

May 2023 Newsletter



May 6th is National Nurse's Day! Have YOU thanked a nurse today?

Letter from the CEO: ***Krystin Albert BSN, RN:***

Florence Nightingale, who dedicated her life to being a nurse, was nicknamed "Lady with the Lamp". At night, instead of getting some sleep, she would round and check on wounded patients using her lamp. She believed that nursing was more than just administering medications, instead she focused on the fundamentals of life such as fresh air, light, warmth, proper diet, clean environment, and hand hygiene. As nurses, we learned about her life and accomplishments in Nursing School. She was an inspiration who revolutionized the nursing profession.

May 6th is National Nurses Appreciation Day. Please take a moment to thank the nurses in your life and give thanks to nurses in your community. Franklin VNA is honored to have a great team of nurses who provide Home care, Hospice, and Private Duty services to our community. Their job is never done and they give selflessly each day.

The need for growth in individuals entering into the Health care workforce grows each day. The term understaffed is a new “norm” in our society and it’s not acceptable. Patients are sicker with multiple comorbidities and our Health Care system is struggling to treat them in a timely manner. Preventative health care for most was paused during the pandemic and now we are faced with the shortage of physicians and supportive staff which is resulting in limited appointment and times availability. Rehabilitation of a loved one at home is also becoming a longer process which increases caregiver burn out from juggling work, family, and other responsibilities.

As an agency, we are constantly asking ourselves how to adapt to this new healthcare challenge. How do we hire and retain staff without adverse financial impact? How do we continue to provide excellent care to our patients, ensure our clinicians are getting their needs met, and allowing them to be effective in their role to provide longevity within the agency? Employee engagement activities and working on work/life balance are key. Each staff member is valued and their role here is vital to the agency operational success. So while we appreciate them each and every day, we want to highlight them here this month for their compassion and dedication to our agency.

Franklin VNA & Hospice is your choice for excellence in Homecare and Hospice. Choose local. Choose Excellence. Choose Franklin VNA & Hospice as YOUR agency.

Memory Brick and Founding Donor Patio

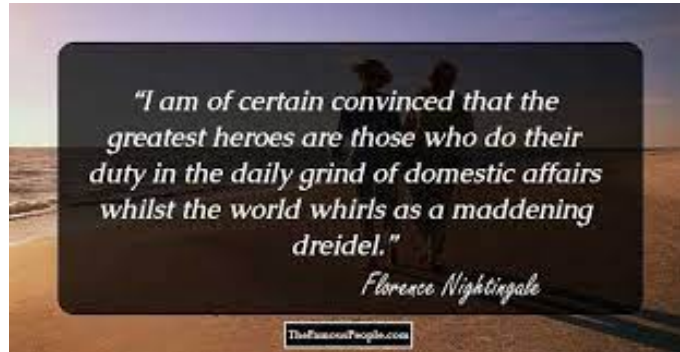
With a donation of \$50 you receive a custom brick in the memory of a lost loved one. The brick will be honored in the Teuscher-Wilson Hospice Garden and you are invited to participate in the Memory Ceremony when the bricks will be laid in June. Other opportunities are open for larger donation as Diamond,



Memory Brick and

Opal, and Amethyst sponsors. Please click on the link to the right for more information.

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The Founder of Modern-Day Nursing

Florence Nightingale, nicknamed "Lady with the Lamp", was born in Florence, Italy on May 12, 1820. She was a British nurse, statistician, and social reformer who was the foundational philosopher of modern nursing. Nightingale was put in charge of nursing British and allied soldiers in Turkey during the Crimean War. She spent many hours in the wards, and her night rounds giving personal care to the wounded established her image as the "Lady with the Lamp." Her efforts to formalize nursing education led her to establish the first scientifically based nursing school—the Nightingale School of Nursing, at St. Thomas' Hospital in London (opened 1860). She also was instrumental in setting up training for midwives and nurses in workhouse infirmaries. She was the first woman awarded the **Order of Merit** (1907).

International Nurses Day, observed annually on May 12, commemorates her birth and celebrates the important role of nurses in health care.

She passed away August 13, 1910 in London, England at the age of 90.

(Source: Encyclopedia Britannica)

The History of National Nurses Day

National Nurses Day is the first day of National Nursing Week, which concludes on May 12, Florence Nightingale's birthday. Yet the week was first observed in the US in October 1954 to mark the 100th anniversary of Nightingale's pioneering work in Crimea.

In 1953, Dorothy Sutherland of the U.S. Department of Health, Education and Welfare sent a proposal to President Eisenhower asking



him to proclaim a "Nurse Day" in October of the following year to coincide with the anniversary. Although the President didn't act, the celebration was observed thanks to a bill sponsored by Representative Frances P. Bolton, and the following year a new bill was introduced to Congress lobbying for official recognition of the celebration.

Twenty years later, in February of 1974, President Nixon proclaimed a National Nurse Week to be celebrated annually in May. Over the next eight years, various nursing organizations including the American Nurses Association (ANA) rallied to support calls for a "National Recognition Day for Nurses" on May 6, which was eventually proclaimed by President Ronald Reagan in 1982.

(Source: <https://nationaltoday.com/national-nurses-day/>)

"Every nurse was drawn to nursing because of a desire to care, to serve, or to help."

—Christina Feist-Heilmeier, RN

Meet Our Nursing Staff:



I have been a nurse for nine years. Prior to being a nurse, I was a stay-at-home Mom raising four kids for sixteen years, volunteering for everything. My mother-in-law was a hospice patient at home, I was one of her primary caretakers, and I watched the nurses and thought I could do this. I'm a caregiver by nature. I then started taking the prerequisites to get into the nursing program. It took me three tries before I made it. One of my most uplifting moments while working for FVNAH was working with a home health patient that was not thriving

I did not want to be a nurse when I was a little girl. That was not my dream. I wanted to be an artist or a writer. I had stories to tell and poems to share, landscapes and portraits to draw and paint. My mother said no. I was going to nursing school and make a career as a nurse. She knew what was best for me and I did as I was told. I have been a nurse for 32 years now. I started out at a medical surgical unit in the Philippines and now I'm an RN case manager at the Franklin VNA and

I started in the health field as a candy striper at LRGH many years ago. And yes, I still have the apron and cap. I worked as an aide while going to college. I graduated from Berkshire College in MA 43 years ago and have worked as an RN ever since in many different roles in a hospital until six years ago when I started my current role as a Visiting Nurse. Franklin VNA is a small, family oriented place

due to Covid19. He ended up transferring to hospice. Due to the amazing care and planning with all the disciplines we offer in the hospice program, this patient began to thrive and return to his previous state of health. We discharged him to home health with physical therapy and transferred him to benefits with care to the VA. Our team worked hard to help him get the services he deserved. I enjoy the patients and their families; they are so grateful for the education and care we give them to maintain their health independently.

-Kim LaBombard, RN
Case Manager

Hospice. There were many adventures in between at surgical ICUs, the OR, telemetry, cardiothoracic unit orthopedics and a cardiology clinic to name a few. This career took me places. I worked in the Philippines, Abu Dhabi and now here in the USA. I have to admit, my mother was right. Nursing is what I am supposed to do. I love the work I do, the places I've been and the people I've met along the way. I knew that I did want to be a nurse the first day of clinicals for Community Health Nursing. We spent three months in a rural community in the Philippines manning the health center, carrying coolers with vaccines across rice paddies, teaching health courses in town halls. I knew I wanted to do that and here I am. I am doing what I learned to do in Community health nursing (but without the rice paddies) and loving the community I serve and people that I work with. Yes, mom was right.

-Doris Almodovar, RN
Case Manager

where we care about each other as much as we care for our patients and their families. As well as being a nurse, I'm a wife, mother of two and Mimi to four beautiful grandchildren.

-Deborah Fish, RN
Case Manager

**Deb celebrates six years with FVNAH on May 30th! She is also our Foot Clinic nurse every Wednesday, and the participants all love her!*



I became a nurse ultimately due to my love for human anatomy and medical sciences.



Becoming a nurse was never

Throughout my life medicine and the human body always sparked my interest, and nursing was a career that allowed me to dabble in a variety of specialties. I enjoy that nursing is a career that evolves daily but reaches so many people during their time of need.

Working at FVNA has been a wonderful experience that renewed my love for nursing. Home health and hospice allows clinicians to provide care to patients in their own home, which was a refreshing change from acute care in a hospital. My favorite thing about working here is that each and every employee has the same goal in mind, which is to do whatever they can to make sure our patient's are well taken care of and the agency can thrive. My biggest joy has been watching the clinicians evolve and grow with their skills from when I first started here.

-Kristel Mattice, RN
Director of Home Health and Hospice

something I saw myself doing. I was told that I should be one, but it wasn't my calling. I stumbled upon it. I found myself a young mother with a small family to support, so in an attempt to do just that, I got my LNA license. I couldn't have predicted that I would absolutely fall IN LOVE with the geriatric population. After one and a half years of direct patient care in a LTC facility, I started my long journey of getting my LPN license. Started nursing school seven months pregnant with my second child and haven't looked back since. Here we are a decade later and working for FVNA. I did a lot of travel nursing and have been a lot of places, this is by far my favorite. I love that I get more one on one time with my patients. I feel like I actually make a difference in their lives. My greatest joy is when a patient tells me they love me and that they are so thankful for what I have done for them, making them laugh and smile. They are the reason I do what I do. It's stressful and demanding, but my patients make it worth it.

-Holly Hersom, LPN



Mandy Weed has been an RN for 6 years, almost 4 years of which has been spent at Franklin VNA & Hospice. Mandy is a per diem RN with Franklin VNA & Hospice and a school nurse full time. In her free time she enjoys spending



Makenzie Cass is a per diem RN with Franklin VNA & Hospice and has been with us for a year and a half. She previously was an oncology RN and currently works full time at a local MD office. In her spare time she likes to spend time

time with her family, especially her 2 boys who are active in lots of sports and extracurricular activities.

with her family and her dogs, travel, and attend concerts.



Meet Our CEO:

Krystin Albert, RN, is the CEO of Franklin VNA & Hospice . She has over 20 years of extensive healthcare experience, and has been with Franklin VNA and Hospice since 2013. Before being promoted to CEO in 2020 Krystin was the Director of Home Health & Hospice Services. Her hobbies include camping, hiking, kayaking, and spending time with her dogs and family.



Mental Health Awareness Month

May is **Mental Health Awareness Month**, also known as Mental Health Month. It has been observed each May in the United States since 1949. It has never been more important than now to recognize that mental health is an essential component to one's overall health and wellbeing, and that mental illnesses are common and treatable.

Mental Health Awareness Month provides a timely reminder that mental health is essential and that those living with mental health issues are deserving of care, understanding, compassion, and pathways to hope, healing, recovery, and fulfillment. After all, that is what we all want and need now more than ever– for ourselves, for our loved ones, for our communities, and for our world.

DID YOU KNOW?
May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience.

(Source: <https://fenwayhealth.org/the-importance-of-mental-health-awareness-month/>)



6 Ways to Improve Mental Health in Seniors:

1. **Play Mind Games.** The brain needs stimulation to stay sharp and avoid cognitive decline as we age. According to Harvard Health Publishing, brain games can help sharpen certain thinking skills such as processing speed, planning skills, reaction time, decision making and short-term memory.

2. **Get Physical.** From taking regular walks to yoga, dancing, and gardening, exercise and physical activity benefit both the mind and the body by boosting confidence and reducing the risk of falls. Low-impact exercises like stretching and strength training are actually necessary to help seniors stay healthy and reduce the risk of common age-related problems like bone fractures, joint pain, and other chronic illnesses. Staying active and getting enough exercise are as important for mental health at any stage of life.

3. **Stay Connected with Family and Friends.** Time and distance can make it difficult for people to maintain close relationships with family and friends, especially as they age. For older adults, keeping in touch with the important people in their lives can help to fight off loneliness and feelings of isolation that can lead to depression, as well as mental and physical decline.

4. **Pick up a New Hobby.** Staying active after retirement is extremely important. Retirement is the perfect time for seniors to create a list of lifelong goals to pursue such as gardening, sewing, painting, dancing, or cooking!

5. **Volunteering.** Many seniors find fulfillment and a sense of purpose in volunteering for a worthy cause. There are numerous organizations and causes in need of support, and many opportunities for older adults to get involved, and in turn, feel valued and needed.

6. **Caring for a Pet** Animals can help keep seniors active and busy and offer companionship in the process, with their unconditional love. According to the CDC, many studies have shown that the bond between humans and their pets can increase fitness, lower stress and bring happiness.



Stroke Awareness Month

National Stroke Awareness Month is observed in the United States every year during May. This month aims to create public awareness about stroke risk factors and to lessen the occurrence of stroke in the U.S. A stroke is a medical condition where poor blood flow to the brain results in cell death. There are two main types of stroke — ischemic stroke, which occurs due to lack of blood flow, and hemorrhagic stroke, which occurs due to bleeding. Both conditions cause parts of the brain to stop functioning properly. A stroke happens in America every 40 seconds, and someone dies of it every four minutes.

Did you Know?

Strokes have been reported as far back as 2000 B.C. in ancient Mesopotamia and Persia. It was first described by Hippocrates as he discovered the phenomenon of sudden paralysis that is often associated with ischemia. He called the condition ‘apoplexy,’ which is Greek for ‘struck down with violence.’ In 1599, the word stroke was used as a synonym for apoplectic seizure and is a fairly literal translation of the Greek term.

The term “brain attack” was introduced to underline the acute nature of stroke according to the American Stroke Association, and the term has been used since 1990. It is used colloquially to refer to both ischemic as well as hemorrhagic strokes. Annually, more than 795,000 people in America have a stroke. Of this number, approximately 610,000 are people having their first stroke.

(Source: <https://nationaltoday.com/national-stroke-awareness-month/>)

B.E.F.A.S.T.

How to Recognize Signs of Stroke

B – Balance problems

- Is the person having trouble staying coordinated or balanced? Do they feel dizzy? Are they stumbling as they walk?

E – Eyesight issues

- Does the person have blurry or blackened vision? Are they seeing double or having other eyesight problems?

F – Face drooping

- Is one side of the face drooping or numb? Ask the person to smile and look to see if one side of their mouth is drooping.

A – Arm weakness

- Is one arm weak or numb? Can the person raise both arms at the same time? If both arms are raised, does one slouch or sag below the other? Strokes often affect one side of the body, so arm weakness – or leg weakness – can be an important sign to watch for.

S – Speech difficulty

- Is speech slurred or hard to understand? Is the person confused? Ask the person to repeat a simple phrase and listen for anything strange.

(Source: <https://nationaltoday.com/national-stroke-awareness-month/>)

New to the Agency:



I'm Gerie Pingol, the new LPN. Born in the Philippines, I graduated with a BS Mechanical Engineering degree from Manila. Before becoming an LPN, I worked as an LNA for 6 years and have had more than 6 years experience in LTC prior to coming to Franklin VNA.

I am happily married for 21 years with two daughters. I love to eat, especially Filipino dishes Adobo and spring rolls. I also enjoy watching movies (Jerry Maguire/Tom Cruise).

For interesting insight into Gerie's story, read the article from the Laconia Daily Sun below!

https://www.laconiadailysun.com/news/local/the-trauma-of-traveling-nurses-a-tug-between-supply-and-demand/article_c3329024-74ac-11ec-ae71-f3f2397d3f8c.html

Franklin 
VNA & Hospice
75 Chestnut St
Franklin, NH 03235

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Foot Care Clinic 	4	5	 National NURSES DAY
7	8	9	10 Foot Care Clinic 	11	12	13  CdLS Awareness Day
14 <i>Mother's Day</i> 	15	16 10:30am Laconia Senior Center – Sherry Wilcox: Advance Directives Info Session	17 Foot Care Clinic 	18 10:30am Tilton Senior Center – Sherry Wilcox: Advance Directives Info Session	19	20  Armed Forces Day
21	22	23 10:30am Tripp Center – Sherry Wilcox: Advance Directives Info Session	24 Foot Care Clinic 	25	26	27
28	29  <i>Memorial Day</i>	30	31 Foot Care Clinic 	<p style="text-align: center;"><i>“There is always light. If only we're brave enough to see it. If only we're brave enough to be it.”</i></p> <p style="text-align: center;">Amanda Gorman</p>		

Blood Pressure Clinic Schedule:

Location	Time of Month	Address	Time	Phone
Salisbury Senior Center	1st Thursday	Salisbury Congregational Church	11:15am-12:00pm	Paul King 746-4953 (or) 648-2733
Laconia Senior Center	3rd Tuesday	Beacon Street West	10:30am-11:30am	Debbie 524-7689 x7201
Tilton Senior Center	3rd Thursday	Grange Road	10:30am-11:30am	527-8291
Tripp Center	4th Tuesday	12 Rowell Drive	10:30am-11:30am	934-4151



Happy Workaversary!

Deb Fish celebrates SIX YEARS with FVNA on May 30th! Thanks for all you do for us, Deb!

FVNAH Hospice Ball Updates



Are you a creator of unique and tasty cocktails?

Calling all creative and crafty mixologists! Franklin VNA & Hospice needs your help in creating a signature cocktail for our 2023 Hospice Ball scheduled for Saturday, November 4th at the Newfound Inn in Bristol, NH. Who can enter? Anyone 21 & older! How does the contest work? Join the contest by submitting your best cocktail recipe, using the link below, by 5pm on May 15, 2023. Once all cocktails are submitted, the Hospice Ball Committee, who are cocktail enthusiasts, will vote and narrow down the contestants to 5 finalists. From there, the voting lies in the hands of the public.

Winner will be announced at 5pm on Friday, June 24, 2023, on the Franklin VNA & Hospice Facebook page. Click the link below to submit your entry!

<https://www.surveymonkey.com/r/J2J5PDZ>

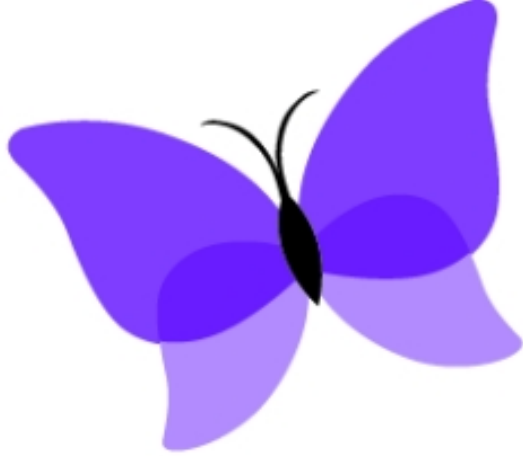


Hospice Ball info and Tickets

Tickets will be on sale soon. For now, please SAVE THE DATE!

Annual Hospice Ball 2023

Franklin VNA & Hospice will be holding their 2nd Annual Hospice Ball at the Newfound Lake Inn in Bristol, NH from 5pm-10pm on Saturday November 4th, 2023. Proceeds from the Hospice Ball will be utilized to provide Hospice care to patients who are uninsured or underinsured.



Tickets are \$60 each and include dinner, dancing, live and silent auctions, and live entertainment from Club Soda Band.

Franklin VNA & Hospice
2nd Annual HOSPICE BALL

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A Big Thank You to Our Employee Engagement Sponsors!

Thank you to all the Community Businesses that donated to our employee engagement activities for the month of April

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Join our Team!

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*Weekend Baylor RN- \$7,500 sign on bonus

*On Call Registered Nurse

*RN Case Manager- \$9,000 sign on bonus

*LPN- \$3,000 sign on bonus

*RN Clinical Educator

*Per Diem LNA, OT, PT, & HMKR positions

<https://recruiting.paylocity.com/recruiting/jobs/All/6aebb69c-2770-4ff4-86d8-b1d874ebd931/Visiting-Nurse-Association-of-Franklin>

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Franklin VNA & Hospice | 75 Chestnut St, Franklin, NH 03235

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