear icons for easy navigation.

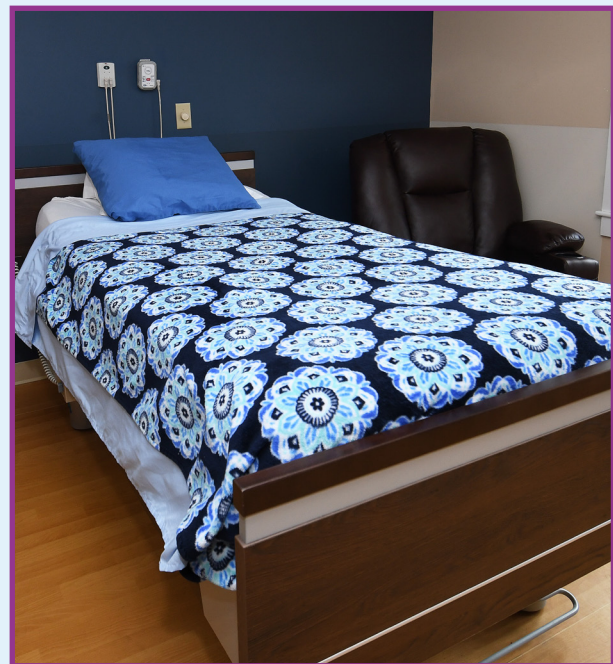
By combining compassionate, in-person care with innovative technology, Granite VNA continues to expand how we support patients beyond the traditional visit, providing reassurance, early intervention, and a stronger connection to care. This integrated approach helps patients stay healthier at home, reduces avoidable hospitalizations, and

ensures they always have a trusted partner in managing their health. ❖

Your Donations Help Patients Sleep Better at Night

Thanks to the extraordinary generosity and shared vision of the Foss Family Foundation and the Oleonda Jameson Trust along with Granite VNA's own investment, we purchased 10 new, medically advanced beds for Hospice House. These philanthropic partners play a vital role in strengthening access to high-quality, compassionate community care.

The addition of these beds significantly enhances patient comfort while also improving safety and ergonomics for our care team as they provide 24-hour nursing care and personal support. This investment ensures that Hospice House meets the evolving needs of a diverse patient population now and into the future.



Granite VNA Profiles

Chris Parkinson *Board of Trustees Member*

With more than two decades of involvement, Christopher (Chris) Parkinson has played a vital role in shaping and strengthening Granite VNA. His journey began in 2003, when he was first invited to join the Board of Trustees. Accepting that invitation marked the start of many years of thoughtful leadership and service, including continuous board involvement through 2016, with only a brief pause to serve as Rotary District Governor for

"I am extremely proud to be a member of the Board of Trustees and even more proud of the staff of the Granite VNA."

- Chris Parkinson

New Hampshire and Vermont. In honor of their dedication to the agency, Chris and his wife Janine received the Donor Recognition Award in 2017.

Even during that time away from the board, Chris's commitment never wavered. He remained actively engaged as a member of both the Investment and Finance Committees, offering steady guidance and financial insight. In 2017, after relocating from Bow to Moultonborough, his connection to the organization continued. Following the merger of Concord Regional VNA and Central NH VNA and Hospice that created Granite VNA, Chris was invited to rejoin the Board in 2023, representing the Lakes Region.

Today, he serves as Treasurer, bringing experience, perspective, and deep institutional knowledge to the role.

Chris's connection to Granite VNA is not only professional, but deeply personal. Before joining the board, he experienced the care of Hospice

House firsthand during the passing of a beloved uncle and a close friend. These moments left a lasting impression.

"Both of these experiences showed how wonderful the staff of the Hospice House was," he reflects.

That admiration has only grown over time. Chris continues to be inspired by the organization's unwavering commitment to quality care and its mission to serve the community with dignity and compassion. Proud of both the Board and the staff, he exemplifies the spirit of service that defines Granite VNA. ❀



Laurie Dockham & Noodle

Pet Volunteer Team

With a gentle presence and quiet companionship, therapy pet teams bring comfort and connection to patients at Hospice House, their families, and our team members who support them. One such team is Laurie Dockham and Noodle, a retired racing Greyhound.

“With my first therapy dog, Dream, we mainly visited hospice patients at Epsom Manor and at the hospice wing at Merrimack County Nursing Home,” Laurie said. “During the pandemic, before facilities fully reopened, we began greeting at Hospice House. Dream retired in 2022, and Noodle took over. Now Noodle and I go to Hospice House every Sunday to greet guests, visit patients, and bring a little joy to the staff.”

Laurie said being able to share Noodle’s unconditional love with people when they need it most means everything to her. One woman on hospice who had raised and shown Collies in her younger years stands out as a memory.

“Knowing that she had Noodle with her at the end, especially since she had no family, meant everything to me.”
- Laurie Dockham

“We had a few more lovely visits after we met her for the first time,” Laurie said. “On our last visit, she was actively dying. Her LNA asked if I’d like to say goodbye, and she and a nurse gently repositioned her so Noodle could lie beside her. I spoke softly to



let her know Noodle was there and told her it was okay to go and that she wasn’t alone.”

“About thirty minutes later, as I was getting ready to leave, the staff told me she had just passed,” Laurie said. “Knowing that she had Noodle with her at the end, especially since she had no family, meant everything to me.”

Moments like these reflect the quiet, profound impact of pet therapy at Hospice House. Through simple presence, gentle companionship, and unconditional love, teams like Laurie and Noodle offer comfort when words fall short ensuring that no one feels alone and that even in life’s final chapter, there is warmth, dignity, and connection. ❀



Introducing Our New Trustees



Mary Collins

Mary served nine years on the State of New Hampshire Judicial Conduct Committee, including eight years as its Chair. She also served six years, including four as Chair, on the board of the Wentworth Economic Development Corporation, a nonprofit development organization dedicated to fostering economic growth by financing and supporting small business ownership in the Lakes Region. Currently, she serves on the board of the Wright Museum of World War II in Wolfeboro.

“Healthy communities are vital to our state’s future. As a Trustee, I have the opportunity to contribute to the mission of the Granite VNA by ensuring the delivery of high-quality wellness programs and personal care to NH citizens, as well as contributing to the growth of essential programs in our communities. Personally, I will always be grateful for the home hospice care provided to my dad and the comfort given by the VNA to our entire family in Dad’s final months.” ❀



Stephen Sacco

Stephen has more than 30 years of experience in finance and administration across the corporate, municipal, and nonprofit sectors. Currently, he serves as Director of Finance & Administration at Madeira USA in Gilford, overseeing financial reporting, strategic planning, manufacturing, audits, payroll, HR, and benefits administration. Before joining Madeira, Stephen served as Controller at the Metropolitan Boston Housing Partnership in Boston, Finance Manager at the Nashua Housing Authority, and Controller at Casella Waste Systems. He also owned and operated multiple UPS Stores in New Hampshire.

“The agency holds such a special place in my heart for the exceptional care that was provided to my mother, father and brother. I’m grateful for the opportunity to reengage with agency as a board member to help ensure everyone in our community who needs support receives it – just as my family has.” ❀

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

June 4, July 2, 1 - 2:30 p.m.
Epsom Public Library, 1606 Dover Rd., Epsom

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.

Memory Mix & Mingle

June 10, 10 - 11:30 a.m.
Forestview Manor, 153 Parade Rd., Meredith

Mix & Mingle is a welcoming gathering space for individuals living with cognitive impairment and their friends, family members, and caregivers. It's a safe, supportive environment designed to foster connection, laughter, and meaningful moments together.

Living with Grief Support Group

Wednesdays, Aug 5 - September 23, 1:30 - 3 p.m.
Granite VNA - Laconia Office
780 North Main St., Laconia

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



Eastern Bank is committed to recognizing the good
in our communities and celebrating the work of

GRANITE VNA

We proudly support 2026 PASSION FOR CARING

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Concord, NH 03301

Laconia Office
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Laconia, NH 03246

Wolfeboro Office
645 South Main Street
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Join us this summer for our
Hospice Home & Garden Tour!

Please see Page 5 for more details.



Wednesday, July 15, 2026
Alton & Wolfeboro