

VNA HEALTHCARE Connection

Summer 2007

The Face of Care

Vol. 1, Issue 30

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VNA
VISITING NURSE
ASSOCIATION

Fight the Flu. Prevention is Your Best Defense.

Flu Immunization Clinics Start the First Week of October

The best way to prevent the flu is to get vaccinated! Recognizing that prevention is the best defense, VNA offers residents of our community a convenient flu immunization program.

The VNA offers flu vaccine at many assessible locations throughout Omaha and the surrounding communities during October, November and December. In addition, VNA helps companies fight the flu by offering clinics in the workplace.

New this Year! VNA will be offering the FluMist (nasal spray) at select clinics. The FluMist is available for persons ages 5 to 49, and is great for those who fear shots but want to be vaccinated.

In addition, during October VNA will say "Boo to the Flu" with flu immunization clinics that create a family, friendly atmosphere for children and adults. VNA kicks off the "Boo to the Flu" campaign on October 6 with three clinics running from 9 a.m. to noon. Both flu shots and the FluMist will be available at these clinics.

- Common Ground Community Center, 1701 Veterans Drive, Elkhorn
- Douglas County Extension Office, 8015 Center Road, Omaha



- VNA Community Room, Center Mall 2nd Level, 42 & Center, Omaha

Learn more about the VNA Flu Prevention program and how to protect you and your loved ones from the flu by visiting our website at www.vnaomaha.org. And starting September 15, a complete listing of VNA flu immunization clinics will be available on our website, or by calling the VNA Flu Hotline, (402) 930-4243.

For more information, contact Andrea Witt, Flu Prevention Coordinator, at (402) 930-4220 or awitt@vnaomaha.org.

From the CEO... James C. Summerfelt

The VNA has been a loyal servant to the Omaha community since 1896. The VNA staff has provided healthcare to the most vulnerable members of our community during those 111 years. The mission of the VNA has remained the same yet the services have evolved to meet the changing needs of the community. The 21st century is similar to the previous century in that there is still a growing need for community nursing services.

There is also a growing need for: care for older adults; care for new mothers and their infants; healthcare for the homeless; the immunization against disease; end-of-life care; qualified caregivers; and there is a growing need for the funding for all this care.

The VNA has strategically positioned itself to meet these challenges. We have created and implemented a recruitment and retention program to attract the very best caregivers available. We have invested in highly qualified personnel and supply them with the highest technology available. The VNA leads the Omaha area in the use of tele-health with more than 230 HomMed daily in-home health monitors. We have assembled interdisciplinary disease-specific teams to maximize the clinician's expertise and to achieve the best clinical outcomes for their patients. Training for staff has been focused on top service for our customer.

Through a well-planned approach to service and the provision of care that achieves demonstrated quality results, the VNA is stronger than ever. The financial aspects of the VNA are solid. We strive to pay back to our shareholders...the community.



Senator Nelson Secures \$250,000 for VNA Prevent Child Abuse Program

Senator Nelson secured \$250,000 for Prevent Child Abuse program that VNA has developed in collaboration with Child Saving Institute. The program is an expansion of the VNA's current home visitation services, and will now combine public health nursing with social work and therapy. The federal funds will provide more at-risk families with a full array of in-home intervention services to prevent child abuse.

Many parents with infants and children experience stressors that can contribute to intentional and unintentional harm to their children. This program has licensed mental health therapists, public health nurses, family support workers, and community advocates providing critical services in the homes of at-risk families. Specifically,

they educate the parents about child abuse and the long-term harm it has on children, families, and the community at-large. Moreover, they provide the parents with important child care and nurturing skills, health education, mental health assessment, and in-home support so parents can proactively take steps to eliminate abuse.

At-risk families need immediate, in-home intervention to prevent child abuse from occurring. Research has shown that early investment in nurse home visitation and counseling can prevent child abuse, thereby decreasing costs that stem from abuse, such as hospitalizations and emergency room visits, foster care placements, unintended pregnancies, substance abuse, juvenile delinquency, and adult criminality.

Expressions of Gratitude from VNA Patients

“Both therapists were very helpful, attentive and considerate to my daughter. Someone even called our insurance company to explain the seriousness of our daughter's condition and was able to obtain additional home visits.”

“All the nurses gave me the best care. There were all so nice, friendly and caring. They made me feel like I was someone special. I loved their visits and will miss seeing them when the visits are no longer necessary. P.S. My husband also enjoyed visiting with them too.”

“We would like to acknowledge the commitment and compassion of the nurse in helping us and our mother during her time in Hospice care. She showed sincere empathy in what we were going through. She was able to relate a personal

experience in helping us cope. She truly does make a difference for families going through difficult times. Thanks God for her and others like her in your organization.”

“I would strongly recommend the VNA services to my friends and family because the nurses really helped me a lot and explained things as we went along. Thanks for all your help.”



WOWT Baby Shower Benefits VNA Clients

Thanks to WOWT for its interest in community efforts to help those less fortunate. The WOWT Baby Shower, in honor of Tracy Madden's pregnancy, was a wonderful promotion, and a great way to bring attention to some of the needs in the greater Omaha area.

Due to your generosity, VNA received an abundance of baby items including clothes, diapers and wipes, safety items, shampoo and lotion, books, toys, and blankets just to name a few.

On behalf of the VNA clients who are pregnant and parenting small children with limited resources, thank you for providing so many essential items during the WOWT Baby Shower.



WISH LIST

Many VNA patients have limited income; therefore, cannot afford basic items needed to maintain good personal hygiene, or basic items needed for their infants.

If you want to donate an item on this list that helps VNA patients, please call (402) 930-4022. Items can also be dropped off at the VNA office, 1941 S. 42 Street, Suite 225.

Items for Babies

Diapers and diaper cream, baby wipes, baby lotion and shampoo, breast pumps and pads, bottles and nipples, bottle brushes, pack & go cribs, new car seats and booster seats, baby monitors, baby gates, baby clothes and blankets, safety items.

Personal Care Items

Body soap and lotion, shampoo, toothpaste and toothbrushes, sheet sets, towels and washcloths, laundry soap, personal hygiene items.

Bathroom Scales

Many heart patients have to weigh themselves daily since their medications are based on weight. A change in weight and non-adjusted medications can lead to a trip to the emergency room.

*On behalf of our patients,
thank you!*

Love of Reading Leads to Gift

A volunteer, who wishes to remain anonymous, not only gives her time to VNA, but has also made a donation that will touch many young lives.

The desire to make a donation was so VNA can purchase books in both English and Spanish for its clients to help teach mothers the importance of reading to their infants and preschool children. By volunteering, she has been able to show mothers how to read to their children both for bonding and for development of skills the children will need when they start school. Many homes have no books, and with this gift, VNA is able to provide board books and other preschool books for these mothers.

If you are interested in making a donation to purchase books for young VNA clients, please contact Betsy Conway at (402) 930-4168 or bconway@vnaomaha.org.

All Ages Can Volunteer

Hospice Volunteers

Hospice volunteers are needed to provide companionship for individuals and their families living with a terminal illness.

Training sessions are starting soon!

Hospice Adult Volunteer Training

Sept 20 and 27 from 5:15 – 9:00 p.m.
and Sept 22 from 8:30 – 2:00 p.m.

Volunteers must attend all three training sessions.

Hospice Teen Volunteer Training

September 9 12:30 – 4:30 p.m.

For more information, please contact Cindy Calhoun, Hospice Volunteer Coordinator at (402) 930-4118 or ccalhoun@vnaomaha.org.

Flu Clinic Volunteers

Flu Clinic volunteers assist VNA nurses with necessary paperwork and clinic set-up at community-based flu clinics each fall. Volunteers work four-hour shifts and receive a free flu shot. For more information, contact Joannie Bowers, Volunteer Coordinator, at (402) 930-4177 or jbowers@vnaomaha.org

VNA Receives \$682,499 from United Way Allocation

This year (July 2007-June 2008), VNA will receive a total of \$654,200 Community Care dollars to support the following programs and services, and \$28,299 in Donor Designated dollars for a total of \$682,499.

Home Care Services - \$125,200

VNA provides skilled nursing and therapy home care services for uninsured and underinsured individuals. When Medicare, Medicaid or other payors will not cover services required in the home, United Way funding allows for a full range of nursing and therapy services. This helps reduce the costs of facility care and enables our vulnerable community members to stay independent in their homes.

Home Health Aide Services - \$206,000

This program provides home health aide only services, which are supervised by a registered nurse. The patient does not require skilled care, but needs assistance with bathing, activities of daily living and simple meal preparation.

Maternal Infant Care - \$243,000

VNA provides public health nurse and supportive services to enhance the health and quality of life for women, infants, children, and their families who are living in vulnerable situations. The services are provided in the traditional home setting, but also in homeless shelters, transitional housing facilities, women's correctional facilities, through childbirth education classes in Spanish &

English, in immigrant women's groups for Sudanese, Somali/Bantu and Hispanic, and in one-on-one sessions with a social worker.

Project WIN (Welcoming Infants into the Neighborhood) - \$80,000

This is a voluntary public health nurse home visitation service to parents who are expecting or have a newborn. The VNA assesses families for their health, education and social service needs, and also connects them to other community resources. Nurses teach well and ill childcare, normal child growth and development, appropriate use of the health care system, positive parenting and support families to be independent and self-sufficient.



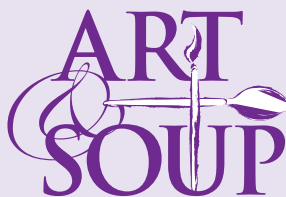
Save the Date

Don't miss the 11th year of the best tasting fundraiser in Omaha! Make plans now to attend the 2008 Art & Soup where 60 artists and 25 restaurants come together to help VNA provide public health nursing services to children and adults living in Omaha-area homeless shelters

Sunday, February 17, 2008

2:00 p.m. - 6:00 p.m.

Holiday Inn Convention Center - 72nd & Grover
\$45 in advance and at the door



New This Year! A Patron Party, starting at 12:30 p.m., featuring a three-signature soup meal prepared by Sage Student Bistro at the Institute for the Culinary Arts, a short presentation by the chef, first opportunity to buy-it-now on the silent auction, and meet artists one-on-one. Patron tickets are \$100 and include entry into Art & Soup from 2:00 to 6:00 p.m.

For more information, contact Mary Lou Brasee, Vice President of Marketing & Development, (402) 930-4022, or mbrasee@vnaomaha.org.

Golf for a Good Cause - Veys Memorial Golf Tournament Supports VNA

The 6th Annual Veys Memorial Golf Tournament will be held on Sunday, September 9 at Eagle Hills Golf Course in Papillion. It starts at 8:00 a.m. with a four-person scramble (shotgun start), and is followed by a T-bone steak luncheon along with awards and raffle at the Knights of Columbus Hall.

The cost is \$75 per person or \$300 per foursome. This includes 18 holes of golf, cart, steak lunch, prizes, skins and drinks. Entries are due by August 31. Contact Jim Nekuda at (402) 216-1367 or info@veysgolf.com for more

information. You can also visit the website at www.veysgolf.com.

In 2002, the Omaha Retail Meat Dealers Association created this memorial golf tournament to pay tribute to two extraordinary people, Al and Jean Veys, as well as raise money for the two great organizations close to them – VNA and St. Bernadette School.

Thanks to the Veys Memorial Golf Tournament, VNA will be able to provide care to hundreds of individuals in our community who are in need of home care, IV therapy, hospice, and community health services.

Join the VNA Team!

Are you or someone you know looking for the opportunity to work independently with a flexible schedule, and be part of a caring team? Join a team that's dedicated to one-on-one patient care. Join the VNA.

VNA utilizes state-of-the-art technology to improve patient care, staff schedules, and develop stronger clinician-patient relationships.

Current openings are available for Physical Therapists, Registered Nurses, and Registered Dietitians.

For more information, visit our website at www.vnaomaha.org/careers or call (402) 930-4020.

Giving Back, the VNA Way

Helping others makes you feel good. You are doing your part to make our community a better place for all. Now imagine how it would feel to provide for those less fortunate AND get a check back from VNA on a regular basis. It seems strange to think of VNA as giving money back to you, but that's just what happens with certain planned gifts.

For example, Mildred's sister was helped by VNA's hospice program. Helping hospice motivated Mildred to consider a gift that supports VNA, and at the same time supply her guaranteed income for the rest of her life.

Mildred - age 75
Charitable Gift Annuity - \$10,000
Interest Rate - 7.1%
Annual income - \$710
Tax-free income - \$449
Charitable deduction - \$4,433

Once established, the rates are set and you can count on receiving the same amount every year.

You can even decide how often you want to receive a check, annually, quarterly, monthly, whatever is most convenient for you.

In addition, most people will have an immediate income tax charitable deduction and the possibility that part of the income will be tax free every year. The specific tax savings will depend on your individual situation and should be discussed with a professional advisor.

You can set up a gift annuity with payments beginning immediately or at some future point. You can use cash,

stocks, or any other marketable asset. It is important to speak with a VNA representative to make sure that the gift you are considering can be accepted to fund a planned gift.

Contact Betsy Conway, Director of Planned Giving & Major Gifts, at (402) 930-4168 or bconway@vnaomaha.org for more information. As always, your inquiry is without cost or obligation.

Yes, I would like more information on Gift Annuities.
Please send me a copy of *The Gift Annuity* brochure.

First Name _____ MI _____ Last Name _____

Address _____ Apt. # _____

Telephone _____

City _____ State _____ Zip Code _____

Mail this reply form in the envelope provided or to:
Visiting Nurse Association / Betsy Conway
1941 South 42 Street, Suite 225 • Omaha, NE 68105

Program Highlight...VNA Fall Prevention

Falls are the leading cause of injury or deaths among older adults. More than one-third of people ages 65 and older fall each year, and the majority of these falls occur in or around the home.

Several factors can cause or contribute to falls, which include: age, taking multiple medications, the home environment, reduced physical and/or mental condition, vision impairment, and cognitive impairment, such as dementia.

As part of our standard of care for all VNA patients, we implemented the Fall Prevention program, which helps our patients reduce the number of falls and fall-related injuries, as well as offer practical solutions for those at risk for falls.

Following a comprehensive assessment,

VNA staff work with the patient's physician and other health professionals to determine the most effective level of treatment necessary. A tailored plan is developed for each individual based on his/her needs.

VNA patients will learn:

- How to create a home environment that minimizes the risks for falls.
- How to manage medications safely.
- How to increase strength and balance through exercise.
- How nutritional factors can enhance physical endurance and prevent falls.
- How to increase confidence in their physical mobility and the safety of their home environment.

The VNA team of home care professionals works closely with patients to

help them attain goals that reduce the risk of falls and improve their quality of life.

For more information on the Fall Prevention program, call (402) 342-5566 or (800) 456-8869.

Correction

We apologize to Senator Gwen Howard who was omitted from the list of donors to VNA's annual fundraiser, Art & Soup, listed in our Spring newsletter. Senator Howard donated a gift basket for a baby girl including a handmade baby blanket, onesie and shoes, and stuffed animals. We greatly appreciate Senator Howard's support of VNA and its mission.

We recognize and thank those individuals, companies and donors that support VNA throughout the year. Their generosity is important, and helps VNA sustain its mission to reach out to all in our community regardless of their ability to pay. The following acknowledges gifts received from March 1, 2007 through June 30, 2007. We apologize for any names that were omitted.

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All Saints Episcopal Church

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