

SUMMER 2021 SCHEDULE

We are continuing with the re-start of our public foot-care clinics in Central Vermont. We have instituted safety precautions and will sanitize between appointments.

Appointments are required. Please call 223-1878 to book.

Cost is \$25 cash or check.

Public clinics may change or be temporarily suspended at any time.

Visit www.cvhhh.org/footcare or call 223-1878 for current clinic schedules.

JUNE 2021

14	Mad River Meadows	8:30 am - 12:30 pm
16	Mad River Meadows	9:00 am - 12:00 pm
21	Waterbury Senior Center	9:00 am - 1:00 pm
23	Twin Valley Senior Center	8:30 am - 12:30 pm
24	1st Congregational Church, Berlin	8:00 am - 12:00 pm

JULY 2021

1	Montpelier Senior Center	9:00 am - 1:00 pm
7	Twin Valley Senior Center	8:00 am - 12:00 pm
8	Northfield Senior Center	8:00 am - 12:00 pm
15	Northfield Senior Center	8:00 am - 12:00 pm
19	Montpelier Senior Center	1:00 pm - 4:00 pm
20	Quarry Hill Apartments	8:00 am - 12:00 pm
22	Quarry Hill Apartments	1:00 pm - 4:00 pm
26	Mad River Meadows	8:30 am - 12:30 pm
28	Mad River Meadows	9:00 am - 12:00 pm

AUGUST 2021

2	Waterbury Senior Center	9:00 am - 1:00 pm
4	Twin Valley Senior Center	8:30 am - 12:30 pm
5	1st Congregational Church, Berlin	8:00 am - 12:00 pm
12	Montpelier Senior Center	9:00 am - 1:00 pm
18	Twin Valley Senior Center	8:00 am - 12:00 pm
19	Northfield Senior Center	8:00 am - 12:00 pm
26	Northfield Senior Center	8:00 am - 12:00 pm
30	Montpelier Senior Center	1:00 pm - 4:00 pm
31	Quarry Hill Apartments	8:00 am - 12:00 pm

SEPTEMBER 2021

2	Quarry Hill Apartments	1:00 pm - 4:00 pm
7	Mad River Meadows	8:30 am - 12:30 pm
8	Mad River Meadows	9:00 am - 12:00 pm
13	Waterbury Senior Center	9:00 am - 1:00 pm

NORWICH UNIVERSITY NURSING STUDENT PARTNERSHIP



Meronica Cowan, third-year nursing student, accompanied by CVHHH RN Mary Larsen, administers vaccines to a client in Marshfield.

This spring, 18 junior level nursing students from Norwich University were matched with members of CVHHH's COVID-19 vaccine team to gain direct, on-the-ground experience administering COVID-19 vaccines to homebound Central Vermonters. Students administered the COVID-19 vaccine and provided education to clients on the vaccine, its side effects, and what to expect after being vaccinated.

Corey Bennett, RN, Lecturer in Norwich's School of Nursing, and CVHHH Board Member, says this partnership gave students insight into home care nursing, which is beyond the traditional clinical rotation. "It let students experience the role of the home care nurse and see first-hand the value of providing person-centered care at home. It brought to life information that they learned in lecture and showed them what it means to be a nurse outside of the inpatient hospital setting."

"This partnership helped future nurses understand CVHHH's role in community health," said Sandy Rousse, CVHHH CEO. "It connected them to a reality they will likely experience in some shape or form again in their healthcare careers and gave them the chance to give back to their community by joining CVHHH's effort to protect Central Vermonters against COVID-19."

SPOTLIGHT: PERSONAL CARE ATTENDANTS EARN \$15/HOUR AND GROW IN YOUR CAREER



Mary Jo Bishop (pictured) is passionate about helping others. She is currently training to become an Emergency Medical Technician, or EMT, while she works as a Personal Care Attendant, or PCA, at CVHHH. In addition, Mary Jo is taking classes to earn her Licensed Nurse's Aide, or LNA, certificate, which CVHHH pays for through our Tuition Reimbursement program. This puts Mary Jo one step closer to reaching her goal of becoming a nurse. All PCAs at CVHHH are eligible to apply for tuition reimbursement support.

Mary Jo says she loves working at CVHHH. "I love being there for my clients, and I love helping them with activities like meal preparation, light housework, dressing, and companionship. I cherish the connections I make with them."

We encourage Mary Jo and her colleagues to take courses and obtain advanced degrees and specialized training. This is because we want our staff to put down roots at CVHHH, and we take seriously our responsibility to support their career needs. This is better for our staff. It's better for our patients.

All PCAs, regardless of previous work experience, earn a starting wage of \$15/hour. Plus, PCAs can participate in CVHHH's 401(k) retirement plan with employer match, earn paid time off, and receive discounts at local businesses like Casella, Lenny's Shoes & Apparel, and Verizon cell service. **To learn more about working as a PCA and to apply, visit www.cvhhh.org/pca.**



GREATER BARRE
PUBLIC SAFETY
BUILDING

CENTRAL VERMONT HOME HEALTH & HOSPICE
HOUSECALLS
SPRING 2021

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**CELEBRATING
OUR COMMUNITY
PARTNERS**

HOW CVHHH EMBRACED
COLLABORATION TO KEEP YOU
SAFE DURING THE PANDEMIC

SUPPORT SPRING APPEAL
MEET AMY AND HER
DAUGHTER, KAT

MEET MARY JO BISHOP
PCA & ASPIRING NURSE

FOOT CARE CLINICS
UPDATED 2021
SCHEDULE & INFO



SANDY ROUSSE
PRESIDENT & CEO

CENTRAL VERMONT HOME HEALTH & HOSPICE

A MESSAGE FROM SANDY ROUSSE

Although I have lived in Central Vermont for 30 years, I grew up in Rhode Island. My father was a stone carver and an employee with the Special Force of the local police department, and at any given time worked another one or two jobs to support our family. My mother was a stay-at-home mom and raised me, my two sisters, and my brother.

My brother was diagnosed with a severe mental health disorder when he was 28. He had many friends, two college degrees, and would give anyone the shirt off his back. He was a good teacher, too. He taught me how to ride a bike, throw a baseball, play basketball, put up a Christmas tree, and to care for an automobile and do minor home projects. Today, he lives in isolation with thoughts that are disordered and delusional to the point that he thinks his siblings, including me, are not living. For most of his life, it has been difficult for him to re-enter the world, hold a job, and have everyday relationships. He would require regular medication for the latter to occur – something he will not accept.

When my mother died in 2015, I assumed the role of caring for my brother based on our close relationship when we were growing up and my past involvement supporting my mom with his care. I seem to be the only sibling he communicates with, at least currently. Over the last five years, my worst fear was that he would become homeless.

It scared me. I could manage helping him with most things, but not with his behavior, which impacts his ability to secure housing because of rules that don't take into account the circumstances of his condition. The last time I went to Rhode Island to check on him, which I do regularly, he was living in his car. He didn't have shoes on. He had a disheveled appearance, and he did not recognize me.

I have thought a lot about my brother the past 15 months. The pandemic exacerbated many roadblocks for healthcare providers and clients, making what is usually a complex care-delivery pathway much more so. This was especially the case for the most vulnerable among us, people like my brother.

The coronavirus pandemic created one of the most significant hurdles CVHHH has faced. How were we going to ensure that Central Vermonters—especially individuals living with multiple serious chronic or health conditions—were going to get the care they needed without exposing them to the coronavirus? Leave it to home health care clinicians to turn a very challenging situation around!

CVHHH, and visiting nurse associations statewide, obtained the personal protective equipment (PPE) we needed and set out to conquer this massive challenge. CVHHH quickly expanded existing telehealth capabilities to all clients, a crucial step to mitigating risk. We also provided COVID testing and vaccinations to Central Vermonters at home and coordinated with local EMS crews to take advantage of our organizations' respective capabilities to efficiently reach people.

The result of a monumental 15-plus months of work is that we provided care to new and existing clients at home while keeping people, patients, and staff alike, safe from the coronavirus. We never shut our doors and always continued to accept referrals, including for COVID-positive clients, many of whom were not hospitalized prior to contracting the virus.

Every day that I come to work, I think about my brother, and about my parents who instilled in me a strong work ethic and a belief in the importance of community service. I take my role as leader of CVHHH seriously, just as I take my role as an advocate for my brother seriously. In some ways, the roles are similar. I am committed to ensuring that people who are vulnerable, and for their own reasons and life circumstances are unable to advocate for themselves, get what they need and that they are taken care of. I am so proud of the work we have done, including throughout the pandemic, to ensure that Central Vermonters have high-quality medical and supportive care at the place they call home.



“CVHHH’s services provide for so many people in so many good ways!”

GIVE TO CVHHH’S SPRING APPEAL FAMILIES LIKE AMY & KAT’S NEED YOUR SUPPORT

When Amy was 24 weeks pregnant with Kat, her second child, doctors diagnosed Kat with a rare heart condition and said Kat would not survive birth. Kat survived birth and had her first open-heart surgery when she was one day old. When Kat and Amy returned home, they connected with CVHHH’s Maternal-Child Health (MCH) team. At the time, Amy says she was unaware that CVHHH offered services for moms and babies.

For the past five years, Kat and Amy have been on a very special journey together, and they have not been alone. CVHHH’s MCH team has been with Kat and Amy, providing medical check-ins, care coordination with community providers, and music and dance therapy. They have also been an invaluable support and sounding board for Amy. CVHHH’s MCH team has been the lifeline that Kat and Amy needed.

When Amy reflects on their journey, she feels quite emotional. “Kat is such a strong little girl. I am immensely proud to be her mother.” Your gift to the Spring Appeal ensures that Central Vermonters in need, such as Kat and Amy, are cared for and can live their lives to the fullest. **To give, visit www.cvhhh.org/donate.**

JOE ALDSWORTH, COMMUNITY PARTNER OF THE YEAR

Joe Aldsworth is the Deputy Chief of Fire, EMS, and Deputy Emergency Management Director for the City of Barre. Joe and Sandy Rouse, CVHHH CEO, posed for the cover photo for this newsletter in April, before mask guidance was relaxed for vaccinated individuals. When the pandemic hit last year, Sandy and Joe connected to discuss ways to collaborate to serve homebound Central Vermonters. “Joe and his team care about the individuals whose homes they are called to.

They are more than first responders,” said Sandy. “Joe is a natural at creating alignment across the care continuum, from housing to healthcare to mental health, and he understands that many factors impact a person’s ability to access the care they need. If he thinks someone can help, he will include them in the conversation. I have a tremendous amount of respect for Joe and his team and the value they provide to the Barre City community.”

WE ARE HERE FOR YOU

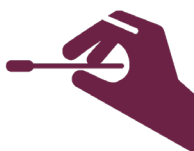
OUR COVID-19 RESPONSE

It is our mission to care for Central Vermonters, and we take our responsibility to you seriously. This is why we not only continued to provide the full range of services to community members throughout the pandemic, we expanded offerings to meet your pandemic-related needs. Here is a quick look back at everything we've accomplished over the past 15 months.



700+ COVID-19 vaccines administered to Central Vermonters at home

150+ COVID-19 tests for patients and community members



10,000 meals delivered since July, 2020 in partnership with Vermont Everyone Eats!

Collaborate with Waterbury Ambulance to bring vaccines to Central Vermonters at home



850+ telemedicine visits provided to Central Vermonters at home

170+ CVHHH employees, including nurses, PCAs, physical, speech, and occupational therapists, social workers, aides, and administrative staff. **Today and every day, we are here for you.**

