

Community of Caring

News for Friends of the VNA & Hospice Foundation

A Tribute to Kathy Pierce, A Devoted Advocate and Leader at the VNA and in Our Community

Kathie Pierce, VNA & Hospice Foundation chair passed away on January 15, 2023. Kathie was a passionate advocate, generous philanthropist and dedicated volunteer supporting many worthy causes in our community. We would like to share with you, in Kathie's own words, why she supported the VNA's mission of providing compassionate, innovative care of the highest quality, setting the standard for patients and caregivers needing home health, hospice, and community health services, and we extend this care to the uninsured and underinsured in our community, ensuring healthcare equality for all through your philanthropic support.

Everyone has a compelling story as to why they volunteer. After reflecting on why I do what I do as a volunteer fundraiser, I decided to share my story. I was first introduced to the VNA when my husband's mom's health started to decline. I marveled at the great home health care they gave Peggy and then was blown away by her hospice care. Ultimately I convinced our family foundation to make a large donation

to the Hospice House Endowment in honor of Peggy. Then I started to worry. It was like buying an expensive dress for no reason and wondering if I did the right thing. I took a seat on the VNA & Hospice Foundation Board shortly after Peggy's death thinking that I would serve for a year or two just to see what the VNA was really all about and would they be good custodians of the money. Over years of board service, I learned of the VNA's many and varied programs, the vast extent of their charitable care, the strength of their financials and saw first-hand how many lives were helped and impacted. Well, how wrong I was to have any misgivings. I fell in love with the VNA and after taking a board seat I became more than just a donor and quickly morphed into a fundraiser. It has been eleven years and counting and I am still learning and



admiring the work of this organization. Our volunteers and boards work very hard, and the staff is phenomenal. When a charity does great work such as the VNA, I feel an urge to give them all of my best efforts in raising funds to further their cause so they will always be there to help those in need regardless of their ability to pay. I am so honored and proud to be affiliated with the VNA and will continue to try and garner even more philanthropic support.

Kathie was a beloved member of the VNA organization. She was one of our fiercest advocates, a very knowledgeable mentor and champion of our programs and services. She had a true passion to serve the uninsured and underinsured in Indian River County. She is greatly missed by everyone in our organization who had the pleasure of knowing her.



Kathie Pierce



Carol M. Kanarek
Interim Chair



Michelle Deschane, CFRE
Director of Development

VNA & Hospice Foundation Welcomes Maurika Reed



Maurika Reed

Maurika Reed joins the VNA family as the new Charitable Gift Planner, with over 30 years of experience in healthcare fundraising at McLaren Northern

Michigan Hospital, the past 12 years as a Major Gift Officer. Maurika was part of an incredible team that raised \$6 million to build the McLaren Home Care & Hospice's Hiland Cottage in 2008, and more recently, she assisted with a \$130 million campaign to build a new state-of-the-art wing for the hospital.

Leaving the cold winters behind, Maurika says she and her husband, Ken, anticipate a lovely new life in sunny Florida. "We're looking forward to exploring all this beautiful area has to offer. We have three adult children and one brilliant 5-year-old grandson that I am sure will be visiting often," she says.

Maurika is also very much looking forward to her new job. "I was incredibly excited for the opportunity to be a part of the VNA & Hospice Foundation team as a Charitable Gift Planner. Everything about this organization aligns with my passions; I am looking forward to building great relationships and helping make a difference," she says.

To contact Maurika, please send an email to mreed@vnatc.com or she can be reached by phone at 772.978.5574.



Why Advanced Care Planning Is So Important

While advance care planning is useful for anyone, it's particularly important for those looking for the best end-of-life care experience and considering hospice. At the VNA, we understand this process may initially seem daunting, which is why we've made it as seamless as possible with the help of our advance care planning team.

The first step of the program is an information session, where you meet with a nurse practitioner and licensed clinical social worker in your home to evaluate your health and educate you on available services and treatment options. They will also provide you with supportive literature and tools to empower informed decision making and self-advocacy after the visit.

The importance of advance care planning cannot be overstated. It plants the first seeds of thought about your long-term healthcare wishes and serves to invite open conversation and consideration of

what are often deemed uncomfortable topics. If appropriate, it affords the opportunity to receive accurate education about hospice philosophy and services, dispelling myths and breaking down barriers to what is the only service that can support the needs of the dying.

Advance care planning not only provides the opportunity for choice and active participation in your plan of care, but it is a way of planning proactively rather than reactively - before a health crisis occurs. It's also a way of saying 'I love you' to your family. By having an advance directive in place, it alleviates the burden of decision-making for them.

For more information about advance care planning, please call our office at 772.567.5551 and ask to speak with one of our advance care planning specialists. You can also find more information about advance care planning at vnatc.com/home-health/advance-care-planning.

VNA Makes One Man's End-of-Life Wish Come True

Sixty-year-old hospice patient Douglas Margiotta recently had a wish come true, watching the U.S. Navy's Blue Angels flight squadron practice in Pensacola, a plane ride away from his home in Vero Beach – thanks to Project Wish, a unique VNA Hospice program dedicated to providing wishes to hospice patients during their end-of-life journey. And it was no small feat. The two-day trip involved multiple VNA staff to help escort Douglas to – and through – busy Orlando International Airport and to his final destination in Pensacola where he stayed overnight at an Airbnb, all paid for by Project Wish. “It was a great day,” says Douglas, who was diagnosed with terminal cancer last spring.

The VNA began granting wishes in December 2019 to bring joy and happiness to their hospice patients nearing end of life. “Our first wish was a birthday party at the VNA Hospice House, and since then have included beach outings with grandchildren, a Christmas party, a visit from a sloth and many more,” says Sara Bumgarner, Director of Volunteer Programs.



Photo credit: On the Water Photography

The Project Wish program has been funded since its inception by grants and donors who make donations through the VNA & Hospice Foundation. For more information about Project Wish and other programs supported by the VNA & Hospice Foundation, please visit www.vnadc.org/programs.



VNA Stands Out Above the Rest

A Testimonial from Marybeth Cunningham, *Chairwoman of Indian River County Hospital District board*

I first became familiar with the VNA through my parents. My dad had major surgery and it was VNA Home Health that came in and we were very impressed with what they did. And then some years later, my dad passed away, but first, he had VNA Hospice care at home and then he went to the VNA Hospice House. It was unbelievable. Everyone was so professional and so caring and we were just really amazed. And then later, my

mom ended up at the Hospice House and had the same experience - the people there, and the things that they did, everything was just great.

Then my husband had a knee replacement three or four years ago and he had physical therapy (PT) from the VNA and it was amazing. The physical therapist, John, was absolutely phenomenal for my husband and I would

say went above and beyond. Recently, my husband had his other knee done and the doctor wanted to go through a different home health agency - and it was like day and night. I mean wow, and we just wanted the VNA back again. If there's ever a choice for home health, if anybody asks me about home health, PT, or anything like that, it's always the VNA.

33rd Annual Golf-A-Thon Teeing Off May 1st for Another Successful Year



The VNA & Hospice Foundation's 33rd Annual Golf-A-Thon is being held on Monday, May 1 at Indian River Club and will be hosted by Indian River Club's head golf pro, Ian Killen. The newly renovated Indian River Golf Club is reminiscent of traditional golf courses built in the 1920s and 30s and embodies a classic golf course design amid it's four distinct and pristine natural environments. This exciting 6,914 yard, par 72 golf course, winds through the natural aesthetics of the land. Ian, along with pros from 12 other local golf clubs will tee off at 7 a.m. in an attempt to play 135 holes of golf. Hopefully, the event will be as fruitful as

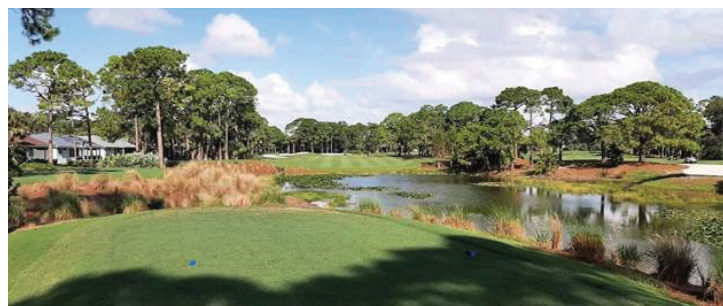
last year's, which raised over \$484,000 in support of charitable home health and hospice care.

The other 12 golf pros contributing their time and talent to the cause are Matthew Challenor from Windsor Club; David Champagne from Orchid Island Golf Club; Drew DiSesa from Riomar Country 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; Troy Pare from Grand Harbor Club; AJ Petrulak from The Moorings Yacht & Country Club; Eddie Suchora from Bent Pine Golf Club; and, Ryan Zug from Pointe West Country Club.

We hope you'll support the event, a day that's sure to be wonderful, rain or shine! To learn about all that's taking place on this special day, please visit www.vnafc.org/golf-a-thon. To view livestream segments the day of the event, please visit us at [Facebook.com/vnahospicefoundation](https://www.facebook.com/vnahospicefoundation).

To support of one of your favorite golf pros, or make a donation to this worthy cause, please visit our secure website at www.vnafc.org/golf-a-thon or call 772.978.5591.



2023 GOLF-A-THON GOLF PRO PARTICIPANTS



Matthew Challenor
Windsor Club



David Champagne
Orchid Island Golf Club



Drew DiSesa
Riomar Country 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



Troy Pare
Grand Harbor Club



AJ Petrulak
The Moorings Yacht & Country Club



Eddie Suchora
Bent Pine Golf Club



Ryan Zug
Pointe West Country Club

VNA & Hospice Foundation's 21st Annual Nightingale Society Luncheon



The VNA & Hospice Foundation's 21st Annual Nightingale Legacy Society luncheon was held Thursday, February 9, 2023, at John's Island Club to thank our Legacy Society members for their support of the VNA's programs and services. The luncheon featured a new initiative, the Community Music Therapy Program, that was presented by VNA Music Therapy Manager, Lauren Schaut, and the new Community Music Therapist, Emma Von Weissenberg.

The Community Music Therapy Program, which began in October 2022, was made possible by funding from the Indian River Hospital District who generously paid for Emma's position. During the luncheon, Emma had an opportunity to share the department's vision of the program. "Our mission is to extend music therapy to the underprivileged and at-risk population in Indian River County, beyond the client base at the VNA. Our focus is on mental health and providing

training in music-based coping skills for those dealing with mental health, chronic or other illness, loss, poverty, homelessness, and other modern challenges," she says.

Emma and Lauren implemented this new initiative by partnering with local non-profits, including the Mental Health Association, The Source, Cleveland Clinic Behavioral Health, and The Alzheimer's and Parkinson's Association. Specifically, they work with these organizations' clients in group settings, utilizing music to help teach them how to cope with a variety of situations and conditions. "We ended the presentation with a demonstration of how we might use singing for elevating mood, use a tongue drum to help regulate breathing for managing anxiety, and using rhythm and body percussion to engrain a positive mantra into the body," says Lauren.

To learn more about VNA's Music Therapy Program visit vnatc.org/programs/music-therapy.

Many Thanks to Our Contributing Partners

We'd like to thank the Florida Blue Foundation and Wawa Foundation who partnered with us for a second year to provide funding for the Medicaid Eligible Patient Program. The Florida Blue Foundation contributed \$5,000 and Wawa \$1,000 allowing us to continue providing care to these patients. We would also like to thank the Willits Foundation who donated \$36,827 for a new – and desperately needed – commercial refrigerator and freezer for VNA Hospice House as well as \$15,000 for other Hospice House maintenance needs. We'd also like to express our gratitude to the Plansoen Foundation for their contribution of \$60,000 to support our Telehealth Program. We simply could not do it without all of you!

Thank You for Supporting the 2023 Annual Appeal

Thank you for supporting the VNA & Hospice Foundation's 2023 Annual Appeal! Your financial support helps fund important programs and services including VNA Hospice's Bereavement Program, VNA Hospice House, Music Therapy and other important services for our hospice patients, in addition to providing high-quality skilled nursing care to members of our community who otherwise could not afford it. Without our generous donors, we could not provide the care we do.

ANNUAL *fund*
2023



Music Therapy Benefits Hospice and Home Health Patients Alike

Music therapy has been proven to help improve patients' health, both physically and mentally, even if they have no proficiency in music. But patients only receive this unique, effective healing technique, which is delivered by board-certified musical therapists, when a doctor orders it.

So, when should a doctor order music therapy? It first depends on whether the person requires home health services or is on hospice, as the criterion for each is slightly different, according to VNA Music Therapy Manager, Lauren Schaust, MT-BC. Let's start with the home health patient. In this case, the first thing a physician wants to focus on is a patient's diagnosis. There are certain neurologic conditions that are particularly well suited to music therapy treatment, including Parkinson's, dementia and stroke. There are also non-neurologic diagnoses that music therapy can help with such as congestive heart failure (CHF) and chronic obstructive pulmonary disease (COPD).

After a patient is diagnosed, Lauren says the physician should evaluate whether their symptoms are being managed, and if they are, decide whether they could be managed better. "For example, a patient with Parkinson's with a freezing gait pattern is a perfect candidate for music therapy. But someone with COPD who lives an active lifestyle, doesn't use oxygen and is relatively well-managed might not benefit as much, other than from some preemptive training. Anyone with unmanaged pain is also a good candidate," she says.

Whatever the diagnosis, one thing to know is that in order for a home health patient to be referred for VNA Music Therapy, the patient MUST also be seen



for another health reason that requires a skilled need. For example, a doctor could refer a hospitalized patient who had a serious urinary tract infection (UTI) to VNA Home Health after discharge to monitor their vitals, and "in the meantime, the doctor could also refer a music therapist to address the patient's shortness of breath and anxiety," says Lauren.

The primary issues that Lauren and her team typically address for home health patients using music therapy are:

- Anxiety
- Depression
- Emotional Coping Skills
- Shortness of Breath
- Strength/Range of Motion
- Gait Training
- Sleep
- Speech and Voice Disorders/Deficits
- Cognition (decreasing confusion, increased quality of life)

For music therapy hospice referrals, the criterion is far more symptom-focused and less dependent on diagnosis. Also, keep in mind that the patient does not

need to be alert to benefit from music therapy. "Even imminent patients can be soothed and supported by music therapy because we know from research that hearing is one of the last senses to remain even if they can no longer respond, and also, the families can benefit just as much as their loved ones," says Lauren.

Here are the top needs that Lauren and her team focus on with hospice patients:

- Pain management
- Anxiety
- Need for sensory stimulation
- Increasing socialization/decreasing isolation
- Increasing reality orientation/decreasing confusion
- Procedural support
- Spiritual needs
- Reducing agitation/reducing terminal restlessness
- Normalization of environment
- Anticipatory grief

For more information about VNA Music Therapy services, please visit www.vnatc.com.

Ways to Give to the 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.

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

Plan Your Legacy and Help Secure Our Future

Good planning can mean everything, especially when it comes to your legacy. The VNA was founded over 45 years ago to provide vital home care services to all Indian River County residents. Over the last four decades, the organization grew both geographically and in services, to help even more patients. However, the VNA remains steadfast in its philanthropic mission of helping all patients in need of the healthcare we provide, including those who do not have the financial resources.

The VNA & Hospice Foundation can help you craft the plan that best meets your financial needs and leaves the philanthropic legacy you envision. Our work focuses on leveraging a variety of assets and charitable vehicles to provide funding for the work VNA nurses and caregivers provide in our community while also supporting your unique wishes and goals.

Save on taxes by giving appreciated stocks, bonds or mutual fund shares. Give life insurance you no longer need. Use a gift to reduce your estate tax exposure and eliminate capital gains or name the VNA & Hospice Foundation as part of your estate plans. There are many powerful ways you can give—now and in the future.

Talk to your financial advisor about including the VNA & Hospice Foundation in your plans. For more information feel free to visit plannedgiving.vnatc.org or call Maurika Reed, Charitable Gift Planner, at 772.978.5574

Foundation Board of Directors

Interim Chair

Carol M. Kanarek

Vice Chairs

Sarah Connors

Emily Sherwood

Treasurer

William Hudson

Assistant Treasurer

Kathryn Barton

Secretary

Carole Finck

Assistant Secretary

Stacy L. Kenyon

Directors

Lynde Karin

Ann Marie McCrystal, Founder

Michael P. McGee

Marta Schneider

William P. Stengel

William J. Stewart

President/CEO

Lundy S. Fields, MBA

Director of Development, VNA & Hospice Foundation

Michelle Deschane



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



Maurika Reed
Charitable Gift Planner

P: 772.978.5574

E: mreed@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.



920 37th Place, Suite 101 • 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.

NON PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
VERO BEACH, FL
PERMIT #42

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

Veteran Recognition supplies - \$25 each

Magnavox MD6924 Portable CD players for Music Therapy - \$30 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.

Connect with Us:



@vnahospicefoundation



@vnahospicefoundation



United Way of
Indian River County

