

July 2023 Newsletter



*"Where liberty dwells, there is my country."
- Benjamin Franklin*

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

This July, we recognize International Self-Care Day on Monday the 24th. Medical professionals have been recognizing Self-Care since the 1950s, and it became **International Self-Care Day** in 2011. It has not always been seen as a necessary part of human wellness as it is today. It was founded to increase awareness of the importance of self-care and to provide people all over the world with the necessary information and skills to actively participate in

their overall wellness. This day is to encourage individuals everywhere to prioritize self-care and make it part of their daily routine. Self-Care can look different for everyone and can range from getting proper nutrition, sleep, and exercise to activities that allow the individual to work through everyday stressors. These activities can be meditation, socializing, beauty services, etc. Self-care has many benefits such as decreasing anxiety/depression, help achieve personal goals and can help increase self-confidence. Don't forget to celebrate Self Care day by prioritizing YOURSELF and your wellness!

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



We also want to take the time to celebrate our very own Cherrie Murray for everything she has done and continues to do for the Franklin VNA & Hospice! Cherrie has been with the agency since 2019 and was brought aboard as an Executive Assistant. Since her start with us, she has taken on many roles within the agency to ensure it runs efficiently. Some of these roles include Human Resources, IT assistance, as well as coordinating all of our monthly employee engagement events! The employee events include BBQs, staff celebrations/recognitions, and after hours activities such as painting, bingo and crafts! All of these things are only some of what Cherrie does not only for our staff, but the patients we serve as well. Please join us in celebrating Cherrie for all she does every day!



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](#)



[July 24th is International Self-Care Day](#)

International Self-Care Day is celebrated on July 24th. It stresses the importance of self-care as the cornerstone of wellness. On this day, individuals throughout the world are encouraged to make self-care a part of their everyday routines and turn it into a priority.

Did you know?

Self-care is a crucial cornerstone of health, and International Self-Care Day was established by the International Self-Care Foundation in 2011 to raise awareness about it. The celebration of International Self-Care Day on July 24 emphasizes the advantages of self-care that can be felt at any time of day or night, seven days a week, regardless of the season. The benefits of self-care, to put it another way, last a lifetime and are not limited to a single day. The International Self-Care Day simply provides a wonderful focus and a chance to publicize or reflect on self-care programs in action.

Revolving around a yearly theme, International Self-Care Day serves as a

focal point and an opportunity to increase awareness of healthy living and self-care programs all over the world. The concept of self-care has been around for a while, but it has recently received a lot of attention because of its emphasis on wellness. This can include anything from following a healthy diet and practicing proper cleanliness, to developing disease-prevention strategies in one's daily routine.

Significant progress has been achieved in the availability and accessibility of novel self-care interventions, and the self-care movement continues to rise. A wide range of health issues, from mental health to therapy for chronic diseases, can now be self-administered thanks to new approaches and technological breakthroughs.

Source: <https://nationaltoday.com/international-self-care-day/#:~:text=International%20Self%2DCare%20Day%20is,turn%20it%20into%20a%20priority.>



Self-Care Ideas that Go Beyond the Cliche'

- *Take care of your space.* Declutter, wipe down surfaces, or reorganize. Sometimes it can be hard to find the motivation to do chores or clean up, but once it's done, you'll feel fresh and clear-headed.
- *Rearrange your furniture.* You can make a new meditation spot, or just change up your desk layout, but getting a fresh perspective can make all the difference.

- *Bake something yummy.* Try a new recipe, and don't you dare skimp on the chocolate chips.
- *Hang out on your porch, deck, or backyard* and enjoy a slow moment outdoors. Listen to the wind chimes, gaze up at the sky, or just rock in place for a few peaceful moments.
- *Start a hobby just for you.* Don't make stuff to monetize, and don't feel like you need to share it on the internet. Whether it's making mosaics, riding your Peloton, or collecting mechanical keyboards, do your thing!
- *Don't just pick up a hobby;* pick up a screen-free hobby that will transform your "just another five minutes" habit on Twitter into a full-blown skill (knitting, anyone?)
- *Give yourself time to do nothing at least once a week.* Whether "nothing" means taking a nap or watching a mindless TV show to help you get into a relaxed state, you deserve it!
- *Get yourself a little treat.* No, there is nothing better than an iced coffee or a little candy bar at the gas station. We rest our case.
- *Sign up for a fun exercise class or activity.* It doesn't have to be power weightlifting; you can enjoy dance or Zumba, or join an intramural sport like baseball or badminton! It's always easier when you have a buddy.
- *Make time for personal grooming.* Brushing your teeth or taking a shower are sometimes Herculean tasks, so we're proud of whatever your hygiene habits look like today.
- *Stretch those muscles.* Just a few minutes of stretching can set you up for success every day.



Sarcoma Awareness Month runs for the whole of July. We've included a few details about Sarcoma here.

Sarcomas are rare cancers that develop in the muscle, bone, nerves, cartilage, tendons, blood vessels and the fatty and fibrous tissues.

A Little Bit About Sarcoma:

If you are wondering what sarcoma is, it is a type of cancer that occurs in various locations of the body.

'Sarcoma' is the general term used to refer to a broad group of cancers that begin in the soft tissues and bones.

Soft tissue sarcoma forms in the tissues that connect, support, and surround other body structures, including muscle, fat, blood vessels, nerves, tendons, and the lining of your joints. There is not only one type of sarcoma but actually more than 70 types. Sarcoma treatment varies depending on the type of sarcoma, location, and other factors.

Five Important Facts About Sarcoma:

- **Sarcomas are rare:**

Sarcomas are rare in adults — approximately 1% of all adult cancer diagnoses are sarcomas.

- **Sarcoma can develop in any part of the body:**

The most common areas of sarcoma tumors are the legs, hands, arms, head, neck, chest, shoulders, abdomen, and hips.

- **The cause is unknown:**

While there are a number of risk factors, the actual cause of sarcomas is unknown.

- **They're difficult to detect and diagnose:**

Sarcomas are difficult to detect and are often misdiagnosed because they are so rare and can take multiple forms in multiple locations.

- **Get a second opinion:**

With sarcomas, it is important to seek the best possible care to improve your chance of survival — always get a second opinion.

Hydrate for Better Health

Hydrate, hydrate, hydrate! We've probably heard it a million times, and because of that we started to tune it out - this is called neural adaptation, in case you were wondering. So why the pressure to drink water? First, it doesn't need to be water. It can be around 90 ounces of any liquid, except alcohol since that causes some other dehydration-related problems. Second, it doesn't even have to be liquid! Soup, gelatin, or anything that will melt into a liquid count, as do juicy fruits like watermelon or even some vegetables like tomatoes!

So now that you have a few new ways to help with that hydration, let's look at why it's so important. ***The American Heart Association notes that keeping hydrated helps the heart pump blood more easily, and helps muscles work efficiently.*** This is why, when we get dehydrated, we may faint, feel weak, or even have a heart attack or stroke. A 2015 research article in the American Journal of Neuroradiology found that ***dehydration also affects our brain volume.*** Studies are even looking at the link between dehydration and an increase in asthma attacks and COPD flare-ups. In fact, to keep those critical systems hydrated, our body will steal water from our other body cells, causing them to shrink and causing additional problems for us, like sunstroke.

Sunstroke, or heat stroke, is when our body temperature rises too high and damages our kidneys, heart, and brain. This damage can become permanent, and even death can result, like during the 1995 Chicago heat wave that led to 739 heat-related deaths!

Our bodies are mostly water. According to the USGS, the brain and heart are composed of 73% water, and the lungs are about 83% water. Our skin contains 64% water, muscles and kidneys 79%, and even our bones are 31% water. So, this summer, and really year-round, make sure you are drinking your water or eating

HYDRATING FOODS AND VEGGIES



TOMATO



GRAPEFRUIT



WATERMELON



BROCOLLI



CAULIFLOWER



CARROTS



CUCUMBER



CELERY



STRAWBERRY



SPINACH

THE BENEFITS OF HOME CARE



COMFORT OF HOME

Home care allows seniors to remain in the comfort and familiarity of their homes for as long as possible.



PERSONALIZED CARE

Caregivers are trained to know exactly what is needed and are focused on the one present and not multiple residents at once.



PEACE OF MIND

The elder receiving the care and their loved ones can have peace of mind knowing they're not alone and help is there.



QUALITY OF LIFE

As we age, everyday tasks like cooking, cleaning, and bathing can be a struggle. Caregivers can assist with these tasks and help make this change as comfortable as possible.



AFFORDABLE CARE

Home care is one of the more affordable options compared to residential facilities. This can allow families to save money for medical expenses and other costs.

What are the Benefits of Home Care Services?

- 1. Home care offers cost savings.** Many times, an aging loved one is placed in a long-term care facility when they're no longer able to manage one aspect of their care at home. By providing only the services people need at home, home care can significantly reduce not only the cost of care but also the burden on patients and families.
- 2. Home care maintains dignity.** While long-term care facilities aim to provide the best experience possible, many aspects of care in those facilities are undesired, like sharing personal spaces (bedroom, bathroom) and having many different caregivers assist with toileting and bathing.
The importance of home care is also reflected in the fact that patients who receive home care have the benefit of establishing trusting relationships with consistent caregivers and are able to receive care in the privacy of their home.
- 3. Home care soothes the heart and soul.** Aging can come with a variety of challenges and obstacles, including losing loved ones as they age and pass away, losing the privilege to drive, and losing overall independence.
The importance of home care is that it allows people to hang on to the things that mean the most to them while still getting the assistance and care they need: the familiarity of home, the comfort of their own bed, and all of the memories made at the home throughout the years.
- 4. Home care provides safety benefits.** Our aging population is at higher risk of falls due to reductions in vision, hearing, balance, and mobility. Unfamiliar surroundings can increase this risk. Potential hazards like rugs or small steps may not be anticipated in advance.
By providing the assistance they need in an environment they know well, home care providers can reduce the risk of surprises, falls, and debilitating and painful injuries.
- 5. Home care promotes nurturing relationships.** Sadly, many elderly people

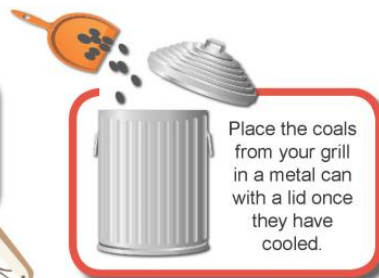
find that their relationships with loved ones change when they move out of their home.

But patients who are able to receive care in their own home can welcome guests, invite family overnight, and have private conversations without interruption. They can receive phone calls and house calls whenever they choose with no limit on visiting hours.

6. Home care allows loved ones a choice. Home care serves a critical role in the healthcare system by allowing patients more opportunity to make decisions about their care. It's very difficult, in most cases, to move out of a facility once a person has moved in. So, choosing home care while it's a viable option is a way to keep options open as long as possible.

It's Officially "Grilling Season"!

Here are Some Important Safety Reminders:



**STAY FIRE-SAFE
THIS SUMMER!**

For more information and resources, visit
www.usfa.fema.gov and www.nfpa.org.



July Calendar of Events

July 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3		Foot Clinic 	6		8
9	10	11	Foot Clinic 	13	14	15
 16	17	18	Foot Clinic 	20	21	22
23	 24	25	Foot Clinic 	27	 28	29
30	31	Notes				

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

Calling All Baseball Fans!



TICKETS
\$ 12
SECTION 114

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

**DELTA DENTAL
STADIUM
MANCHESTER**

GAME STARTS
06:05 PM

FISHER CATS

| VS |

**SOMMERSET
PATRIOTS**

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

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

**HAPPY WORK
ANNIVERSARY!
TRULY COULDN'T
IMAGINE THIS
TEAM WITHOUT
YOU.**

Parade!



Rachael Dargie
Celebrating **ELEVEN YEARS**
on July 2nd!



Mandy Weed
Celebrating **FOUR YEARS**
on July 22nd!



Amy Sue Dulucia
Celebrating TWO YEARS
on July 26th!



Heather Fortin
Celebrating FOUR YEARS
on July 16th!

***You are all AMAZING! Thank you for everything you do
here at FVNAH!***



Sherry Wilcox - July 1st

Kim Edgren - July 16th

Jenny Druin - July 25th

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!***

Franklin
VNA & Hospice
2nd
Annual
HOSPICE BALL
Thank You
SPONSORS!!!

GOLD SPONSORS



SILVER SPONSORS



Seufert Law



SAPPHIRE SPONSORS



Signature Cocktail Contest Information:

The Hospice Ball Signature Cocktail Contest has come to a close, and our mixology aficionados will be working on making the final selection for the signature cocktail of the evening. The 2023 Hospice Ball will take place November 4th at the New Found Lake Inn in Bristol, New Hampshire.

The winner will be announced at **5pm on Monday, July 10th, 2023**, on the Franklin VNA & Hospice Facebook page.

STAY TUNED!

A Big Thank You to Our Employee Engagement Sponsor for June!



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



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