

JOURNEYS

*in home health
and
compassionate care*

A publication for friends and supporters of *Home Health Foundation*



October 2013 – Volume 1

Merrimack Valley Hospice House Expands

Merrimack Valley Hospice House was originally built in 2009 to help ensure the dignity, comfort and care for those nearing end of life. Today, we can continue to fulfilling that promise with the expansion of a seven-suite wing to accommodate a total of 21 patients and their families and visitors at any given time.

A place for patients and families to spend treasured time together, by expanding, the Hospice House allows us to say “Yes” to more people when they are no longer able to receive hospice care in their homes. A licensed inpatient hospice facility, Merrimack Valley Hospice House provides a place to spend time together in safety, comfort and peace, supported by the bereavement services, support programs, and when needed, charitable care.

The additional seven suites were approved by the Department of Public Health in June and allows patients receiving hospice care at their own homes to come to the House for palliative care – to help eliminate pain and other symptoms under the medical care of the House and then return to their own homes when they are ready.

We are grateful to our lead donors who enabled us to begin the funding for this much-needed expansion and we look forward to sharing more information about how you too can be a part of supporting this compassionate journey for others.



Seven additional suites were recently added to Merrimack Valley Hospice House to accommodate 21 patients and their visitors.

The Compassionate Journey Campaign

A special fundraising effort – *The Compassionate Journey Campaign* – was established to help fund the expansion and its care. Naming opportunities up to and including the naming of the Hospice House are available. For information about the leadership phase of this campaign, please call Donna Deveau at 978-551-4162.

We look forward to sharing more about this campaign in the coming months with you all.



Home Health VNA
Merrimack Valley Hospice
HomeCare, Inc.

The Leaders in Home Health and Hospice Care

Welcome



The agencies of the Home Health Foundation are led by Karen Gomes, VP, Home Health VNA; Andrea LeBlanc, VP, Merrimack Valley Hospice; and Wendy Drastal, VP, HomeCare, Inc. (l-r)

The expertise we deliver, the compassionate care we offer and the care we give would not be possible without the generosity and support of those like you. When quality healthcare throughout every stage of life and dignity and comfort for all is valued, our world is a better place. Thank you for your commitment to the work we do.

We are honored to have you among our friends and supporters and look forward to sharing with you the future accomplishments that together we will make possible.

New technology aids stroke recovery

When Robert Bayer suffered a devastating stroke in February 2013, he feared he might never regain his active lifestyle. “I had great doctors who I credit with saving my life, and after a few months of inpatient rehabilitation, I was ready to go home. My rehab team suggested Home Health VNA for my home rehabilitation.”

Home Health VNA brought in the latest technology, the MYOMO Mobility System which uses a neuro-robotic arm brace with sensors to detect even a very faint muscle signal. Bob’s physical therapist uses the system to help him complete movements with the robotic system helping him to complete the motion and, over time, re-teaches the brain to move his arm again.

Using this technology, we can help patients like Bob get movement back in their arms, increase their strength and get back to their lives.



Bob works with his Home Health VNA physical therapist and the MYOMO system for his stroke-rehabilitation.

Such technology and innovation in home health and recovery

is possible through grants and donations. With such support, our clinical experts have the tools they need.

Turning a simple expression of gratitude into \$100,000

So often we want to help but are limited by our resources. Margie Duggan of Haverhill took a small step that led to a gift of \$100,000 to Merrimack Valley Hospice House when she took advantage of an opportunity through her employer – the chance to nominate one of ten charities to be among 100 generous grants through One World Boston that would benefit the local community.



Margie Duggan was thrilled to share the news of the \$100,000 grant award from her employer with John Albert, President / CEO.

Working for Cummings Properties, Margie and her peers were encouraged to nominate an organization that they felt was worthy. Having had extended family cared for at Merrimack Valley Hospice House, she remembered the care received by her in-laws, the stories of how they had time together without worrying about being care-takers; what a difference it made to experience a peaceful place to spend their last days together. She decided to nominate the Hospice House.

“My family nor I could have made a gift of this much money ourselves, but by simply speaking up and presenting Merrimack Valley Hospice as a charity that I knew was doing good work, I was able to make a huge difference!” said Margie when she came to share the good news with John Albert, President and CEO of Home Health Foundation and Merrimack Valley Hospice.

Does your employer have a grant program to support local charities? Does your employer match charitable donations? A small step you take might lead to something very big!

Grateful family and friends support Merrimack Valley Hospice

Merrimack Valley Hospice recently received a \$1500 donation from the Methuen Sons of Italy – made possible by proceeds from the 24th Annual Sons of Italy 5K Road Race held on Memorial Day weekend. The club has had several close family members and friends who received services through Merrimack Valley Hospice and understands the positive impact a gift can have for others.

“We chose to support Merrimack Valley Hospice with our annual road race,” says race founder John Mele of Haverhill, who experienced hospice in caring for his late wife, Cynthia. “They provide compassionate care to so many people in our community – even if you haven’t personally relied on them, chances are you know someone who has been helped by them or who will someday need them.”

The Sons of Italy are among several groups who organize their own third-party fundraisers as a way to increase awareness and charitable support for Merrimack Valley Hospice. Often it begins with a desire to make sure that the same kind of care they received is available to anyone else who might need it.

For more information on organizing your own third-party fundraiser to support any of the agencies of the Home Health Foundation, please call Lauren at 978-552-4927. We’re happy to get you started!



The Methuen Sons of Italy holds an annual road race as a third-party fundraiser for Merrimack Valley Hospice.

Wine Title

350 guests raced to the finish line for Off to the Races-Food, Wine and Beer Pairing to benefit Merrimack Valley Hospice. The event was held on Thursday, September 12th at the Black Swan Country Club in Georgetown, MA. The sounds of a French band –complete with accordion- and cheers from a Kentucky Derby Game filled the air as guests feasted on delicious tastes of the globe like Barbeque Shrimp, Cucumber Sandwiches and Teriyaki Steak with wasabi butter - all from the countries that host some of the most famous races in the world.

Guests experienced races such as The Tour de France, Sydney to Hobart Yacht Race, Iditarod, Monaco Grand Prix and the Kentucky Derby.

The signature silent auction was comprised of more than 100 packages. This year guests also had the option to contribute to our “Fund a Need” program- where they could choose where their donation would be allocated.

Thanks to the help from our sponsors, guests, in kind donors and volunteers- we raised \$110,000 to support Merrimack Valley Hospice’s special patients and special programs that support their families.



EVENT LISTINGS

National Philanthropy Week

November 10th -16th
National Philanthropy Week



Thursday, December 5th, 5:00 pm
Candles of Remembrance
Renaissance Golf Club, Haverhill, MA

For more information on any of the events listed on our calendar, please contact Lauren Galimi at 978-552-4927 or LGalimi@HomeHealthFoundation.org.

Respected Leader Shines as Nationally Recognized Volunteer of the Year

Volunteers for our organization play many roles. The Board of Trustees is a group of leaders in the community who are responsible for upholding the mission and values of our family of agencies. They help to guide the organization, advise and approve decisions of the executive team, and support staff with their time, talent and generosity.



Since 1986 Ila Cox has volunteered on the Board of Trustees of the Home Health Foundation.

Ila Cox, a member of our Board of Trustees since 1986, was recently awarded the Volunteer of the Year/Agency Board member by the Visiting Nurse Association of America (VNAA). Ila has been a solid supporter of all Home Health Foundation initiatives, working both behind the scenes and in leadership roles to further the mission and vision of the organization – to provide the highest quality, cost effective care for patients and families in this region.

A long-standing commitment of members from the community helps to make sure that we are working to serve those who rely on us.

Ways to Give

Thousands of people are touched by the generosity shared with our agencies. Your support can come in many forms:

- Cash contributions
- Vehicle donation
- Gifts of appreciated property such as real estate, stocks, bonds
- Bequests through a will or designation of beneficiary
- Trusts that provide you with income and tax benefits, with a donation to us

To discuss any of these options or for questions, please contact Donna Deveau, Director of Development at 978-552-4162 or DDeveau@HomeHealthFoundation.org.

Healthy eating with diabetes

Eating well with diabetes simply means following a nutritious meal plan that will help you control your blood sugar. In fact, an eating plan for someone with diabetes is healthy for everyone. A healthy meal plan should include:

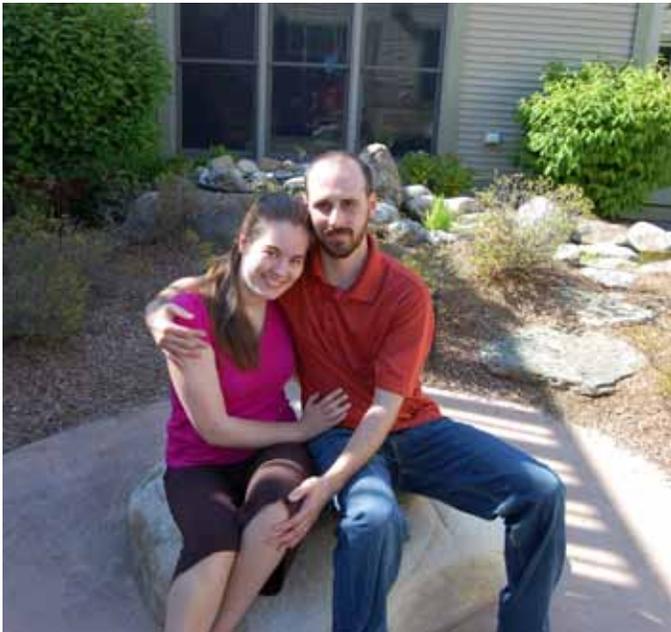
- Healthy carbohydrates such as fruits, vegetables, whole grains, beans, peas, lentils and low-fat dairy products
- Fiber-rich foods such as vegetables, fruits, nuts, whole-wheat flour and wheat bran, as well as beans, peas and lentils
- Heart-healthy fish can be a good alternative to high-fat meats. For example, cod, tuna and halibut have less total fat, saturated fat and cholesterol than meat or poultry. Fish such as salmon, mackerel and herring are rich in omega-3 fatty acids which promote heart health. Avoid fried fish and fish with high levels of mercury such as swordfish
- Good fats such as avocados, almonds, pecans, walnuts, olives and canola, olive and peanut oil can help lower your cholesterol. Eat them sparingly, however, as all fats are high in calories

Always consult with your physician before beginning any diet.

A Hospice Wedding

As close family and friends gathered on sofas and chairs in the comfort of Tim's suite at Merrimack Valley Hospice House, his son and future daughter-in-law smiled. Their wedding day arrived earlier than planned so that the officiant could marry the couple with Tim resting comfortably by their side to enjoy this special moment with them.

In a quiet ceremony with the sun streaming through the broad windows, Charles and Vail-Marie said their marriage vows. Joyful tears filled the eyes of all 15 people in the room, knowing that Tim was sharing in this milestone of his son's life during his last days.



The Hospice House helps families to treasure moments together – like a family wedding.

Merrimack Valley Hospice House enables special moments to be treasured, providing a welcoming and serene place for the friends and families to recollect stories, carry out traditions, and even create new memories to carry with them onward.

We are honored to provide our patients and their loved ones with the opportunities to enjoy every possible moment of life. Treasured time together is the gift of Merrimack Valley Hospice House to all who visit.

From the Heart

Supporting our agencies ensures quality healthcare at home or compassionate care as the end of life nears. Here are some words of gratitude from who have been helped by your gift to Home Health VNA, Merrimack Valley Hospice or HomeCare, Inc.

“Each of you made it possible for us to keep doing things that we never thought we could, but wanted so much to be able to do for our mother. You have assembled an incredible group of people who give so much of themselves so unselfishly. It helped make mom’s final journey that much more enjoyable.”

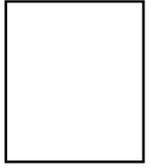
- Kathy & MaryAnn

“I’ve always heard such wonderful stories about Hospice Care. Having lived one of those stories, I now know they were all true. There are some people who were put in this world to care and give comfort- I believe you were all some of those people. I thank you from my heart for giving me the comfort and peace I needed during my last days with my beloved [husband.] I will be forever grateful.”

- Christine

“I want to send a big thank you to the team who cared for me after my knee surgery. Your PT staff is amazing. The staff went way beyond their basic scope of practice with their genuine empathy, professionalism, clinical expertise and understanding of my needs and concerns. Being a nurse myself, I have never felt better cared for by any healthcare staff, ever.”

- Ann



John Q. Donor
360 Merrimack St
Lawrence, MA 01843

Bereavement Support Groups

Bereavement support is offered to anyone in the community who has suffered the loss of a loved one, regardless if they received our services. These ongoing programs are free of charge and made possible through charitable support.

“Learning to Live With Loss”

Merrimack Valley Hospice 360 Merrimack Street,
Building 9 Lawrence, MA 2nd & 4th Wednesday of
the month 5:00 - 6:30 p.m.
For information and to register call 978-552-4200

“The Grief Journey”

Merrimack Valley Hospital “Atrium”,
140 Lincoln St. Haverhill, MA
Monday afternoons 1:30 - 3:00 p.m.
For information and to register call 978-552-4128

“Beginning the Grief Journey” Co-sponsored by the
Amesbury Council on Aging Senior Community
Center 68 Elm St. Amesbury, MA
Tuesday mornings 9:00-10:00 a.m.
Sept. 17th – Oct. 22nd, 2013
For information and to register call 978-552-4537

“Beginning the Grief Journey”

St. Michael’s Church
196 Main Street, North Andover, MA
Wednesday evenings 6:30-8:00 p.m.
Oct. 9th – Nov. 13th, 2013
For information and to register call 978-552-4537

Billerica Senior Center

25 Concord Road
Billerica, MA , 2nd Wednesday of the month
11:00 a.m. -12:30 p.m.
For information and to register call 978-552-4200

“Grief to Growth...One Stitch at a Time”

Please join us for a craft focused Bereavement
Support Program. Bring your knitting,
crocheting or needlepoint project.
4th Tuesday of the month 6:00 – 7:30 p.m.
Merrimack Valley Hospice House
360 North Avenue Haverhill, MA
For information and to register call 978-552-4537

Adult “Loss of a Parent” Co-sponsored with
H.L. Farmer & Sons Aftercare

For information and to register call 978-552-4537
or 978 374-9257

“Loss of an Adult Child”

Merrimack Valley Hospice House
360 North Avenue Haverhill, MA For information
and to register call 978-552-4537 or 978-374-9257

Journeys in home health and hospice care is published for patients, families and friends of the agencies of Home Health Foundation.

John Albert, FACHE President/CEO
Atty. Daniel Hayes, President, Board of Trustees

Home Health VNA, Merrimack Valley Hospice, and HomeCare, Inc. serve more than 90 cities and towns in the Merrimack Valley, Northeastern MA, Southern NH and York, ME region.

If you would like to be removed from our mailing list, please call us at 978-552-4927 or email info@HomeHealthFoundation.org with your contact information.



www.HomeHealthFoundation.org

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