




In 1908 we made the decision to care for each and every one of our neighbors. One hundred years later, we haven't stopped.



**Farmington Valley**  
Visiting Nurse Association

Fall 2010 Newsletter

## The Farmington Valley Visiting Nurse Association - Ask For Us By Name!

Remember that you have a choice when choosing a home healthcare provider for you or your family. Ask for us by name or you may be assigned to another home health care agency without your knowledge. ***Trust your care to the Agency whose rich history and tradition of caring spans over a century ~ the Farmington Valley Visiting Nurse Association!*** 

## Why Volunteers Volunteer - The Story of Hospice Volunteer Sandy Cross

After thirty years of many serious heart episodes, my hero and husband had a heart transplant in June of 1997. Although the first few years was a time of medication adjustments, heart biopsies and frequent follow-up visits with the transplant doctors, Rick's life was greatly improved and was able to enjoy life once again. However, because of a body system that had become compromised


because of the years of a failing heart, he was not able to fight off infections, of which there were many, and his body began to deteriorate. Enter the Farmington Valley Visiting Nurse Association into our lives. Each time Rick was discharged from the hospital, he would be sent home under the care of the Farmington Valley Visiting Nurse Association. To express how valuable their services were would be impossible. As his wife and caregiver, I would at times be overwhelmed with the responsibility of caring for him. The visiting nurses, home health aides, therapists and social worker took on the responsibility of making him be the very best he could be and brought into the home the sense that all would be well. Because of his frequent hospitalizations requiring the services of the visiting nurses upon discharge, Rick and I came to love and respect those who cared for him. They did so with compassion, humor and skill, always giving us the sense we were never alone.

It is without a doubt that one of the reasons Rick survived his last few years was because of the visits and care of the Farmington Valley Visiting Nurse Association. They became a part of our family and received the respect and admiration of both family and friends. At the end stage of

his life, he chose and was accepted into Hospice. We were surrounded with the caring arms of the Hospice Team as they did whatever was best for my husband so that he would be able to die with dignity, to be pain free, and to be at home when the time came for him to pass. My children and I depended on them for support, guidance, to calm our fears, answer our questions and be available to us when needed. Without Hospice, we would have been denied the privilege of having Rick home, caring and sharing with him about what was happening and loving and touching him until the end. He deserved to be surrounded with his family, knowing that he was loved and not alone.

The services of Hospice did not end at that time; they continued to call. Just when needed, a letter of encouragement would arrive from the social worker. It was at this time the thought that perhaps I would like to be part of the Hospice Team became a strong desire to do so. I so wanted those whose life was drawing to a close not be alone or fearful. If they were, I wanted to be able to talk with them about it, and also serve their family in any way that was helpful. After being interviewed and accepted as a candidate for a volunteer visitor, my training began. It was intensive, educational and apparent to me that the needs of the Hospice patient and their family came above all else and efforts to fill those needs were inexhaustible. As a volunteer, it is a privilege to offer whatever I can to ease the burden during

▼ **Hospice Volunteer Sandy Cross**

such a difficult time in the lives of others. I have a strong passion and respect for the Farmington Valley Visiting Nurse Association and they do make our world a better place. 




## We Need You! Helping Us Help Our Community!

We are currently seeking individuals to assist our Agency in the following areas:

- ✓ Donor Development/Fundraising
- ✓ Marketing/Public Relations
- ✓ Capital Campaign Planning

***All levels of participation, experience and knowledge are welcome and appreciated.***


A few hours of your time can positively impact the lives of our patients, families and our ability as an Agency to serve our community regardless of financial limitations. Please consider joining our team! For more information, please contact: Incy S. Muir, Executive Director at 860-651-3539 or [imuir@farmingtonvalleyvna.org](mailto:imuir@farmingtonvalleyvna.org). 

## Farmington Valley Visiting Nurse Association Educates the Local Community on the Benefits of Aging In Place


Three representatives from our Rehabilitation, Home Health Aide and Community Programs Departments recently participated in Simsbury Chamber of Commerce's Home Improvement Show to educate the community on Aging In Place. Many of our local residents are choosing to stay in their homes as they age rather than utilizing "senior living" alternatives. The Farmington Valley Visiting Nurse Association supports the concept of Aging In Place and provides the services and resources necessary to help achieve this goal. On staff since 1997, Dyanne Hanelius, Rehabilitation Coordinator and experienced Occupational Therapist, recently became certified as an Aging In Place Specialist. Dyanne is well versed in the wide range of in-home services that our Agency provides as well as possessing an in depth knowledge of home modifications, accessibility issues and



▲ Left to Right: Rose Drewski, Karen Olivastro and Dyanne Hanelius

fall prevention. Karen Olivastro of our Home Health Aide Department provided information on our many home health aide, companion and homemaker programs which provide assistance with personal care, companionship and household chores. Rose Drewski, a member of our Community Programs RN staff, was available for blood pressure readings and also instructed attendees on the use of home blood pressure kits so that readings can be performed at home. A variety of clinics, including flu, walking and blood pressure, are regularly scheduled and conducted by our Community Programs Department. These clinics are available to all local residents. For more information on Aging In Place and related services and resources, please contact us at 860-651-3539. We can help you remain safely, comfortably and securely in the comfort of your own home. 

## It's Not Too Early to Schedule Your Flu Shot!

The flu vaccine is our primary source of protection against the flu. We encourage all residents who are at risk, or those who wish to help prevent the spread of the flu virus, to call 860-653-5514 to schedule an appointment to receive the flu vaccine. As a reminder, other preventive measures such as hand washing and avoiding those who are ill should be taken during the flu season to reduce your risk. 

## Private Pay Homecare Services and Office Visits

In addition to our services that are paid for by health insurance, the Farmington Valley Visiting Nurse Association also provides a wide variety of homecare services and office visits that can be paid for privately. Our homecare services can help you or your loved one remain safely and comfortably in the privacy and convenience of home while recovering from an illness or surgery, or simply as we age and need additional assistance and support with daily activities. For patients that do not qualify for homecare services or prefer to come to our office, we offer nutritional counseling, injections, dressing changes and wound care, patient instruction on simple injection and dressing change procedures and other services as appropriate and ordered by a physician. Our public charges for homecare services and office visits are as follows:

<b>Registered Nurse Per Visit</b>	\$ 140.00
<b>Physical Therapy Per Visit</b>	\$ 140.00
<b>Occupational Therapy Per Visit</b>	\$ 140.00
<b>Speech Therapy Per Visit</b>	\$ 140.00
<b>Medical Social Worker Per Visit</b>	\$ 175.00
<b>Registered Dietician Per Visit</b>	\$ 90.00
<b>Home Health Aide Per Hour</b>	\$ 39.00
<b>Private Duty Aide Per Hour</b> <i>Two Hour Minimum</i>	\$ 34.00
<b>Companion Per Hour</b> <i>Two Hour Minimum</i>	\$ 18.50 Weekdays \$ 21.00 5PM-8PM \$ 21.00 Weekends \$ 21.50 Holidays
<b>2 Clients in Same Home</b>	\$ 27.50 Weekdays \$ 31.25 5PM-8PM \$ 31.25 Weekends \$ 32.00 Holidays
<b>Homemaker Per Hour</b> <i>Two Hour Minimum</i>	\$ 20.00
<b>Office Visits</b>	
<b>Injection Only</b>	\$ 25.00
<b>RN Visit Up to 30 Minutes</b>	\$ 35.00
<b>RN Visit Over 30 Minutes</b>	\$ 45.00
<b>Registered Dietician</b>	\$ 65.00



## Farmington Valley Visiting Nurse Association

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[www.farmingtonvalleyvna.org](http://www.farmingtonvalleyvna.org)

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## 2010-2011 Fundraising Appeal Is Underway!

Our appeal was launched in September and will continue through Summer 2011. Your donation is vital to our organization and will allow us to continue to provide quality and compassionate care and programs to the local community regardless of financial limitation. Please consider becoming a member of our "100th Anniversary Club" by making a donation of \$100.00 or more. For those of you who have already forwarded your donation, thank you! Your financial support and continued confidence in our Agency is greatly appreciated.

*The Farmington Valley Visiting Nurse Association serves the following communities: Avon, Bloomfield, Canton, North Canton, Collinsville, Farmington, Unionville, Granby, East Granby, West Granby, East Hartland, West Hartland, Simsbury, West Simsbury, Tariffville, Weatogue and West Hartford.*

## Giving To Farmington Valley Visiting Nurse Association

Both financial contributions and gifts of time through volunteer work are needed and deeply appreciated. A planned gift to the Farmington Valley Visiting Nurse Association in your retirement and estate plans creates a legacy of caring that will extend well beyond your lifetime.

If you wish to learn more about how to support the Farmington Valley Visiting Nurse Association, please give us a call or visit our website at:

[www.farmingtonvalleyvna.org](http://www.farmingtonvalleyvna.org)

The Farmington Valley Visiting Nurse Association, Inc. is a non-profit, State-licensed and Medicare-certified home health agency and hospice, which has been serving the Farmington Valley community with compassionate care since 1908. A comprehensive program of health care, Hospice services and illness prevention services are available to any individual or family in need, regardless of ability to pay or other hardship. The FV-VNA does not discriminate in its service delivery or operational practices on the basis of race, color, religion, creed, gender, sexual orientation or any other legally protected status. Please contact us if there are any errors in your name and/or address, or if you do not wish to receive future mailings.

