

# JOURNEYS

in home health and  
compassionate care

A publication for friends and supporters of Home Health Foundation



October 2016 - Vol. 7

If you are familiar with Home Health VNA, Merrimack Valley Hospice, or HomeCare, Inc., you know the agencies of Home Health Foundation. Together, these three not-for-profit health and home care providers are a family of agencies, committed to caring for those of all ages, in the many places they call home.

## \$120,000 Raised for Merrimack Valley Hospice - Thanks to You!

Each year, Merrimack Valley Hospice holds its annual Food, Wine, Beer Pairing and Silent Auction to help raise funds that support services for the upcoming year. This year, the generosity of our sponsors, including Fazioli Charitable Foundation, Pentucket Bank, and TD Bank, the support of donors and the efforts of many volunteers combined to bring in \$120,000 that will provide patient care and much needed bereavement services for families.

Perhaps you were among the 350 guests at *A Fair to Remember* on September 22nd which offered county fair amusements and games, more than 100 fabulous auction prizes to bid on, and food and beverage for a fun-filled night. We hope you will consider being part of next year's signature event. Mark your calendar for our Food, Wine, Beer Pairing and Silent Auction on Thursday, September 21, 2017!

**For a full listing of the many sponsors who helped to make this event so successful, please visit our website under Events.**



## Annual Gift Presented by Friends of Merrimack Valley Hospice

The Friends of Merrimack Valley Hospice had a great year of fundraising to benefit all who spend time at Merrimack Valley Hospice House. They reached their 2016 goal to raise \$18,000 to fund the purchase of specialized medication/computer carts that will allow nursing staff to spend more time with patients and improve the quality of care. Additional funds raised have been directed toward providing simple meals for those visiting loved ones at the Hospice House, upkeep of the meditation garden, as well as supporting subsidized care for those in need.

Through the group's annual spring fundraiser, *Spring has Sprung*, membership dues, and donations from third-party events their efforts help to improve the experience of those spending time at Merrimack Valley Hospice House.

### **Memberships for 2017 are now available!**

Annual membership in Friends of Merrimack Valley Hospice helps to increase funds and awareness in support of Merrimack

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Main Office  
360 Merrimack Street  
Building 9  
Lawrence, MA 01843

Merrimack Valley  
Hospice House  
360 North Avenue  
Haverhill, MA 01830

York Hospital Hospice  
127 Long Sands Road  
Suite 12  
York, ME 03909



Home Health VNA  
Merrimack Valley Hospice  
HomeCare, Inc.

The Leaders in Home Health and Hospice Care

## Thank you!

With the kindness and generosity of people like you, we are able to offer the scope of services and quality of care that every patient needs and deserves. For more than 120 years, charitable support has provided us with the ability to serve all patients. It allows us to deliver the most effective treatments and provide the highest level of training to properly tend to the unique needs of our most complex patients.

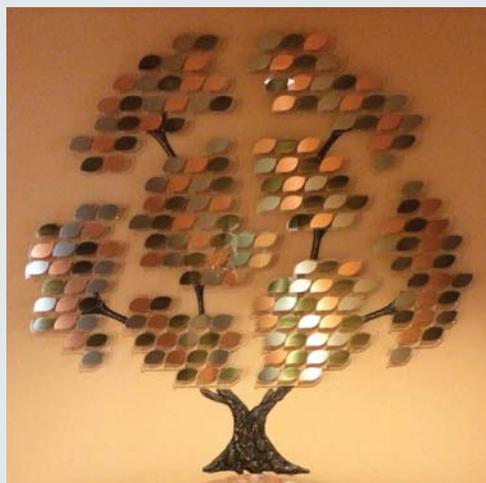
## The Impact of Legacy Giving

Through the dedicated generosity of annual supporters at the Legacy Giving level, we are able to fund services we might not otherwise offer; provide care to those who face financial difficulty, and are able to weather the changes in healthcare that might otherwise jeopardize the stability and existence of our organization.

**Donors who make cumulative contributions totaling \$2,500 or more in the year**, or consecutively give financial support of **\$1,000 over three years or more** are recognized on our Giving Tree located at Merrimack Valley Hospice House in Haverhill.

While the reasons for supporting the work of our agencies may not include recognition, identifying those who participate in giving at this level shares the importance of philanthropy in the wellbeing of our community and inspires others to help each other during times of difficulty.

To learn more about Legacy Giving or your own personal giving history, please contact 978-552-4525 to speak with a member of our development team.



## The Kindness of Giving

We are most grateful for the kindness of the community in supporting our mission. While monetary gifts have the most impact on our ability to deliver quality care to those in need, there are other ways to give that provide financial support or bring comfort to the patients and families we serve. These are some of the goods we are able to accept:

**Newly made quilts** – The Hospice House becomes home to those whose illness prevents them from remaining at home. With that in mind, the patient suites are furnished with beautiful quilts donated by members of the community. If you would like to donate a newly made quilt, please contact the Development Office at 978-552-4525.

**Handmade afghans and prayer shawls** – Patients find comfort for both body and spirit wrapped in the warmth of newly made afghans, lap blankets and prayer shawls. If you are making a first-time donation of such items, please call in advance (978-552-4525) so that we are prepared to accept them.

**Fresh flower arrangements** – Donations of flower arrangements bring a touch of nature and beauty to the common areas at the Hospice House and may help lift the spirits of those visiting with us. Deliveries made directly to the Hospice House are accepted any day of the week. Please ask your florist or funeral home to provide your name and address so we may express our thanks.

**Vehicle donation** – Our vehicle donation partner can pick up your unwanted car, truck, boat or RV. You will receive a tax deduction of \$500 or more and our agency receives a check. For more information, visit our website or call 866-392-4483 to make arrangements and to specify which of our agencies you would like your donation to benefit.

Unfortunately, due to policies and restrictions, we cannot accept most other physical items or equipment, although we truly appreciate the intention to support our agencies. If you have questions regarding a donation, please call the Development Office at 978-552-4525.

## Special Events Calendar

We'd love to see you at these upcoming events!

### Friends of Merrimack Valley Hospice

Annual Meeting  
Thursday, October 13, 2016  
6:00pm – 8:00pm  
Indian Ridge Country Club

### Candles of Remembrance - York

Thursday, November 3, 2016  
6:00pm - 7:30pm  
York Harbor Inn

### Candles of Remembrance - Haverhill

Thursday, November 17, 2016  
6:00pm - 7:30pm  
Renaissance Golf Club

### Friends of Merrimack Valley Hospice

Spring has Sprung  
Sunday, April 2, 2017  
10:30am – 1:30pm  
Atkinson Country Club

*For more information on any of the events listed on our calendar, visit [HomeHealthFoundation.org/events](http://HomeHealthFoundation.org/events) or call 978-552-4927.*

## Friends from a Lifetime Ago

Fran has been a volunteer for York Hospital Hospice since 2002, making visits to patients for companionship as well as providing assistance as needed to their family care givers.

When Fran made a first visit to the home of Peg and Andy, Peg was resting, not able to respond. Fran stepped into another room to speak with Andy, Peg's husband of 50 years, to see if she might learn a bit about Peg so that she would be able to reference some of the things meaningful to her.

What a surprise to learn that "back in the day" Peg was a flight attendant, "stewardess" as they were called back then, on Northeast Airlines and based out of Boston. When Fran asked what years and flights Peg made, she smiled. Fran, too, was a flight attendant during those years on the same routes!

On the next home visit, Andy and Peg's daughter had found some of her mom's old photo albums which included pictures of both Peg and Fran in their Northeast uniforms from so many years ago! Seeing the old photos brought back some distant memories for Peg and together they reminisced about former coworkers and friends. Knowing that the two of them had a connection and this special shared past made the time in the home more comforting for all.

Volunteering for hospice, through Merrimack Valley Hospice or the York Hospital Hospice program serving patients in Maine, is a rewarding experience. See the article on the inside right page to learn more about how you can make a difference in the lives of those in your community.



## Community Spotlight

Merrimack Valley Magazine has been the region's premier community, culture and cuisine publication for the past decade. Since the magazine's launch in 2006, it has consistently supported the efforts of non-profit organizations – including Merrimack Valley Hospice – through feature stories, calendar listings and event coverage, both in print and in its digital products such as the weekly NoteWorthy newsletter.

This year, Merrimack Valley Magazine is an underwriter of the *Candles of Remembrance* event, which takes place on November 17 at the Renaissance Golf Club in Haverhill. Hosted by Merrimack Valley Hospice, *Candles of Remembrance* is a special evening for anyone who has lost a loved one, whether or not they received hospice service.

As a Merrimack Valley organization, we are honored to have the support of this wonderful magazine. You can find the latest issue at a newsstand near you, or you can visit them online at [MVMag.net](http://MVMag.net) to read stories about the region, search their event calendar and to subscribe to the magazine or newsletters.

Home Health Foundation welcomes businesses of all sizes to be a part of its Network of Corporate Partners. To be a part of this group of companies who value and support the work of health and hospice care in the 110 communities we call home, please call Lauren at 978-552-4927 or email [lbrousseau@homehealthfoundation.org](mailto:lbrousseau@homehealthfoundation.org).

# Supporting Through Vehicle Donation

The family of Lorraine Dimmock experienced very special times at Merrimack Valley Hospice House. Spending time by her side, enjoying quiet places for reflection of their feelings, having extended family with grandchildren and all present for Lorraine and for each other. The support they received as they prepared her husband of 59 years to face the days ahead, the guidance from the staff to help them each step of the way, and the ability to enjoy the treasured moments they had before she passed peacefully, made her final weeks more positive than they ever imagined.

In the following months, Lorraine's son David and his wife Barbara learned they could donate David's old truck through Donate for Charity, a recycling partner, to benefit the Hospice House. They knew that charitable donations help ensure the kind of care and peace they received, while also finding a good home for his treasured vehicle. Barbara called the toll free number to make the arrangements and several days later, Donate for Charity came to pick it up.

The vehicle sold at auction and proceeds were sent to Merrimack Valley Hospice. Even saying goodbye to a trusted car can be emotional, but knowing that families and patients will have a positive experience as a result of the donation, brings a bright spot to the past and hope for others in tomorrow.

**To donate your car for a tax deduction and to benefit Merrimack Valley Hospice or Home Health VNA, please visit [www.donateforcharity.com](http://www.donateforcharity.com) and select our name or call 1-866-392-4483.**



*Continued from cover page*

Valley Hospice House. Dues for 2017 may be paid in advance for the upcoming year. To renew or join as a new member, please visit [MerrimackValleyHospice.org/friends](http://MerrimackValleyHospice.org/friends) or call 978-552-4927 for a membership form today!

## **Want to be a part of the 2017 Spring has Sprung Flower Show and Brunch?**

Planning is underway for the ever-popular Friends of Merrimack Valley Hospice annual spring fundraiser. Join the committee or volunteer to help make April's event a success. For more information about how to help, call 978-552-4317 or email [friendsmvh@homehealthfoundation.org](mailto:friendsmvh@homehealthfoundation.org).

## **Save the date!**

Plan to join the Friends of Merrimack Valley Hospice on Sunday, April 2, 2017! Spring has Sprung will be held at the Atkinson Country Club in Atkinson, NH in order to host such a large and flower-filled event. The location is just 15 minutes from Haverhill and an easy route. Mark your calendar!

## **Bereavement Support During the Holidays**

With the holiday season approaching, many patients and families are facing the uncertainty of life-limiting illness or grieving the loss of a loved one. As a time when families traditionally gather in celebration, the holidays may bring about a renewed and more profound feeling of sadness and magnify grief, particularly in the first year following a loss.

Bereavement support groups help those who are grieving by teaching coping skills and provide an opportunity for people to share feelings with others who are experiencing a loss. Bereavement programs offered by Merrimack Valley Hospice are free of charge and open to all, whether their loved one was cared for by our hospice service or not.

For bereavement support specific to grief during the holiday season, we are offering the following meetings in early December:

### **Coping with the Holidays**

Merrimack Valley Hospice House  
360 North Avenue, Haverhill, MA  
Tuesday, Dec. 6th, 6pm-7:30pm  
Wednesday, Dec. 7th, 2pm-3:30pm  
*For information or to register, call 978-552-4510.*

Group meetings are held in locations throughout the Merrimack Valley as well as the York, ME area. A complete listing of support groups and workshops throughout the year is available at [MerrimackValleyHospice.org](http://MerrimackValleyHospice.org).

In November, we hold *Candles of Remembrance* ceremonies in York, ME and Haverhill, MA for anyone wishing to pay special tribute to a loved one. See *Candles of Remembrance* article for details on this annual candlelight vigil and reception.

## Coming Together to Create Comfort

Every Wednesday afternoon a small group gathers at Merrimack Valley Hospice House in Haverhill. They come together each week to spend time knitting, sharing companionship and a common desire to provide comfort -- comfort within the group and comfort for so many more in the community. Their craft provides a therapeutic benefit as a way to pass time productively, offering a brief respite from worries and cares and helping to reduce stress. While members of the knitting group enjoy the benefits of companionship and creativity, it is the patients and families cared for by our agencies who find comfort in the beautiful prayer shawls, lap robes, and small blankets artfully created by this very special group.

The Knitting for Comfort Care group meets on Wednesdays from 1-3 pm in the Griffin White Room at the Hospice House. Knitters from the community are welcome to join and share their creativity and craft in bringing comfort to those facing the challenges of aging or advanced illness.

**Knitters are always welcome! To learn more, email Lois Marra at: [lmarra@homehealthfoundation.org](mailto:lmarra@homehealthfoundation.org)**



## Candles of Remembrance

*Candles of Remembrance*, a candle lighting ceremony that welcomes all in our community to attend, brings comfort and peace to many who may have been struggling or anticipating the challenges of a winter holiday season without a loved one.

Merrimack Valley Hospice and York Hospital Hospice welcome those who are coping with loss to come together as part of this annual tradition. It is an opportunity to honor and share memories of loved ones and a means of helping people move forward.

The evening includes a simple outdoor candle-lighting ceremony to honor loved ones that have passed, with Hospice chaplains and bereavement team members in attendance to lend support, and a small memorial activity if you choose to participate. Additionally, we display a "Tribute Book" which lists the names of those who have been honored with a memorial donation that evening or during the year.

All are welcome to attend this complimentary ceremony and gathering. Special Tribute Packages and gift card options are available, whether you are able to join us in person or in spirit.

For more information, or to RSVP, please contact Lauren Brousseau at 978-552-4927 or email [lbrousseau@homehealthfoundation.org](mailto:lbrousseau@homehealthfoundation.org).

**Candles of Remembrance - York**  
Thursday, November 3, 2016  
6:00pm - 7:30pm  
York Harbor Inn

**Candles of Remembrance- Haverhill**  
Thursday, November 17, 2016  
6:00pm - 7:30pm  
Renaissance Golf Club



## Put Compassion into Action

Our volunteers come from all walks of life, with varied experiences and skills. Volunteers share their compassion and desire to make a difference by providing companionship, respite and support to hospice patients and families. Others donate time in the administrative offices, assist at fundraising events or share their creative talents by sewing keepsake memories for those who have lost a loved one.

Volunteers for Merrimack Valley Hospice and York Hospital Hospice are an essential part of our team of caregivers, and help to extend the range of support we provide within the communi-

ties we serve. We also offer training and ongoing education to all of our volunteers.

We welcome all types of volunteers to support patients and families, but are particularly in need of:

- Licensed Massage Therapists
- Veterans
- Volunteers in the Greater Lowell area
- Bilingual (English/Spanish) all service areas

If you would like to put your compassion into action by becoming a volunteer, call 978-552-4522 or email: [VolunteerManager@homehealthfoundation.org](mailto:VolunteerManager@homehealthfoundation.org)



Home Health VNA  
Merrimack Valley Hospice  
HomeCare, Inc.

The Leaders in Home Health and Hospice Care

360 Merrimack Street, Bldg. 9, Lawrence, MA 01843

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## Multiply your Gifts with AmazonSmile

Did you know you can make a gift to Merrimack Valley Hospice while shopping for those on your holiday gift list? AmazonSmile is a simple and automatic way for you to support Merrimack Valley Hospice every time you shop, and there is no cost to you. When you shop at smile.amazon.com, you will enjoy the same selection, low prices and convenience as Amazon.com, with the added bonus that Amazon will donate a percentage of your purchases to your favorite charitable organization. Go to smile.amazon.com, select Merrimack Valley Hospice as your charity of choice and start shopping.

**Share a gift with those you love as well as those in need this holiday season!**



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Donna Deveau, Vice President, External Relations & Development

Home Health VNA, Merrimack Valley Hospice, and HomeCare, Inc. serve more than 110 cities and towns in the Merrimack Valley, northeastern MA, southern NH; and the York, ME region as York Hospital Hospice.

If you would like to be removed from our mailing list, please call us at 978-552-4171 or email [info@HomeHealthFoundation.org](mailto:info@HomeHealthFoundation.org) with your contact information.

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