

August 2023 Newsletter



"There shall be eternal summer in the grateful heart."

Celia Thaxter

A Word from Our CEO: Krystin Albert; RN, BSN

As we look forward to Fall, and thoughts of apples, pumpkins, and harvest begin to fill our heads, thoughts of immunizations should start to fill our heads as well. Whether it's to get ready to go back to school or prepare for the chill of fall and the pneumonia and flu it brings with it, we all need vaccines to help protect us from serious diseases. This protection is called immunization. To help keep our community safe, Franklin VNA & Hospice is proudly

participating in National Immunization Awareness Month.

Vaccines can prevent serious diseases like the Covid-19, flu, measles, and pneumonia. It's important to know which shots you need and when to get them. All adults need immunizations to help them prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family. This is especially true if you are pregnant, over 65 or have had a serious illness such as a lung disease, diabetes or cancer.

Franklin VNA & Hospice is proud to provide influenza vaccines October to April for any patient or attendee to its Flu Clinics. It is highly recommended to get an influenza vaccine every year, as each year the vaccine changes to protect you best. In the United States, millions of people that don't get vaccinated are sickened, hundreds of thousands are hospitalized, and thousands of people die from the flu each year. The CDC reports that 122 people died of the flu in 2021 in NH.

Getting your immunizations is an important step to making sure you, and the ones you love, stay healthy. It helps protect those who are unable to be vaccinated, and helps prevent illness in our most vulnerable neighbors. Routine check-ups with your primary care doctor, a healthy diet, and regular exercise all play a vital role in staying healthy in conjunction with being immunized. Talk to your doctor or nurse to make sure that everyone in your family gets the shots they need.

Flu clinic information will be made available as we move into September.

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, which is pictured to the right. Other opportunities are open for larger donations as Diamond, Opal, and Amethyst sponsors. Please click on the link to the right for more information.



Memory Brick and Sponsor Form



August is National Immunization Awareness Month

National Immunization Awareness Month is sponsored by the National Public Health Information Coalition (NPHIC) and is observed in August annually across the USA.

Did you know?

This campaign aims to raise awareness of the importance of vaccinating people of all ages against a number of serious and sometimes deadly diseases. The awareness month also celebrates the successes of the different immunizations that have been created in the 20th century and beyond.

The National Public Health Information Coalition (NPHIC), in collaboration with CDC's National Center for Immunization and Respiratory Diseases, has developed a communication toolkit for use in your communities, schools and work places. This encourages people to become involved, raise awareness and most importantly, get immunized. There are 4 key messages in the toolkits that are produced annually:

- ***Vaccines protect against serious diseases.***
- ***These diseases still exist and outbreaks do occur.***
- ***Vaccines are recommended throughout our lives.***
- ***Vaccines are very safe.***

There are continued debates around the safety of many of the vaccinations available. However, governments across the world, acting upon the advice of leading scientists and medical professionals, ***overwhelmingly support immunizations.***

Despite this, the growing voice of anti-immunization supporters (and some other factors) has led to a decrease in the number of people becoming vaccinated. There is little surprise that the number of people affected by diseases (that in some cases had been eliminated from some countries) is on the rise again due to this fact. So if you are able, talk to your medical professional about getting immunized today!

Source: <https://www.awarenessdays.com/awareness-days-calendar/national-immunization-awareness-month-2023/>



August is National Medic-Alert Awareness Month

HISTORY OF MEDICALERT AWARENESS MONTH:

The MedicAlert Foundation announced a MedicAlert Awareness Month to promote the life-saving qualities of the MedicAlert bracelet. In 1978, there was a national movement to promote MedicAlert Awareness. President Jimmy Carter went on to honor the MedicAlert Foundation by declaring the first National MedicAlert Week. Thereafter in 1996, to mark the foundation's 40th anniversary, California's Governor Pete Wilson and Governors from 24 other states proclaimed August as National MedicAlert Awareness Month.

The MedicAlert Foundation has been in existence for a while, and the story of its creation dates back to 1953 when a 14-year-old girl Linda Collins of Turlock, California cut her finger and went to the hospital. During a routine test at the hospital, she went into anaphylactic shock, which was almost fatal. This event inspired her to design a silver bracelet with the medical symbol on one side and special medical instructions on

the other. Linda and her father, who was a doctor, sent the design to a jeweler in San Francisco who designed the first-ever MedicAlert bracelet. In 1956, the MedicAlert Foundation was formed and went on to create an impressive database of medical records of people, which now provides information that can be life-saving. It can alert medical professionals to any special care needs you may have, even when you're unable to speak for yourself.

It is notable and incredibly important that we now have a whole month dedicated to a concept that has changed the game of the medical-care system, and has provided a sense of relief to those who have benefitted from the use of MedicAlert. This system has saved many lives, and will continue to do so in years to come.

Source: <https://nationaltoday.com/medicalalert-awareness-month/#:~:text=U.S.>



Honorable Mention:

August 12th is World Elephant Day!

**They're intelligent.
They're family-oriented.**

They have great memories. They are capable of feeling a wide range of deep emotions, from intense grief to joy bordering on elation, as well as empathy and stunning self-awareness.

They create complex, supportive societies much like our own.



A Brief History:

World Elephant Day was created in 2011 by Canadian filmmaker Patricia Sims and Thailand's Elephant Reintroduction Foundation, and was first celebrated on August 12, 2012. The initiative was greatly supported by film star and Star Trek legend William Shatner, who narrated the documentary "Return to the Forest", a fascinating 30-minute film about the reintroduction of captive Asian elephants to the wild.

The motivation for the first World Elephant Day was to draw attention to the plight of these majestic creatures to populations and cultures all over the world. Due to their pleasant and intelligent nature, the world's largest land animals are loved worldwide. But, unfortunately, these magnificent creatures face multiple threats to their survival.

World Elephant Day is an opportunity for everyone to get together to find ways to reduce conflict between humans and elephants. Luckily, an increasing number of both celebrities and politicians have become interested in the cause, including Leonardo DiCaprio, Ashley Judd, and President Barack Obama.



What is End of Life Care?

Many people fear dying in pain and want a peaceful death. But too many people don't access hospice until the last days of life, if at all. At Franklin VNA & Hospice we look beyond just the medical needs of our Hospice patients. Hospice care includes not only the medical care of the patient, but also the emotional, social, and spiritual needs of the patient.

Cicely Saunders founded the first modern hospice and was responsible for establishing the culture of end-of-life care. She introduced effective pain management and insisted that dying people needed dignity, compassion and respect.

Franklin VNA & Hospice supports that same philosophy with the care and support we provide across our services, where our teams aim to improve the lives of people living with terminal illnesses every day, and by providing personalized and specialized end of life care that patients want and need.

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

Join Us for National Night Out 2023

FRANKLIN POLICE & FIRE
DEPARTMENTS PROUDLY PRESENT

NATIONAL NIGHT OUT

TUESDAY, AUGUST 1st 5:00PM-8:00PM

O'Dell Park
MEMORIAL ST. FRANKLIN, NH

ADMISSION AND ACTIVITIES ARE FREE TO THE PUBLIC!

Come enjoy a true sense of our Franklin Community This evening will be filled with food, fun and

K-9 FALCO DEMONSTRATION
TOUCH-A-TRUCK & TOUCH-A-CRUISER
COOKOUT, BOUNCE HOUSES, FACE PAINTING, RESOURCE FAIR, AND MORE!

FAMILY FRIENDLY ACTIVITIES FOR ALL AGES!



Central Street Mission

For more information contact Stephanie Wolff at: Swolff@franklinnh.org

National Relaxation Day - August 15th

6 Tips to become more relaxed this National Relaxation Day because science has shown us that being relaxed can help ease stress, relieve anxiety, depression, and sleep problems.

- #1: Take a deep breath**
- #2: Stretch, meditate, or do some yoga**
- #3: Go for a walk**
- #4: Find something to make you laugh**
- #5: Relax and read a book**
- #6: Listen to classical or other soothing music**



TICK-FREE NEW HAMPSHIRE

Ticks in New England

TICK CHECKS & REMOVAL

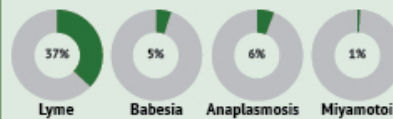
During your daily tick checks, feel for little bumps and look for small dark spots. Ticks like places that are hot and hairy.



Grasp tick with tweezers as close to skin as possible. Pull upward. Once out, clean the bite area.

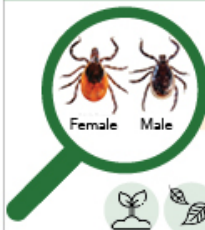
DISEASE DATA

Tick-Borne Diseases found in NH 2019-2021



Out of 2,500+ Blacklegged ticks (deer ticks) tested, 38% carried pathogens from the genus *Borrelia*, which is the bacteria that causes Lyme Disease.

IDENTIFYING TICKS



Blacklegged Ticks
(aka Deer Ticks)

Blacklegged ticks can carry Lyme Disease.

Actual Size

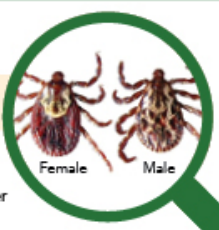


TWO SEASONS:

- Spring season peaks in May
- We see BLT as early as March
- Fall season peaks in October

Dog Ticks
(aka Wood Ticks)

Dog ticks do not carry much disease in NH.



ONE SEASON:

- Spring-summer
- Peaks in June

MAIL TICKS FOR RESEARCH

Bebop Labs is a nonprofit organization that gathers information on ticks and tick-borne diseases in New England. We innovatively crowd source for ticks.



Put tick in zip-lock bag or tape and mail it with the following info to:

Bebop Labs
PO Box 183
Salisbury, NH 03268



TICK COLLECTION QUESTIONS

- DATE** tick was found.
- NUMBER** of ticks found.
- LOCATION** tick was found.
- ACTIVITY** during tick discovery.
- On **WHOM** tick was found (human/pet)
- Tick: **BITING** or **CRAWLING**.
- If **BITING**, where on person/pet.
- If **BITING** human, age of person.

TICK PREVENTION TIPS

1. Wear long sleeve shirt and pants
2. Spray clothes and shoes with 0.5% permethrin solution.
3. Wear white or light colored clothes to see ticks easier.
4. Wear shoes/boots instead of sandals or barefoot.
5. Tie back long hair and wear a hat.
6. Walk in the middle of the trail, away from vegetation where ticks quest.
7. Tuck shirt into pants and pants into socks or boots to help keep ticks away from skin.
8. Perform daily tick checks. Send us any ticks you find. Instructions at BebopLabs.org/send-ticks.

BebopLabs.org info@BebopLabs.org [@BebopLabs](https://www.facebook.com/BebopLabs) [#BebopLabs](https://www.instagram.com/BebopLabs) P.O. Box 183 | Salisbury, NH 03268

What is the best way to protect yourself and those you care about from ticks?

1. Prevent them from being on your body.
2. **Check** yourself, your children, and **pets** for ticks after being

outside.

3. **Remove** any tick you find using the proper method.

It's true: Wearing tick repellent clothing, tucking long pants into socks, wearing long sleeves, using insect repellent, and staying to the center of paths, are the most effective ways for people to prevent tick bites when they venture outdoors.

For more information on tick prevention, removal, and identification, please visit:

<https://tickfreenh.org>

August Calendar of Events

August 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31		2 Foot Clinic 	3	4	5
6	7	8	9	10	11	12 World Elephant Day 
13	14	15 National Relaxation Day 	16 Foot Clinic 	17	18	19
20	21	22	23 Foot Clinic 	24	25	26 National Dog Day 
27	28	29	30 Foot Clinic 	31	1	2
3	4	Notes				

Blood Pressure Clinic Schedule:

Location	Time of Month	Address	Time	Phone
Salisbury	1st	Salisbury	11:15am-	Paul King

Senior Center	Thursday	Congregational Church	12:00pm	746-4953 (or) 648-2733
Belmont Senior Center	2nd Tuesday	14 Mill Street	10:30am-11:30am	Susan Rosache 728-8015
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

Calling All Baseball Fans!



TICKETS
\$ 12
SECTION 114

GAME STARTS
06:05 PM

**FRANKLIN VNA & HOSPICE
FISHER CATS FUNDRAISER
BASEBALL GAME**

FISHER CATS | VS | **SOMMERSET
PATRIOTS**

**DELTA DENTAL
STADIUM
MANCHESTER**

**FREE BOBBLE HEAD
& FIREWORKS
AFTER THE GAME!**

VISIT FRANKLINVNA.ORG OR CALL 603-934-3454 FOR TICKETS

For more information or to purchase tickets, please follow the link below!

<http://franklinvna.wpengine.com/fisher-cats/>

Meet Our Newest FVNAH Staff Member!



Hi! My name is Lindsay Waitt and I'm the new RN case manager! I graduated from UMass Lowell in 2014 and have 9 years of nursing experience. I have experience with a little bit of everything: SNF, med-surg, hospice and home care. I've been doing home care & hospice for the past 7.5 years. I received my wound care certification last year and love to do wound care and teach. I am married with 2 little ones! Chuck is 5 and Hailey is 2. We also have 3 dogs! Sadie (our golden retriever), Dani (our German shepherd) and Tyrion (our corgi). We love to take small day trips and enjoy family time. I'm very excited to start working for FVNA. It's nice to work for a small company that feels like family!



Jenny Drouin - August 6th

Cherrie Murray - August 22nd

FVNAH Hospice Ball Updates



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**

*Thank You to Our 2023 Hospice Ball
Sponsors!*

GOLD SPONSORS



SILVER SPONSORS



Seufert Law



AMETHYST SPONSORS

ProCare
HospiceCare



SAPPHIRE SPONSORS



Join our Team!

*Director of Fundraising

*On Call Registered Nurse

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

*LNA - \$1500 sign on bonus

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

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

STAY CONNECTED

Visit our Website



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

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