



# NEWSLETTER

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

## Serving:

Bantam " Bethlehem " Cornwall " Falls Village " Goshen  
Harwinton " Kent " Lakeville " Litchfield " Morris " New  
Hartford " New Milford " Northfield " North Canaan " Plymouth "  
" Salisbury " Sharon " Terryville " Thomaston " Torrington "  
Warren " Washington " Winsted " Woodbury

Summer/Fall 2011

*Serving Northwest Connecticut for over 83 Years*

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

The Davenports of Litchfield are satisfied repeat clients of VNA Northwest. They've been familiar with our agency since the days when Lowell "Bud" Davenport delivered mail for the Goshen post office and our office was located at the Goshen rotary.

During the 1990s, Mr. Davenport first experienced our home care services after a series of joint surgeries. He and his wife, Sue, became very friendly with one of our physical therapists, Linda, and they've continued to exchange Christmas cards with her for many years.

After undergoing bypass surgery this past spring, Mr. Davenport became our patient once again, and experienced the attentive care of nurses Kim and Priscilla, along with more physical therapy, this time, from Carol.

They said they were very happy with the caregivers and also with VNA Northwest's telehealth program. Using the small monitor and scale installed



*Sue and "Bud" Davenport*

in their home, Mr. Davenport was able to transmit his vital data (blood pressure, heart rate, pulse, oxygen saturation level, weight, blood sugar and temperature) to our office to be reviewed by our nursing staff each morning. They said this "new" system brought them extra peace of mind.

## **The Country Grocer of Thomaston Sponsors Blood Pressure Clinics**

Monthly blood pressure clinics in Thomaston have resumed, thanks to sponsorship by a local business, The Country Grocer. The hour-long clinics are open to the public and held at Green Manor and Grove Manor senior housing.

The Grove Manor clinic (11 Grove Street) is held on the second Tuesday of each month from 10-11 a.m. And the Green Manor clinic (63 Green Manor) is held on the third Thursday of each month, from 12:30-1:30 p.m. Our nurses staff weekly or monthly clinics in several local towns, including Bantam, Bethlehem, Cornwall, Falls Village, Harwinton, North Canaan, Sharon, Thomaston, Warren, and Washington.

Please check our calendar page at [www.vnanw.org](http://www.vnanw.org), or call us at 860-567-6000 for the schedule of area clinics. The screenings are offered at no charge to the public.

## **Golf Tournament and Quilt Raffle**

See inside pages for information on our Sept. 19th Golf Tournament and our upcoming quilt raffle. You'll find color photos and online registration at [www.vnanw.org](http://www.vnanw.org). You may also visit our website for more information about our home health services, community wellness programs, special events and employment opportunities. Sign up to receive our **email newsletter**. And look for us on Facebook, too.

## 12th Annual Golf Tournament Monday, September 19th

As you may know, the golf tournament is our largest annual fundraiser, with proceeds going to fund care for local Hospice and Home Care patients. It is truly a community effort, involving golfers, sponsors, prize donors, volunteers and committee members from many of the towns we serve. This year, Peter Belval of Woodbury is back as tournament chairperson, and he and other committee members are busy securing sponsorships, donations and participants.



*David Oliver, Ken Traub and Wendy Traub*

Call us at

**860-567-6000** if you'd like to know how you can lend your support. Or go to [www.vnanw.org](http://www.vnanw.org) to register and view pictures from last year's event.

Golfers: the cost to play 18 holes at beautiful Fairview Farm Golf Course in Harwinton is still \$150, and this includes lunch, dinner, cart, green and shop fees. Registration opens at 9:30 a.m. and the shotgun start is at 11 a.m. Non-golfers: you can support us by coming to the social and dinner for just \$35 per person. The social hour starts at 4 p.m., followed by a delicious dinner and drawings for some fabulous prizes. So, don't wait -- sign up now!

### Need Some Help at Home?

There are a variety of private duty services available through West Street Home Care, our referral agency. These include certified nursing assistants, personal care attendants, companions, domestic workers, and drivers.

Please call Kathy or Linda at either 860-567-2476 or at our main number, 860-567-6000, or visit our website to learn more. West Street offers 24-hour service.

*To register online,  
scan the QR code  
at right with your  
smart phone.*



### May We Send You Our Card?

If you have not received one of our sturdy plastic home health provider cards, please give us a call and we'll send one right out to you. They fit easily in your wallet or purse.

### *We are grateful to the following funders for recent grants:*

Civic Family Services, Inc.,  
\$1,422 for health guidance visits for the elderly

Connecticut Community Foundation, *East Hill Woods Fund*,  
\$4,500 for "Outreach and Assessment of Isolated Seniors"

Junior Women's Club of Litchfield Hills,  
\$200 for wound care training for nurses

The Leever Foundation,  
\$2,775 for wound care training for nurses

### VNA Northwest, Inc. Board of Directors

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Nancy Deming, RN,  
BSHA  
Executive Director  
Bridget A. Beauchaine  
Corresponding Secretary

#### Newsletter Editor

Joyce B. Dunn

VNA Northwest, Inc.  
607 Bantam Road Unit F  
Bantam, CT 06750  
(800) 752-0215 or  
(860) 567-6000  
[info@vnanw.org](mailto:info@vnanw.org)

## *North Canaan Patients and VNA Northwest Caregivers*



*Barbara Arnold and Laura Leifert, DPT*



*Mr. & Mrs. Trahan*

*John Gilgar*

Physical Therapist Laura Leifert has provided therapy to Barbara Arnold of Canaan for more than five years. Since she had radical neck dissection surgery several years ago, Mrs. Arnold has experienced limited mobility in her head and neck area due to scar tissue. She currently receives periodic Botox injections, and Laura performs manual therapy on her neck on a regular basis to allow her a greater range of movement.

Barbara says she looks forward to Laura's visits, and the two enjoy sharing some lighthearted conversation and laughs during their time together. Barbara also shares laughs with VNA Northwest nurses Darlene and MaryAnne. She said they've given her "wonderful care."

North Canaan patients John Gilgar (in doorway) and Robert Trahan (shown seated, with his wife) speak highly of Darlene and MaryAnne, too. The Trahans said VNA Northwest was recommended to them by a friend when Mr. Trahan needed skilled care in their home. Now the two nurses are "like part of the family," they said. And Mr. Gilgar said Darlene was instrumental in connecting him to many helpful social services. "Any time you need anything, she's right there," he commented.

### **Bend & Stretch at Falls Village Library**

A six-week exercise clinic for older adults will be held on Wednesday mornings at the D.M. Hunt Library, 63 Main Street, beginning Sept. 7. The "Bend and Stretch" program, offered by VNA Northwest in several towns in our service area, was created to help individuals gain flexibility and to reduce the possibility of falls.

The six classes will run from 11 a.m. to noon at the library on the following dates: Sept. 7; Sept. 14; Sept. 21; Oct. 12; Oct. 19; and Oct. 26.

There is no charge to the participants. The clinic is sponsored by VNA Northwest and the town of Falls Village, with space generously donated by the D.M. Hunt Library. Please call us at (860) 567-6000 or 1-800-752-0215 to register or to request more information. Clinics will take place in other towns as well, including Bethlehem, Cornwall, North Canaan, Sharon, Torrington, Warren, and Winsted. So please see our calendar page at [www.vnanw.org](http://www.vnanw.org) for the most up-to-date information.

### **Help Us to Reach Out to Isolated Residents**

We are in the process of identifying senior citizens who may be in need of health assessment visits and/or help in connecting to services that can allow them to continue living safely in their homes. With grant funding from the East Hill Woods Fund of the Connecticut Community Foundation, VNA Northwest is equipped to identify and meet with at least 30 residents of nine western Connecticut towns,\* during the next several months, with the goal of connecting them to services offered through the state's CHOICES program, and assessing their current health needs.

Please call us at (860) 567-6000 or (800) 752-0215 if you have a friend, neighbor or acquaintance who may need assistance with healthcare, transportation, home maintenance or other aspects of daily living. All referrals will be kept confidential.

*\*Bethlehem, Goshen, Litchfield, Morris, New Milford, Thomaston, Warren, Washington and Woodbury.*



## New Faces at VNA Northwest



Lisa Smith, RN



Nona Williams, RN



Tara Shortsleeve, RN



Martin Donovan

In recent months we have welcomed some new nurses to our team (pictured above), along with an occupational therapist (right), and a new Director of Finance, (left).



Lisa Baird, OT

### We're Now Offering "Live Well" Workshops

A group of local residents completed the first six-week "Live Well" workshop here at our office in June, and the response from participants was very positive. The program helps people with chronic diseases, or their caregivers, gain more control over their lives.

Please check our website for announcements about future workshops, or call us for more information. Live Well is sponsored by The Western Connecticut Area Agency on Aging, Connecticut Department of Social Services-Aging Services Division, and Connecticut Department of Public Health through a grant from the Administration on Aging.

### Annual Volunteer Reception

We said "thank you" to our volunteers at a well-attended reception in April. Volunteers help in a variety of ways, including: staffing our Thrift Shop in New Preston; spending time with hospice patients; and doing clerical tasks in the office.



In photo, L-R: Iona Douskey of Washington, a Thrift Shop volunteer, with Janet Kaufman of Torrington and Joan Rinaldi of Morris, office volunteers.

### Hospice Volunteer Training



Eleven participants successfully completed a recent Hospice Volunteer Training program. L-R: Jean Devaux of Torrington; Susan Wadelton of Washington Depot; Gail Langlois of Torrington; Rachel Crean of Torrington; Maureen Carpenter of Litchfield; Leah Clark of Morris; Patricia Della Rocco of Morris; and Rasheedah Z.N. Mu'min of Winsted. Missing from photo: Paul S. Fazzina of Bantam; Lisa Klous of New Milford, and Stephen Wadelton of Washington Depot.

A hospice volunteer training course sponsored by VNA Northwest this spring explained the philosophy of hospice care and featured presentations on ways to provide support to terminally ill patients and their families. Our Hospice program offers assistance in either the patient's home or in an institutional setting.

Please call us at 860-567-6000 if you would like more information about end-of-life care, or would like to schedule a Hospice information session for your group or organization. To learn about becoming a volunteer, please call Patricia Stengel, Hospice Volunteer Coordinator. More detailed information is available at [www.vnanw.org](http://www.vnanw.org).

## Join us on October 14 for Annual Legacy Tree Reception



VNA Northwest Legacy Tree

### Take a chance on a one-of-a-kind quilt

As a benefit for our Hospice and Home Care programs, we are selling raffle tickets for a king-size quilt, valued at \$1,200. The handmade quilt featuring a beautiful “tree of life” motif was designed and created for VNA Northwest by Elaine Ashley of Stitches in Time Quilting in New Milford. The quilt will be displayed at the Goshen Fair on Labor Day Weekend. Tickets are \$1 each, or \$10 for a book. They are currently available from VNA Northwest staff and board members, at Murphy’s Pharmacy in Litchfield, and at National Iron Bank in Cornwall Bridge. The winning ticket will be drawn during our annual Legacy Tree Celebration on October 14.

### Here’s How Your Donation Helps

Your contributions, in any amount, go directly toward funding care for patients in our Home Care and Hospice programs. VNA Northwest makes every effort to provide services to all who need our care. However, Medicare, Medicaid, health insurance and other resources often do not pay the entire cost. So your donations help insure that we can provide the highest quality care to each patient.

### Legacy Tree Donations

For donors who contribute single donations of \$1,000 or more, or groups of donors who choose to donate a total of \$1,000, a leaf on our wall-size Legacy Tree will be inscribed in honor or in memory of an individual or organization.

### Leave a Lasting Contribution

If you would like to help provide home health care to future generations of your friends and neighbors, please consider including VNA Northwest in your will.

Our annual Legacy Tree Celebration will take place Friday, October 14, from 5-7 p.m. This gathering has become a traditional time to honor our donors, patients and friends, and to showcase the newly-inscribed leaves that have been added to our tree sculpture. This year, we will draw the winning raffle ticket for a handmade quilt (see photo below) at this event. Please call to make a reservation if you’d like to join us that evening.



Legacy Tree Quilt

*To view a color photo of the quilt, scan the QR code at right with your smart phone.*



### Exhibit on Founder of Our Agency

Our founder, Dr. W. Bradford Walker, is the subject of the Cornwall Historical Society’s current exhibit. Replete with stories of his kindness and dry humor, the exhibit explores Dr. Walker’s life as a solo practitioner in Cornwall and in the larger medical community. His contribution to medicine and public health was significant.



On the day the exhibit opened in June, we had the pleasure of meeting two of Dr. Walker’s grandsons, Mark Pittman Walker and W. Bradford Walker, III. Both Vermont residents, they were in Connecticut to attend the opening reception, and made a stop at our office to visit the agency their grandfather founded back in 1928.



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VNA Northwest, Inc.  
607 Bantam Road Unit F  
Bantam, CT 06750  
(800) 752-0215 or (860) 567-6000  
Info@vnanw.org  
www.vnanw.org

