Anxiety was taking over and threatening to keep Barbara Vinitsky from one of the most important days of her life.

“I wouldn’t be able to do anything because I was so nervous and upset,” said Barbara.

The mother of four and grandmother of six is living with COPD (chronic obstructive pulmonary disease). The incurable, progressive condition makes it difficult to breathe. Frequent anxiety attacks worsened her symptoms, and trouble breathing led to multiple hospital visits in just a few months. She placed even more stress on herself with plans for her youngest child’s “really big” wedding.

Barbara needed to figure out a way to alleviate her anxiety, and she found it when the staff of VNA Care came into her life. She began receiving nursing and physical therapy at home from VNA of Boston after spending several weeks in a hospital and rehabilitation facility for her COPD. A palliative care nurse practitioner from VNA Hospice & Palliative Care provided expert symptom management to further improve Barbara’s quality of life.

The palliative care nurse practitioner introduced Barbara to the VNA Care Behavioral Health Program. The program utilizes the structure and focus of cognitive behavioral therapy to better manage depression, anxiety, and/or early onset dementia. The Behavioral Health Program is offered throughout Eastern and Central Massachusetts by VNA of Boston and VNA Care Network.

Lynda Wallack, RN, began visiting Barbara to provide cognitive behavioral therapy. The highly structured, eight-week program helps people learn strategies to change unhelpful patterns of thinking and behavior.

Breathing techniques and learning to “be present in the moment” are among the tools that, when practiced over time, can improve mood and ability to function. Patients may also receive...
From your letters

Thank you to our donors, volunteers, and friends for supporting our mission of caring. You are helping us make a difference in the lives of our patients and their loved ones. These are excerpts from just a few of the many thank you notes we’ve received.

“No words can express how grateful I am for the support and care given by mother’s hospice team. Thank you from the bottom of my heart.”

“I have had a challenging year: two craniotomies for brain cancer and multiple back surgeries. ... Because of (my physical therapist), I began to make steady progress. I am amazed at how much progress I have made since she started working with me. I am grateful and thankful for everything she has done to help me.”

“I had knee replacement surgery recently and received absolutely superb home care from VNA Care. Everyone on the team was excellent. ...I will have another knee replacement surgery soon and feel very calm knowing VNA Care will be with me again.”

“I cannot say enough good things about the hospice team that took care of my Dad. His nurse was wonderful! Everyone involved gave him the best care possible. It gave us all great comfort to know that he was being taken care of with love and compassion.”

“I am 103 years old and found the nurses very helpful. Keep up the good work.”

“We are 103 years old and found the nurses very helpful. Keep up the good work.”

From your letters

VNA of Boston names annual Heroes in Health Care

The 12th annual Heroes in Health Care Gala on Nov. 11 at the Mandarin Oriental, Boston, will celebrate three leaders who have had a profound and sustained role in shaping the health of our community. This year’s Heroes are:

IBM Watson Health

Rich Rakowski
CEO
Medically Home

Pierantonio Russo,
MD, FCPP, FAAP
V.P., Health Services,
Harvard Pilgrim
Health Care
Lecturer, Population
Medicine, Harvard
School of Medicine

The Gala is VNA of Boston’s signature fundraising event and largely supports home health care services for sick babies and mothers with pre- and post-partum complications as well as charitable care.

The black-tie optional Gala begins at 6 p.m. with a cocktail reception and auction followed by dinner and awards ceremony. This event sells out quickly, so purchase tickets early at www.vnacare.org/gala.

To sponsor the 2017 Gala, please contact Laura Wise, manager of fund development, at 617-886-6460 or Laura_Wise@vnacare.org.
occupational therapy to help them reconnect with activities that matter most in their lives.

Barbara learned how to voice her feelings and concerns to others. “It was a big step for me not to internalize everything,” she said. Removing herself from problematic situations instead of “toughing it out” was another “huge” accomplishment, according to Barbara.

“When I started the program, I was depressed and anxious. I feel so much better, confident, and relaxed,” said Barbara.

VNA Care’s work with Barbara on her physical and emotional well-being helped her participate in all of the wedding festivities, just as she had wanted. Barbara’s husband and son-in-law walked her down the aisle. During the reception, she had the stamina to dance with the groom, her “baby,” to Rod Stewart’s “Have I Told You Lately (That I Love You).”

“There wasn’t a dry eye (during the dance),” she said. “It was beyond anything I could have hoped for. Everybody from VNA Care helped me so much.”

New England Coffee’s 25th annual Charity Golf Classic recently raised $43,105 to benefit VNA Hospice & Palliative Care and Rosie’s Place.

Pictured from left are Catherine Bagni O’Brien, development assistant for VNA Care, Katie Amoro of Rosie’s Place, and Cristina Sadler and Donna Reese, both of New England Coffee.
Donors choose how to make an impact

Because of the generosity of our donors, we’re here for the community 24 hours a day, seven days a week.

Donations help us care for patients in need, provide end-of-life care in patients’ homes and at our hospice residences, develop new health care programs, provide advanced training to staff, purchase medical equipment, and much more.

Donors may ask that their gift be used for the greatest need or direct their support to VNA Care Network, VNA of Boston, VNA Hospice & Palliative Care, or one of our three hospice residences (Elizabeth Evarts de Rham Hospice Home, Cambridge; Rose Monahan Hospice Home, Worcester; and Stanley R. Tippett Hospice Home, Needham).

Our Fund Development staff is available to provide personalized assistance. Please contact us at 888-663-3688, ext. 1365 or giving@vnacare.org.

Celebrating a history of caring

VNA Care was formed by some of the first visiting nurse and hospice associations in the United States. This year we’re celebrating the 125th anniversary of the Worcester VNA, now part of VNA Care Network, and the 20th anniversary of the Rose Monahan Hospice Home, established 20 years ago as the first hospice residence in Central Massachusetts.

“VNA125: A History of Caring,” a special exhibit at the Worcester Historical Museum, chronicled our contributions to the community’s health that were made possible through the generosity of our supporters. Donors, volunteers, and staff gathered at the museum for a special preview of the exhibit before it opened to the public. The gallery featured a 10-foot, hand-colored photograph of our staff from 1936 as well as vintage uniforms, original documents, and other artifacts.

The anniversary celebration continues Oct. 26 with A Toast to Honor VNA Care Network and Rose Monahan Hospice Home from 5:30 to 7:30 p.m. at the Beechwood Hotel, 363 Plantation St., Worcester. The evening features live music by Cara Brindisi and Worcester Jazz Collective. Tickets are $50. Visit www.vnacare.org/worcester or call 888-663-3688, ext. 1361.
Former vice president shows her support for home health and hospice care by joining bequest society

Sandra “Sandy” Lynch Fox dedicated 25 years of her career to VNA Care, and has seen the difference donors make to the agency’s mission.

“Without the help of our supporters, the organization would not be as strong as it is today,” said Sandy.

Before she retired in 2005 from the role of vice president of diversified services, Sandy joined the Caring Bequest Society by leaving a charitable gift in her will. Legacy gifts provide lasting support to benefit patients and families served by VNA Care.

“Making a bequest is a way to show your support, that you believe in the goals of the organization and what they are doing for patients,” said Sandy.

How You Can Join the Bequest Society

The Caring Bequest Society recognizes individuals during their lifetime for including VNA Care Network, VNA Hospice & Palliative Care, and/or VNA of Boston in their estate plans.

Individuals may leave a specific dollar amount, a percentage, the residual of their estate, or an asset, such as real estate, through their will. If you already have a will, a codicil allows you to add a bequest or make other changes without replacing the will.

Your gift can be made in honor or memory of someone and will deepen your commitment to our mission of caring.

Your legal counsel can provide assistance in making a bequest. We generally recommend:

1. Naming VNA Care Network/VNA Hospice & Palliative Care/VNA of Boston as the designated organization. All are 501(c)(3) nonprofit organizations.
2. Consider making the gift unrestricted, which gives flexibility to respond to the health care needs of the future, or specify a certain area, such as hospice, hospice residence, or home health care.
3. Specifying the amount or percentage of the gift.

If donors advise VNA Care about their bequest, they are welcomed as members of the Caring Bequest Society during their lifetime.

For more information about how your legacy can make a lasting impact, please contact Jane Woodbury, vice president of fund development, at 888-663-3688, ext. 1360 or Jane_Woodbury@vnacare.org.

Are your vaccinations up to date?

Adults may need more than an annual flu immunization to stay healthy and reduce the chance of spreading illness to others.

“You can’t rely on childhood vaccinations to protect you for your entire life,” said Beverly Salate, RN, director of wellness/preventative health for VNA Care. “Sometimes immunity fades, and newer vaccines may not have been around when adults were kids.”

The Centers for Disease Control and Prevention recommend all adults receive:

- Influenza vaccine yearly
- Td vaccine (tetanus) every decade
- Tdap vaccine (tetanus, diphtheria and whooping cough) once instead of Td vaccine (It is recommended that women receive the Tdap vaccine for each pregnancy.)

Your doctor may recommend additional vaccinations depending on your age, travel, health conditions like diabetes and heart disease, lifestyle, and career. These may include:

- Shingles
- Human papillomavirus (HPV)
- Pneumococcal disease (Pneumonia)
- Meningococcal disease (Meningitis)
- Hepatitis A and B
- Chickenpox
- Measles, mumps, and rubella

Learn more about adult vaccinations and take a quiz to see which ones you may need by visiting the Centers for Disease Control and Prevention’s website (http://www.cdc.gov/vaccines/adults/).

This information is intended for educational purposes only. For medical advice, please contact your health care provider.
Volunteers raise nearly $50,000 with Kentucky Derby Party to help home health care patients

The greatest two minutes in sports turned into the North Shore Community Cabinet’s most successful fundraiser to date. The volunteers’ Kentucky Derby Party at the Salem Country Club raised nearly $50,000 for home health care services.

The fifth annual North Shore benefit was generously sponsored by:

Platinum Sponsor

Mutual of America Your Retirement Company

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Mike Morris
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Aimee Oliver
Beth Sobezenski
Jane Woodbury
Woburn Friends bringing Step Out for Hospice to the city for 20th year

The Woburn Friends of VNA Hospice & Palliative Care are planning the 20th annual Step Out for Hospice on Sunday, Oct. 1, in Woburn.

The fundraiser helps VNA Hospice & Palliative Care serve terminally ill patients in need, offer bereavement support, train volunteers, and provide other essential services.

Step Out for Hospice features a 1-Mile Fun Run for kids at 11:30 a.m., 3-Mile Walk at noon, and 5-Mile Road Race at 12:30. Participants can join in the “after party” with live music and dancing, chowder, hot dogs, and more.

“Two decades of Step Out for Hospice is an amazing achievement. We’re incredibly grateful for the Woburn Friends’ dedication and hard work on behalf of our terminally ill patients, and for the Irish American Club of Woburn, Shamrock Running Club, and the community for supporting our mission of caring,” said Deborah Corkum, manager of grants and donor communications.

Preregister now for the Walk or Road Race for a discounted fee of $30. Register on the day of the event for $40 beginning at 10 a.m. at the Irish American Club of Woburn, 147 Main St. The Fun Run is free, and preregistration is appreciated.

For more information and to register, visit www.vnacare.org/stepout or call Deborah Corkum at 888-663-3688, ext. 1362.

More Cool Hot Jazz benefit features Henri Smith New Orleans Friends and Flavours

New Orleans comes to Needham with More Cool Hot Jazz on Friday, Sept. 22, at the Needham Golf Club, 49 Green St., Needham.

This is the fourth year the Needham Area Community Cabinet has planned a fall event to support home health care, hospice care, and the Stanley R. Tippett Hospice Home. Donations are used to serve patients in need, develop new programs, purchase technology and equipment, and provide state-of-the-art training for staff.

More Cool Hot Jazz kicks off with a cocktail party and cash bar, hors d’oeuvres, carving station, and silent auction at 6 p.m. Henri Smith New Orleans Friends and Flavours will perform at 7 p.m. The evening also features dancing, dessert, and live auction. Tickets for the benefit are $60 per person and may be purchased at www.vnacare.org/jazz or by calling 888-663-3688, ext. 1361.
Nancy Quinn was blessed with a healthy life with the occasional little aches and pains. But she knew something was different when her usual responses to those aches and pains no longer worked. A visit to the doctor revealed that she had stage IV cancer. As Nancy weighed her options, she talked to a nurse from VNA Hospice & Palliative Care. Nancy could receive hospice care in her own home or in the homelike surroundings of the Rose Monahan Hospice Home in Worcester. She remembered how well an aunt

**Hospice residence a “paradise” where family makes cherished memories**

Nancy Quinn was blessed with a healthy life with the occasional little aches and pains. But she knew something was different when her usual responses to those aches and pains no longer worked. A visit to the doctor revealed that she had stage IV cancer. As Nancy weighed her options, she talked to a nurse from VNA Hospice & Palliative Care. Nancy could receive hospice care in her own home or in the homelike surroundings of the Rose Monahan Hospice Home in Worcester. She remembered how well an aunt

From left: Mary Anne Sullivan, hospice residence coordinator; Fred Gay, longtime hospice volunteer; Robin Spaulding, board member and co-chair of the Worcester Anniversary Committee; and Amy Daley, RN, hospice residence manager, with the key to the City of Worcester.

**Staff, volunteers accept key to the city**

Legislators gathered at the Rose Monahan Hospice Home in Worcester to honor staff and volunteers for 20 years of caring for terminally ill individuals and their loved ones. Well-wishers included Sen. Harriette Chandler, who presented a citation from the State Senate, and Rep. Mary Keefe and Rep. Kate Campanale, who offered a citation from the Massachusetts House of Representatives. Khrystian King, Worcester City Councilor At Large, gave a key to the City of Worcester and congratulatory letter from Mayor Joseph Petty.

_Hospice residence...continued on p. 3_