

June 2023 Newsletter



*“And since all this loveliness cannot be Heaven, I
know in my heart it is June.”
– Abba Woolson*

Letter from the CEO: Krystin Albert BSN, RN:

In June, we want to take the time to celebrate our Nursing Assistants at our agency, also known as Home Health Aides. National Nursing Assistants Week has been recognized since 1977 and is the second week in June. However, Nursing Assistants began working back during World War I and served alongside Army nurses, being trained to care for wounded soldiers.

Our nursing assistants today are licensed through the Board of Nursing and maintain education all year round to keep their skills sharp and to learn new practices as healthcare continues to change. They provide direct care for our patients in their home by helping with simple wound care, personal care, end of life care and so much more. Our Nursing Assistants have big hearts and they provide dignified care to all patients by either helping them stay as independent at home as possible or help them stay comfortable in their own home at the end of their lives. We want to thank all of our nursing assistants for being a positive and vital asset to our team. The dedication they have to our patients each and every day shines through. We want you to know your commitment and exceptional care do not go unnoticed.

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 on **June 29th**. The ceremony will be both in-person and virtual. Other opportunities are open for larger donations as Diamond, Opal, and Amethyst sponsors. Please click on the link to the right for more information.



Save the Date!

Brick-Laying Ceremony will be June 29th. Time to be determined, so stay tuned!

Memory Brick and Sponsor Form



June 4th is National Cancer Survivor's Day

On the first Sunday in June each year, on June 4 this year, the nonprofit National Cancer Survivors Day Foundation rallies its forces and resources to promote National Cancer Survivors Day in the U.S. and worldwide, as it has done since 1988. The NCSD Foundation bills the holiday as a “celebration of life” where survivors — described as anyone who has a history of the disease, from the point of diagnosis through the remainder of life — gather with friends, families, and supporters to raise awareness, spread information, provide services, and honor other survivors, all to show that life after a cancer diagnosis can be full and fruitful.

Did you know?

The first celebration of National Cancer Survivors Day was held on June 5, 1988. The entire month of June is dedicated to the celebration of those who have survived. There are many difference types of cancer, and each one has been designated a different colored ribbon.

The Many Colors of Cancer

The colors for the most common types of cancer include:

- Lung cancer: white
- Brain cancer: grey
- Breast cancer: pink
- Liver cancer: emerald green
- Lymphoma: lime green
- Prostate cancer: light blue
- Stomach cancer: periwinkle blue
- Bone cancer: yellow
- Leukemia: orange
- Colon cancer: dark blue

But the list doesn't end there, and some cancers even share a cancer color. Orange represents kidney cancer and leukemia. Green stands for liver cancer, lymphoma, and gall

bladder cancer. Variations of purple signify pancreatic cancer, testicular cancer, leiomyosarcoma, Hodgkin lymphoma, stomach cancer, and esophageal cancer.

There are far more cancer varieties than colors, unfortunately, and if you would like to learn more about the "cancer color theory", click the link below. In the meantime, we celebrate the millions of survivors, and continue to fight for a cure.

<https://www.fredhutch.org/en/news/center-news/2015/12/cancer-awareness-colors-cascade.html>



June is Alzheimer's & Brain Health Month:

Alzheimer's and Brain Awareness Month is observed in June as an opportunity to spread the word about Alzheimer's disease and other dementias. Throughout the month, the Alzheimer's Association encourages people around the globe to support the movement by wearing purple and training their brains to fight the disease.

Did You Know?

The occurrence of dementia goes way back to before it was named. Ancient Egyptians, in 2000 B.C. were aware of the fact that memory declines as people grow old.

In the second century A.D., Turkish doctor Aretheus described dementia by putting it in the same group as delirium. Delirium is the reversible (acute) disorder of cognitive function while dementia is an irreversible chronic disorder.

The fall of the Roman Empire in the fifth century led to the domination of theocracy during the Middle Ages. Dementia was thus regarded as a punishment from God for sins

committed and the patients were considered to be possessed by demons and subject to hatred. During the 14th and 15th centuries, such patients were also victims of witch hunts.

Saint Isidore, archbishop of Seville, first used the word 'dementia' in his book "Etymologies" in around 600 A.D. The word is of Latin origin: 'de' meaning loss or deprivation, 'ment' meaning mind, and 'ia' indicating a state. So, 'dementia' means 'loss of the state of the mind.'

In 1906, German physician Alois Alzheimer described the case of Auguste Deter, a 50-year-old woman with profound memory loss. This was the first recorded case of Alzheimer's disease, although it was not called so then.

President Ronald Regan initiated the observance of Alzheimer's and Brain Awareness Month in 1983 to raise awareness about Alzheimer's and get people involved in the recognition of the diseases as well as the types of care required by someone suffering from it.

(Source: <https://nationaltoday.com/alzheimers-brain-awareness-month/>)



Men's Health Week was created by Congress in 1994 to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. The bills creating Men's Health Week were sponsored by former Senator Bob Dole and former Congressman Bill Richardson.

All About Men's Health Month

June is National Men's Health Month! This month is all about encouraging the men in your life (including you!) to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

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What Is Home Health Care ?

Home health care is a wide range of health care services that can be given in your home for an illness or injury. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility.

Examples of skilled home health services include:

- Wound care for pressure sores or a surgical wound
- Patient and caregiver education
- Intravenous (IV) or nutrition therapy
- Monitoring serious illness and unstable health status
- Improve Range of Motion & Strength Safely
- Decrease Pain, While Building Strength
- Get Adaptive Strategies & Equipment
- Perform Home Safety Assessments

In general, the goal of home health care is to treat an illness or injury. Home health care helps you:

- Get better
- Regain your independence
- Become as self-sufficient as possible
- Maintain your current condition or level of function
- Slow the decline of health conditions

If you have Medicare A your benefits will cover 100% of your costs for home health care services if you qualify for services. Medicare covers home health services, such as the following:

- Skilled nursing care
- Occupational and physical therapy
- Medical social services
- Speech-language pathology services
- Home health aide services
- Hospice care at home

What home health care services doesn't Medicare cover?

- 24-hour home care
- Meal delivery services (such as Meals On Wheels)
- Homemaking or housekeeping services

What should I expect from my home health care?

- Doctor's orders are needed to start care. Once your doctor refers you for home health services, the home health agency will schedule an appointment and come to your home to talk to you about your needs and ask you some questions about your health.
- The home health agency staff will also talk to your doctor about your care and keep your doctor updated about your progress.
- It's important that home health staff see you as often as the doctor ordered.

Examples of what the home health staff should do:

- Check what you're eating and drinking.

- Check your blood pressure, temperature, heart rate, and breathing.
- Check that you're taking your prescription and other drugs and any treatments correctly.
- Ask if you're having pain.
- Check your safety in the home.
- Teach you about your care so you can take care of yourself.
- Coordinate your care. This means they must communicate regularly with you, your doctor, and anyone else who gives you care.

Franklin VNA & Hospice is your choice for excellence in Homecare and Hospice. Choose local. Choose Excellence. Choose Franklin VNA & Hospice. For more information (603) 934-3454, email info@franklinvna.org, or visit www.FranklinVNA.org

It's Officially "Gardening Season"!



Here are Five Health Benefits of Gardening:

1. **Improves immune system.** Gardening can be a little messy, but as it turns out, a little dirt won't harm you—and it might actually benefit you. Studies have shown that *Mycobacterium vaccae*, the bacteria that is found in garden soil, can improve your immune system. This "friendly" bacteria have been known to alleviate symptoms of allergies, asthma, psoriasis, and even depression.
2. **Relieves stress and anxiety.** A study in the *Journal of Health Psychology* stated that gardening can lower cortisol levels in your brain. Cortisol is necessary for sustaining body functions, but it is also known as "the stress hormone." When there's too much cortisol, your blood pressure and glucose levels may fluctuate.
3. **May reduce the risk of dementia.** One study shows that gardening may lower the risk for dementia by as much as 36% percent. This could be because gardening requires the use of many critical functions, including dexterity and sensory awareness. By spending even a short amount of time gardening on a regular basis, seniors can maintain their motor skills and improve their endurance and strength.
4. **Good exercise.** While gardening might not seem to be as vigorous a workout as swimming or riding a bike, it is a hearty physical activity. And it's been proven that even light exercise can help slow down the aging process. You'll want to add some light stretching before or after spending time in the flower bed to avoid hand injuries common to gardeners, like tendonitis and

carpal tunnel syndrome.

5. **Makes you happy, happy, happy.** Fresh air can do wonders for your mood and your health. So can sunshine. The sun's rays not only cause your body to produce vitamin D, but it also boosts the serotonin levels in your brain. Serotonin is a chemical that improves your mood and helps you feel calm and centered. This is a big deal for individuals who suffer from seasonal affective disorder, a form of depression that occurs as the seasons change throughout the year. Friendly reminder: While the sun does have its benefits, protect yourself from harmful UV rays and sunburn by wearing sunscreen, sunglasses, and a hat as you garden.

If you are looking for an excuse to spend more time outdoors this spring, consider a hobby like gardening that will benefit your physical, mental and emotional health.



The LNA Timeline

1914-1918

Nursing Assistants Are Needed

Overwhelmed nurses need support, and the American Red Cross creates the Volunteer Nurses' Aide Service to help.

1939-1945

Nursing Assistants Are Needed Again

The Volunteer Nurses' Aide Service is reinstated by the American Red Cross; these assistants go on to work even after the war.

1970s-1980s

Non-Certified Nursing Assistants

While this is a profession now, nursing assistants are not required to obtain any special certification to do the job; on-the-job training is offered if hired.

1987

The Omnibus Reconciliation Act

President Ronald Reagan passes the Omnibus Reconciliation Act; all nursing assistants are now required to obtain certification.

Celebrating LNAs and the Wonderful Work They Do!

National LNA Day is June 15th!

Every year, National Career Nurse Assistants Day starts off National Nursing Assistants Week, and takes place on the Thursday during the second full week of June. This year, it takes place on June 15. We're taking this opportunity to thank these professionals who act as coordinators between patients and healthcare providers, and who dedicate their lives to serving others. FVNAH offers help getting reimbursement through the State of New Hampshire, who are often able to provide grants and scholarships to help those interested in becoming certified.

Ways to Celebrate

1. Say **THANK YOU!**
2. Read up about Nursing Assistants and everything they do!
3. **SPREAD THE WORD!** Make nursing assistants feel truly special; bring this day and this week to the attention of your local leaders, like the city council, mayor, police chief, and fire chief. Organize events to connect with them and showcase how nursing assistants have helped the community, and how a little

1990s

Various Accreditation Centers Come Up

The Board of Nursing accredits various nursing schools, hospitals, nursing homes, and daycare centers to provide nursing accreditation (Certified Nursing Assistants or CNA) programs to aspirants.

appreciation can go a long way to raise their spirits. You can even invite the local newspaper/press outlets to cover the subsequent celebrations.



Meet Our Superstar LNA Team!



Hi, my name is Jessye Gould, and I became an LNA because I really enjoy helping people. I officially got my LNA certification in February of 2022. I love this job because I enjoy interacting with people, which is interesting because I consider myself an introvert. The teamwork atmosphere at FVNA is wonderful, and being here has been such a positive experience for me. In my spare time, I enjoy reading and playing



Hi, I'm Gordon Peters. I became an LNA in 2017, after choosing to change careers. I wish that I had done this years ago, because I really enjoy helping people and making them smile. I have been with the Franklin VNA for several months, and I am impressed by how much they care for both their patients and their staff. I look forward to being a part of this team for a long time.

video games.



Hi My name is Amanda Bowler. I have been an LNA for ten years now and have been with FVNA for over three. I love working at FVNA because our office is more family oriented than just a plain coworker atmosphere. I also love that FVNA gives the same care and respect to employees as we give to our patients on a daily basis. I am passionate about homecare and helping patients stay as independent as possible in their homes or helping them stay comfortable at the end of their life. I plan in the near future to go back to school and get my LPN license so I can service patients even further. In my spare time I love spending time with my family, doing photography, painting/drawing, and hiking.



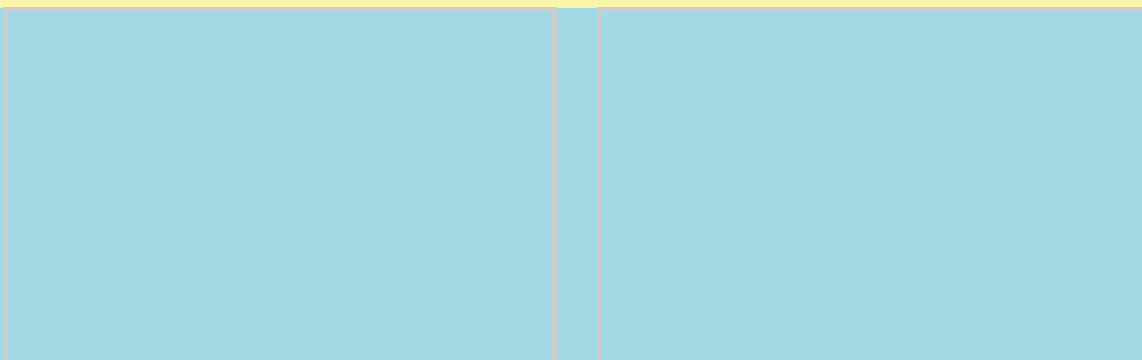
Hi, my name is Arianna Bitetto. I got my LNA license in 2013 from Lakes Region Community College. I worked as a LNA on and off since then. I received other degrees in Criminal Justice and Mathematics from NHTI and SNHU. I started with FVNA in June of 2022 and they have ultimately allowed me to pursue my passion of being a nurse as I am currently attending an accelerated nursing program and working per diem. The skills that I have learned at FVNA are something that I apply in my clinical practice and will continue to apply throughout my nursing career. The empathy and compassion I have gained through a new understanding and approach to healthcare and home care is something I cherish greatly.



Hi, I'm Heather Fortin. I have been a part of the Franklin VNA and Hospice family since 2019 as a LNA/HMKR. Once joining the team, I quickly realized that it is more than a workplace; it's a family. I became an aide to help, but my job has helped ME more. I have learned that willpower and hope can be enough. When I am not helping others, I am making memories with my four guys. I enjoy reading and spending time around any body of water with those I love.



New Members of the FVNAH Team:





Hi, I'm Jess Shoemaker. I'm a native of the Lakes Region and have been an ICU nurse in the area the last 12 years or so. My husband and I have 3 kids that are young adults now (18-23) and don't want to live with us much anymore so we decided to give snow-birding a try this year! This has led to a bunch of changes for me that have been challenging but propelling me into personal growth.

My family and faith are very important to me. I love sunsets, our dogs, walks and short hikes, landscaping, documentaries, music, black coffee and red wine, cooking for friends & family, and learning to fix things on YouTube. My husband and I have run a small bed & breakfast out of our home in Gilford the last 7 years during the summers and, during Covid, started rehabbing distressed property to either live in or rent out.

I'm so happy to have the opportunity to work with such a wonderful group of people here at the VNA-so thank you!









Hi my name is Ashli Worden. I am an LPN. I previously worked at New London Hospital as a radiology tech aide for 4 years before deciding to get my LPN. In the future I am looking to go back to school to get my RN. In my free time I like to go for motorcycle rides and kayaking with my boyfriend and friends.



June Calendar of Events



June 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1	2	3
4	5 World Environment Day 	6	7 Foot Clinic 	8	9	10
11	12	13	14 Foot Clinic  Flag Day	15 NATIONAL LNA DAY 	16	17
18 Father's Day 	19 JUNETEENTH Freedom Day 	20	21 Foot Clinic   SOLSTICE	22	23	24 Tilton-Northfield Old Home Day 10am-3pm
25	26	27	28 Foot Clinic 	29	30	

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!

Arianna Bitetto is an LNA with us and celebrates ONE YEAR with FVNAH on June 2nd! Thanks for all you do, Arianna!



- Emerson Kelby: June 6th
- Justin Lavesque: June 15th
- Joanna Jenney: June 26th
- Makenzie Cass: June 27th
- Holly Hersom: June 30th

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 June 30th,
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
Monday, July 10th,
2023,** on the

Franklin VNA & Hospice
Facebook page.

Click the link below to
submit your entry!

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



***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.

Hospice Ball info and Tickets



Franklin
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2nd
Annual
HOSPICE BALL

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A Big Thank You to Our Employee Engagement Sponsors for May!



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*Weekend Baylor RN - \$9,000 sign on bonus

*On Call Registered Nurse

*RN Case Manager- \$10,000 sign on bonus

*LNA - \$1500 sign on bonus

*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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