

## CENTRAL VERMONTERS FLOCK TO FLU CLINICS



This year, CVHHH nurses distributed over 1,600 flu vaccines at public and private flu clinics and to home health, hospice, long-term care, and maternal-child health care patients at home. This includes the 650 vaccines that were distributed at 40 public and private clinics. The photo above was taken at one of three, free public flu clinics CVHHH hosted at local motels, where many homeless and displaced Central Vermonters are being temporarily housed. Free Hepatitis A vaccines were also available from the Vermont Department of Health.

## 2021 PUBLIC FOOT CARE CLINIC UPDATE

We will continue to offer limited foot-care clinics in 2021 at sites determined to be low risk of exposure for participants and CVHHH staff. Nurses will see one person at a time. We have instituted strict safety precautions for all clinics. These include:

- All attendees must wear a face mask.
- We will screen and temperature check all participants upon arrival.
- Appointments required. Call 223-1878 to book.

We will sanitize between appointments. Cost is \$25 cash or check.

Please note: Public clinics may change or be temporarily suspended at any time due to COVID-19 and/or guidance from the State of Vermont.

Please visit [www.cvhhh.org/footcare](http://www.cvhhh.org/footcare) or call 223-1878 for an up-to-date schedule and to check on the status of a clinic near you.

## NOW HIRING NURSES Experience the Freedom of CVHHH



*At CVHHH, you will have flexibility and autonomy that is unheard of in health care. Come, work with us.*

This is Nikki Braman. She is a Registered Nurse and Wound Care Certified Clinician. At CVHHH Nikki found her independence and a career that lets her support her family on her own. Their future is bright, and yours can be too.

Benefits include \$7,000 sign-on bonus, tuition reimbursement to advance your career, student loan payment support, flexible scheduling, and the opportunity to practice at the top of your license. Apply now at [www.cvhhh.org/nurse](http://www.cvhhh.org/nurse).

## ALAYNA MARTEL, RN, COMES HOME



*Alayna Martel, RN, joined CVHHH in September as Nurse Educator to lead our preceptor program.*

Alayna Martel was born and raised in Barre. After four years as a Charge Nurse at UVM Medical Center in Burlington, Alayna knew she wanted to give back to the community where she grew up. "I thought I could make a difference and help create competent clinicians to provide good quality care in our community." Alayna is building a robust preceptor program that will give new CVHHH nurses the education, training, and mentorship they need to grow into strong field clinicians.





CENTRAL VERMONT HOME HEALTH & HOSPICE  
**HOUSECALLS**  
WINTER 2020



VERMONT LOVES  
OUR  
ESSENTIAL  
WORKERS

**PARADE FOR  
CVHHH STAFF**

LOCAL FIRST RESPONDERS  
HONOR STELLAR  
CARE DURING PANDEMIC

**FALL APPEAL CHAIRS**  
MEET ED & TRISH READ  
OF FAYSTON

**FOOT CARE**  
UPDATE ON  
2021 CLINICS

**A NURSE COMES HOME**  
MEET NEW RN EDUCATOR  
ALAYNA MARTEL





**SANDY ROUSSE**  
**PRESIDENT & CEO**

CENTRAL VERMONT HOME HEALTH & HOSPICE

## A MESSAGE FROM SANDY ROUSSE

Earlier this year, Alex Boguzewski, a jack-of-all-trades who works for CVHHH as a Personal Care Attendant (PCA), Telehealth Technician, and Community Health Worker, ran into Brian Peete, Montpelier's Chief of Police, at Tractor Supply. The two got to talking, and the idea for a drive-by thank you parade for CVHHH staff was born. Chief Peete took the lead coordinating the event and, with Alex, gathered a group of local first responders to honk and flash their way down Granger Road in Berlin in front of our office and many staff on a chilly October morning. Middlesex, East Montpelier, and Montpelier Fire Departments, Montpelier and Berlin Police Departments, and Barre City Ambulance, participated in a spectacular show of appreciation for our efforts to keep Central Vermonters healthy and safe during the pandemic.

The parade was short—maybe two and a half minutes—but it made an impression on me and on our staff, who have gone above and beyond to ensure Central Vermonters, including COVID-positive individuals, got the care, education, and support they needed, even as cases of the coronavirus surged in our community.

When we asked Chief Peete what inspired him, he said: "We want to be there to show you that we're in the fight with you to bring hope, comfort, and help to everyone." To say that I felt honored by this gesture, and by Chief Peete's kind words, is an understatement.

The parade reminded me of the importance of seeking out and acknowledging the good around us. When I walk the hallways at CVHHH, meet with staff, and listen to morning clinician huddle calls, I see one example after another of empathy and compassion in action. The pandemic mounted many challenges for CVHHH staff—strict infection controls, screening measures, and other limitations that added steps to already busy schedules—and they did not miss a beat. We did not close our doors once during the pandemic. We never stopped accepting referrals. In fact, we expanded services, offering COVID-19 testing in the community, facilitating delivery of frozen meals, and ensuring our clients' medical and emotional needs were met.

In return, you rallied behind us when we needed you most with donations of all kinds, financial and in-kind gifts, face masks, face shields, hand sanitizer, boxed lunches, and your time. This has been a challenging year (another understatement), but the willingness of this community to come together and to support one another, and businesses like CVHHH, is stronger than ever. I am humbled by your generosity. We could not do our work without you. I wish all of you a very happy holiday season and a safe and healthy new year.

## YOUR SAFETY MATTERS OUR CORONAVIRUS RESPONSE

We are closely following coronavirus cases in our community and want to assure you that we are taking all necessary measures, in alignment with the Vermont Department of Health and CDC, to protect the health and safety of our clinicians and clients. We remain open for business and continue to accept referrals for in-home and virtual visits and supports across all of our programs.

For more information about safety and infection control measures at CVHHH, visit [www.cvhhh.org](http://www.cvhhh.org).



**“It’s reassuring to know that there’s an organization that is fully dedicated to the care and wellbeing of the Central Vermont community.”**

*Ed & Trish Read, Fayston*

## **JOIN FALL APPEAL CHAIRS ED & TRISH READ DONATE NOW TO CVHHH**

Ed says that his first encounter with CVHHH came about because of his participation on the Fayston Select Board, which appropriates money every year to local nonprofits, including CVHHH, via the town funding process. “We prioritized contributions to organizations that were professionally operated and had the deepest reach in our town. CVHHH checked the right boxes.” Ed’s confidence in CVHHH was solidified when our Hospice & Palliative Care team cared for Trish’s father, Len. “The care that CVHHH provided in Len’s last few days, and the support that the hospice nurses and personal care attendants gave to Trish and her mother, were nothing short of remarkable.” Visit [www.cvhhh.org/fallappeal](http://www.cvhhh.org/fallappeal) to read Ed & Trish’s letter to Central Vermonters and to make a secure online donation.

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### **\$40,000 RAISED THIS FALL TO EXPAND TELEHEALTH**

In lieu of our annual Seasons of Life Fashion Show, Dinner, and Live Auction, we hosted a fundraising campaign to expand telehealth. Thanks to the generosity of campaign sponsors, donors, and online auction bidders, we raised \$40,000 that will be used to continue building our telehealth program so that Central Vermonters of all ages may benefit from this valuable service. To learn more about telehealth, visit [www.cvhhh.org/telehealth2020](http://www.cvhhh.org/telehealth2020).

### **VIRTUAL HOSPICE VOLUNTEER TRAINING STARTS IN JANUARY**

Hospice volunteers provide critical supports and services to patients and families. Currently, CVHHH has temporarily suspended in-person volunteer visits; however, there are still opportunities to support hospice families from a safe social distance. We need your help. Sign up for Virtual Hospice Volunteer Training, which starts Wed., Jan. 13 and runs for six weeks, 1:00 - 4:00 pm. Contact Nicole Dupont, 224-2285 or [ndupont@cvhhh.org](mailto:ndupont@cvhhh.org) for information.

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