

PUBLIC FLU CLINIC SCHEDULE 2020

Getting a flu vaccine is especially important this year. It significantly reduces the likelihood that you will get sick with the flu. It also minimizes the impact of respiratory illness in our community, which lessens the potential burden on the local healthcare system as we continue to fight the coronavirus pandemic.

Getting vaccinated is an important step that you can take to protect yourself and others, including those at high risk.

Vaccines are distributed by a registered nurse on a first-come, first-served basis. We are taking extra precautions, including wearing face masks, social distancing, and sanitizing in between every client, to protect your safety. You will be screened and temperature checked prior to receiving a vaccination. Please stay home if you are feeling unwell. All clinic participants must wear a face mask. We accept most insurances.

FLU CLINICS 2020

Sep 26	CVHHH Office, Berlin 10:00 am - 12:00 pm
Sep 30	Barre Auditorium 9:30 am - 11:30 am
Oct 12	Barre Auditorium 12:30 pm - 2:30 pm
Oct 14	Twin Valley Senior Center 1:00 pm - 2:30 pm
Oct 15	Waterbury Senior Center 10:00 am - 11:30 am
Oct 27	Northfield Senior Center 10:00 am - 11:30 am
Oct 29	Barre Auditorium 9:30 am - 11:30 am
Nov 7	CVHHH Office, Berlin 10:00 am - 12:00 pm
Nov 10	Barre Auditorium 12:30 pm - 2:30 pm

Visit www.cvhhh.org or call the CVHHH Flu Hotline at 224-2299 for the full clinic schedule.

CARING FOR YOU DURING THE PANDEMIC

We are open for business and are accepting referrals for in-person and video visits. Here is a list of the steps we are taking to keep you safe while we continue to provide the full range of home health, hospice, maternal-child health, and long-term care to central Vermonters at home.

- Clinicians and caregivers wear surgical face masks and face shields for every visit and put on full personal protective equipment (PPE) when necessary.
- Implement extensive infection control protocols for staff, including screening all patients twice before an in-person visit and daily temperature checks and screening for office-based and visiting staff.
- Incorporate regular phone check-ins, remote, and video visits for individuals across our home care, hospice, maternal-child health, and long-term care programs.
- Staff are trained to administer nasopharyngeal tests for COVID-19 for patients at home and in assisted living facilities. Nasal swab tests are administered for pediatric patients.

We regularly evaluate infection control protocols. For questions, contact Rebecca McClung, MSN, RN, CQO, at 224-2232 or rmclung@cvhhh.org.

HOW TO INITIATE CARE

We provide care based on medical necessity in partnership with our local physician and hospital partners.

Call Us Ask to speak with a member of our intake team or a Clinical Manager, who can answer your questions about our services. We can help facilitate a referral with your physician, including for hospice care.

Talk to Your Doctor

We encourage you to speak with your physician about how CVHHH might help you. Ask them to make a referral to CVHHH.

To learn more about home health, hospice, long-term care, and maternal-child health, including how to start services, please visit www.cvhhh.org.

KEEPING CONNECTED DURING COVID-19



This spring, Crystal Barrows (pictured) a Personal Care Attendant (PCA) and Licensed Nursing Assistant (LNA) at CVHHH, made weekly phone calls to 40 or so of our long-term care clients whose in-person visits had been put on temporary hold due to the pandemic.

"People need to feel like someone is there for them," she says. "Some people talked for two minutes, and some talked for 48 minutes. Mostly, we wanted to reassure people that they hadn't been forgotten."

We know how important the human connection is, and we will continue to do what's required to meet our clients' needs in the face of the pandemic.

For information about our continuing COVID-19 response, go to: www.cvhhh.org



AMY BESSETT, RN
TELEHEALTH MANAGER

CVHHH EXPANDS REMOTE TELEHEALTH PROGRAM

INTRODUCING AMY BESSETT

Since her arrival in June, Amy Bessett, RN, has focused on expanding CVHHH's telehealth program to meet the evolving needs of our clients and community partners.

"Current conditions can make accessing healthcare through traditional avenues challenging," says Amy. "My priority is to connect patients with the healthcare they need. As we await a vaccine for COVID-19 and head into cold and flu season, CVHHH will meet this challenge by expanding telehealth options and partnering with local providers to facilitate this care. I am proud that CVHHH can meet this need."

With our fleet of telemonitors, and in the event of another surge, we can transition patients to remote monitoring and video visits for skilled nursing, rehabilitation, and emotional support. Visit www.cvhhh.org/telemonitor to learn more.

MEET YOUR NEW HOME CARE LEADERSHIP TEAM



We are thrilled to welcome three experienced clinicians to lead our team of home health visiting clinicians, who provided 55,000 visits to central Vermonters last year. Sarah Rowan, RN, (center) is our Adult Home Care Manager and provides daily oversight and support to CVHHH's newly-appointed Team A Clinical Leader, Lisa Lockerby-Washburn, PT, (left) and Shelby Lunn, RN, WCC, Team B Clinical Leader, (right).

2020 COMMUNITY PARTNER OF THE YEAR



As a Board Member, Ed Flanagan is focused on helping CVHHH build strong, reciprocal relationships with community partners across the care continuum and with our local municipalities, which support us through town funding. "I want to work with our communities to expand home health services where people are most comfortable." Ed owns The Point radio station in Montpelier, where he resides with his wife Bonnie.



CENTRAL VERMONT HOME HEALTH & HOSPICE

HOUSECALLS

FALL 2020

WE ARE HERE FOR YOU

OUR UNFLINCHING
COMMITMENT TO
CENTRAL VERMONTERS

**LETTER FROM
SANDY ROUSSE**
YOUR SAFETY IS
OUR PRIORITY

**GOLF TOURNAMENT
ROUNDUP**
\$33,000 RAISED
FOR HOSPICE

**TELEHEALTH MANAGER
EXPANDS PROGRAM**
MEET AMY BESSETT



SANDY ROUSSE
PRESIDENT & CEO

CENTRAL VERMONT HOME HEALTH & HOSPICE

A MESSAGE FROM SANDY ROUSSE:

In my recent updates to central Vermonters, I talked about the ways, in the face of the coronavirus pandemic, that CVHHH adapted to meet the needs of our community. From the start, our priorities have been to keep staff and patients healthy and safe and to provide consistent, on-the-ground support so that our local hospitals and doctors offices did not get overrun. On the back page of this issue, you'll see a list of some of the changes we made to keep you safe.

The coronavirus presented everyone in the healthcare field with a steep learning curve. Early on, it became clear that because of how we provide care—to people at home—CVHHH is a critical partner in fighting this virus and similar outbreaks. By controlling the virus in the community, we alleviate the impact of a possible surge on the hospital system.

Our staff are highly-skilled, experienced practitioners who are trained to deliver a full range of medically-necessary services—nursing and therapy, advanced wound care, chronic disease management—and supports like social work, lactation education, and personal care, in our clients homes. A primary benefit of our care-delivery model is that

it is what people want, where they want it. We know that 78% of people want to age at home.

In the wake of COVID-19, the benefits of what we do are magnified. CVHHH's ability to bring care to central Vermonters, rather than having people go to the hospital or to their doctor's offices, will have a significant impact on containing the virus. In addition, our clinicians can mobilize immediately, if needed, to administer COVID-19 tests and to care for anyone who is sick from the coronavirus or any number of conditions.

Administering vaccines, such as the flu vaccine, is a service we have proudly offered for years. See our 2020 Public Flu Clinic schedule on the pull-out panel. As we gear up for this flu vaccine season, we wait in hopes for a COVID-19 vaccine and consider ourselves willing partners with the State of Vermont and the Department of Health to administer these vaccines in the future.

Our team is driven by a mission to keep our patients healthy and safe at home because it's our job and because this is our community. We grew up here and are raising our families here. Our clients are our friends, family, and neighbors, and we are here to care for and support you.

WE ARE YOUR LOCAL VISITING NURSE ASSOCIATION

CVHHH SERVICES INCLUDE:

- Physical, Speech & Occupational Therapy
- Recovery from Surgery & Stroke
- Wound Care & Telemedicine
- Heart Disease Care
- Diabetes Care
- Medical Social Work
- Hospice Care
- Bereavement Support
- Maternal & Child Health Care
- Personal Care & Homemaking

MEET OUR NEW BOARD MEMBERS



"I believe in home health."

ALISON WHITE

Alison White rejoins CVHHH's Board of Directors after a one-year hiatus. Alison is a Registered Nurse who has held several clinical leadership roles in our community, including Clinical Document Analyst at UVM Health Network-Central Vermont Medical Center, and Chief Nursing Officer and Vice President of Primary Care at Gifford Medical Center. Alison resides in Barre with her husband and has two grown children.



"I sincerely felt honored to join the Board of CVHHH."

ED READ

Ed saw how care provided by our hospice team made it possible for his father-in-law to die peacefully at home. "The experience left an indelible impression," he says. Since 2001, Ed has owned Mad River Property Management & Garden Center in Waitsfield. Previously he worked at Sugarbush. Ed is an active community volunteer and served for 16 years on his local select board in Fayston.

Visit www.cvhhh.org/leadership for full Board of Directors list and to meet the leadership team.

GIVE BACK: HOW YOU CAN SUPPORT CVHHH

DONATE

VOLUNTEER

The pandemic presented all of us with unforeseen challenges in our personal and professional lives. It forced us to shift how we provided care; however, it did not change our commitment to this community. Through it all, we remained open. Now, we need your help. Your contribution makes it possible for CVHHH to not only survive but to thrive. Your gift ensures that clients and staff - your family, friends, and neighbors - remain healthy, and it guarantees that CVHHH can continue to deliver care now and into the future.

To donate, visit www.cvhhh.org/donate or contact Kim Farnum, Director of Community Relations & Development, at 224-2234.

Volunteers are important members of the CVHHH team, and we have several available opportunities.

We rely on volunteer support in our office with administrative tasks and to make patient survey phone calls. We also rely on volunteers at events and for fundraising. Volunteers can go through a six-week training, offered in person and virtually, to work with patients enrolled in hospice.

For information about administrative or event volunteering, contact CVHHH's Community Relations & Development office at 223-1878. For information about hospice volunteering, call Nicole Dupont at 224-2285 or ndupont@cvhhh.org.



HOSPICE MEMORIAL GOLF TOURNAMENT

SPECIAL THANKS TO OUR TOP SPONSORS

\$33,000 RAISED TO SUPPORT HOSPICE

- Hospice Memorial Sponsor Jeremy Drown & Family, in Loving Memory of Barry Chouinard
- Golf Cart Sponsor Maple Capital Management
- Eagle Sponsors Allen Lumber Company, Carmen Beck, Don Carpenter, Denis Ricker & Brown Insurance, Equitable, Keene Medical Products, Miles Supply, Northfield Savings Bank, Jane & John Valentine, VSECU, Washington Electric Cooperative
- Hole-in-One Sponsor Cody Chevrolet Cadillac

For a list of contest winners and top teams, plus a slideshow from the event, visit www.cvhhh.org/golf2020

2020 SEASONS OF LIFE EVENT CANCELLED

Seasons of Life Fashion Show, Dinner and Live Auction is cancelled this year due to COVID-19. We want to protect our community's safety during these unprecedented times. In lieu of the fashion show, CVHHH's Development team will conduct an online auction and a fundraising campaign this fall to support CVHHH's Telehealth Program. To learn more, call Marcy Kreitz, Community Relations & Development Coordinator, at 224-2286 or mkreitz@cvhhh.org.

FOOT CARE CLINICS

We are offering public foot care clinics at select locations in our community. We will be wearing masks and gloves, maintaining strict social distancing, and sanitizing between every client.

Clinic requirements:

- Cost is \$25 payable by cash/check only.
- Please arrive 15 minutes before your scheduled appointment.
- Bring clippers, a towel, a basin, lotion, and soap.
- You must wear a mask.

SEPTEMBER 2020

10	Montpelier Senior Center	9:00 am - 1:00 pm
17	Northfield Senior Center	8:00 am - 12:00 pm
28	Montpelier Senior Center	9:00 am - 1:00 pm
29	Quarry Hill Apartments	8:00 am - 12:00 pm

OCTOBER 2020

1	Quarry Hill Apartments	1:00 pm - 4:00 pm
5	Evergreen Place	8:30 am - 12:30 pm
6	Waterbury Senior Center	9:00 am - 1:00 pm
13	First Congregational Berlin	8:00 am - 12:00 pm
14	Twin Valley Senior Center	8:30 am - 12:30 pm
15	First Congregational Berlin	8:00 am - 12:00 pm
22	Montpelier Senior Center	9:00 am - 1:00 pm
29	Northfield Senior Center	8:00 am - 12:00 pm

NOVEMBER 2020

9	Montpelier Senior Center	9:00 am - 1:00 pm
10	Quarry Hill Apartments	8:00 am - 12:00 pm
12	Quarry Hill Apartments	1:00 pm - 4:00 pm
16	Evergreen Place	8:30 am - 12:30 pm
17	Waterbury Senior Center	9:00 am - 1:00 pm
24	First Congregational Berlin	8:00 am - 12:00 pm
25	Twin Valley Senior Center	8:00 am - 12:00 pm

DECEMBER 2020

1	First Congregational Berlin	8:00 am - 12:00 pm
3	Montpelier Senior Center	9:00 am - 1:00 pm
10	Northfield Senior Center	8:00 am - 12:00 pm
21	Montpelier Senior Center	9:00 am - 1:00 pm
22	Quarry Hill Apartments	8:00 am - 12:00 pm
23	Quarry Hill Apartments	1:00 pm - 4:00 pm
28	Evergreen Place	8:30 am - 12:30 pm
29	Waterbury Senior Center	9:00 am - 1:00 pm

Clients will be seen by appointment only. Call 223-1878 to schedule your appointment. **For more information, please visit www.cvhhh.org/footcare.**