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Hospital Prevention Program Keeps Patients At Home



In June, VNA launched the Hospital Prevention Program (HPP), a new patient-centered home health service. It's geared toward helping high-risk patients with severe diagnoses, like end-stage respiratory disease and congestive heart failure who are susceptible to hospitalization or rehospitalization, remain safely at home. Not only do patients benefit physically and mentally, but they avoid high costs associated with hospitalization.

And the service is excellent. "This program will enhance what the VNA excels in, which is stellar individualized patient care," says Lisa Sellers, an Advanced Practiced Registered Nurse (APRN), who spearheads the program.

There are four main objectives that Lisa and her fellow VNA nurses focus on with their HPP patients. Number one is attaining their patients' goals. "We often address their goals in relation to their diagnosis and prognosis," says Lisa, who has been a registered nurse since 1996.

The second objective is medication management, which is particularly important for patients recently released from a hospital. "There's often a medication discrepancy; they have one medication at the hospital and a different one at home," says Lisa.

The third objective is timely follow-up, within 7-10 days, with a patient's primary care physician (PCP) and specialists to coordinate

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Message from the Director



Michelle Deschane

VNA was founded over 45 years ago with one mission, to provide compassionate, innovative care of the highest quality, setting the standard

for patients and caregivers needing home health, hospice and community health services. Since 1975, the staff at the VNA have continued to add programs and services that honor our mission and commitment to the residents of our community.

As 2021 comes to a close, we are grateful to you, our valued donors. You have been instrumental in our ability to serve patients and their families in very challenging times. Whether it was funding to support a hospice patient's last wish, serving bereaved children and families or medical treatment for a critically ill patient, your outpouring of support ensured every patient received the high quality medical care they deserve.

Thank you for your ongoing partnership and commitment to our community.

Michelle Deschane
Interim Director
VNA & Hospice Foundation

Preserving A Legacy



The VNA Hospice House has always been a welcome fixture in Vero, but with its recent renovation, it is positively beautiful. Hues of soft grey, teal and an array of neutrals imbue the rooms with warmth and elegance. They are complimented by numerous hand-made pieces of solid wood furniture throughout, everything from an elegant, large cabinet in the great room to attractive consoles in patients' rooms that discreetly hold televisions and drawers. In addition, each patient room has a small table and chairs where family and friends can relax, as well as an attached private porch with brand-new patio furniture and peaceful views of the lush landscape.

And the renovation is not limited to physical appearance, but technology as well. For example, patients will soon have tablets that will allow them to make video calls, order food, and control the television, and that's just a small taste of the enhanced innovation. Making this all possible are Lorne Waxlax and Jan and Rick McCoy, who generously donated \$1 million each, and Michael and Kathie Pierce who donated \$300,000 for the technology.

This two-year long project has finally concluded, and the new space is fully open and available for patients and their loved ones to utilize for their end-of-life care.

Annual Fund Supports Patient Care

Please keep your eyes out for VNA & Hospice Foundation's 2022 Annual Fund solicitation mailed in November! Your support helps fund important programs including bereavement services, charitable care and the VNA Hospice House. The appeal supports VNA's philosophy that *everyone deserves quality care.*



Lundy Fields Serving Our Community as CEO and CNA



From left to right: VNA CNAs Cinthia McEwen, Marilou Taylor, President and CEO Lundy Fields and Selene Gamez outside VNA Hospice House.

For nearly 40 years, Lundy Fields worked in the health care sector on the business side, marketing high-end surgical equipment. It wasn't until about four years ago that the President & CEO of VNA tuned into the more personal clinical side, thanks to his daughter, Katy, a nurse practitioner who invited him on a medical mission trip to Haiti that changed his life. "It really had a huge impact on me, spending a week in the villages there in Haiti just serving the people," says Lundy, who has lived in Vero Beach with his wife, Kit, since 2006 and has four daughters and 12 grandchildren.

During the trip, the mission organization appointed a "village champion" to each town they visited whose goal was to thoroughly learn the needs of the local people from a holistic perspective including health care, education, food and water. "At the end of that week my daughter said, 'you know Dad how they have these village champions in Haiti?' I really think you need to go back to Indian River County and be a health care champion for vulnerable people in your county,' and that really resonated with me," says Lundy. "So that's how I got connected to

the VNA initially, really through wanting to serve the vulnerable people in our community."

Less than a year after that trip, Lundy was offered the CEO position at VNA and didn't hesitate to accept it. As he grew with the organization, he realized he wanted to not only be a champion to vulnerable patients throughout Indian River County, but to his staff as well, specifically the Certified Nurse Assistants (CNAs), who make up the bulk of VNA employees. They're the people who help patients with non-medical but supremely important personal activities like bathing, feeding, changing bedpans and other care services. "I felt like nurses and therapists all have these national bodies that they can be members of and there's a real voice for them, and I felt like the CNAs had no voice," says Lundy. "I wanted to be a voice for our CNAs, and I wanted to experience what they experience because I feel like they're very hardworking people that make the lowest amount of money and they really need someone to champion them, and I thought at least I can be a champion for our CNAs that work at the VNA."

He researched the best CNA programs throughout the country and discovered one of them was right around the corner at Indian River State College (IRSC) in Fort Pierce. It was a 175-hour course which included 40 hours of clinical training. Lundy attended classes from 6 p.m.-10 p.m. four nights a week, after a full day at work. He graduated in June 2019.

For someone who's been a business tycoon in the health care industry for four decades, this humble step to become a CNA is not a complete surprise for those who know Lundy, as it reflects his ethos for the VNA – servant leadership – that he's had since day one. "It's about serving the community and serving others," he says. And it starts with himself. As CEO, instead of putting himself at the top of the business pyramid model, he places himself at the bottom. "I'm here to serve everybody on a daily basis and make sure you all have everything that you need to serve," he says. "Ultimately the patients and the families are at the top of the pyramid. They are who we are here to serve in this community."

31st Annual Golf-A-Thon Spring 2021 A Success!

VNA & Hospice Foundation's 31st Annual Golf-A-Thon in May was a huge hit, despite volunteers and donors not being allowed to attend in person due to COVID-19 precautions. Instead, they could watch it virtually, in real time, via Facebook livestreaming. "This was the first time we livestreamed the event. Club members loved it!" says Michelle Deschane, Interim Director of VNA & Hospice Foundation.

The day involved 13 golf pros from clubs throughout Indian River County who cheerfully donated their time and talent for a full day of golf at Bent Pine Golf Club. By the end of the marathon golf event, the pros helped raise over \$464,000 for the Foundation. "It was a record-breaking year," says Michelle.

The money raised is used to support patients who lack the financial resources to receive the health care services they require to maintain a high quality of life. Including, one recent patient who was going to have to choose between school supplies for her daughter or medication for herself. Thanks to the generosity of the many donors who contribute to the Foundation, this mom didn't have to make that heart-wrenching choice.

Many wonderful people helped make this year's successful Golf-A-Thon possible.

A special thank you to event co-chairs Catherine Reichert and Mo Reilly, and the entire committee for their dedication and support. In addition, the 2021 club captains deserve a round of applause including Louise Schmitt and Stephanie Walworth from Bent Pine Golf Club; Theresa Kelso from Grand Harbor Club; Linda Braun and Nancy McCormick from Indian River Club; Pam MacMannis and Liz McKeever from John's Island Club; Sandy Cirone and Barbara Gervais from the Moorings Club; Susan Daniels and Carolyn Evers from Oak Harbor Golf Club; Gerry Collins, Judy Gibbons and Dora Sullivan from Orchid Island Golf Club; Weasy Carmack from Pointe West Country Club; Gail Boynton and Barbara Morgan from Quail Valley Golf Club; Marge Collins and Susie Sumner from Riomar Country Club; Judy Burley and Jennie Hadsell from Sandridge Golf Club; Marilyn Case and Karen Formont from Vero Beach Country Club; and Janet Gerry and Valerie Kratky from Windsor Club.

And a very special shout out to all the golf pros who participated including Troy Pare from Grand Harbor Club; Bob Gruber from The Moorings Club; David Champagne from Orchid Island Golf Club; Matthew Challenor from Windsor Club; Drew DiSesa from Riomar Country Club; Pat Gorman from Bent Pine Golf Club; Bob Gruber from The Moorings Club; Randy Hedgecock from Vero Beach Country Club; Steve Hudson from John's Island Club; Don Meadows from Quail Valley Golf Club; Frank Mentzer from Oak Harbor Golf Club; Bela Nagy from Sandridge Golf Club; and Ryan Zug from Pointe West Country Club.

Gorman from Bent Pine Golf Club; Randy Hedgecock from Vero Beach Country Club; Bela Nagy from Sandridge Golf Club; Ian Killen from Indian River Club; Steve Hudson from John's Island Club; Don Meadows from Quail Valley Golf Club; Frank Mentzer from Oak Harbor Golf Club and Ryan Zug from Pointe West Country Club.

We hope you will support the 32nd annual Golf-A-Thon next year on May 2, 2022, at The Moorings Club hosted by Golf Pro Bob Gruber.

VNA is the only non-profit home care and hospice provider in Indian River County. For more than 45 years, our community has trusted VNA nurses, therapists, home health aides and staff to care for them in their homes. Whether it's home health care for patients who have suffered an injury, have a chronic illness, have had surgery, or a patient is in need of hospice care, patients receive services in the comfort of their homes. When a hospice patient's symptoms can no longer be managed at home, families can turn to VNA Hospice House for their loved one for compassionate end-of-life care.

For more information about the 32nd Annual Golf-A-Thon, call 772.978.5573 or visit www.vnadc.org/golfathon.

2021 GOLF-A-THON GOLF PRO PARTICIPANTS



Matthew Challenor
Windsor Club



David Champagne
Orchid Island Golf Club



Drew DiSesa
Riomar Country Club



Troy Pare
Grand Harbor Club



Pat Gorman
Bent Pine Golf Club



Bob Gruber
The Moorings Club



Randy Hedgecock
Vero Beach Country Club



Steve Hudson
John's Island Club



Ian Killen
Indian River Club



Don Meadows
Quail Valley Golf Club



Frank Mentzer
Oak Harbor Golf Club



Bela Nagy
Sandridge Golf Club



Ryan Zug
Pointe West Country Club

Volunteers Helping Patients Stay Connected



When Catherine Mary Salamone first heard about GrandPad, a computer tablet geared toward older adults that's being offered free of charge through VNA's "Keep in Touch" volunteer program, she wasn't interested. "I'm not real good with electronic stuff," says the 76-year-old VNA Hospice patient. In addition, she's blind in one eye and only has the partial use of one hand. But VNA Volunteer Coordinator Kim Smith gently urged her to try the new technology, and eventually Catherine, who goes by Cathy, agreed.

And she's never looked back. "GrandPad is great. It opened up a whole lot of things for me and I feel part of my family now, because I wasn't before, especially during COVID," says Cathy, who has three children, five grandchildren and two great grandchildren who live throughout the United States. "Now I'm able to call my son and two daughters and it's been wonderful talking to them."

The VNA Volunteer department utilized a grant to start the GrandPad program to help combat isolation that many seniors experience, especially within the last year. The GrandPad is ideal for older people because it has an extremely user-friendly format. For example, instead of having to dial a number to call someone, which can

be laborious for some, a patient merely has to touch a large, round colored dot on the screen that correlates with the desired person's number. Through this touch screen method, the tablet user can also video chat, a choice Cathy often takes advantage of. It's a private family network protecting against spam and unwanted activity. And, because it's cloud based, there's no wifi or internet subscription needed.

The GrandPad also provides numerous other options including games, safe internet use, email and ample space for photos that can be easily received or sent via the tablet. Cathy receives many family pictures this way, and says they've been a lifesaver. "It's just especially wonderful when I'm feeling down or feeling bad," she says.

She only wishes she'd tried it sooner and encourages her fellow older adults who are hesitant to use the GrandPad not to postpone it any longer. "Don't be afraid because it's better than a phone. I can find my family with the colors of the dots," says Cathy. "And the pictures, I can look at my children as [I'm] falling asleep. It's just wonderful and it's made me feel confident about where I am and... I just feel as if I'm connected in some way."

Hospital Prevention Program (continued)

the patient's care. The fourth and final objective is patient centered education and coaching. "Patients may forget or may not understand their disease processes well. I give them a robust teaching on that and ways that they can prevent exacerbations of those diseases. Sometimes it is unavoidable, but many times it is not," says Lisa.

Many of Lisa's HPP patients are perfect candidates for VNA Hospice, which offers numerous benefits for the patient and their families that they can enjoy in the comfort of their own homes. For many, it's a great option, but it's a topic that's not always easy to bring up. "Discussing hospice with patients and family can be difficult, but it can also be relieving for everyone. It is a delicate topic, but I will start with the patient's goals and expound on that," says Sellers. "I find it to be a privilege to discuss this topic with patients and their families."

If a patient and family are open to hospice, Lisa refers them directly to the hospice team. If they are undecided and need more education, she'll refer them to the VNA Hospice Advance Care Planning team for more clarification.

There are many advantages to being admitted into hospice early, including more quality time spent with loved ones. In addition, patients' families have access to services that hospice provides specifically for them, which can be extremely helpful and contribute to their emotional healing. But perhaps the biggest selling point is that often patients live longer than expected in hospice care when admitted sooner rather than later. "It's a better quality of life," says Lisa, a big fan of hospice – and VNA in general. "VNA's heart is for the community. The love this organization has for the community is limitless and amazing."

Virtual Ceremony of Remembrance Offers Personalized Bereavement Experience



One of VNA Hospice's landmark programs is its Ceremony of Remembrance, which it offers twice a year for those who have suffered the loss of a loved one. "Grief can feel very isolating and being with others that have experienced a loss can make you feel you're not so alone in your process," says VNA Hospice Bereavement Supervisor Melissa King.

Prior to COVID-19, the families in mourning celebrated together in various churches throughout Indian River County. Attendees would place a picture of their loved one on a designated mantle in front of the church, and after the minister gave a eulogy honoring the deceased, their loved one's name would be read aloud, one at a time, followed by a moment of silence. Music was also part of the celebration, with songs being performed by VNA Music Therapists, many of whom treated the patients whose lives they were celebrating.

Unfortunately, COVID-19 stopped all of that, and in 2020 Melissa had to cancel both celebrations. But in early 2021, she adapted the bereavement ceremony to a virtual world and created a beautiful video that families could watch on YouTube. It not only included the requisite photos of the patients who had passed away, but also poems and other memorabilia that families wished to accompany the pictures of their loved ones. In addition, VNA CEO Lundy Fields gave a moving eulogy, complimented by kind words from Melissa King, Dr. Venazio, the medical director of VNA Hospice and Becky Jacobson, LMHC, a bereavement counselor. The second and most recent virtual Ceremony of Remembrance, which took place in the summer, included a talk by VNA Hospice Bereavement Counselor Karen Mattern, a eulogy by VNA Hospice Chaplain Barbara Miller and a testimony by Tammy Crowley who lost her mother

and shared her positive experience of getting bereavement counseling through VNA. The ceremony concluded with a beautiful song sang by VNA's Board Certified Music Therapist Grace Jones.

While not the same as an in-person commemoration, the virtual remembrance celebrations surprisingly increased the intimacy of the bereavement experience by including the poems and other individualized memorabilia to celebrate the deceased. "Being virtual allowed for it to expand and change a little which I think is a beautiful thing," says Melissa. "It kind of made it more personal."

VNA Providing Vaccines to the Homebound

Since last spring, VNA has administered more than 250 COVID-19 vaccines to homebound individuals who otherwise would not have been able to get vaccinated. The vaccine the nurses used primarily was the two-shot Moderna, which meant VNA community health nurses made over 450 home visits. Early on, the program was in partnership with Florida Health Department Indian River County and Senior Resource Association, a local nonprofit that provided two Community Coaches, plus drivers, to bring the VNA nurses to the vaccine appointments.

Many of the vaccine recipients originated through VNA nurses who discovered the need when they were doing their regular rounds of home health and hospice care.

"VNA nurses and community nonprofits alerted us to the needs of both short and long-term homebound individuals throughout Indian River County. All individuals were typically scheduled for a home visit within two weeks for a community health nurse to administer the vaccine in their home," says Pat Knipper, VNA's Sr. Director, Community Health Services & Special Projects.

VNA continues to offer COVID-19 vaccines and will administer boosters to those in need. In addition, the team will also administer flu vaccines to the homebound as part of Community Health's mission to serve the needs of the short- and long-term homebound in our community. Both vaccines will be available to the public. "VNA Community



Health Services is committed to serving vulnerable, at-risk populations through its outreach programs," says Pat.

Homebound individuals who would like to schedule an appointment for a COVID-19 or flu vaccine, please call 772.999.8523.

Ways to Give to VNA

Thank you to our donors who generously give to the VNA & Hospice Foundation to ensure that everyone will have access to compassionate care when they need it most.



Annual Giving - Contributing to the annual fund supports non-reimbursed programming and charitable patient care ensuring that everyone receives the care they need and deserve.



Memorials/Honorariums These contributions are a meaningful way to celebrate those who are living or to memorialize a loved one.



Tribute Plaque - Messages of commemoration are etched into granite plaques, which are displayed at A Place For Remembering in the VNA Hospice House landscape. These donations support the hospice house endowment.



Honor a Caregiver The Honor A Caregiver Program allows you to celebrate VNA caregivers who provided care and comfort during a difficult time.



Golf-A-Thon - Support one of the many local golf pros who are committed to playing countless holes of golf from sun up to sun down at this annual fundraiser.



Hidden Treasures Thrift Stores - Proceeds support the VNA Hospice House and our mission of providing compassionate end-of-life care. Donations of gently used items also accepted.



Legacy Gifts - Secure your legacy and create a long-lasting impact in our community by including the VNA & Hospice Foundation in your will.



QCD - A qualified charitable distribution (QCD) allows people 70½ years of age to make a charitable gift directly from your IRA any time of year while avoiding paying taxes on the amount gifted.



Vehicle Donation Program Donate your unwanted cars, boats or motorcycles to benefit hospice. Simply call 855.500.RIDE to donate your vehicle to the VNA today!



VNA Hospice House Endowment Fund Your contribution to the VNA Hospice House Endowment Fund will ensure future generations will have access to this important community resource for end-of-life support.

For more information, please contact the VNA & Hospice Foundation at 772.978.5568.

SAVE THE DATE • THURSDAY, OCT. 28 • 3 p.m. – 4 p.m.
Charitable Gift Annuities Seminar via Zoom
Contact 772.978.5574 for details

Support VNA Through Planned Giving

Have you ever considered listing the VNA in your estate plans? Making a charitable gift to the VNA & Hospice Foundation by leaving us in your will is a great way to achieve your financial goals and help others.

Another opportunity to make a difference is through a charitable gift annuity where you make an immediate gift to the VNA of \$10,000 or more and receive annual income for life. Current gift annuity rates for those 60 years of age and over provide a rate of return in the range from 3.9% - 8.6%.

In making a planned gift, one would qualify as a member for the VNA's esteemed Nightingale Legacy Society. This exclusive group of donors is entitled to attend certain VNA events held throughout the year as well as our annual luncheon.

The Benefit of Being Older!

For those donors who are 70 ½ or older, a Qualified Charitable Distribution (QCD), or IRA charitable rollover, allows you to make a tax-free gift of up to \$100,000 from your IRA, a tax advantage even if you don't itemize your deductions. Even better, if you must take a required minimum distribution, your QCD can help meet this distribution without increasing your taxable income; just ask your IRS administrator to make a Qualified Charitable Distribution to the Visiting Nurse Association of the Treasure Coast, Inc.

To help shape a charitable gift plan that suits your personal needs or to learn more about major and planned giving options, please visit plannedgiving.vnadc.org or contact Don Rudolph at drudolph@vnadc.com or call 772.978.5574. Thank you for supporting VNA & Hospice Foundation.



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Mailing Information

If you receive multiple mailings, would like to update your address, or would like to be removed from our mailing list, please call 772.978.5580.

Wish List

The VNA & Hospice Foundation seeks contributions to support ongoing priorities

Equipment Needed

Used to monitor bleeding and clotting for anyone taking blood thinners

- PT/INR kit - \$995.00
- PT/INR meter - \$525 each
- Test strips box of 48 - \$258 each

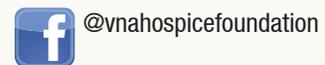
Project Wish Program Funding

Average Wish - \$300

This program has already made an impact by making hospice patients' final wishes come true. Additional funding will help ensure that more hospice families who do not have the financial means to grant their loved one's final wish – like paying for transportation to visit their favorite beach spot – can turn to the VNA for help.

If you would like to contribute to the purchase of these items, please call Rebecca Rodriguez at 772.978.5573.

Connect with Us:



We are here when you need us, and accessible to you by phone or email.

EIN 59-2804739 - The VNA & Hospice Foundation is a 501(c)3 nonprofit organization supporting charitable patient care, non-reimbursed services and program needs of the VNA of the Treasure Coast.



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