BECAUSE EVERYONE DESERVES QUALITY CARE







ELEVATING QUALITY OF LIFE

Even from a young age, it was clear that Lara McDonald had a fabulous flare for fashion, an attribute her mother, Jill McDonald, noticed while watching Lara play with her Barbie doll. "There was a distinct, edgy change in Barbie's clothes. I am not sure Barbie would have approved and very rarely did it involve pink," quipped Jill.

Indeed, Lara ended up in fashion, rising swiftly through the ranks of Anthropologie to become a Senior Stylist for the iconic American retail company known for its beautiful, unique style in everything from women's fashion to home décor. When Lara tragically passed away due to colon cancer at 34-years-young, Anthropologie's CEO, Tricia Smith, sent an email to her staff highlighting Lara's significant impact on the company. And to honor her memory, Lara's colleagues compiled a book of photos sharing their interpretation of Lara's favorite fashion looks that she had posted on social media as part of her job; it's available to peruse in the Philadelphia stores where Lara was based. But what really set Lara apart was her incredibly generous spirit. To the very end, she was concerned about others' welfare, evident when a nurse in the emergency room informed her that she didn't have long to live and asked if she'd prefer hospice at home or at the Visiting Nurse Association (VNA) Hospice House in Vero Beach. Lara's initial response? "She told the nurse that she was sorry for having to put her through this," said Lara's sister, Alix Otwell.

Jill wasn't surprised: "Lara was a compassionate soul, she always was good about seeing the positive in people, and she always wanted to make sure that they realized how much she appreciated them."



Lara, with her family's support, chose the VNA Hospice House where nurses could provide excellent care for her 24/7. She spent her final days in tranquility, for which her family is incredibly grateful. "You could see such a change once she went into VNA Hospice House; she looked a lot better and seemed more at peace. The nurses and staff were able to manage her pain in a way that not only did it provide our sister with solace but our family as well," said Alix.

But it was not only the excellent pain management Lara received that gave her so much comfort, her family recollected, but also staff going out of their way for simple things, like going to the store to buy the kind of ginger ale that Lara preferred. And when she wanted to explore the beautiful VNA Hospice House gardens in a wheelchair, but her family knew she was too fragile, they brought in one of the nursing staff to help out. "She looked at Lara and said, 'Maybe you're not up to it, getting in a wheelchair, so why don't we push your bed outside,'" recalled Jill. And that's exactly what they did.

Seeing Lara so well cared for helped provide enormous consolation for Jill and her three other children: Alix, Graeme McDonald, and Caitlin Freedman, all of whom were by Lara's side at the VNA Hospice House. In addition, the family felt well looked after by the staff. "It's not only the care you provided my sister that was incredible but also the care that you gave us that was so profound," said Caitlin.

Jill concurred, noting that it was a lot of little things, like the many peanut butter and jam sandwiches that VNA Hospice House's Head Chef, Jason, handdelivered to her. And the Easter egg hunt arranged for Lara's nieces and nephews. And the nurse who taught Caitlin how to turn Lara on her side and bathe her. "To be able, in those last moments, be taught how to do that was so beautiful," said Caitlin.

"It's not only the care you provided my sister that was incredible but also the care that you gave us that was so profound."

The McDonald family was so grateful that they made two incredibly generous donations to VNA Hospice House. The first was thanks to a fundraiser by Cross Schools in Bluffton, South Carolina, where Alix teaches that raised \$2,641 and was matched by an individual donor, ultimately raising over \$5,000. The second donation was thanks to proceeds from sales of a beautiful hand clutch that the Savannah-based Garland Bags company made in Lara's honor.

Three days after arriving at VNA Hospice House, Lara passed away. It was the Monday after Easter Sunday. "We truly believe Lara held on until after Easter so we could have one last holiday together as a family. Family was everything for Lara," said Alix.

SETTING THE STANDARD FOR **PATIENT CARE**



When septuagenarian Sid Heninger went to get his blood pressure checked at the assisted living facility where he lived in Sebastian, a healthcare worker from the Visiting Nurse Association (VNA) who was helping out, Madonna Barashke, RN, noticed that it was high. Sid explained to her that he normally took blood pressure medication, but his prescription hadn't been filled in several months because his primary care physician had passed away, and he hadn't found a new one. Madonna immediately drove him to the VNA's Mobile Health Clinic where an APRN refilled his prescription. "After that, a lot of good stuff started happening," said Sid.

The "good stuff" was VNA Home Health services. Sid's plan of care included physical therapy for severe leg cramps that were negatively impacting his mobility. It also included music therapy, his favorite. "That probably helped me more than anything...it's easier to move and exercise with music," he said.

Sid's Music Therapist, Sophie Emmons MT-BC, wasn't surprised to hear how much Sid enjoyed himself. "During our first session, his physical therapist showed me what movements she was having him work on. So, I was able to apply that to music... and through this intervention, his movements were already becoming a lot more fluid," said Sophie. Music therapy, made possible by generous donors, also helped him with another issue he was having, anxiety. "To address the anxiety portion, I asked him to talk to me about how he was feeling, and after him doing so, I asked him to close his eyes and I chose a couple songs that validated the emotions he was feeling but reminded him of the positivity of life. He really enjoyed the music and even cried a little bit... We had a great time working together," said Sophie.

"I felt like she cared about me as a person and my well-being, and unfortunately, you don't find that anymore everywhere."

Sid's story is not unique. Many patients at the VNA are nursed back to health with the aid of music therapy, and it's not only used for home health patients, but hospice and private care patients as well. A more recent initiative, funded by the Indian River County Hospital District, is the VNA Community Music Therapy program. This program is designed to make music therapy accessible to at-risk populations by collaborating with local organizations, including the Mental Health Association in Indian River County, that serve the indigent, people with mental health issues and those struggling with addiction.

But whether a patient receives VNA Music Therapy in a group setting or as a patient in the privacy of their home, they can always rely on professionals who are very talented, not just in the art of music but in the art of healing, a sentiment Sid shared when reflecting on his lessons with Sophie: "I felt like she cared about me as a person and my well-being, and unfortunately, you don't find that anymore everywhere."

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