

Community of Caring

News for Friends of the VNA & Hospice Foundation

Message from the Director



Michelle Deschane

Gratitude, thankfulness or gratefulness is regarded as a feeling of appreciation by a recipient of another's kindness. As we approach the fall

holiday season, including Thanksgiving, we tend to reflect on what we are grateful for in our lives.

You might be grateful for the love of your family and friends, your pets or your health. The patients and staff at the VNA are grateful for you. Our donors and funding partners are devoted to assisting those in our community who desperately need high-quality home health and hospice care. This is especially true for the 17,287 community residents who are uninsured. The VNA is the only local home healthcare agency that accepts all patients regardless of their ability to pay.

Everyday VNA CNAs, nurses, therapists, APRNs and bereavement staff provide care, disease management education and grief counseling to patients and families who are deeply appreciative of the generous philanthropic support of our donors. We celebrate your kindness and generosity today and throughout the year!



Michelle Deschane, CFRE
Director of Development

VNA to the Rescue... Physically and Emotionally

For years, Judith Busa Shelton experienced one health issue after another. This included a broken leg in three places that required surgery, followed by another surgery after her 'bad' leg bowed, which in turn was followed by two more surgeries due to infections - for a total of four surgeries. A key reason for these multiple surgeries was underlying health problems

Judith had that were not being adequately addressed. Underinsured and too young for Medicare, Judith fell into what has become a growing category of people who have no access to health insurance and who cannot afford private health insurance. As a result, they don't receive preventive care and have become our community's sickest patients.

But thanks to donors like you, VNA is able to provide patients like Judith with the high-quality healthcare that they deserve, and that's exactly what happened. When Judith returned home after her surgeries, VNA Home Health nurses provided her with excellent post-surgical care, something she's very grateful for. "They're exceptional and any time anyone mentions home care in the hospital I immediately say VNA," says Judith, who



also worked at the non-profit as a nurse for 20 years, from 1988-2008.

Judith's VNA services included a physical therapist who visited three times a week and did strength exercises with her, including leg-lifts and hip movements, and a nurse who visited once a week who checked her vitals and performed wound care. As a former nurse, Judith was a quick-study. "They did it once and I could do it the rest of the day," she says, adding that she was also grateful for feedback she received. "My nurse said the wound was looking a lot better and that was nice to hear. I was a much happier camper because she said it looked better," says Judith with a smile.



VNA, More Than Just Hospice Care

Many people associate VNA exclusively with hospice, however, we offer so much more, including multi-faceted home health services. These services are offered to all members of the community, regardless of their ability to afford their care. That's because providing quality healthcare to local residents who are uninsured and underinsured is a key aspect of the VNA's mission, which sets us apart from other local home health agencies.

Our home health services provide comprehensive coordinated care through an interdisciplinary team of professionals who work closely with our patients' physicians to arrange care in their home or place of residence. Our focus is to provide compassionate, innovative care of the highest quality, setting the standard for patients and caregivers needing home health services. These services include post-surgery care, wound care, cancer care, neurological care, fall prevention, medication management and care for chronic illnesses.

VNA also offers the Hospital Prevention Program (HPP), a patient-centered home

health service launched last year. 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.

This respectful, comprehensive approach to healthcare is reflected in another VNA program, Community Health Services, which is supported by the VNA & Hospice Foundation. This includes the VNA Mobile Health Clinic, which provides affordable healthcare to the vulnerable in our community, including many young families. Advanced practice registered nurses (APRNs), who are qualified to examine, diagnose and prescribe treatments and medications, see patients for illnesses such as colds, flu and strep; eye and ear infections; minor cuts, skin infections and rashes. They also provide school and sports physicals for Indian River County students.

For homebound patients in Indian River County, Community Health Services nurses will go to their place of residence to provide vaccines for COVID and influenza during flu season. They also provide health education and health screenings throughout the community to promote living a healthy lifestyle.

This holistic approach to healthcare is also a cornerstone of VNA's flagship program, hospice. Home hospice care is provided by a patient's interdisciplinary team that's comprised of a medical director, residential nurse case manager (RNCM), social worker and chaplain. Home health aides, volunteers and music therapists are also integral parts of the team, and physical therapy is considered if a patient requires it. Routine care may include pain management, symptom management, assistance with daily tasks and personal hygiene, like bathing, and emotional and spiritual counseling for the family. The frequency of visits by VNA caregivers is based on the patient's plan of care developed by the interdisciplinary team and family.

For those patients who require intense around-the-clock care, VNA Hospice House is another option. Recently renovated, VNA Hospice House feels like a comfortable, elegant home-away-from-home that includes beautifully appointed patient rooms. Fortunately, VNA Hospice House is also available to home hospice patients for five days once a month for Respite Care. The goal is to provide the primary caregiver, usually a family member of the hospice patient, a "week off" from caregiving while their loved one receives 24/7 coordinated care from the in-house VNA Hospice House staff.

If you would like to learn more about services supported by the VNA & Hospice Foundation, please visit www.vnatc.org.

A Journey With Hospice Inspires A Volunteer

“My mom dying in a hospital was not the best, so that’s when I became interested in hospice,” says Karen Formont, a volunteer for the VNA Golf-A-Thon, VNA & Hospice Foundation’s annual fundraising event. During the monthly Golf-A-Thon meetings, Karen learned about the two types of hospice care VNA offers: home hospice care and in-patient hospice care at VNA Hospice House, a state-of-the art facility in Vero Beach for end-of-life care. She was impressed by VNA’s comprehensive approach to hospice, and when her aunt became sick, advised her cousin to contact the non-profit. “My cousin’s first opinion was, ‘Oh hospice, that’s dreary. You’re just kind of sent there to die,’ and I’m like, ‘Oh, you know nothing about hospice.’”

Fortunately, Karen’s cousin took her advice, and her mom spent her final days comfortably at the VNA Hospice House. “Afterward, my cousin was just crying on the phone with me (saying) ‘thank you so much, what a wonderful way for everyone to say goodbye to her.’ I think the problem with hospice is people don’t know what they don’t know,” says Karen.

During Karen’s aunt’s stay at the VNA Hospice House, her care included music therapy, a special VNA Hospice program that Karen said her late aunt and extended family thoroughly appreciated. Another VNA service Karen was educated about was advance care planning, something she had personal experience with before her mom and dad passed away. “It’s easier for the person to make the decisions about themselves than it is for the family, and I think that’s another thing they’re very



Karen Formont, VNA Volunteer

helpful with here at VNA, helping you with the steps to take,” she says.

Witnessing her aunt’s experience with hospice made Karen appreciate the benefits of having hospice care sooner rather than later. “I wish that people would contact this organization before the last few moments of someone’s death and realize they can get the support both before and after their loved one’s death,” she says.

Karen’s recent familial experience with hospice has also inspired her to volunteer even more. “I want to start sitting with people (on hospice) that have no one to be with them because I just think it’s very important to have someone in the room,” she says. “Everybody deals with death at some point, whether it’s a spouse, a parent or a child, and that’s why I feel really passionate about it.”

To learn more about VNA services or becoming a VNA volunteer, please visit www.vnadc.com.



GIVING TUESDAY

November 29th is GivingTuesday, a global movement built upon shared humanity to unleash “the power of radical generosity.” The Giving Tuesday movement was created in 2012 and has grown into a full-fledged international movement to make the world a better place – and it all starts locally. This means to participate in GivingTuesday, choose something close to home that resonates. This could be simply helping your elderly neighbor carry her groceries or offering a kind smile to someone who’s having a tough day, even a stranger. And if you have the means, it’s a great day to financially assist people and organizations you are passionate about.

If you’re interested in supporting the VNA, please visit www.vnadc.org to see how you can help – and there are many ways! Whether it’s volunteering or providing financial support, your gift to the VNA will be very much appreciated.

To learn more about GivingTuesday visit www.GivingTuesday.org.

Thank you and have a Happy Giving Tuesday!

32nd Annual Golf-A-Thon A Huge Success

VNA & Hospice Foundation's 32nd Annual Golf-A-Thon, held Monday, May 2nd at the Moorings Yacht & Country Club in Vero Beach, was a complete success! This year's benefit raised a whopping \$481,348 and was hosted by the Moorings' head golf pro Bob Gruber who was thrilled to participate. "It's such a great cause and we're happy to help out," he said. He was joined by pros from 12 other local clubs who teed off at 7 a.m. and enthusiastically attempted to play 135 holes of golf. The pros are Matthew Challenor from Windsor Club; David Champagne from Orchid Island Golf Club; Drew DiSesa from Riomar Country Club; Troy Pare from Grand Harbor Club; Pat Gorman from Bent Pine Golf Club; Randy Hedgecock from Vero Beach Country Club; Steve Hudson from John's Island Club; Ian Killen from Indian River 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.

Co-chairing the triumphant event for their third year was Catherine Reichert and Mo Reilly, who were very pleased. "We had a wonderful day," said Mo. Barbara Gervais, who has been a volunteer

committee member for Golf-A-Thon for 18 years, agreed. "It's the most well-run, great event," said Barbara. "VNA is one of the most amazing organizations in Vero Beach where we know all of our efforts go to our local people."

Also key to the success of the day were the Club Captains, including Louise Schmitt and Susan Tedesko of Bent Pine Golf Club; Theresa Kelso of Grand Harbor Club; Linda Braun and Debbye Lockwood of Indian River Club; Pam MacMannis and Eve Pierce of John's Island Club; Sandy Cirone, Barbara Gervais and Christy Smith of The Moorings Yacht & Country Club; Susan Daniels and Carolyn Evers of Oak Harbor Golf Club; Gerry Collins, Judy Gibbons and Dora Sullivan of Orchid Island Golf Club; Weasy Carmack of Pointe West Country Club; Gail Boynton and Barbara Morgan of Quail Valley Golf



Bob Gruber, Golf Pro for The Moorings Club

Club; Marge Collins and Lynde Karin of Riomar Country Club; Judy Burley and Jennie Hadsell of Sandridge Golf Club; Marilyn Case and Karen Formont of Vero Beach Country Club; and Janet Gerry and Valerie Kratyk of Windsor Club.

All proceeds from the fundraiser support patients who do not have the financial resources to receive the health care services they deserve and desperately need. "Every single person should have quality care," remarked VNA & Hospice Foundation Chair Kathie Pierce during the closing ceremony.

Special Thanks to Our 2022 Golf-A-Thon Golf Pros



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

One Man's Wish to Fly A Drone Over the Atlantic Comes True Thanks to Project Wish

Shortly before Aaron Homsher became sick with a terminal illness, he had started a new business, real estate photography using a drone. He enjoyed his new venture, but unfortunately, it wouldn't last long. "When I got sick, I had to shut everything down," says Aaron, who is now receiving hospice services with VNA. As part of his hospice care, a VNA volunteer, Richard, was 'assigned' to him. The two men hit it off, forming a genuine friendship. "He's really a good guy, we've really bonded. We have a lot to talk about," says Richard.

This includes drones, which Richard was also interested in; while Aaron no longer had the strength to run a business, he could still handle flying his drone near his home during Richard's weekly visit every Saturday. During one of these Saturday get-togethers, Aaron mentioned in passing that he would love to fly his drone at the beach and go to one of his favorite restaurants in Vero, First Watch, but didn't think it would be possible given his health situation. Little did he know that Richard passed along this information to Sara Bumgarner, VNA Volunteer Services Manager. Upon hearing Aaron's wishes, Sara enlisted her team to make them come true, an outing that would be paid for through Project Wish, a VNA & Hospice Foundation program that grants end-of-life wishes to hospice patients.

The special day began on a Wednesday in August at 9:30 a.m. when a Stellar van picked up Aaron and his wife, Eugenie, and brought them to Jaycee Park in Vero. There, they met Sara Bumgarner and a few other members of the 'Wish Team.' Richard was also there to meet them. Under a clear blue sky and a bright sun,



Pictured above, left to right: VNA volunteer Richard, Aaron and Eugenie Homsher and VNA Home Health Aide, Vickey.

Aaron flew his drone over the wide beach and Atlantic Ocean. "Everything went well. It was very nice," says Aaron.

His wife concurs. "It was a wonderful, beautiful day. He enjoyed it and we appreciate what you are doing for us," says Eugenie.

When Aaron finished flying his drone, Sara drove him and Eugenie to First Watch restaurant where Richard met them. "We enjoyed a nice breakfast. It was very good," says Aaron.

In the past few months, VNA & Hospice Foundation has sponsored many end-of-life wishes, some of them simple and some of them a little more involved. In addition to Aaron's wish, others have



View of Jaycee Beach area along A1A in Vero Beach taken by Aaron Homsher with his drone.

included a birthday party with cake, balloons and flowers; landscaping an overgrown yard and assistance with AC repairs; a one-time house cleaning after a husband's wife died; and a trip to Animal Kingdom. And the trips were all beautifully orchestrated by Sara's dedicated team, something that patients like Aaron appreciate. "I was just very grateful and very thankful about the whole day," he says.

Michelle Deschane Is Recognized For Her Fundraising Talent



Michelle Deschane

A big congratulations to the Director of Development, Michelle Deschane, who recently earned a Certified Fund Raising Executive designation

(CFRE), an honor that required her to pass a rigorous exam in addition to 'points earned' in three categories: education, professional practice and professional performance. As the only globally recognized fundraising certification, obtaining a CFRE indicates professionalism, confidence and ethics. It is how today's fundraiser shows accountability, service and commitment to making a difference for good.

"The CFRE credential was created to

identify for the public and employers those individuals who possess the knowledge, skills, and commitment to perform fundraising duties in an effective and ethical manner," says CFRE International President and CEO Eva E. Aldrich, Ph.D., CAE, (CFRE 2001-2016). "As the certification is a voluntary achievement, the CFRE certification demonstrates a high level of commitment on the part of Michelle Deschane to the fundraising profession and the donors who are served."

The CFRE certification program is accredited by the American National Standards Institute and is the only accredited certification for fundraising professionals. Employers and donors who work with CFREs know they are

getting a professional who is committed to the best outcomes for their organization and has the requisite knowledge and skills. This level of commitment and experience epitomizes Michelle. And with her at the helm of VNA & Hospice Foundation, benefactors can be assured their donations will reach those in the community who need it the most, a responsibility that Michelle takes seriously and values. "It has been an honor and a privilege to serve the VNA, our patients and our donors in a fundraising capacity for the past twelve years," says Michelle. "Earning the CFRE credential, although voluntary, was extremely important to me as a component of my commitment to our donors and the fundraising profession."

Become A Member of the Sustaining Champions Monthly Giving Society

Sustaining Champions Monthly Giving Society is integral to VNA & Hospice Foundation, a nonprofit that is dedicated to providing the most vulnerable in our community with high-quality home health and hospice care they deserve and desperately need. Your monthly donation makes a significant collective impact in our community by underwriting the Foundation's support of the VNA's many programs. This includes Charitable Care, a program that helps patients who lack access to affordable healthcare, like Judith Busa Shelton, receive the quality home healthcare they deserve. It also helps provide outstanding hospice care for patients, including Robert Small, who never thought a diagnosis of late-stage cancer could ever be associated with

the word "joy" until the Foundation made his wish of swimming come true through the Project Wish program.

Sustaining Champions can support music therapy, a highlight for many patients, such as Harishchandra "Harry" Mehta who thoroughly enjoys singing Indian songs from his native country with his music therapist.

Another program that Sustaining Champions can support is Telehealth, which is changing the landscape of medical care in a monumental way by allowing patients to monitor their day-to-day health utilizing easy-to-use technology that relays their personal information directly to a clinician's office. If anything is "off," the appropriate health

care workers will be alerted. This has been a game-changer for patients like Joe DeJoy, who attributes his good health to it. An additional service Sustaining Champions sponsors is bereavement counseling for friends and families of hospice patients, both before and after their loved one has passed on.

If you become a Sustaining Champion, you'll also be contributing to the VNA Mobile Health Clinic, which provides dignified, affordable and accessible healthcare to many in our community, including struggling families with young children. If you're interested in learning more about Sustaining Champions, please visit the Foundation website at www.vnafc.org.

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.



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.



Monthly Giving Society
As a Sustaining Champion, your tax-deductible monthly donations help provide the resources needed to support home health, hospice and community health services to patients and families in our community.



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



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



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.



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.



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!



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



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.



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.



Stocks - Through a gift of stock, you can help support the VNA's mission of providing high-quality home health and hospice services and earn a tax savings.

For more information about ways to give, please contact the VNA & Hospice Foundation at 772.978.5580.

Support Patient Care with the VNA Annual Appeal

The VNA & Hospice Foundation's 2023 Annual Fund solicitation will be 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.



Thank You Community Partners

A big thank you to the United Way of Indian River County who generously awarded \$10,000 in grant funding to the VNA & Hospice Foundation over a period of two years, for a total of \$20,000.

We'd also like to thank Grand Harbor Community Outreach for its generous grant award of \$6,000. Your financial assistance helps support the Medicaid Eligible Patient Program. We are incredibly grateful to you both for your generosity!

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Michelle Deschane, CFRE
Director of Development

P: 772.978.5568
E: mdeschane@vnatc.com



Manon Bone
Major Gifts & Planned
Giving Officer

P: 772.588.2915
E: mbone@vnatc.com



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.



1110 35th Lane • Vero Beach, FL 32960

www.vnatc.org

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.

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Wish List

The VNA & Hospice Foundation seeks contributions to support ongoing priorities

If you would like to contribute to the purchase of these items, please call Michelle Dean at 772.978.5580.

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

Hospice Patient Needs

Twin XL sheet sets for Hospice Home Patients - \$50.00/set

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.



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