



# NEWSLETTER

VNA Northwest, Inc. [www.vnanw.org](http://www.vnanw.org)

## Serving:

Bantam " Bethlehem " Cornwall " Falls Village " Goshen  
Harwinton " Lakeville " Litchfield " Morris " New  
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" Salisbury " Sharon " Terryville " Thomaston " Torrington "  
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**Fall 2009**

*Serving Northwest Connecticut for 80 Years!*

## *VNA Northwest: Where the Care Comes to You!*



*Gail Atkinson, OT, with Richard Mallory of Canaan*

Richard Mallory and VNA Northwest Occupational Therapist Gail Atkinson agree: "Slow and steady is good!"

Mr. Mallory spent most of the summer and early fall recovering from his second major back surgery. After spending some time in a rehabilitation facility, he went home to North Canaan and started receiving physical therapy and home health services from VNA Northwest. Gail then started occupational therapy with him, and this has helped Mr. Mallory to resume his daily routines. Gail explained that many of the hand and finger exercises she had Mr. Mallory practice were done with simple household items, such as clothes pins, and materials such as modeling clay and Silly Putty.

"The biggest thing is getting my strength back," said Mr. Mallory. He said he was pleased with the results of his therapy when he was again able to cook his own breakfast and to brew his own coffee.

*For more information about VNA Northwest's therapy department, please call 860-567-6000 or visit [www.vnanw.org](http://www.vnanw.org).*

## Have You Had Your Flu Shot?

Please call VNA Northwest at  
(860) 567-6000 or visit

[www.vnanw.org](http://www.vnanw.org) for details on our  
seasonal flu and pneumonia clinics!

## Agency Recognized as "Elite"

VNA Northwest has been named to the 2009 HomeCare Elite™, a compilation of the top-performing home health agencies in the United States. This annual review identifies the top 25 percent of agencies and further highlights the top 100 and top 500 agencies overall. Winners are ranked by an analysis of performance measures in quality outcomes, quality improvement, and financial performance.

"The 2009 HomeCare Elite winners demonstrate a commitment to providing their patients with the best possible care while performing at the highest level," said Nancy Buller, senior director of marketing communications at OCS HomeCare. "We congratulate VNA Northwest on being one of the top home care agencies in the country."

The 2009 HomeCare Elite is the only performance recognition of its kind in the home health industry. The 2009 HomeCare Elite is brought to the industry by OCS HomeCare, the leading provider of homecare information, and DecisionHealth, publisher of homecare's most respected independent newsletter *Home Health Line*. The data used for this analysis was compiled from publicly available information.

## Full Course for VNA Northwest's 10th Annual Golf Tournament

We are pleased to report that VNA Northwest's 10<sup>th</sup> Annual Golf Tournament raised nearly \$23,000 for our Hospice and Home Care programs this year! These funds will help our nonprofit agency to continue providing quality home health care services to patients throughout northwest Connecticut.

### Platinum Sponsors

Accurate Mailing Services  
First National Bank of Litchfield  
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### Silver Sponsors

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### Hole-in-one Contest

VNA Northwest, Inc.

### Putting Contest

In Memory of Dr. John A. Galloway

### Luck of the Draw

Brumell's Cycle & Fitness



*Sabrina Roper and Margret Warner enjoyed the day.*

### Tee Sponsors

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Sullivan's Northwest Hills Dealerships  
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Tedeschi Tile & Marble  
True Value of Litchfield  
Westover School  
Linda Woodman

### Save the Date:

**Sept. 20, 2010**

**11th Annual  
VNA Northwest  
Golf Tournament**

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# Nurses Make A Difference in the Lives of Homebound Patients

VNA Northwest Nurse Kim Cole has a special rapport with patient Donald Beach of Morris. Mr. Beach is a veteran of the U.S. Navy, a retired auxiliary state trooper and a carpenter who ran his own cabinet making business.

Kim visits Mr. Beach, a widower, on a regular basis. "I'm able to see if there are any changes in his conditions and to check the home for safety issues," she said. "There are so many services that are available to homebound patients, and I try to make sure my patients receive them so that they are able to stay safely in their homes."

"Kim always tells me, 'if you need anything, yell,'" said Mr. Beach.

Earlier this year, Kim, a registered nurse, completed a continuing education course and became certified in Gerontology. "Nursing isn't only about taking vital signs, but also about talking with and listening to patients," she said.



*Nurse Kim Cole with Donald Beach of Morris*

## Friends of the 10th Annual Golf Tournament:

All About Accessories

Jim Alessio

Anthem Blue Cross/ Blue Shield

Avon Products, Joann Fenty Bantam Pizza

William Beauchaine

Peter Belval

Big Value Supermarket

Big Y

BJ's Wholesale Club, Inc.

Brazen Betties: Showcase for CT Fashion Designers & Artists:

*Brazen Betties;*

*Barbara Ziemer; Bonhomie*

*Jewelry; Give them the*

*World -- Jessica*

*Napolitano; Hydria*

*Perfumery; Catherine*

*Thiem, This Little Piggy*

Brumell Cycle & Fitness

Cakes Unlimited

Cambridge Brew Pub

Carl's True Value

Chatterly's Cafe

Chippanee Golf Club

Colonial Greenhouse

Common Ground Cafe

Martin J. Connor

Alice Dember

DiFranco's Restaurant & Pizzeria

Dwan & Company

Fairview Farm Golf Course

Flatbread Company

Flora & Fauna

Rosie Furniss

Gerber Plumbing Products

Goshen Wine & Spirits

Hair by Design Salon Spa

Harwinton Pizza

Hatfield's Jewelers

Hayseed

Hometown Pizza II

Huntington & Hope

J. Seitz & Company

Mitchell Katz, DDS

Jeffrey B. Kellner,

Photographer

Jimmy's Store

Kitchenworks

LaCupola Ristorante & Inn

Lamonica's

Lincare

Litchfield Athletic Club

Litchfield Car Wash

Litchfield County Times

Litchfield Hills Nursery

Little Brook Engraving

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Southbury Stone & Supply

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The Pantry, Inc.

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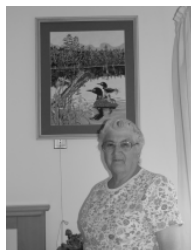
West Street Home Care

Westside Package Store

Woodbury Pewter

## Our Patients Say “Thank You!”

Eva Curtiss of North Canaan says she looks forward to her monthly visits from nurses Mary Ann Spring and Darlene Grant. “They come in and talk to me for awhile, then check my vital signs,” she said, adding, “They treat me well!”



About five years ago, Eva sent away for some “paint by numbers” kits and started painting at her kitchen table. Now, her apartment walls are decorated with rotating exhibits of her colorful pictures. All of her visitors, including the nurses, admire her work. Her daughter gave her an adjustable magnifying lamp, which she says is very helpful when she is working on a detailed piece. “I just love artwork,” she said.

Marlene Rouleaux of Winsted is a former competitive swimmer, water skier, flat bottom canoe racer and a tri-athlete. After her knee replacement surgery last spring, she chose to return right away to her home on Highland Lake rather than to spend time at a rehabilitation facility. “I knew I had stairs to climb and I wanted to get started,” she said. And she started receiving home care and physical therapy immediately from VNA Northwest.



“The nurses were wonderful,” she said, referring to Janet Gagnon and Darlene Grant. Steve Mourges, the physical therapist who worked with her three times a week, “was tough, but encouraging...just what I needed,” she said.

“Rehabilitation so important after surgery,” said Marlene. “You need to get that knee moving again!”

## Introducing a New Program of Care for Our Patients With Low Vision

If you or someone you know struggles with low vision, you know that it can present many unique challenges. This fall, VNA Northwest will launch a program of specialized care for our patients with low vision called “HomeSight.” Our trained therapy staff will work with patients to make sure their living environments are safe and adapted to their special needs.

In addition, the therapists will help patients to improve functional independence, including the management of their medications, personal care, and nutrition.



“HomeSight” is backed by more than 12 years of clinical research and experience and it has consistently demonstrated improved patient outcomes. Please call us at (860) 567-6000 or watch our website for information on the program.

## Canaan Community Garden Gets Grant from BTCF With Help from VNA Northwest



VNA Northwest nurse Nancy Stein worked with the gardeners of Canaan’s Station Place Community Garden to secure a grant from Berkshire Taconic Foundation’s Green Pastures Fund for improvements to the project earlier this year.

*Some of the gardeners are shown at left, clockwise from top: Dennis Swett, Nancy Gandolfo, Mavis Cross, Art Cross, Don Caranci with granddaughter Samantha, and Carlton Ovitt. Missing from the photo: Susan Suphan, Jessica McCue, Cathy Caranci and Margaret Ovitt.*

## “Great Gatsby” Garden Party Helps Hospice Northwest

Approximately 125 people attended the “Great Gatsby” Garden Party on July 18 in Harwinton. Proceeds from this year’s event went to two local not-for-profit causes: VNA Northwest’s Hospice Program and The Women’s and Girls’ Fund, a fund at The Community Foundation of Northwest Connecticut. The party was sponsored by Victoria Elliot of Sotheby’s International Realty and co-hosted by Victoria’s husband, Dr. Marvin McMillen.

*In photo at right are some of the guests who attended this year’s “Gatsby” Garden Party, L-R: Gerald and Linda Scofield, Marie Wallace, and Mary Tavino.*



## In November We Celebrate National Hospice and Palliative Care Month

This year, thousands of Americans will be diagnosed with a terminal illness. “The time to learn about choices in end-of-life care is before you and your family members are faced with making tough decisions,” said Lea Alberghini, RN, BSN, CHPN, VNA Northwest’s Hospice Director. November is National Hospice Month.

VNA Northwest’s state-licensed and Medicare-certified Hospice Northwest program helps terminally ill patients and their families to confront the end of life with dignity and comfort. The Hospice Team includes physicians, nurses, home health aides, therapists, social workers, clergy and trained volunteers. Please call the agency or visit [www.vnanw.org](http://www.vnanw.org) for more information.

## Thrift Shop Proceeds Benefit VNA Northwest’s Patient Care Fund



*Thrift Shop “Monday Regular” volunteers, L-R, Back: Doris Waldron, Diane Locke, Ann Schmidt, Nellie Condon; Front: Della Turrell, Marilyn Roze and Betty Hinckley. Missing: Jane Moore.*

Our Thrift Shop in New Preston raises funds for direct patient care and is staffed by a core group of dedicated volunteers. If you or someone you know would like to donate a few hours a week to this worthy cause, please contact Patricia Anderson, Volunteer Coordinator, at (860) 567-6000. There is a need right now for volunteers to fill in Friday and Saturday time slots.

You may drop off donations of gently-used clothing and household items for the Thrift Shop at VNA Northwest, 607 Bantam Road in Bantam, or at the Thrift Shop, 233 B Litchfield Tpke. The store is open Tuesdays through Fridays, 10-4, and Saturdays, from 10-3.

Next spring, on April 15, 2010, the volunteers will offer a Fashion Show featuring clothing from the Thrift Shop. Proceeds will benefit both VNA Northwest and the New Preston Women’s Club.

## Grant from Thomaston Savings Bank Foundation to Fund Cholesterol Screening

In October, the Thomaston Savings Bank Foundation Inc. presented an award of \$1,100 to VNA Northwest to purchase cholesterol screening materials. VNA Northwest is grateful to the Thomaston Savings Bank Foundation for its support. Please watch our website for information on when and where we will begin offering cholesterol screenings.



VNA Northwest Physical Therapist Laura Leifert shared information with a group of North Canaan residents recently on the topic of preventing falls. L-R: Jeanie McBreairty, Claire Vreeland, Florence Shoifet, Ola Choquette, Laura Leifert, and Ruthellen Griffin, M. Ed., MA, ADTR, VNA Northwest Bend & Stretch instructor. To inquire about a Fall Risk Assessment, please call VNA Northwest at 1-800-752-0215 or (860) 567-6000.

*VNA Northwest for details  
Nov. 17, 2009 -- call*



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