

Franklin 
VNA & Hospice

September 2023 Newsletter

Hello
September

"September has come, it is hers whose vitality leaps in the autumn, whose nature prefers trees without leaves and a fire in the fireplace." — Louis Macneice

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

The month of September marks the changing of the seasons from Summer to Fall, children returning to school, leaves changing colors, pumpkin flavored everything popping up in the stores and restaurants, and local rural fairs. September is a somber month for many. In September we remember and mourn the 2,977 innocent lives lost in the September 11, 2001 terrorist attacks and the thousands of others who were injured and long-term health effects have arisen as a consequence of the attacks. September is also **Childhood Cancer Awareness Month** where we raise awareness to the 17,000 children who are diagnosed with cancer every year. Cancer is the leading cause of death by disease in American children, resulting in the death of approximately 1,800 kids each year. This is a horrifying statistic.

National Rehabilitation Awareness Week is from September 18-24th. This is a time to acknowledge the many benefits that can arise from rehab programs and the positive impact that these services have on the lives of people in need. At Franklin VNA & Hospice we have a skilled rehab team consisting of physical therapists, physical therapy assistants, occupational therapists, and occupational therapy assistants. Our physical therapists are best known for their ability to decrease pain and improve weak muscles and joints and for helping individuals who are recuperating from an accident or surgery get back to the everyday living that they were used to. Our OT's help individuals by using various strategies, adaptive equipment, rehabilitative strategies, and health and wellness techniques to improve one's ability to engage in daily activities that we enjoy when we are experiencing physical health concerns, poor mental health, or are experiencing a decreased quality of life due to aging. Our team of therapists are available when you need us. If you, or someone you know, could benefit from therapy services give us a call at 603-934-3454 or visit franklinvna.org.

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



Memory Brick and

Hospice Volunteers Truly Make a Difference

Volunteering can be one of the most powerful experiences a person can have. When you volunteer you give your time to help touch the lives of others, and when that volunteering is for those who are on home Hospice, you gain the opportunity to change someone's life for the better. Franklin VNA & Hospice is hosting a free volunteer training on Thursdays from September 21st to October 12th from 1-4pm. Lunch is provided. This 4-week session focuses on how to provide comfort, support, and a reassuring presence to Hospice patients and their families. You must attend each class in order to get your certificate.

Every day, hospice volunteers touch the lives of our patients and their families. Whether you are listening to a patient's stories, reading to them, preparing a meal, holding their hand while listening to soothing music, or running an errand, each kind gesture makes a huge impact on those we serve. Will you spend two or more hours a week making a difference in life of another? Volunteers can offer companionship, respite care, and their own unique skills to assist patients and their family members in the community. There are some skills which are especially valued in volunteers – the ability to play an instrument or provide registered pet therapy are two very sought-after qualifications for a hospice volunteer.

Whether you volunteer one-on-one with our patients and their families or behind the scenes in the office, you will be a valuable member of our hospice team. If you're looking to make a difference in someone's life, and perhaps change your own as well, Hospice volunteering may be exactly what you're looking for. Registration is required. Contact Cherrie at 603-934-3454 or at cmurray@franklinvna.org to register.

You have a choice in your homecare provider. Choose local. Choose Franklin VNA & Hospice.

**For more information, call Franklin VNA & Hospice at (603) 934-3454 or visit www.FranklinVNA.org Your choice, your local VNA.
75 CHESTNUT STREET FRANKLIN, NH 03235**

Franklin
VNA & Hospice



Hospice Volunteer Training

Let your volunteer time make a life changing difference. Become a Hospice Volunteer.

Join us for a free four-week training that focuses on how to provide comfort, support, and a reassuring presence to Hospice patients and their families.

You must attend each class in order to get your certificate.

Registration is required.
Contact Cherrie Murray at 603-934-3454
or cmurray@franklinvna.org to register

September 21st 1-4pm

September 28th 1-4pm



October 5th 1-4pm

October 12th 1-4pm

****Lunch is provided ****

75 Chestnut St, Franklin

Hospice Myth vs. Fact

Myth: Enrolling in hospice means giving up on living.



Fact: Enrolling in hospice is choosing to focus on quality of life and focused care. People enrolled in hospice actually live, on average, 29 days longer.

Myth: To get hospice care, I will have to leave my home for an inpatient facility and give up my primary care doctor.



Fact: Hospice is not a place, it is a service. 67% of hospice patients receive hospice services in their own homes.

Myth: Hospice care is expensive and my family won't be able to afford it.



Fact: Hospice is often available at little or no cost to the patient. Hospice is a covered benefit under Medicare and many private insurance companies.

Myth: Hospice care is just for people with a cancer diagnosis.



Fact: Hospice serves people of any age dealing with any life-limiting illness, and is not limited to those with a cancer diagnosis.

Myth: All hospice providers are pretty much the same.



Fact: Hospice providers are independent from one another and can be profit or not-for-profit, providing a wide range of different services.

Myth: If it's time for hospice, my doctor will talk to me about it.



Fact: Many doctors wait for the patient to bring up hospice, leading to late enrollment. Families and patients often wish they had enrolled in hospice earlier.

Sources: Comparing hospice and nonhospice patient survival among patients who die within a three-year window, Journal of Pain Symptom Management, 2007 Mar;38(3):238-46; Quality of Life in Hospice Patients With Terminal Illness, Western Journal of Nursing Research, 2004, 26(1), 113-128; NHPCO's Facts and Figures, Hospice Care in America, 2014 Edition

Coming Soon in October



GRIEF SUPPORT GROUP

FALL

2023

October 24th - November 21st
Tuesdays from 2pm - 4pm

A FREE five-week series designed to provide a caring environment to discuss loss and grief.



To Register, call 934-3454
or email
jjenny@franklinvna.org

*Grief is a journey you
don't need to travel
alone.*

We Will Never Forget
9.11.2001



PATRIOT DAY | SEPTEMBER 11

Patriot Day on September 11th honors the memory of the nearly 3,000 innocent victims who died in the September 11, 2001, terrorist attacks. Each year Americans dedicate this day to remembering those who died and the first responders who risked their own lives to save others.

PATRIOT DAY HISTORY

- September 13, 2001 – In the immediate aftermath of the terrorist attacks, President George W. Bush proclaimed Friday, September 14, 2001, as a National Day of Prayer and Remembrance for the Victims of the Terrorist Attacks on September 11, 2001.
- August 31, 2002 – President George W. Bush proclaimed Friday, September 6, through Sunday, September 8, 2002, as National Days of Prayer and Remembrance.
- September 4, 2002 – President Bush proclaimed September 11, 2002, as the first Patriot Day.
- September 9, 2016 – President Barack Obama proclaimed September 11th as Patriot Day and National Day of Service and Remembrance.



LABOR DAY | FIRST MONDAY IN SEPTEMBER



Labor Day on first Monday of every September recognizes the men and women who labor to build this country. Through a time-honored tradition with roots in the coordinated efforts of the labor movement of the 1800s, we salute the American workforce.

Since the founding of the United States, the country has relied on its workforce for its infrastructure. From its streets and buildings to its transportation and security, the nation runs on labor. The labor of what we create, build and harvest fuels our education and inspires our dreams.

This National Day also signals the official end of summer. Those who work hard, need time to play, too. With the school year starting and summer winding down, the long weekend beckons. They use the extra day earned to spend with families and catch some R&R. Some will explore cities while others will seek outdoor adventure. No matter where it's spent, it's well earned.

HISTORY OF LABOR DAY

On September 5, 1882, **Labor Day** first honored workers in New York City. The observance later moved to the first Monday in September in 1884. However, the observance wasn't



officially recognized by any government entity until 1885 when a municipal ordinance was passed. Interestingly, Oregon recognized the day in 1887 before New York state's bill passed. As more states recognized the observance, its popularity grew. Then, in 1894, Congress declared the day to be a national observance.

September 13th is National Celiac Disease Awareness Day

Every year on September 13th, National Celiac Disease Awareness Day encourages us to support those with the auto-immune disease affecting 3 million people. Those with celiac disease avoid gluten due to the immune response that damages the villi in the small intestine. Over time, the damage prevents the absorption of nutrients into the body. Grains such as wheat, barley, rye, and even some oat products contain gluten. The destruction is irreversible and the only known treatment is a carefully controlled diet.

National Celiac Awareness Day promotes the importance of diagnosis as well as bringing resources and support to those who have already been diagnosed. Alternative meal preparation, diet suggestions, and celiac support groups help families provide nutritional lifestyles.

Celiac Disease

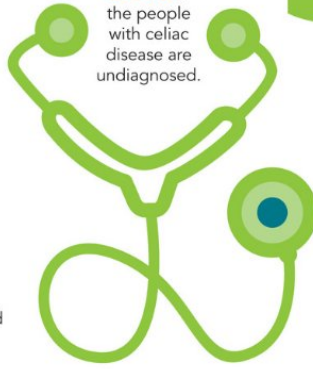


CELIAC DISEASE IS A SERIOUS GENETIC AUTOIMMUNE DISEASE.

1 in 133 people in the United States have celiac disease. That's approximately 3 million people.



83% of the people with celiac disease are undiagnosed.



LEFT UNDIAGNOSED AND UNTREATED, people with celiac disease are at-risk for other serious health consequences, such as osteoporosis, anemia, thyroid disease, and even certain cancers.



CURRENTLY, THE ONLY TREATMENT FOR CELIAC DISEASE IS A STRICT GLUTEN-FREE DIET.

Celiac disease is the only autoimmune disease with a known trigger—**GLUTEN**. Gluten is the protein found in wheat, rye and barley and foods and drinks that contain these grains.



September 27th is National Day of Forgiveness

National Forgiveness Day

“Forgiveness liberates the soul. It removes fear. That is why it is such a powerful weapon.”

- Nelson Mandela



Who hasn't been hurt by the actions or words of another? But if you don't practice forgiveness, you might be the one who pays most dearly. By embracing forgiveness, you can also embrace peace, hope, gratitude and joy. Consider how forgiveness can lead you down the path of physical, emotional and spiritual well-being.

What are the benefits of forgiving someone?
Letting go of grudges and bitterness can make way for improved health and peace of mind.

Forgiveness can lead to:

- *Healthier relationships
- *Improved mental health
- *Less anxiety, stress and hostility
- *Lower blood pressure
- *Fewer symptoms of depression
- *A stronger immune system
- *Improved heart health
- *Improved self-esteem

September Calendar of Events

September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30 Foot Clinic 	31	1	2
3		5	6 Foot Clinic 	 New Hampshire Day	8	9
10 	1 	12 FVNAH Nite @ Fisher Cats 6:15pm	13 Foot Clinic 	14	15	16
17	18	19	20 Foot Clinic 	21 Hospice Volunteer Training 1-4pm	22	23
24	25	26	27 Foot Clinic 	28 Hospice Volunteer Training 1-4pm	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

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

**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

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

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

Meet Our Newest FVNAH Staff Members!

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Baylor RN

Hi, I'm Joanna R. I knew I wanted to be a nurse at age 8. I was at Hitchcock clinic for an appointment sitting with my mom in the waiting room when I saw a nurse walking down the hall with a red stethoscope around her neck. I told my mom at that time that I want to be a nurse, have a red stethoscope and work at the Hitchcock clinic. I did all three. I've been in the medical field since I was 16 years old. I started as an LNA in a nursing home. Then I was a Medical Assistant, LPN and finally, August 2003 a Registered Nurse.

My experience includes, ICU, IMCU, telemetry, home care case management and administrative nursing. I cannot imagine doing anything else.

I enjoy gardening, but basically, I enjoy most outdoor activities.



Director of Fundraising

Hi, I'm Ryan H. I am a retired police officer after 23 years of service with the City of Concord NH. I spent many years in the Community Resource Unit. I was most recently employed at New England College as the Event Planner. My wife Shelley and I have two children, Camryn 18 and Lauren 16. In my spare time, I enjoy running and participating in road races.



Franklin VNA & Hospice is thankful for Ann Moser, RN. After 15 years of providing patient care as a nurse, of which the last 3 years have been with Franklin VNA & Hospice, Ann has decided to retire

Happy Retirement!



As you go into this next phase of your life, may you enjoy the very best that life has to offer.



and travel the world. The patients and staff at Franklin VNA & Hospice are going to miss Ann dearly and wish her the best in her retirement. As you go into this next phase of your life, may you enjoy the very best that life has to offer!





Kim Labombard, RN

Kim celebrates two years with FVNAH as an RN Case Manager on September 7th.

Thank you for everything you do for us and for our patients!



Cherrie Murray

Cherrie celebrates four years with FVNAH as Executive Assistant to the CEO and HR Coordinator on September 16th.

We appreciate all your hard work and dedication to our agency!



Amy Sue D. - September 17th

Toni F. - September 27th

FVNAH Hospice Ball Updates



Tickets will officially be on sale beginning September 1st! Purchase yours using the link below! We look forward to seeing you there on November 4th!

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.

Buy Your Hospice Ball 2023 Tickets Here

Thank You to Our 2023 Hospice Ball Sponsors!

Thank You
SPONSORS!!!

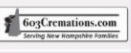
GOLD SPONSORS



SILVER SPONSORS



AMETHYST SPONSORS



SAPPHIRE SPONSORS



Thank! You!

2023 Hospice Ball Donors

Join our Team!

*On Call Registered Nurse

*LNA - \$1500 sign on bonus

*Homemaker

*Physical Therapist

*Occupational Therapist

<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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