



Central Vermont Home Health & Hospice

Housecalls

Fall 2018



Ilene Gillander, right, of Barre, with CVHHH Physical Therapist Karen Bagley. Ilene received PT rehabilitation support at her home after breaking her leg. CVHHH offers physical therapy services including support after joint replacement, an injury, or fall.

What Does Independence Mean to You?

**Why home?
Because home is a
better place to heal.
It's where you feel
safe, and it's where
you want to stay for
as long as possible.**

Does it mean sleeping in your own bed? Having your morning coffee just the way you like it? At CVHHH, we take your independence seriously.

We provide a range of services for people of all ages. Services include lactation support for moms and babies, physical therapy after joint replacement, wound care, telemedicine for diabetes management, personal care, and end-of-life care.

At today's CVHHH, our care is centered on meeting the needs of our clients. Just ask Ilene Gillander, above, of Barre. Ilene worked for six weeks with CVHHH Physical Therapist, Karen Bagley, after she broke her leg. Karen helped Ilene transition from using crutches to using a cane. Karen also helped Ilene rebuild her strength so that she could go to outpatient therapy, resume driving, and return to life as normal.

Each of our patients gets the same level of personalized support, education, and care. And, we do it all in the comfort of home.



Your Home. Your Independence.

Central Vermont Home Health & Hospice is your local, full-service Visiting Nurse Association. For over 100 years, we've provided health- and supportive-care services to central Vermonters at home.

Our Services Include:

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

Housecalls is published twice a year. For inquiries, please contact marketing@cvhhh.org

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A Message from Sandy Rousse, CEO



Last month, Katy Leffel, RN, CLC, CVHHH's Maternal-Child Health Manager, represented Vermont at the Maternal Early Childhood Sustained Home Visiting (MECSH) conference in Australia. This is a significant accomplishment, and we are proud of Katy, who presented with a colleague from the VNA & Hospice of the Southwest Region.

MECSH, now called Strong Families Vermont, connects pregnant women with a nurse, who stays with mom through pregnancy, birth, and the

child's first two years. The supports provided are not necessarily directed at medical problems. The program's goals are broader—to help mothers build their capacity as parents through education and goal setting. A home visit, Katy shared, does not always have to happen when something is wrong. It can offer care that is more preventive.

Strong Families Vermont represents a positive trend in healthcare, and it reminds me of another local program. Earlier this year, I joined THRIVE's leadership team, which is comprised of about 15 community providers. THRIVE is an accountable community for health whose goal is to build a more resilient central Vermont by optimizing people's health and wellbeing. Like Strong Families Vermont, THRIVE recognizes the impact that social determinants of health—food, housing, financial wellbeing—are important and impact a person's overall healthcare. Though THRIVE is in its infancy, I am eager to help develop truly innovative solutions that will open up new pathways for central Vermonters to engage with their community and to thrive.

As you read this issue of *Housecalls*, keep in mind the myriad ways that CVHHH engages with your friends and neighbors. We provide critical medical and supportive care for individuals from pregnancy and birth through the end of life—and every stage in between—so that people can stay in their homes. We host low-cost foot-care clinics and free grief support groups. We are embedded in our community, and we are committed to supporting a thriving central Vermont.

On behalf of the Board of Directors and Senior Management team, have a healthy holiday season and a wonderful new year.

Do you have a comment for CVHHH? We'd like to hear from you. Please email marketing@cvhhh.org or call (802) 224-2215.



Gordie Eurich and his daughter, Ellen Eurich, during a hike at Mad River Glen. Gordie and Ellen have fond memories of taking hikes there with Casey Eurich, Gordie's wife and Ellen's mother.

Fall Honorary Chairs Gordie & Ellen Eurich

This is an excerpt from the letter written by Gordie Eurich and his daughter Ellen Eurich, in memory of their wife and mother, Casey Eurich. We are honored to welcome Gordie and Ellen as Honorary Chairs of our Fall Appeal.

"It is with pride that I, with my daughter Ellen, share the story of our family's relationship with Central Vermont Home Health & Hospice as Honorary Chairs of the Fall Appeal.

In early 2015, my wife, and Ellen's mother, Casey Eurich, was diagnosed with Metastatic Melanoma brain cancer, originating from an unknown primary source. It was a difficult diagnosis with a challenging prognosis and low survival rate.

At the end of a courageous five months, including major brain surgery and countless trips to UVM Medical Center for treatments, Casey made the choice to remain home to spend the final days of her life surrounded by family and friends. That choice was made possible because of the services provided by CVHHH, and for that, Ellen, Casey, and I will be

eternally grateful. The caregivers seamlessly united with our family and, in a sensitive and caring way, provided the critical information needed to comfort Casey. She was given the gift of being surrounded by family and friends in her last days in our home by some very courageous and empathetic people.

"Please join me and Ellen in our ongoing commitment to ensure that CVHHH remains vital and thrives."

CVHHH has a mission of generosity, kindness, and selflessness that continues to be an essential component that unites our community."

To read the letter in its entirety, and to make a secure donation, visit www.cvhhh.org/fallappeal2018

Seasons of Life Exceeds \$40,000 Goal



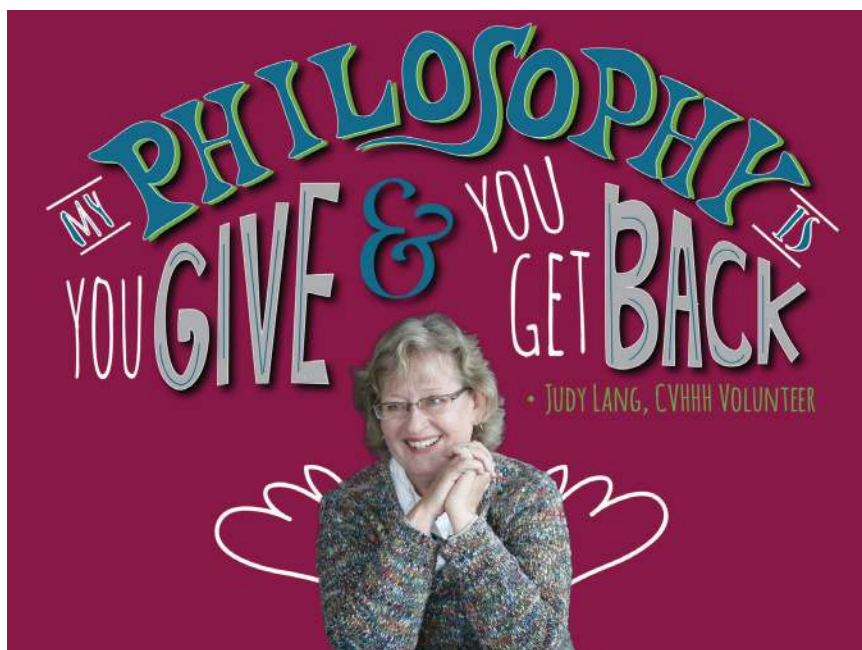
Photos top left, moving clockwise:
Models Scilla and Andre Gilbert wearing clothing from The Warren Store.
Sandy Rouse, CVHHH President & CEO, with CVHHH Board Member Bill Patno.
Kelly Sullivan and Megan Vaughan in outfits from Splash Naturals in Montpelier.
Wine Pull Top Winner Diane Leavitt with Celebrity Emcee TJ Michaels.
Chelsea Liese in a gown from Shaline Bridal Boutique.

Thank you to our sponsors for your extraordinary support in 2018

The 19th Annual Seasons of Life Fashion Show, Dinner and Live Auction was held at the Capitol Plaza Hotel on Friday, October 26th. Sandy Rouse, President and CEO along with Bill Patno, CVHHH Board Member, opened the show with remarks on the importance of CVHHH's services in our community. TJ Michaels from 107.1 Frank FM kept the show entertaining announcing two modeling sets and the top winners of the Wine Pull. Auctioneer Jamie Polli from Game Shows VT auctioned off

eighteen live auction packages and guests also enjoyed purchasing accessories from the India Hicks Trunk Show. Kim Farnum, Manager of Community Relations and Development was pleased to surpass this year's goal of \$40,000 in net proceeds. "Thank you to all of our sponsors, guests, and volunteers who made it possible to accomplish this. Your support makes it possible for CVHHH to continue to provide services to all who need them," said Farnum.





Volunteer at Home Health: Support Your Community

We rely on, and are grateful for, the support of volunteers, like Judy Lang, above, who help us carry out our mission of caring for all central Vermonters regardless their ability to pay. There are many opportunities for you to volunteer.

For more info, visit www.cvhhh.org/volunteer

How Can I Help?

HOSPICE VOLUNTEERS

Sit with patients, provide companionship, and run errands, among other tasks

OFFICE VOLUNTEERS

Help with administrative tasks at our main office in Berlin

EVENTS VOLUNTEERS

Assist with planning fundraising events or help the day of an event

COMMUNITY VOLUNTEERS

Support health promotions activities in central Vermont

PATIENT SURVEY VOLUNTEERS

Work with our Chief Quality Officer to call current patients to ask about their satisfaction with our care.

Training, and a script, are provided. We are looking for a commitment of about two hours every month.

CHEZ HENRI CUP SKI RACE & RAFFLE

**SATURDAY
MARCH 23, 2019**

Stay up to date with event information
by visiting www.cvhhh.org

SAVE THE DATE!



Foot Care Clinics 2018-2019

December 2018

| | | |
|----|---------------------------|--------------------|
| 4 | North Barre Manor | 1:00 pm - 4:00 pm |
| 6 | Barre Senior Center | 9:00 am - 1:00 pm |
| 10 | Montpelier Senior Center | 9:00 am - 1:00 pm |
| 11 | The Gardens | 12:00 pm - 4:00 pm |
| 12 | Twin Valley Senior Center | 8:00 am - 12:00 pm |
| 13 | Evergreen Place | 8:30 am - 12:00 pm |
| 19 | Montpelier Senior Center | 9:00 am - 12:00 pm |
| 19 | Quarry Hill | 1:00 pm - 4:00 pm |
| 21 | Northfield Senior Center | 8:00 am - 12:00 pm |

January 2019

| | | |
|----|---------------------------|--------------------|
| 2 | Twin Valley Senior Center | 8:00 am - 12:00 pm |
| 3 | Evergreen Place | 8:30 am - 12:00 pm |
| 7 | Barre Senior Center | 8:00 am - 12:00 pm |
| 7 | Montpelier Senior Center | 1:00 pm - 4:00 pm |
| 8 | The Gardens | 8:00 am - 12:00 pm |
| 9 | Northfield Senior Center | 8:00 am - 12:00 pm |
| 15 | North Barre Manor | 1:00 pm - 5:00 pm |
| 17 | Barre Senior Center | 9:00 am - 1:00 pm |
| 21 | Montpelier Senior Center | 9:00 am - 1:00 pm |
| 22 | The Gardens | 1:00 pm - 4:00 pm |
| 23 | Twin Valley Senior Center | 8:00 am - 12:00 pm |
| 24 | Evergreen Place | 8:30 am - 12:00 pm |
| 30 | Montpelier Senior Center | 9:00 am - 12:00 pm |
| 30 | Quarry Hill Apts. | 1:00 pm - 4:00 pm |

February 2019

| | | |
|----|---------------------------|--------------------|
| 1 | Northfield Senior Center | 8:00 am - 12:00 pm |
| 11 | Waterbury Senior Center | 9:00 am - 12:00 pm |
| 12 | The Gardens | 8:00 am - 12:00 pm |
| 13 | Twin Valley Senior Center | 8:00 am - 12:00 pm |
| 14 | Evergreen Place | 8:30 am - 12:00 pm |
| 18 | Barre Senior Center | 8:00 am - 12:00 pm |
| 18 | Montpelier Senior Center | 1:00 pm - 4:00 pm |
| 20 | Northfield Senior Center | 8:00 am - 12:00 pm |
| 26 | North Barre Manor | 1:00 pm - 5:00 pm |
| 28 | Barre Senior Center | 9:00 am - 1:00 pm |

March 2019

| | | |
|----|---------------------------|--------------------|
| 4 | Montpelier Senior Center | 9:00 am - 1:00 pm |
| 5 | The Gardens | 1:00 pm - 4:00 pm |
| 6 | Twin Valley Senior Center | 8:00 am - 12:00 pm |
| 7 | Evergreen Place | 8:30 am - 12:00 pm |
| 13 | Montpelier Senior Center | 9:00 am - 12:00 pm |
| 15 | Northfield Senior Center | 8:00 am - 12:00 pm |
| 25 | Waterbury Senior Center | 9:00 am - 12:00 pm |
| 26 | The Gardens | 8:00 am - 12:00 pm |
| 27 | Twin Valley Senior Center | 8:00 am - 12:00 pm |
| 28 | Evergreen Place | 8:30 am - 12:00 pm |

April 2019

| | | |
|----|---------------------------|--------------------|
| 1 | Barre Senior Center | 8:00 am - 12:00 pm |
| 1 | Montpelier Senior Center | 1:00 pm - 4:00 pm |
| 3 | Northfield Senior Center | 8:00 am - 12:00 pm |
| 9 | North Barre Manor | 1:00 pm - 5:00 pm |
| 11 | Barre Senior Center | 9:00 am - 1:00 pm |
| 15 | Montpelier Senior Center | 9:00 am - 1:00 pm |
| 16 | The Gardens | 1:00 pm - 4:00 pm |
| 17 | Twin Valley Senior Center | 8:00 am - 12:00 pm |
| 18 | Evergreen Place | 8:30 am - 12:00 pm |
| 24 | Montpelier Senior Center | 9:00 am - 12:00 pm |
| 24 | Quarry Hill Apts. | 1:00 pm - 4:00 pm |
| 26 | Northfield Senior Center | 8:00 am - 12:00 pm |

May 2019

| | | |
|----|---------------------------|--------------------|
| 6 | Waterbury | 9:00 am - 12:00 pm |
| 7 | The Gardens | 8:00 am - 12:00 pm |
| 8 | Twin Valley Senior Center | 8:00 am - 12:00 pm |
| 9 | Evergreen Place | 8:30 am - 12:00 pm |
| 13 | Barre Senior Center | 8:00 am - 12:00 pm |
| 13 | Montpelier Senior Center | 1:00 pm - 4:00 pm |
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| 23 | Barre Senior Center | 9:00 am - 1:00 pm |
| 27 | Montpelier Senior Center | 9:00 am - 1:00 pm |
| 28 | The Gardens | 1:00 pm - 4:00 pm |
| 29 | Twin Valley Senior Center | 8:00 am - 12:00 pm |
| 30 | Evergreen Place | 8:30 am - 12:00 pm |

For more information about Foot Care Clinics,
visit us online at: www.cvhhh.org/footcare