



NEWSLETTER

VNA Northwest, Inc. www.vnanw.org

Serving:

Bantam " Bethlehem " Cornwall " Falls Village " Goshen
 Harwinton " Lakeville " Litchfield " Morris " New
 Hartford " New Milford " Northfield " North Canaan " Plymouth
 " Salisbury " Sharon " Thomaston " Torrington " Warren "
 Washington " Winsted " Woodbury
Vol. XXIV Issue 1 Spring 2009

Serving Northwest Connecticut for 80 Years!

VNA Northwest:

Where the Care Comes to You!



When was the last time you had your blood pressure checked?

According to the American Heart Association, one out of every three adults has high blood pressure. Research shows that control of high blood pressure can prevent strokes, kidney failure and heart attacks.

Did you know VNA Northwest offers regular Walk-in Blood Pressure Clinics in towns throughout the Northwest Corner? Most are monthly, but two are offered weekly. Please see the schedule below and keep it handy for future reference.

Susan Roberts of Thomaston (left) is shown with VNA Northwest nurse Priscilla Steponaitis. Susan, who just turned 99, has her blood pressure checked regularly at the Green Manor Clinic.

Blood Pressure Screenings Offered by VNA Northwest:

Bethlehem: North Purchase,
 11 Jackson Lane –
 Each Wed., 10:45 a.m. - 12:15

Cornwall: UCC Parish House,
 8 Bolton Hill Rd. —
 12 – 1 p.m., every 2nd Mon.

Falls Village (Canaan) Sen. Ctr.,
 107 Main St. —
 10:30 – 11:30 a.m., every 3rd
 Thurs.

Geer Village, Beckley House –
 11 a.m. – noon, every last Wed.

Harwinton: Senior Ctr., 209
 Weingart Rd., every 1st Thur.,
 11:30 a.m. - noon

Litchfield: VNA Northwest, 607
 Bantam Rd., Each Thurs., 1-3

North Canaan: Stop and Shop,
 East Main Street –
 11 a.m. – noon, every 1st Thurs.
 Wangum S.H., 132 Quinn Street
 — 11 a.m. – noon, every 2nd Wed.

Sharon: S. H. Good Neighbors,
 1 Low Rd. —

12 – 1 p.m. every 4th Wed.

Thomaston: GMSH, 63 Green
 Manor —
 12:30-1:30 p.m. every 3rd Wed.;
 Grove Manor, 11 Grove Street –
 10-11 a.m., every 2nd Tues.

Warren: Prime Time House,
 8 Sackett Hill Rd. —
 11:30-noon, every 1st Wed.

Washington: Sen. Ctr., Bryan
 Plaza — 11:30 a.m. - 12:30 p.m.,
 every 3rd Thurs.

Sharing a Special Bond:

A Homecare Nurse and Her Patient



Hava Kulla with her VNA Northwest nurse

Hava Kulla of Torrington has made many friends in the United States since she and her husband came here from Europe in 1954, and she counts her VNA Northwest nurses among them. “Any time I call, they’ll be here,” she said, noting that nurse Janet Gagnon, shown with her in this photo, has come to check on her on both Saturdays and Sundays if needed. “Sharon does so much for me, too,” she said,

speaking of her case manager, Sharon Kloczko, RN. Mrs. Kulla said VNA Northwest nurses also cared for her husband, Abraham, before his death in 2002. She now lives alone, and has had to contend with cancer and chronic health conditions in the past four years. “But I have good people to help me,” she said with a smile.

Health Guidance Patient Looks Forward to Visits

Anthony “Tony” DeFerari of North Canaan said he had no intention of calling a doctor the night he fell out of his favorite easy chair and spent nearly two hours crawling to reach the phone. In fact, prior to this accident, he said he had not been to the doctor in 16 years. He was able to reach a friend, who came to his house that night, and his older brother, Joseph, who was not well enough to come to his rescue at the time. However, Joseph did mention the accident to his visiting nurse the next day. The nurse, VNA Northwest’s Darlene Grant, called right away to ask if she could check on Mr. DeFerari while she was in the area.

“I tell you, I can thank Darlene. It didn’t take her long to call the ambulance,” said this grateful patient, as he reflected on his accident nearly one year later.

With an infected knee, temporary problems with his kidneys, and then hip replacement surgery, he said he spent the next several months in and out of hospitals and skilled nursing facilities. Last summer, he was finally able to return home, minus 55 excess pounds. For the next three months, he received physical therapy visits from Laura Leifert of VNA Northwest. “Oh, she’s a sweetheart,” he commented about Laura.

“Now, I want to take care of myself,” Mr. DeFerari said, explaining that he is exercising three or four times a day in his home. He is 79, suffers from arthritis and knee problems, and takes medication for some other conditions. He receives monthly Health Guidance visits from VNA Northwest nurses now. They check his vital signs and general health status with the goal of helping him to stay healthy and avoid emergency hospitalization. He said he looks forward to their visits because the nurses are “pleasant and cheerful” and he enjoys sharing a laugh with them. “I’ve always been easy to get along with,” he added.



Above right, Health Guidance Patient Anthony DeFerari

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VNA Northwest Therapists Offer Expert Care

If you are recovering from a fall, illness or recent surgery, the caring therapy staff at VNA Northwest is well qualified to assist you. Our licensed physical, occupational and speech therapists will customize a treatment program aimed at helping you regain strength, improve your balance and resume maximum independence in your day-to-day activities.

With an average of 15 years clinical experience, our therapists are well trained in all areas of home care — including orthopedic, cardio pulmonary, neurologic and general geriatric conditioning.

Shown at right is VNA Northwest Physical Therapist Steve Chenail with one of his patients, Jacques Ploschek of Litchfield. Steve provided therapy to Mr. Ploschek during his recovery from hip replacement surgery. Steve brings more than 20 years of experience to his position at the agency, and 16 of these have been in home care.



Steve Chenail, RPT, with a Litchfield patient

Recent Statistics Show VNA Northwest Excels at Wound Care

Recent statistics from Medicare Home Health Compare show that among VNA Northwest patients, the percentage whose wounds improved or healed after an operation has risen by 11 percent, from 81 to 92 percent in the past year. (The state and national averages are 80 percent.)

Currently, we have two staff nurses who have received advanced clinical training in wound care along with national certification. We plan to send at least two more nurses for training this year so that we can meet the needs of patients throughout our large geographic service area.

We are grateful to The Leever Foundation for approving a grant in the amount of \$2,500 to VNA Northwest to fund a portion of the nurses' tuition costs.

A Fabulous Fall Event!

10th Annual Golf Tournament is Monday, September 21



Photo by Nancy DePecol, DePecol Design

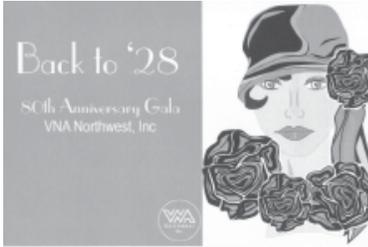
Above, L-R: Lori Simoncelli, Joe Simoncelli, Tammy Ostroski and Doug Gifford enjoyed last year's tournament. Now is the time to gather a foursome for this year's contest!

Many satisfied golfers have told us VNA Northwest runs one of the best tournaments in the area, and we hope the 10th Annual will be our best one yet! We are gathering support now for the **September 21** event at the scenic Fairview Farm Golf Course in Harwinton.

Proceeds go directly to support our Hospice and Home Care programs, and your participation will help to make this event a great success. There are several different ways you can participate: by becoming a sponsor, donating a prize, registering to golf, or attending the dinner and social as a non-golfer, for \$35.

We'll award several contest prizes and there will be a drawing for a variety of exciting packages. The **cost of \$150** per golfer includes lunch, dinner, cart, green & shop fees.

Come Celebrate With Us on Saturday, May 16!



On Saturday evening, May 16, we will hold our **80th Anniversary Gala** at Mohawk Mountain Ski Area in Cornwall, the town in which VNA Northwest was founded by Dr. Bradford Walker and a group of prominent citizens in 1928. This event will have a Roaring '20s theme. Enjoy dining and dancing from 7 p.m. to midnight, and music by Scott Heth & Company, a seven-piece orchestra. Catering will be provided by Chatterley's. You are invited to dress in period attire or formal wear. Please plan to come and celebrate this milestone with other supporters of our agency. For information, please

call us at (860) 567-6000 or 1-800-752-0215, or visit us online at www.vnanw.org.

July 18 "Great Gatsby" Garden Party Supports Hospice Northwest

Last summer, nearly 100 guests attended the "Great Gatsby" Garden Party in Harwinton. The benefit is sponsored by Victoria Elliot of Sotheby's International Realty, and co-hosted by Victoria's husband, Dr. Marvin McMillen. Over \$3,000 was donated to VNA Northwest, Inc.'s Hospice Program in conjunction with the event last year.

With the flowers in full bloom, and plenty of stately trees for shade, these gardens are a lovely setting for the late afternoon event. Suggested donation is still \$25. Menu includes salmon, filet mignon, pasta, salad and desserts. This year's event is **Saturday, July 18, from 3:30 - 6:30 p.m.** (Raindate, Sunday July 19.) Call (860) 567-6000 or 1-800-752-0215, or write to jdunn@vnanw.org to request more information.



Dr. Frank Vanoni and Lorraine Petricone at last year's party.

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