

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

FALL 2011

Seventh Annual Butterfly Release *Wings of Hope*

VNA thanks all participants, donors and sponsors for making possible the very moving and meaningful event, *Wings of Hope*, on Sunday, August 7. The funds raised benefit VNA Hospice services for patients, families and caregivers. Special thanks to **Lincoln Metal Processing**, prime corporate sponsor again this year. (A complete listing of sponsors for *Wings of Hope* is inside this issue.)



The Gezymalla family (L-R): Scott, Marin, Eva and Samantha enjoyed *Wings of Hope* butterfly release.



Erie resident Kay Kuebler dressed for the butterflies and sat in rapt attention as loved ones' names were read from the podium.



Four-year-old Moira Miller happily encountered a Monarch!

All Contributors to *Wings of Hope* Memorial Butterfly Release will be listed in the next issue of "Visiting You".

Sincere thanks to the following people who helped to make *Wings of Hope* possible by planning and executing this very special service to the Erie community:

VNA Butterfly Committee

Wendy Weber, Chairperson

Members: Laurie Ann Bradford, Gloria Gerbracht, Kregg Heenan, Terry Landon, Marjorie Kaminsky, Juliana Semple, Lee Swenson (VNA Development Committee Chair), Karen Thomas.

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Volunteers:

Andrew Alleso, Luetta Gross, Julie Leonard, Chuck Leone, Amy McNeill, David Pennsy, Mary Beth Pinto, Colleen Zandbergen.



Savanna Nordin got "up close and personal" with a butterfly.

Photographers:

Donald Keys, Terry Landon, Shawna Mundkowsky

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At the VNA's 98th Annual Meeting in May, new members were named to the VNA Board of Trustees. In attendance were (L - R): **Owen McCormick, Mary Beth Pinto, Nancy Gorman and Stephen Ventrello.**



Board President **Nancy Taylor**, left, congratulates retiring board member **Lane Nelson** for completing a full twelve-year term and for her dedicated and distinguished service to the Agency.



Seated at the head table for the Annual Meeting were (L - R): **James Jaruszewicz, Executive Director; Nancy Taylor, Board President; Rev. Harry Johns III, Pastoral Care Counselor; Robert Rhodes, PhD, Board Vice-President.**

Linda and Ron Palombi, Sr. Win Award

Linda and Ron Palombi, Sr., were named recipients of the 2011 Amazing Grays "Service to Seniors" Award at a reception held at Mercy Hilltop Center on Aging on June 28. The *Amazing Grays* annually recognize and honor the contributions and dedication of an individual, group, or organization, who have displayed significant actions and or services to and for older adults. The award acknowledges an amazing individual, group, or organization who has demonstrated small and quiet actions above and beyond with a generous spirit, contributing to the well being of adults, 55 years or older, living in Pennsylvania.

Since 2002 Ron and Linda Palombi have dedicated themselves to furthering the care and mission of VNA

Hospice Services of Erie County by organizing golf and bowling tournaments for the Erie community, and raising tens of thousands of dollars for our non-profit Agency. In 2010 the Palombi's held the sixth bowling tournament in their daughter Lisa's memory, raising \$6,400 in that event alone.

The Palombi's hard work and dedication to their successful events have enabled us to provide the "little extras" that are never covered by insurance but are so often needed or cherished by Hospice patients and their families. Because of the Palombi tournaments and similar gifts, we have been able to hold a special celebration for a dying man who never had a birthday party; a patient especially fond of amusement parks was given a chauffeured trip to Cedar Point before he passed away; an elderly grandmother was able to travel to her granddaughter's wedding in a southern state; a young mother received gifts for her children for her last Christmas with her family; a special cake from a Cleveland bakery was arranged for a patient to bring back fond memories of her youth; a homeless and destitute man was given a funeral service and burial. Their generosity also enabled us to provide Hospice care for those who may not have had the financial means to pay for services.

Ron and Linda Palombi were able to gather strength from tragedy and turn their strength into a source of support and comfort for others. In 2000 breast cancer claimed the life of their only daughter, Lisa, at age 42. The pair cared for Lisa before her death, and afterwards provided a loving and nurturing home for their two grandchildren, **Emelia** and **John Woodruff**. Already at retirement age, Ron and Linda assumed the rearing of their second family, and made sure that the children had the best educational and development opportunities possible.

Two years after their tragic loss, they gathered friends and family together with the idea of having some fun and simultaneously raising funds for a "good cause" that was special to their hearts. The good cause was, and is, VNA Hospice Services, because VNA had provided the compassion, peace and comfort of hospice care to Lisa and her family in her final days.

Enlisting the aid of friends and family, Ron and Linda formed the Lisa Marie Palombi Woodruff memorial committee. The committee is comprised largely of an enthusiastic band of seniors who are recruited, motivated, and coordinated by this special couple. Ron and Linda direct volunteers to gather door prize gifts, print signs, enlist golfers and bowlers, recruit sponsors, sell raffle tickets and gather



Emelia Woodruff, Linda Palombi, Ron Palombi, Sr., and John Woodruff

raffle donations, hold a Chinese auction, cook the dogs and burgers, and handle the hundreds of other details needed to stage such an event. Their committee has grown from five family members to a continuing core of fifteen friends and family anxious to begin planning each year's event.

The Palombi's long standing commitment to VNA Hospice Services has touched and benefitted all of us at VNA and countless numbers of our Hospice patients and their families. Congratulations and Thank you, Ron and Linda!

Plans are now in full swing for the 7th Annual Lisa Marie Palombi Woodruff Bowling Tournament at Eastland Bowl on November 13. *Please see details on page 14.*

Ron and Linda received the Service to Seniors Award at a reception held at Mercy Center on Aging on June 28.

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.

FOCUS ON NURSING



VNA Patient **Janice Murray** (right) shares a special moment with **Tracie Travis, RN**.

Tracie Travis, RN, CHPN

VNA Hospice Nurse

Her best friend's enthusiasm for her nursing studies in Pittsburgh led Tracie Travis, RN to choose a nursing career. Born in Clarkston, WA, Tracie grew up in Erie and eventually attended the St. Vincent Hospital School of Nursing. Looking back, she is glad that she was influenced by her friend's positive endorsement of nursing as a profession. She says, "Nursing was a natural fit for me. Every nursing experience I have been a part of has been enormously satisfying."

After nursing school, Tracie worked at St. Vincent's on a Medical-Surgical/Renal Unit. From there she was employed in Cardiac Care at Cleveland University Hospital. She became interested in pursuing home care nursing because she was intrigued by the idea of seeing the patients in their own environment. Twenty-two years ago she started her home health care nursing career here at the VNA of Erie County. Since then, she hasn't looked back. "Home care nursing has more than met my expectations," says Travis. "I love not being in an office environment or a facility like a hospital. I enjoy travelling to my patients' homes during the day. Most of all, I love meeting my patients in their homes and meeting their family members, who may be so essential to the patient's care at home." Travis also commented that she truly enjoys the teaching element of home care nursing and notes that it is extremely essential for good health care, as patients today are being discharged rapidly from hospitals and have more responsibility for their own care at home.

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VNA Home Care Nurse **Cindy Galena, RN**, assesses patient **Jim Gemler** (left).

Cindy Galena, RN ONC

VNA Home Health Care Registered Nurse

Cindy Galena always wanted to be a nurse. She is not sure why – this desire has always seemed to be an inherent part of her destiny. Perhaps what influenced her was the fact that she was frequently in and out of hospitals when she was very little. Born with three kidneys, Cindy was hospitalized for serious kidney infections and life-threatening nephritis. Cindy's memories of her childhood hospitalizations are hazy. She recalls pushing aside the nets that covered her pediatric bed and crawling over the tall side bars to take a stroll down the pediatric ward. For the most part, her memories of the specifics of her care are non-existent. But what she does remember is that as a patient she was fascinated with the comings and goings of the floor staff and that she felt safe and comfortable at the hospital.

As she grew older and her health improved, Cindy volunteered as a junior nurse's aide and nurse's aide. After high school, Cindy graduated from the first two-year program at St. Vincent School of Nursing. Cindy's first experiences as a nurse were at a medical center where she worked in Orthopedics, Neurology and Trauma. She also spent several years as a hospital floor nurse. In three decades her professional duties ranged from bedside nursing to assistant director of nursing. Once again, fate intervened and a medical event changed her path. Recovering at home on medical leave, Cindy questioned if she could go back to the physical and mental stresses of acute care nursing.

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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, 2011, are as follows:**

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Making a gift to VNA in memory of a loved one at the time of death or any time thereafter helps to ensure that the compassionate and dignified care of VNA Hospice Services is available to everyone in our community, regardless of age, diagnosis, or ability to pay.

Our capacity to serve those who are terminally ill is strengthened by your caring gifts. By giving a memorial gift, you and other friends, family and associates help VNA Hospice Services of Erie County while creating a meaningful remembrance of a loved one.

We provide family members with a list of the names of those who have given to VNA in their loved one's name.

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.

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Volunteer Josh Travis supplied musical accompaniment for the Annual Memorial Service, remembering loved ones who have recently passed.



Heritage Guild members met at a special luncheon in the newly outfitted VNA Learning Resource Center. Seated (L-R): Jean McKean and Joyce Heinzelman. Standing: Paul Zarenko, Jim Jaruszewicz and Sheldon Kaercher. The Heritage Guild is a special group of dedicated friends who have included VNA in their estate plans. Please contact our Development Office if you would like more information about VNA Heritage Guild.

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New Tax Law on Giving

If you are over the age of 70 ½, you can make charitable distributions of up to \$100,000 from a traditional or Roth IRA directly to charities in the year 2011. Thank you for thinking of VNA in your gift planning.

VNA Cannot Accept Donated Medical Supplies and Equipment

VNA is unable to accept donated supplies of any kind including walkers, assistive devices, diabetic supplies, incontinence supplies, nutritional supplements, wound supplies, bed pads, gloves, etc. Many kind families offer these items to us after a loved one no longer needs them. Unfortunately, we are unable to accept them due to various regulations. We encourage you to call the organizations below to determine if they can accept your supplies to distribute to those in need. Thank you for thinking of others.

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Salvation Army	1209 Sassafras Street	456-4239
St. Martin Center	1701 Parade Street	452-6113

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Leaving a Legacy

Have you planned by not planning? As many as 60% of Americans who die each year don't have wills. The state will decide who will receive your legacy if you have not done so.

When properly drafted by a qualified attorney, a will minimizes estate settlement costs and taxes, arranges for your property to be managed as you want, and provides for your spouse, children, friends and others you may wish to remember. Charitable gifts through wills are popular because they are easy to arrange and may be changed according to your discretion. If you wish to make a bequest to the VNA of Erie County, you can do so in several ways:

- You can leave a specific dollar amount;
- You can designate a percentage of your estate;
- You can indicate a remainder after other beneficiaries;
- You can arrange a trust in your will to provide income to a loved one, with a gift to the VNA resulting after that person's lifetime.

In all cases, any charitable gift by will is deductible for estate tax purposes, so no tax will be due on assets given.

If including VNA of Erie County in your legacy planning is of interest to you, the 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."** Please call the VNA Development Office at 814-454-2831 for further details.



Development Associate **Ann Moore** (L) and Board member **Marge Kaminsky** provided information on VNA services at the Erie Zoo Senior Day in July.

Outstanding Volunteer Fundraiser Named

Past board member and long-time chairperson of *Wings of Hope* butterfly release, **Juliana Semple** has been named Outstanding Volunteer Fundraiser of the Year by the Northwest Pennsylvania Chapter of the Association of Fundraising Professionals (AFP.) She will be honored at a luncheon on National Philanthropy Day, Tuesday, November 15, at the Ambassador & Conference Center in Erie. VNA considers it a distinct honor to know and work with Mrs. Semple and to nominate her for this prestigious award. If you would like to attend the ceremony or send a message to Juliana, please contact the VNA Development Office at 814-454-2831; www.erievna.org, or mtemple@erievna.org.

Juliana Semple holds a Monarch butterfly at VNA's Wings of Hope butterfly release.



Construction of the multi-functional VNA Learning Resource Center (LRC) was completed this summer with the help of a generous donation from **Lincoln Metal Processing** and a grant from the Pennsylvania Department of Community and Economic Development (DCED.) Photo shows the major renovation in progress. The new configuration of the LRC enables the space to be used as a single, large room or as two separate areas for a variety of staff education and Board meetings.



Board member **Mary Lincoln** and Executive Director **Jim Jaruszewicz** in front of the new flat-screen tv in the renovated Learning Resource Center.

Attending an Executive and Finance Committee meeting in the newly renovated area are (clockwise from left:) Board members **Robert Rhodes, Thomas Bean, Robert Becker, John Schultz, Director of Finance Bob Hersch, Executive Director Jim Jaruszewicz, Board President Nancy Taylor, Executive secretary Debbie Tower, Board members Lee Swenson (partially hidden) and Terry Landon.**



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In memory of Jill Marie Menosky

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In memory of William James Mester

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In memory of Ruth Meyer &

Philomena Whipple

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In memory of Donald Otten

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January 1 through June 30, 2011

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**WINGS OF HOPE
 Butterfly Release**

January 1 through June 30, 2011

(Donors to the Butterfly Release after June 30 will be listed in the next newsletter.)

Heidi Hosey & Joanne McGurk
 Mrs. Betty J. Kujan
 Ms. Carol Stanger

ENDOWMENT

January 1 through June 30, 2011

In memory of *Alberta H. Heiple*:

Ms. Rebecca Sanders

In memory of *Robert Milovanovich*:

James & Rosemary Habas
 Julie Machose & Charles Smisko
 Chris & Ruth Mason
 Ms. Margaret Sargent
 Mr. Charles Smisko

TREE OF MEMORIES

January 1 through June 30, 2011

Mr. & Mrs. James Bush



Volunteer Training

VNA is looking for volunteers! We know there are many people who are interested in volunteer opportunities that will give them that special feeling of satisfaction. Volunteers are needed to attend to the non-medical needs of both Hospice and Home Health Care patients. Volunteers can assist with visitation of patients, running errands for families, transportation needs, etc. In addition, volunteers are needed to help with clerical work, fundraisers and special events. *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/

Sunnyside Farms Transit, Inc. hosted a 4-man scramble golf tournament to benefit VNA Hospice Services of Erie County on July 30 at Scenic Heights Golf Course.



Organizers of the event included (L - R): **Glen Black, Marlena McLeod and Tom Teed**, president of Sunnyside Farms.

Proceeds from the tournament help to ensure that the compassionate and dignified end-of life Hospice care from VNA is available to everyone in Erie County, regardless of age, disease, or ability to pay.



VNA staff and friends enjoyed the Sunnyside Farms golf tournament. Finishing in third place were (l to r) **Mary Temple, Chris Sutton, Phil Temple and Bob Hersch.**



Golf tournament participants included these VNA friends. Seated: **Norm Tufts and Buddy Malone**; Standing: **Ron Palombi and Bill Rozenek.**

WINGS OF HOPE

Butterfly Release Sponsor

January 1 through June 30, 2011

Lincoln Metal Processing

National Fuel
Velocity Network

Citizens Bank of PA

BNY Mellon
The Bert Insurance Group
Recycle Your Closet
LECOM, Lake Erie College of Osteopathic Medicine
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VNA staff members **Linda Rakowski** and **Suzanne Scheuer-Leone, RN**, greeted participants at the butterfly release.



Mia Karpinski carefully examines a butterfly during Wings of Hope.



Volunteer **Luetta Gross** provided sign language interpretation at Wings of Hope butterfly release.



Alana Handman catches a butterfly at Wings of Hope butterfly release.

Tree of Memories

Each year at the holiday season, VNA offers our family and friends the opportunity to honor the memory of loved ones in a unique and meaningful way. By giving a memorial gift as a tribute in memory of someone whose life has touched yours, you will help **VNA Hospice Services of Erie County** provide:

- Hospice services, medications and supportive equipment for terminally ill patients with little or no health insurance,
- Special wishes for patients facing end-of-life challenges,
- Counseling for grieving individuals and families,
- Grief support for anyone in need of compassionate counseling, whether or not their loved one was a VNA Hospice patient.

To recognize your gift of \$10 or more, a handmade, personalized holiday ornament will be placed on a **VNA Hospice Tree of Memories** in memory of, or in honor of, your loved one(s). VNA Hospice Trees will be displayed from after Thanksgiving through December 31 at the following branches of the Erie County Library System: the Blasco Memorial Library, the Iroquois Avenue and Millcreek Mall branches, and the Lincoln Community Center in Fairview. Additional trees will be placed at the Union City Public Library, the Rice Avenue Community Center in Girard, and in our office foyer.

Please complete the form at the bottom of this page or go to our website at www.erievna.org to make your tax-deductible contribution. Send your gift as soon as possible so that we may place your loved ones' names on a Tree of Memories – and continue to provide needed services to our Hospice patients.



VNA Development Committee members met recently to decorate the ornaments that will be used for the Tree of Memories project this holiday season. Clockwise from left: **Juliana Semple, Nancy Taylor, Lee Swenson, Marge Kaminsky and Gloria Gebhardt**. Information will be mailed to VNA friends in November. If you would like to take part in Tree of Memories, call 454-2831 or visit www.erievna.org for more information.

After the holiday season concludes, your ornament, personalized with the name of your loved one, will be sent to you with our deepest gratitude.

Thank you for Caring!

P.S. Gifts to VNA Hospice and VNA of Erie County are matched by many corporations, including GE. If your employer (or former employer if you are retired) has a Matching Gifts Program, please send us the completed form, available through your company's human resources/administration office, and we'll send it on to have your gift matched. GE employees and retirees may call 1-800-305-0669 to make a matching gift to VNA.

**Please detach and mail to VNA Hospice
2253 West Grandview Blvd, Erie, PA 16506**

For additional gift forms, call 814.454.2831

VNA Hospice Tree of Memories Gift Form

Please place my ornament(s) on the VNA Hospice Tree of Memories in the name of:

(Name of Loved One)

(Name of Loved One)

(Name of Loved One)

(Name of Loved One)

This gift is from: _____

Street Address: _____

City/State/Zip: _____ Phone: _____

Amount of Gift Enclosed \$ _____ Email: _____

Credit Card Number: _____ Visa MasterCard

Name on Card: _____ Exp. Date: _____

Signature: _____

Tree location preference: Blasco Millcreek Mall Iroquois Avenue Union City
 Lincoln Community Center (Fairview) Rice Avenue Community Center (Girard) VNA Office Any tree

Please make check payable to VNA Hospice, 2253 West Grandview Blvd., Erie, PA 16506

STAFF NEWS

Shelley Love, RN, CHPN, has been named Hospice Coordinator at the VNA. In her new position Love coordinates end of life care with all providers for patients and their families. Ms. Love earned an Associate's Degree in Nursing from Gannon University and has extensive experience in Hospice and Home care.



VNA Business Development Director, **Virginia Bartone**, was awarded a Certificate of Achievement from Philips Lifeline for successfully completing program excellence in promoting the independence of seniors. Lifeline provides personal response services for the Erie area.

Audrey McLaughlin, MA, BCC, has received her renewal of certification as a Board Certified Chaplain through the National Catholic Association of Catholic Chaplains. McLaughlin is a VNA Pastoral Care Counselor. Additionally,

McLaughlin serves as a Board Member of the Catholic Health System of Western New York.

Tracie Travis, RN, CHPN, recently received her National Board Certificate as a Hospice and Palliative Nurse.

Janet E. Kelly, CRNP, has joined the VNA family as a per diem Nurse Practitioner for Hospice. Janet obtained her Adult Nurse Practitioner education from Case Western Reserve University. She obtained a Master's Degree in Nursing in Med/Surg Nursing and Nursing Administration from the University of Texas. Janet has a certificate from Gannon University's Family Nurse Practitioner Program. Her initial nursing education was from Hamot School of Nursing. Welcome, Janet!



Tracie Travis, continued from page 4

Tracie, the mother of four boys, left her full-time home care nursing duties several years ago to take a part-time position as a Quality Improvement nurse for VNA. This allowed her to spend more time with her young family but still fueled her passion for nursing. She has no regrets about being restricted to an office job for the next eight years, "I am grateful for having had the opportunity to work part-time. I learned so much in QI that has helped me in my present job in home and hospice care. In addition, what I have learned has made me more well-rounded as a nurse in the care that I deliver. From insurance coverage, pre-authorizations, billing, and quality improvement of care – I have a real appreciation of what my patients go through to get their needs met and a much better understanding of how the health care system works. Sometimes I can assist a patient or get them to a resource. At other times I realize that I have to be patient as we wait to have a service approved."

Tracie is now a VNA Hospice nurse, where she has found the most contentment. The intimacy of hospice work to her is significant. "I truly consider it an honor and a privilege to be accepted into a patient's home and to get to know and love the patient and their family; with the patient and families in the moment of time that is so essential to **all** of them, and being a part of those moments to insure that there are choices and

dignity for patients with life-limiting illnesses. Providing a comfortable, peaceful meaningful passing is an essential experience for all concerned."

"My hospice team, from our Medical Director, Dr. Candib, to our social workers, bereavement counselors and all caretakers, are wonderfully supportive. Everyone is passionate about providing the best care and truly walking side by side with patients and offering support, not only for any physical symptoms but for their emotional and spiritual needs as well. We all believe in the hospice philosophy – living to the fullest as life nears its end, with choices and dignity for the people diagnosed with a life-limiting illness."

Tracie also provides VNA Hospice care in nursing homes and finds the staffs are very open, responsive, and respectful of the hospice plan of care. "It is a pleasure to partner with them," says Travis, "They know their own patients so well that it makes my job easier in providing end of life care."

Summing up her nursing career thus far, Travis states, "Inevitably, with each of my nursing experiences, I have learned more than I ever thought I would. Hospice care has become my true passion. I am humbled by the families that I have met – they are so brave and open. I have learned from each of my patients and each experience. I couldn't even single one out – each one has been a special part of my life."

STAFF SERVICE AWARDS

At the VNA Annual Meeting in May, service awards were presented to the following VNA staff members for their years of service: Executive Director **James J. Jaruszewicz** (25 years); **Barbara Moya, RN** (20 years); **Naida Hernandez, RN** and **Sharon Teeter, RN** (10 years); **Lynn Rockwell-Christoph, OTR/L**, **Renee Maker, RN, CWOCN**, **Caroline Sherwin, RN**, and **Linda Wozniak, RN** (5 years).



Board President **Nancy Taylor** congratulates Executive Director **Jim Jaruszewicz** on his 25-year service achievement.



Hospice nurse **Caroline Sherwin, RN** (L) and Wound Care Specialist **Renée Maker, RN, CWOCN**, celebrated their five-year anniversaries with VNA.



Home health care nurse **Sharon Teeter** (L) was acknowledged for her ten years of service; Occupational Therapist **Lynn Rockwell-Christoff** (C) and home health care nurse **Linda Wozniak** were honored for five years of VNA service.

Cindy Galena, continued from page 4

Realizing that hospital nursing had dramatically changed since she began her career, Cindy began to investigate home health care nursing. After interviewing with the Visiting Nurse Association of Erie County, she became more conscious of the fact that she was getting frustrated with floor nursing. "I realized that in the last few years I didn't have the time to do what I wanted to do with each patient. My caseload was getting larger and I didn't have enough arms and legs to do it the way I wanted to." Home health nursing was a positive change. Cindy discovered that she was going back to the basics of nursing. She enjoyed dealing with one person at a time. She was able to give each patient her full and undivided attention and not run the risk of being pulled away while on a visit. And she appreciated how many patients seemed to heal faster because they were back in their own homes, relaxed among their family and comforting surroundings.

As patients grew familiar with Cindy and anticipated her return, she noted a change in their response to her. "I have found such a difference in the relationships that I have established with my patients because of the fact that I am able to be in their homes. The constancy of one person interacting with them is an immeasurable plus. As our

relationship grows, their trust in me grows. During our first or second visit they may not want to accept my recommendation, but eventually they respond to my suggestion and persistence because we have developed a rapport and they have respect for my skills."

Many patients come to view Cindy as an extension of their families and eagerly look forward to her visit and to the time they spend with her. Cindy observed that there are often "repeat customers" in home care nursing and one of her greatest joys is when a patient asks for her to return as his/her nurse. "Having someone request that they want you back because their experience was positive means that I did my job well and that goes back to why I went into nursing." She also commented, "In home care I can really see progress. It is so satisfying to see a large wound really close up and heal. It is such a luxury now-days to be able to see the change."

Cindy Galena's early medical traumas did not define her, but they did influence her life choices. The nurses who cared for her and provided comfort when she was young left a positive, lasting impression. Her compassion, professionalism and caring for her patients has been a valuable asset in her homecare nursing visits at VNA of Erie County.

7th Annual Lisa Marie Palombi Memorial

Bowl for VNA Hospice

No Tap Tournament

Eastland Bowl
38th & McClelland



Sunday,
Nov. 13, '11
12:00 noon

Champions in these divisions:

Kids: Boys & Girls, 13—17

Adults: Men & Women ages 18—55

Seniors: Men & Women ages 56 +

- *Special Division. . .Boys & Girls, 12 & under* •

All Winners Receive Plaques

Students - Earn Community Service Hours!

Entries with Pledges or Donations
Of \$25 or more will bowl FREE!

*Entry sheets available at Eastland Bowl,
VNA, 2253 West Grandview Blvd.; 454-2831
Or contact Ron Palombi, Sr. at 455-0535*



Come Join Us. . .

Free Hot Dogs... Fun for All

It's wonderful to visit at the holidays, but who is there when you can't be?

You can't always be there for an aging parent, or loved one who lives alone. But you can help increase their confidence to live independently – with Philips Lifeline. The Lifeline Medical Alert service provides fast access to help 24 hours a day, 365 days a year. Our new Lifeline with AutoAlert option provides an added layer of protection by automatically placing a call for help if a fall is detected and they can't push their button because they are disoriented, immobilized or unconscious. Now they can get help two ways: Simply press the AutoAlert help button anytime. Or, if a fall is detected and they are unable to press their button, AutoAlert will automatically call for help. Don't let a delayed response time affect you or someone close to you. Be thankful you gave them VNA Lifeline. Call **800-543-3546 ext. 2815** for details. Please mention **Program Code PA774**.



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- Our new Lifeline with AutoAlert* option provides an added layer of protection by automatically placing a call for help if a fall is detected.
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In September VNA Hospice Services and National HME, Inc. co-hosted an educational seminar for hospice personnel in the area. Director of Business Development **Ginny Bartone**, left, greeted guest **Elizabeth Gordon**, Social Services Coordinator of Pleasant Ridge Manor with VNA Clinical Liaison **Cindy Kocher**, right.



L to R: **Sam Harakal**, VNA Medical Social Worker, **Doreen Wishnok**, Rehabilitation Liaison of HealthSouth Rehabilitation Hospital, **Yvonne Gulick**, Admissions Coordinator, LECOM Institute for Successful Aging, and **Steven Ferguson**, Account Executive, National HME, Inc. at the Hospice informational seminar.

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.

Be our Friend on Facebook, too! "Visiting Nurse"



~ Mark Your Calendar ~

VNA Medical Monday

VNA Staff are guests of radio host Jim LeCorchik

Third Monday of every month

**WJET 1400 AM
9:30 - 10 a.m.**

7th Annual Lisa Marie Palombi Woodruff Bowling Tournament

Eastland Bowl

**November 13
12:00 noon**

Bereavement Group

Open to anyone who has experienced the loss of a family member or friend

Third Wednesday of every month

**3:00 - 4:30 p.m.
VNA Building**

VNA Hospice Tree of Memories

Opportunity to remember loved ones. Trees on display at Erie County Libraries

November 16 through December 31

Call VNA 814-454-2831 or www.erievna.org for details