

VNA visiting you

HOME HEALTH CARE AND HOSPICE... THERE WHEN YOU NEED US.

A publication for the associates and friends of the VNA of Erie County

AUTUMN 2010

Over 600 Attend VNA Butterfly Release

Sunny skies, inspiring songs and readings, an uplifting message, and the magical release of five hundred butterflies stirred the hundreds of attendees who came to Perry Square for VNA Hospice Sixth Annual Memorial Butterfly Release, *Wings of Hope*, on August 1, 2010.

Wendy Weber and **Heidi Sullivan**, Board Members and Co-Chairpersons for *Wings of Hope*, were thrilled with the response from the Erie community both in sponsorship and in attendance. VNA board members, staff, sponsors, families and individuals, blanketed the south side of the park with their lawn chairs, quilts, pets and strollers. As the group waited for the program to begin, children were entertained by several craft tables coordinated by VNA Board Members **Lee Swenson** and **Laurie Ann Bradford**.



Wings of Hope 2010 (photo by Jackie Sajewski)

who are hearing impaired. Reading the names of loved ones were Director of Clinical Services **Christine O'Brien**, Hospice Nurse **Carrie Wyten**, and **Denise Iavarone**, Medical Social Worker.

Reverend Harry Johns, III's (VNA Hospice Pastoral Care Counselor) inspirational message visibly moved the crowd. As VNA Volunteer and Bereavement Coordinator **Rev. David Kuchta**, offered the blessing of the butterflies, the mood of the crowd changed

from solemn and respectful to one of silent anticipation. The ceremony concluded with the breathtaking release of the enchanting monarch butterflies. Some took immediate flight over the exclamations of "ohs" and "ahs" from the audience. Others quickly alit onto nearby flowering butterfly bushes (provided by **Scotland Yards** of Edinboro) or the shoulder or finger of an attendee. Members of the audience held each other, hugged, pointed and smiled as the butterflies fluttered above Perry Square and eventually took flight. Many people lingered to visit with staff members or to ask about the mechanics of the release itself – especially, how to gather 500 butterflies for such an event! Whether the butterflies that were released are now in Erie gardens or on their way to Mexico, we thank them for their gift of beauty and for inspiring hope and awe in all of us.

VNA would like to thank all participants, donors

and sponsors for making possible the very moving and meaningful event, *Wings of Hope*. Many thanks to **Lincoln Metal Processing** who was the prime corporate sponsor this year. The funds raised benefit VNA Hospice services for patients, families and caregivers.



Crowds gather early in Perry Square to insure proximity to the gazebo stage.

Executive Director **James Jaruszewicz** welcomed everyone to *Wings of Hope*. He outlined how the ceremony would celebrate life, commemorate a special occasion, or remember or honor a loved one. Lovely flower blossoms from **Larese Floral Design** graced the gazebo stairs and the registration area. The participants were stirred by the songs performed by vocalist **Colleen Zandbergen** (Music Director for Roosevelt Middle School) and **Andrew Alleso** (Music Director of Villa Maria Academy) who accompanied her. An instrumental guitar piece and background music was provided by **David Pennsy**. Readings were delivered by **Deborah Fleming**, daughter of a VNA Hospice patient; **Susan Paradise-Baxter**, mother of a VNA Hospice patient; and **Janice Tower**, VNA Hospice volunteer. VNA Volunteer **Luetta Gross** presented a signing interpretation of the songs for those



VNA Board members Gloria Gerbracht (l) and WOH Co-Chair, Heidi Sullivan(r) staff the registration table for volunteers.



A family gathers around the butterfly house to view the monarchs up close.

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Students Design Butterfly Pots For *Wings of Hope*

Perhaps you noticed the beautifully painted butterfly pots in the local libraries and at various area specialty shops during the month of July? We wanted something unusual to promote our sixth annual memorial butterfly release, "*Wings of Hope*". These lovely clay pots were painted by the children of the **Inner-City Neighborhood Art House** under the direction of **Margaret Ann (Sr. Peg) Pilewski, OSB**. Other pots were also designed by **Julie Sullivan Horan's** 7th grade art class of **Villa Elementary School**. Sr. Peg and Mrs. Horan added this project to their curriculum and spent the month of May working with the students. Both teachers quickly endorsed the project and were enthusiastic about the life lessons that the butterfly pots would bring to their classroom... not only would the assignment add to the students' skills and abilities, it would teach the children the importance of community service and giving to others.

After the pots were painted, they were embellished with artificial branches, flowers and butterflies by VNA Director of Development **Mary Temple** and Development Associate, **Ann Moore**. Some of the materials used to complete the pots were donated by **Allburn Florist** and **Traditions**. Development Committee members **Heidi Sullivan, Lee Swenson,** and **Wendy Weber** delivered the pots to local businesses, specialty shops and area library branches* – all of whom were gracious enough to allow VNA the display space to highlight the pots and brochures. The Visiting Nurse Association of Erie County wishes to thank these business owners and library directors for giving us the opportunity to spread the word about this exceptional event, *Wings of Hope*, to Erie and the surrounding communities.

*A complete listing of these participants follows in this issue

Children from the Inner-City Neighborhood Art House decorated butterfly pots for *Wings of Hope* under the direction of Sr. Peg Pilewski, OSB.



Top: Angelica Torres (front), Saron Belay (rear)
Middle: (L - R) Sierra Heidelberg, Jesus Gutierrez



Villa Maria Elementary School students from Julie Sullivan Horan's 7th Grade art class proudly display their painted creations before donating the pots to VNA.

Bottom L - R: Matt Neville, Hayden Downey, Luke Bohrer, Mrs. Julia Horan, Sara Purchase, Emily Hetz, Augusta Deacon

97th Annual Meeting



Executive Director James Jaruszewicz honored Dorothy Candib, M.D. for 15 years of service. In her years as VNA Hospice Medical Director, Dr. Candib has overseen the care of over 3,000 patients and their families.

The VNA's 97th Annual Meeting on May 11, 2010 was held at the Bel-Aire Hotel and Conference Center. Board President, **Paul K. Wojcik**, introduced the new Board Officers for 2010 – 2012: **Nancy J. Taylor**, President; **Robert P. Rhodes, PhD**, Vice President; **Debra J. Kubinski, RN, PhD**, Secretary; and **Douglas G. Patton**, Treasurer. Special recognition was extended

to Retiring Board Members **Juliana Semple**, **Heidi F. Sullivan**, **Stephen Ventrello** and **Robert J. Zanotti, PhD**, for their dedicated and distinguished service by new

Board President, **Nancy Taylor**. Also recognized was Retiring Investment Advisory Committee Member, **John D. Wilson, Esquire**.

Additionally, several individuals were installed to the Board of Trustees: **Thomas J. Bean**, **Robert W. Becker**, **Laurie Ann Bradford**, **Gloria J. Gerbracht**, **Kregg Heenan**, **Marjorie Kaminsky**, **Shirley A. Lucore**, **David G. Sanner**, and **Lisa J. Slomski**.

VNA is greatly appreciative of the commitment of these individuals who have served on the VNA Board of Directors.



Five year staff service awards were presented to Margaret A. Zawistoski, RN (l), Home Care Nurse and Kathy Sue Love, CNA, home health aide by James Jaruszewicz.

Spotlight on Nursing

National Nurse's Week was created to raise awareness of the value of nursing and to help educate the public about the role nurses play in meeting America's health needs. Two VNA nurses were included in a supplement offered by the Erie Times News. Excerpts from the feature appear below:

Sharon Teeter, RN

Home Care Nurse

"Home care nursing is like weaving a blanket" maintains VNA nurse **Sharon Teeter, RN**. By becoming aware of a patient's environment, his cognitive standing, physical status and rehabilitation potential she can help the patient create a new world in which to live and feel safe. Teeter completed her nursing studies at St. Joseph School of Nursing in Elmira, New York nearly 34 years ago and has enjoyed a varied career. She has experienced thirteen years in rehabilitation nursing, tasted administration via utilization review and audit, spent three years as a nurse in a medical surgical unit and as a charge nurse, and twenty years in home health settings. Sharon has worked for VNA a total of 13 years. She returned to the Visiting Nurse Association of Erie County (VNA) in September of 2000 as a part time Home Health RN.

Sharon notes that home care nursing has been her favorite because she "never gets bored, is constantly learning new things, and is presented with different challenges daily." She loves the direct care aspect and enjoys being with patients in their homes and on their own turf. She cites adaptability as the primary ingredient for successful patient care. She has discovered that the more she is willing to adapt her treatment plan the more likely a patient is able to stay in his home. "Home health care nursing allows you to use your assessment skills and

Betty J. Wadeck, RN

Hospice Nurse

A desire to get back to the basics of nursing led **Betty J. Wadeck, RN** to her present position as a Hospice nurse for VNA. Trained at Westmoreland School of Nursing at Greensburg (PA) Hospital over 40 years ago, Betty has appreciated the fundamentals of applying her clinical skills to each patient on an individual basis. Her clinical experiences included Medical Surgical units and



The late Betty Kulyk shares a quiet moment with VNA Hospice nurse Betty Wadeck, RN during a visit.

Nursing Home environments. Betty experienced many joys in working with the geriatric population. She enjoyed the rapport that she developed with each patient and felt that she learned so much from the elderly. Betty discovered that her patients were more appreciative of her care. She realized how important it was to treat each patient with respect and dignity, even if their incapacities made them seem more like children than adults.

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utilize to the fullest what you went to school for," states Teeter. "I am able to paint a total picture to the doctor regarding the patient. Things like safety issues, insurance issues, medication interactions, as well as the physical changes that the patient is experiencing. We see the patient in their home environment and can enlighten the physician as to what obstacles a patient needs to overcome in order to stay at home. As a doctor's time becomes more limited, they have become very receptive to letting home health care nurses become their eyes and ears. Our presence in the home can help a patient avoid readmission to the hospital which is cost effective."

Teeter also noted, "People do better in their own homes than in hospitals. Simply put, there is no place like home." Teeter was enthusiastic when she spoke about educating patients on basic care



VNA Homecare nurse Sharon Teeter, RN (right) checks doctor's orders for Home Care patient Sharon Neely.

regimens during their first days at home following a hospital discharge. She described the relief in the patient's and family members' faces when she was able to simplify things such as organizing pill boxes, teaching them to redress a wound, or the mechanics of managing diabetes. She tries to give her patients analogies in laymen's terms that make a complicated theory easy to comprehend and use in everyday life. "You get a lot of positive feedback. I love to know that I have made a difference in their lives. I can see that I have eased the minds of both the patients and their caregivers. I realize that by the end of my visit I have instilled some confidence in them and made them more comfortable."

There have been many positive advances in homecare nursing since she began her career. The technology explosion has contributed greatly in allowing patients to remain longer in their homes. IV therapy is now able to be administered at home. Digital cameras allow a nurse to send actual pictures to the physician to report the status of a wound. A pulse oximeter has become as important as a stethoscope because it can immediately assess oxygen saturation. Doppler wands are used to assess blood flow. Nurses bring laptops to each visit to record their notes. Overall she feels that the advantages of technology outweigh any downside and is appreciative of the benefit that the new technologies offer to the nurse and the patient.

Teeter explained that one of the basics in home care is the need for human touch. "People need to be touched, to feel a human connection," she stated. "So often with the elderly they have lost that basic human need. Touch goes a long way in making a person feel better." And so, she frequently holds their hands as she talks to them and may end her visits with a hug. Teeter observed that many patients who have pets to

Betty met the VNA Hospice team while working in a nursing home and soon became more intrigued with the Hospice philosophy. The Hospice focus of maintaining dignity, increasing quality of life and providing comfort was at the core of Wadeck's beliefs. The Hospice mission of walking side-by-side with patients and offering support, not just for physical symptoms, but for emotional and spiritual needs as well was integral to Betty's own philosophy of care. Working as a Hospice nurse with VNA for 6 ½ years has enabled Betty to give the individual care that she feels is so essential at the end of life. Betty tries to lift the spirits of the dying each day. She helps her patients recognize and appreciate the functions that they still have. Managing symptoms so that her patients can get the most out of each day is a critical aspect of her care. According to Wadeck, "Hospice nursing allows a nurse to actually be there for each patient, one patient at a time, one problem at a time. It permits you to be a nurse utilizing the best of all the skills that you learned in your training and truly respond with symptom management."

Betty's own spirituality has been strengthened by her Hospice work. She notes that each patient approaches death in his or her own way. She has seen patients waiting for relatives to arrive to their bedside before they passed while others may choose to pass on privately without the presence of caregivers. She is touched by the closeness of families as they help their family members transition to end of life acceptance and care. Many have asked Betty how she deals with the deaths of the patients who have become so special to her. One of the greatest feelings of fulfillment for Betty is the reward of seeing a patient die in comfort and the gratification of the patient's family that their loved one was able to die in peace at home. She mentioned with sadness her frustration in sometimes not being able to accomplish that for a patient because Hospice was not called in sooner.

Betty sums up her forty years in nursing with a simple statement: "Nursing has been good to me. I have learned from so many of my patients. I am grateful that there are still opportunities out there for nurses that allow us to give the best of our training to each patient."

care for often progress more rapidly. She elaborated that the pet gives the patient a reason to get up out of bed. The patient realizes that the pet is dependant for its care and that often is the impetus for moving around and working to become active again. She also advised, "You have to respect all patients and honor their space. You need to listen to what they have to say. By demonstrating a positive attitude and showing them that their illness is not the end of the world, I gradually help encourage them to take notice of the skills that they still have. I also remind them that Rome was destroyed in one day, but gradually was rebuilt." And that is how Teeter rebuilds her patients, one step and one day at a time.

HONOR ROLL OF CONTRIBUTORS

The Board of Trustees, administration and staff of the Visiting Nurse Association of Erie County wish to extend appreciation to all those who have contributed since the last newsletter. Each gift helps to make home health and hospice care possible for all in need, regardless of the ability to pay. We thank those who have so generously contributed, as well as those families who requested that donations be made to the VNA or VNA Hospice in memory of their loved ones.

If we have inadvertently omitted any donor, we offer our apologies and request that you call the Development Office (814-454-2831) to verify our record of your gift. Those memorials and contributions received from **January 1 through June 30, 2010, are as follows:**

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Betty D. Rose

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January 1 – June 30, 2010

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Heritage Guild members enjoyed lunch and camaraderie in July at the VNA office. Seated l to r: Sheldon Kaercher, Jean McKean
Standing: VNA Development Director Mary Temple, Paul Zarenko, Ann Shenk, and Executive Director James Jaruszewicz

These are among a number of individuals and families whose appreciation for the mission and work of the VNA has caused them to arrange for future support through a bequest or other estate planning vehicle.

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On June 22 VNA's Ann Moore (L) and (R) Mary Temple accepted a Certificate of Appreciation for Amazing People for Amazing Grays on behalf of the Visiting Nurse Association of Erie. Sandy Globa (center) made the presentation at the Mercy Center on Aging.

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VNA Wound Care specialist, Renee Maker, RN, BSN, WOCN (right) demonstrates the new Doppler Probe on VNA Scheduler/Clinical Assistant Bobbi Kraft, LPN.



Doppler ultrasound blood flow detectors, commonly called Doppler Wands or Doppler probes, are used to assess blood flow. The Doppler is extremely sensitive to the movement of blood. It can sense a very weak pulsation even when there is severe arterial narrowing or obstruction. Dopplers are used by wound care professionals to verify the presence of non-palpable pulses and to determine inaudible blood pressures in various circumstances. Dopplers are especially helpful in the management of specific wounds such as venous ulcers, mixed ulcers and arterial ulcers. Purchase of the new Doppler was made possible by a grant from the Erie Community Foundation.



VNA Board President Paul K. Wojcik passes the gavel to incoming President Nancy J. Taylor at the 97th Annual Meeting on May 11, 2010.

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John R. & Ruth Teeple

LILLIAN MICHALAK NAVECKY

Gordon A. Navecky

GERALDINE NAWROCKI

Larry & Janet Bindseil
Renee & Jim Blanchard
Joyce Bujnoski
Patricia Cochran
Grace and Robert Copeland
Mr. & Mrs. Edward Cutri

Leaving a Legacy

Fall is a good time to review our plans for the future. These may include reviewing our will, (or making one if we haven't yet done so), our funeral and burial arrangements, living will and organ donor wishes, and any other matters that may be of concern. Summer's sunny days are over and we may find that we have more "indoor" time, and we are better able to handle decisions in a business-like manner. When we attend to our final affairs in this way, we spare our loved ones needless anxiety at a later time when grief and sorrow can be overwhelming.

As we think about how we would like to be remembered, and what we would like to pass on to those who follow us, we are examining our **legacy**. The memories, wishes and gifts we leave behind are our legacy to our family, friends and community. Charitable groups, such as the VNA of Erie County, may have played an important role in our lives, and are worthy of being remembered in our plans, too.

The number one reason that people do not include a charitable gift in their wills is that they simply haven't thought about it. Some have thought, but haven't acted. Some don't think they have "enough" wealth to remember the VNA with a gift.

You can arrange for a gift and create a legacy with the VNA in several ways, the most common being through your will. Many people set aside a certain dollar amount. Others leave a percentage of their estate, or any assets left over after their family has been provided for. Others leave a paid-up life insurance policy or other financial investment.

The Next Steps

If including VNA of Erie County in your legacy planning is of interest to you, take the next steps:

1. Think about why you'd like to leave a gift. Maybe you or someone you know has been helped by the VNA. Maybe you believe strongly in our mission to "provide quality, cost-effective home health care to all, regardless of the ability to pay." Perhaps you have expressed the wish to "do something significant" for VNA. You might want to leave a gift in memory of a loved one.
2. If you need more help or you need to know more about the VNA of Erie County, do some investigating before leaving a gift. Call our Development Office. We will help you better understand what opportunities are available for giving.
3. Contact your professional advisor for help. Your advisor can make sure you are getting the maximum tax and legal advantages allowed for your gift.
4. Call the VNA Development office to have a handy **Estate Planning Checklist** mailed or e-mailed to you. There is no obligation on your part for requesting the Checklist.
5. Correct wording of our name and location for your will is:
"The Visiting Nurse Association of Erie County located at 2253 West Grandview Boulevard, Erie, Pennsylvania, 16506."

VNA thanks the following for their support of
The Sixth Annual VNA Hospice Memorial Butterfly Release
"WINGS OF HOPE"

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Lincoln Metal Processing
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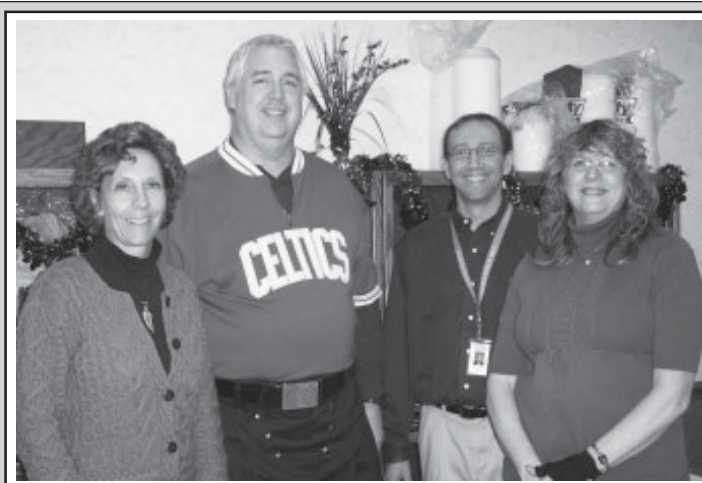
KIMKOPY Printing
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Scotland Yards
Traditions
Inner City Neighborhood Art House Kids
Villa Maria Elementary 7th Grade Art Class

... And to These Area Businesses and Libraries That Offered Display Space for Promotional Materials:

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Accents by the Bay	Romolos
AJ's Famous Labels	Rustic and Refined
Allen Stoneware Gallery	Salon Verde
Betty's Cookie Korrell	Simply Beautiful
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Chameleon	Wild Birds Unlimited
Chestnut Place	
The Coffee Station	Erie County Library System
Frank's Cleaners	Blasco Memorial Library
Geary's Studio 7	Edinboro Branch
Glass Growers Gallery	Iroquois Avenue Branch
J. Francis & Co.	Lincoln Community Center
Larese Floral Design	Millcreek Branch
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Lighthouse Jewelers	Rice Avenue Community Public
Lincoln Metal Processing	Library; Girard, PA
Presque Isle Coffee House	Union City Public Library;
Pony Express	Union City, PA

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REGINA ROZANSKI
Richard Rozanski
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Union City Fire Department
SANDRA SIMMONS
Helen R. Kuebler-Eastman
NANCY SMRCKA
Arnold Smrcka



Staff members Sue Quinn, Bob Hersch, Sean Mac Isaac and Linda Rakowski celebrate the "wearing of the green" on St. Patrick's Day.

THERESA PALOMBI

Carmel & Nicholas Campanelli
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Debbie & Dave Carter
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Mr. & Mrs. Howard Earl
Lytle Family
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Darlene & Alan Spitzer Family
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JOAN ZECH

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John R. & Ruth Teeple

MEMBERSHIP

January 1 – June 30, 2010

Mary H. Andrews
In memory of Lewis Andrews
Dorothy Baniewicz
Margaret D. Barabas
Helen R. Bauer
In memory of Dorothy Meekins
Thomas J. Bean *

Patricia Becker
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In memory of William Brown
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 Mr. & Mrs. Fred Burrell
In memory of Agnes Burrell & Beulah Pearl Layberger

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In memory of Thomas Casey
 Sara B. Coleman
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 Tad D. Culver

In memory of Marilyn Mae Culver
 Josephine H. Czajka
 Florence Davis

In memory of Roy Davis, Jr.
 Janice Davis
In memory of Donald I. Davis

Victoria DeCoursey
In memory of John DeCoursey
 Donald R. DeNardo

In memory of Deceased Members of DeNardo & Belinski Families
 Dennis Dieter

In memory of Marlene Dieter
 LaWanda Dominik
In memory of Dimitri T. Dominik

Winifred M. Eakin
In memory of Glenn E. Eakin
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Jeanette Edinger
 Christine Falandys
In memory of Dorothy Falandys

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In memory of Marybelle Fox
 Sandra K. Ganzer

Donald Gehrlin
 Gloria J. Gerbracht, PhD. *
 Francisca German

In memory of Dr. Antonio I. German
 Robert Goetz
 John & Dorothy Graves

In memory of A.M. Graves
 Greene Township Lioness Club
 Elaine Grettler

Bowl for VNA Hospice!

November 14, 2010 ~ 12 noon
 Eastland Bowling Lanes, 38th & McClelland



Bowling tournament volunteer Grace Watson (l) and VNA Receptionist Rita Fronzaglia (r) are ready for the Sixth Annual Lisa Marie Palombi Woodruff Bowling Tournament at Eastland Bowl.

Start to get your team together and join in the fun at the **Sixth Annual Lisa Marie Palombi Woodruff Memorial Bowling Tournament**. Teams or individuals are welcome to participate. **This tournament would be a fantastic way for students to obtain their volunteer service hours!** Prizes for various age groups. Lunch provided with your paid entry fee. For more information, contact Ron Palombi, Sr. at 455-0535. All proceeds benefit VNA Hospice services.

Joseph Griesbaum
 Mary Alice Hammond
 Elnora S. Hanson
In memory of Leroy O. Hanson
 Emme W. Hawn
In memory of Richard G. Hawn
 William J. Heard, Jr.
In memory of Rosemarie Heard
 John & Audrey Hersch
 Lavina Hughes
In memory of Charles E. Thompson and Lawrence Thompson, Sr.
 Ernest Johnson
In memory of Margaret Johnson
 Robert Kalivoda
In memory of Rita Kalivoda
 Marjorie A. Kaminsky *
 Mary Kidon
In memory of Frank Kidon
 Debra J. Kubinski, PhD *
 Pam & Mark Kuhar *
 Terry L. Landon, LUTCF *
 Lorayne Langer

Why Choose VNA?

If you want the services of someone you know and trust, someone who has the skill and experience to give you quality, comprehensive **home health or hospice care**, ask for the VNA by name. We are Erie County's **FIRST** home care provider, bringing health care into your home since 1906. Ask for VNA.

Your home, your choice, since 1906.

Call 454-2831 for information.

Phyllis A. Lewonas
In memory of Joseph Lewonas
 Patricia Liddell
In memory of Chris Brooks
 Viola Lintelman
In memory of Robert Lintelman
 Norma Loop
 George & Shirley Lucore *
 Leonard Majewski
In memory of Irene Majewski
 Florence K. Major
In memory of Dianne Major and Kenneth Major
 Bonnie Markel
In memory of Harry S. Markel, Sr.
 Joan & Richard Menosky
In memory of Jill Marie Menosky
 Sandra Menzel
In memory of Family & Friends
 Richard A. Mester
In memory of William James Mester
 Mr. & Mrs. Richard E. Meyer
In memory of Ruth G. Meyer and Philomena Whipple
 Michael & Judith Minnaugh
In memory of Helen Gates
 Nick & Delores Montefiori
In memory of Mom & Dad Julio and Mom & Dad Montefiori
 Elizabeth Murray
In memory of Harry F. Murray
 Gordon A. Navecky
In memory of Lillian Michalak Navecky
 Agnes Olesky
In memory of Edward Olesky

Jeanette Otteni
In memory of Donald Otteni
 Salvador A. Parco, Ph.D.
In memory of Alicia Parco
 Debra L. Pieper
In memory of Marcia Pieper
 Harriette Polchlopek
 Elisa Policastro
In memory of Jim & Carmine Policastro
 James Popeski, Sr.
In memory of Rose Marie Popeski
 Kenneth L. Pyle
In memory of Nancy A. Pyle
 Mr. & Mrs. William H. Raun
In memory of June Raun and Vance Raun
 Joe & Carol Restifo
 Helen Rindosh
In memory of John E. Rindosh
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In memory of David K. Rose
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In memory of Theresa Palombi and Patricia Rozenek
 Patrice M. Rushe, RN *
 William & Carol Schaal
 Janet Schlabach
In memory of Gen Albertson
 John R. Schultz *
 John Schutz
In memory of Gladys Schutz
 Larry & Martin Serene
In memory of Nancy Diann Serene
 Justine E. Sharples
In memory of Robert Sharples, Sr. and Thomas Sharples

Looking for a Speaker for Your Group or Meeting?

VNA professionals have been serving residents of Erie County since 1906 with unmatched services and uninterrupted care. Learn about the VNA's holistic approach to health care in the home and our philosophy of caring. A variety of topics is available: **Home Health Care, Hospice Care and Services, Palliative Care, Fall Prevention/Home Safety, Good Posture for Life, Diabetic Foot Care/Proper Foot Care, Basic Skin Care/Wound Care, Handling Grief after Loss, and the Joys in Volunteering**

Call **814/454-2831** for more information and to schedule an informational speaker for an event or group meeting. There is no charge for this community service.

Helen Shauburger
 Audrey R. Sieber
In memory of Robert Pierson
 Lillith Sirak
 Lisa J. Slomski *
In memory of Carl & Joan Slomski
 Slovak National Club
 Josephine Spada
In memory of Henry J. Spada
 Kathleen G. Spafford
 Phyllis Stafford
 Irene I. Stover
In memory of Charles Stover
 Hamilton Strayer
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In memory of Gertrude E. Mick
 Robert N. Swift
In memory of Dorothy Swift
 William Tarr
In memory of Peggy "Who Who" Tarr
 Juanita Thompson
In memory of Marie Hesburn and Lawrence Thompson Sr.
 Robert & Helen Toland
 Samuel E. Tome
In memory of Pauline Tome
 Grace B. Truitt
In memory of Conrad Truitt
 Audrey W. Twiss
 Charles Ventrello
 Hiram Warbington
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 Catherine Wigren
 Robert Wingarter
In memory of Anne C. Wingarter
 Joan Wohlgemuth
In memory of Bernice Chapin
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In memory of Rudolph Stiftinger
 Ruth Wright
In memory of Donald Wright
 Mary B. Yakish *
 Doug Yarbenet
In memory of Michael Yarbenet
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In memory of Sally Ann Yates

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 Constance C. Brereton
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 Lee Swenson *
 Janice Underhill
 Mr. & Mrs. Stephen Ventrello *
 Dr. & Mrs. Robert Zanotti *
 Paul E. Zarenko



WINGS OF HOPE MEMORIAL BUTTERFLY RELEASE

January 1 – June 30, 2010

Judy Arkwright
 Ginnie Edwards Burger
 Jill Caspar
 Sandra Colaw
 Heidi & Hayden Dylewski
 Lois Fisher
 David Grieshaber
 Debbie Harmon
 L. Joyce Heinzelman
 Marilyn Hudy
 Jolayne Klingensmith
 Bonnie Markel
 Amanda Merski
 Charlene Morvay
 James Mullen
 Evelyn Osterberg
 Lara Ott
 Debra Rosenburg
 Joyce Rowane
 Juanita Thompson
 Edward Weiss
 Carole Wunner
 Paul E. Zarenko

WINGS OF HOPE SPONSORS

July 1 – December 31, 2009

Butterfly Release Sponsors
 January 1 through June 30, 2010

Brugger Home for Funerals
 Career Concepts Staffing Services
 Erie Diocesan Cemeteries
 Firestone Tire & Service Center
 Hagan Business Machines
 Larese Floral Design
 Lincoln Metal Processing Co., Inc.
 Loesel-Schaaf Insurance Agency, Inc
 Professional Communications
 Messaging Service, Inc.
 Richard's Shoes
 Sanner Office Supply
 Scott Funeral Home

CO-MARKETING SPONSORS

These sponsors have partnered with VNA to provide informative messages through various media outlets during the past year.

Lincoln Metal Processing Co., Inc.
 National Fuel
 Velocity Network, Inc.
 The Bert Insurance Group
 Lake Erie College of
 Osteopathic Medicine
 National Rehab
 Recycle Your Closet**
 BNY Mellon Wealth Management
 Blackburn's Rehab Specialties
 Burton Funeral Homes & Crematory, Inc.
 HospiScript Services
 Schaffner, Knight, Minnaugh & Co., P.C.

* Member, VNA Board of Trustees

We regret the omission of **Recycle Your Closet as a sponsor for the 2009 Butterfly Release

VNA Website... www.erievna.org

Visit us online for information on Home Health Care, Hospice, Palliative Care, VNA Lifeline, Employment Opportunities, Volunteering, and ways that you can help VNA carry on the mission of providing quality, cost-effective home health and hospice care to all residents of Erie County, regardless of the ability to pay.

Interfaith Memorial Service

Family members, friends and VNA Staff gathered at Emmanuel Presbyterian Church on April 25, 2010 for the VNA **Interfaith Memorial Service**. VNA Hospice Pastoral Care Counselor, **Rev. Harry H. Johns, III** led the call to worship and also spoke on a "Reflection of



VNA Hospice volunteer Aldene Olson helps a family member light a candle at the April Interfaith Memorial service which honors the memory of VNA patients.

Remembrance and Healing." VNA staff and volunteers (Pastoral Care counselor **Audrey Mc Laughlin**, Development Director **Mary Temple**, and Hospice Nurse **Tracie Travis**) delivered several readings. VNA Clinical

Coordinator, **Christine O'Brien** pronounced the Litany of Names as family, friends, and VNA Hospice volunteers lit candles for their loved ones. **Josh Travis** (guitar) VNA volunteer and **Yvonne Strobel** (organist for Emmanuel Presbyterian Church) played instrumental music as well as songs for the congregants to sing. After the ceremony the group shared refreshments in the church parlor area. The VNA Hospice team offered these words of comfort to all who attended ~

Dear Families and Friends,

*Thank you for your presence here today.
 Your love and concern have touched us deeply.*

*We have learned from you and we are grateful
 for all the ways you have shared your lives
 and your loved ones with us.*

*May God grant you peace in abundance
 and be always present in your lives.*



Juliana & Joe Semple, Jan Underhill, Lee Swenson



Sunset Picnic Get Together

VNA hosted a sunset picnic on July 28, 2010. Board members and corporate sponsors for the VNA butterfly release were treated to a meal of barbecued pork, chicken, potato salad, cole slaw, baked beans and brownies at the Lighthouse Pier of the Erie Yacht Club. Executive Director **James Jaruszewicz** noted, "It was a unique opportunity for our new board members to become familiar with the rest of the board on a warm summer's evening." The group got to see a squall blow in and out of the bay area. Shortly thereafter, the sun returned and settled over the peninsula. VNA Trustees **Wendy Weber, Heidi Sullivan** and **Karen Thomas** coordinated the event and agreed that it was a wonderful way to meet so many of the new and former board members in a casual setting.



Laurie Ann Bradford and Karen Thomas



Jim Jaruszewicz, Helen Faller



Caroline and Bob Rhodes

"Wings of Hope"



Wings of Hope Co-Chairperson, Wendy Weber (l) and Development Associate, Ann Moore deliver the butterfly pots to local area retailers and library branches.



Home care nurse Stephanie Link, RN (l) and Hospice nurse Trish Rote, RN relax after setting up for the butterfly release.



Board member Terry Landon, Hospice Nurse Suzanne Scheuer-Leone and Executive Director James Jaruszewicz smile as the butterflies are released.



Dave Pennsy performing.



Children gather at the craft table with VNA Board member Laurie Ann Bradford (with visor).



L- R: Kateltn DeArment, Patricia Lace, and Lauren DeArment enjoy the butterflies before the release.

Highlight on VNA Volunteer

Luetta Gross

If you attended the 2010 butterfly release you may have been touched by the woman who was interpreting songs using American Sign Language (ASL). This was the second year that **Luetta Gross**, a VNA volunteer, signed the songs for the program. How Luetta came to be fluent in sign language is an interesting story and is best revealed in Luetta's own words:

"I'm sure that my Sign Language background started because of my deaf Grandfather whom I loved dearly... since he and my Grandmother helped raise me. After he died, I saw American Sign Language used for the first time, at a summer church youth camp. A woman in chapel one morning signed the song "Tell Me the Story of Jesus." Tears flooded my eyes at 15 years old, as I watched her paint the picture of the story with her hands. That made an indelible imprint on my young heart. I thought of my Grandfather, and I wished I could have learned to have taught him to sign also. People always shouted at him to make him hear, and I felt sorry for him as a young girl.

Years later, during prayer one day, the picture of that woman signing long, long ago filled my mind, and I felt the urging from within to study sign language. Little did I know it would become so much a part of my life. I graduated from Edinboro University in my 40's... and did two summer programs at the Scranton State School for the Deaf. The rest became history. I worked for the Tri-County Intermediate Unit for 16 years as an Interpreter/Tutor, and coordinated the Deaf ministry at our former church for over 20 years. I retired both 'jobs' in 2004. But occasionally,



VNA Volunteer Luetta Gross (R) signs and interprets a song as vocalist Colleen Vandbergen sings at the butterfly release, "Wings of Hope".

I get 'nudged' out of retirement to do music in sign – such as for the VNA. (God also gave me a deaf daughter-in-law.)"

VNA is very fortunate to add an interpretation to the Wings of Hope program for the deaf community.

But, whether a member of the hearing population or the hearing impaired culture, everyone enjoyed the beautiful interpretation of Luetta Gross. We thank her for volunteering for this service to our audience.

Luetta Gross has also been a Hospice volunteer with VNA since 2006.

Volunteer Training:

VNA is looking for volunteers! Volunteers are needed to attend the non-medical needs of both Hospice and Home Health Care patients. In addition, volunteers are needed to help with clerical work, fundraisers and special events. Volunteer training sessions are available throughout the year.

Experience the joys and personal benefits of volunteering. For more information please contact VNA at 454-2831 and ask for the Bereavement/Volunteer Coordinator or download an application from the volunteer opportunities section of the web site: www.erievna.org/volunteer-opportunities/.



In May, VNA Volunteers planted a butterfly bush in memory of Jean Kennedy Keck, former VNA Bereavement and Volunteer Coordinator. Planting the tree in the front of the VNA office building are: L-R: Luetta Gross, Phyllis Marchinetti, Janice Tower, Pearlle Spicer, Delores Tavares, Lenore Mulcahy, Aldene Olson and Ed Annick

Good Bye to Special Friends and Employees

Judy Price

The best way to end a career is to retire 28 years to the day that you began it. **Judy Price**, HHA, CNA retired from the VNA on March 18, 2010. "I decided to end my years at VNA on the same day that I started here," said Price. "It seemed like a good way to go".

Early in 1982, Judy saw an ad in the newspaper for a Homemaker position at VNA of Erie. The job description was for 'light house-keeping duties, laundry and grocery shopping'. Judy's children (then ages 16, 15 and 10) were all in school and Judy was beginning to get "a little bored at home". So she applied. Judy saw 2 patients a day and worked as a VNA Homemaker from our former offices on Peach Street. Eventually the VNA phased out the Homemaker program and Judy was asked to become a certified Home Health Aide (CNA). Judy's life changed again as she concentrated on classes at the Red Cross four days a week and attended her clinical practicums which were scheduled in different nursing homes. Judy noted that she was older than many of her classmates and was often asked by the instructor to provide practical examples of home care strategies to the rest of the class. On her graduation day her VNA Supervisor, Jane Gibson attended the ceremony as well as Christine O'Brien, Director of Clinical Services.

Judy has had routine days and days that were not so routine! Directions, weather and some unique hazards often wreaked havoc on her schedule. She has experienced dogs that were over protective of a patient and a patient that kept a gun in his bed for protection. Roads and offices have been closed and she still managed to get to her patients' homes to deliver her special care. A former beautician, Judy has perked up many a patient by washing, cutting, and styling their hair and brightening their days with new manicures.

Price has experienced many changes since starting at the VNA. She has worked under 12 supervisors and four Executive Directors. Originally her job description required her to work only on weekdays; at the time of her retirement she clocks in hours on weekends and holidays to be sure that services are available to her patients consistently throughout the year. Instead of two patients a day, she may see up to six per day. Plastic aprons that hung below the knee and were part of her uniform have been replaced with gloves, masks and disposable booties. Judy feels that the hardest part of the job is getting too close to a patient. It is difficult to end a relationship with patients and their family, when you are visiting them in their home a minimum of two or three days a week.

Married 17 years to her husband, Ronald, Judy plans to enjoy some time just for herself before Ron retires. An avid seamstress who also crochets and knits, Judy hopes to take a quilting class and add this medium to her needlework skills.



Friends & Co-workers Loretta Swanson, CNA and Judy Price, CNA share plans for their retirement from VNA.

Loretta Swanson

Loretta Swanson, HHA, CNA also retired from her position as a home health aide after working with the Visiting Nurse Association of Erie since December 1982. Loretta's last day was August 2 and she reflected on many of her memories at VNA and also on her entire career.

Loretta's professional experiences have been varied. After high school she sought out employment as a home health aide.

Loretta worked in two area hospitals and then later was employed at a local nursing home. Through these experiences she began to realize that Homecare might be an enjoyable alternative to the busy pace of hospital and nursing home floors. Loretta found that she enjoyed unwinding as she drove from patient to patient. Appreciating her independence in her new position, she also found that she was able to become closer with many of her patients and their families.

Her work has not been without some trials. Like many home health aides, visiting nurses and therapists, Loretta has confronted weather obstacles and even some difficult patients. However, she noted that "many are difficult because they are sick, uncomfortable and scared." While reflecting that the hardest part of the job is going into a home not knowing what to expect, she observed that "once trust is established and you are accepted, it is much easier to work together. 'Fear of the unknown' is a hurdle for both the patient and the home care worker to move through in order to have a winning partnership."

Summing up her career Loretta offered these insights: "I have truly enjoyed my years in home health care. I've loved meeting new people, working independently, setting my own schedule. This option fit into my schedule and my family's lives. I've met special people – some who readily accepted me and

continued on following page



Betty Filley, VNA medical coder retired to spend more time with her family. Betty was honored at her retirement party hosted by VNA staff. Betty worked as a coder since 1996.

continued on following page

Staff Announcements

VNA welcomes these new staff members!



E. Dianne Blanchard, MPT
physical therapist



Christy Lamp, CNA
home health aide



Damaris Malave, CNA
home health aide



Jessica Regan, RN
home health nurse



Tanya Tuszyński, RN
home health nurse

Judy Price, continued from previous page

She is anxious to be able to visit her daughters who live in Ohio and Maryland more frequently and spend additional time with both her Erie and out-of-state grandchildren.

When asked to sum up her years of service, Price responded, "I have always been proud to say that I work for the Visiting Nurse Association. Working for VNA has been a rewarding experience. I've taken care of really nice people. Often when I got home at the end of a day, I wondered how many people would not have had a bath or anyone to talk to if I hadn't had the opportunity to care for them." Thank you, Judy, for your dedication and 28 years of loyal service to the Agency and to all of the patients that you touched throughout these many years!

Enjoy your retirement, Judy – your professionalism and compassion will be missed!!



Home care nurse Carrie Piccinini, RN, Hospice nurse Tracie Travis, RN, and VNA Bereavement and Volunteer Service Coordinator, Dave Kuchta greet participants at the butterfly release.



Medical social worker Denise Iavarone, BSN takes part in the "Reading of the Names" at Wings of Hope.

Bereavement Offerings at VNA



Grief and loss are very real and sometimes difficult to handle. Hospice not only cares for the patient, but cares for the entire family. The VNA offers grief education and support services to those who are ill, their family members, caregivers, friends and anyone trying to deal with anticipatory grief; dealing with the emotional and psychological aspects of dying; the needs of caregivers; and ultimately, grief after the loss of a loved one. VNA provides bereavement services for our patients' family and friends. Personal visits, bereavement groups, and special presentations are offered throughout the year. For more information visit our website at www.erievna.org/handling-grief or call us at 454-2831.

Loretta Swanson, continued from previous page

some I had to win over. My favorite memory always makes me smile – once I was at a patient's home and when I left I found that the son of the patient had washed my car while I was inside!" Loretta sums up her experiences at VNA with this observation: "I have met a lot of good people. We have a good staff. I've enjoyed working here because it felt like a second home."

Loretta is looking forward to taking it easy and travelling to her daughter's home in New Jersey more frequently. She also is happily anticipating spending more time with her Erie grandchildren, although she has declined her granddaughter's invitation to join her skydiving!! She wants to do day trips with her husband, help with an upcoming family wedding next May, but first plans to thoroughly clean her house from top to bottom.

Swanson's attitude towards retirement matches her philosophy of home care. Namely, to "Take each day as it comes. Don't plan everything, try to be footloose. Above all, live for the day."

Live for the day, Loretta – enjoy your retirement; you've earned it!

HOME SAFETY TIPS TO MINIMIZE THE RISK OF FALLING

As we get older, items in our home that used to be virtually harmless start to pose a greater risk. Carpets, stairs, floors – even pets can be dangerous. The good news is that many falls can be prevented.

Visit each room in your home. Look at the space objectively and ask yourself: Is this safe? Would that make me trip? What can I do to the room so I don't have to worry about falling?

Take the Safety Test below to see how you score.

Room by Room Safety Issues:

- Yes___ No___ All areas of my home are well lit.
- Yes___ No___ My floor coverings are in good repair.
- Yes___ No___ The main walking areas are free of obstacles.
- Yes___ No___ All my phone and electric cords are out of the way.
- Yes___ No___ My bedroom is set up to help avoid stumbling.
- Yes___ No___ My bedroom light can be turned on & off without getting out of bed.
- Yes___ No___ My tub, shower and toilet have sturdy grab bars.
- Yes___ No___ The floor of my bathroom, my tub and/or my shower have non-slip surfaces.
- Yes___ No___ My shower is designed to reduce the risk of falls.
- Yes___ No___ My toilet is at a comfortable height.
- Yes___ No___ I have nightlights in the bathroom to help me see.
- Yes___ No___ My kitchen floor is designed to reduce the risk of tripping.
- Yes___ No___ The items I use most for cooking or cleaning are easy to reach.
- Yes___ No___ All my stairways have handrails on BOTH sides.
- Yes___ No___ The steps are slip-resistant and in good repair.
- Yes___ No___ Visibility is good on all my stairways and landings.
- Yes___ No___ The stairway is kept clear of all objects.
- Yes___ No___ Outside, my walkways are well lit.
- Yes___ No___ My outside stairs and walkways have non-slip surfaces.
- Yes___ No___ The walkways are clear of clutter and hazards.

Your Score: Yes ___ No ___

Still want some added security? Consider having a back-up plan by becoming a VNA Lifeline subscriber. Help is always at hand. For more information call: VNA Lifeline (800) 543-3546, Ext. 2815.

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Only one medical alert service can call for help even when you can't.

- Get prompt, caring assistance at the push of a button, 24 hours a day, 365 days a year.
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- Continue living in the comfort of your own home.

1-800-543-3546 x 2815

VNA

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Lifeline with
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~ Mark Your Calendar ~

VNA Medical Monday

VNA Staff are guests of
 radio host Jim LeCorchik
 WJET 1400 AM 9:30 - 10 a.m.

October 18
 Bereavement; Bowling Tournament
November 15
 Hospice; Tree of Memories

Annual VNA Hospice Memorial Service

Sunday, November 2
 1:00 p.m.
 Emmanuel Presbyterian Church
 3250 Perry Street, Erie

Lisa Palombi Woodruff Memorial Bowling Tournament

Sunday, November 14
 12:00 noon
 Eastland Bowl, 38th & McClelland
 Contact Ron Palombi, Sr., for details
 455-0535

Annual VNA Tree of Memories

November 15 - December 31

To benefit VNA Hospice Services
*Holiday trees are displayed at libraries
 throughout Erie County.*
*Information will be mailed in November
 or visit www.erievna.org for form.*

Bereavement Groups

Angels Too Soon Group
 (Supporting the Family after
 the Loss of a Child)

Second Monday of every month
 6:30 - 8:30 p.m.

General Bereavement Group

Third Wednesday of every month
 3:00 - 4:30 p.m.

