Paddles Up! Rowers Take to the Lake in Support of Hospice Care

Respite House Named Dragonheart Vermont 2019 Pledge Partner

Since 2006, our friends at Dragonheart Vermont, joined by teams from across the region, have convened on the Burlington waterfront each August to paddle the iconic dragon boats in support of cancer survivors in Vermont. A significant fundraising and community awareness event, each year festival organizers choose a non-profit beneficiary whose work positively impacts individuals and families who have been touched by cancer. This year we are honored to be on the receiving end of this incredible generosity.

The Respite House has provided residential hospice care and support to cancer patients and their families for almost 30 years. In fact, in 2018, nearly 60% of the residents served by Respite House had a primary diagnosis of cancer.

While each person’s path to the Respite House is different, residents all share one thing in common: the need for a level of hospice care that goes beyond what is possible at home. Perhaps their symptoms are too complex to be managed outside a residential setting. Maybe they live alone without the support of a family caregiver. Some residents may be facing a terminal diagnosis while also struggling with inadequate housing or homelessness. Respite House is truly a safe haven for so many of our friends and neighbors.

Dragonheart Vermont leaders recognize both the important role Respite House plays in the community and the need to ensure this unique resource is available to anyone who needs it, regardless of their ability to pay. The greatest challenge facing Respite House is supporting the growing number of residents who qualify for no-fee or greatly reduced rates for their non-medical room and board. Last year, true to our mission, the Respite House provided more than $500,000 in charitable care.

As the 2019 Pledge Partner, funds raised from this year’s event will allow Home Health & Hospice to establish the Respite House Care Fund to help defray the cost of providing care to residents who otherwise wouldn’t be able to afford room and board.

“When a person is in the last chapter of his or her life, being able to live their remaining days with dignity, free from pain, while receiving compassionate care in our hospice home is a gift,” says Tara Graham, Executive Director of the Hospice and Palliative Care Program. “We are incredibly grateful to Dragonheart Vermont for helping to ensure the Respite House experience remains available based on need rather than financial resources.”

If you would like to donate and support our Home Health & Hospice team, Graceful Passage, please contact Ayeshah Raftery at raftery@UVMHomeHealth.org or (802) 860-4475.
Thriving in a Changing World

It’s been said that the one constant in life is change. While it can be by turns exciting or daunting depending on the circumstances, most will agree: It’s inevitable.

I’m pleased to report that here at Home Health & Hospice we are thriving in a time of great change. We are now one year into our affiliation with the UVM Health Network and we are already seeing patients benefit from our closer partnership. We are working collaboratively with our clinical colleagues from across the Network to redefine where and how care is delivered. We are piloting a program in which our nurses facilitate telemedicine physician home visits, and we are integrating home health nurses in primary care practices to better serve patients with multiple complex medical conditions, among other initiatives.

Healthcare reform efforts are driving change in Vermont and across the country. The good news is a renewed focus on keeping people well rather than treating them when they become sick, and the cost savings associated with keeping people out of the hospital, puts home health and hospice squarely in the spotlight. Our nurses and rehabilitation therapists can now provide a level of care in the home that was once only available in a hospital setting.

With such change comes opportunity. The need for home health and hospice services is growing rapidly and we are always looking to welcome new clinicians to the team. Home Health & Hospice is an exciting place to work for staff who bring a strong clinical background, a sincere desire to work closely with patients and leadership skills together to make a positive impact in the community. If you or anyone you know would be interested in learning more, please see the Careers section on our website.

If a new job is not your goal, there are many other ways to be a part of our family! I hope you’ll consider joining me at the 5K Fun Run & Walk or the Lake Champlain Dragon Boat Festival to raise funds in support of our beloved Respite House.

Spring seems a long way away when we are still battling the wind chill. But this too, will change.

Until then, stay warm!

Judy Peterson
President & CEO

Let’s Get Social

Follow us on social media for more Home Health & Hospice stories

Facebook
@UVMHealthNetworkHomeHealthandHospice

Instagram
@uvmhomehealth

Twitter
@uvmhomehealth
Bringing the Pieces Together
Memory Care and Personal Care Make a Good Fit

Lillian Swann has put together the puzzle pieces of an exciting life over the last 92 years—one filled with a love of books, word games, her late husband, children, great- and great-great-grandchildren—and even puzzles themselves.

Five days a week for the past six years, Lillian has enjoyed these activities at our South Burlington Adult Day Memory Care Program (ADP).

“I like it here,” Lillian said, as an ADP caregiver placed a cup of coffee in her hand. “They treat me well.”

Lillian has experienced slow-advancing memory impairment over the past decade. When her husband died in 2007, she moved in with her son Bill here in Vermont where she qualified for Choices for Care, a Medicaid long-term care program for Vermonters who need a nursing-home level of care.

“I was working at the time, so finding a place for her to go during the day was important,” Bill said. “It gives me peace of mind knowing she’s interacting with people other than just me.”

Even though Bill, now 65, is no longer working, Lillian still catches an SSTA bus each day to ADP, finding companionship with her peers.

“Coming here gives me something to do rather than sitting at home all day long,” Lillian said.

She follows a steady routine, starting her day off with a visit from a Home Health & Hospice personal care attendant (PCA) for a shower, dressing and bed change. These Choices for Care services offer Bill respite from the ongoing care he provides for his mother.

“He takes care of me like I used to take care of him,” Lillian said, expressing a common role reversal for adult children caring for a parent in memory care.

PCA and memory care services are two pieces of Lillian’s puzzle that intertwine nicely. At ADP, she eats nutritious meals and receives medication management. Without this structured routine, both would be a challenge.

A diabetic, Lillian started at ADP with extremely high blood sugar. The onsite ADP nurse worked with Lillian’s physician and ADP caregivers to modify her diet: ADP meals and snacks now provide 70 percent of her daily nutritional needs.

The result? Lillian lost weight and takes less insulin.

“She’s healthier now than when she started with us at age 87, which shows the value of having an onsite nurse,” ADP Manager Diane Olechna said. “Lillian’s physical, emotional and mental health have all improved.”

According to Olechna, such improvements are common among ADP participants. The services loved ones receive at ADP allow them to stay at home longer, despite their increasing memory issues and age. The person-centered care also stabilizes individuals and helps keep them out of the hospital.

Some days, Lillian prefers to sit on the outskirts of group activities and focus on a puzzle or a word game. Allowing her to do so is part of ADP’s person-centered approach. Participants socialize in an interactive environment but can also find their own niche to stimulate their minds and fine motor skills. As 5 pm nears, ADP participants begin trickling out as Lillian awaits her ride—while working on her latest puzzle.

Could your loved one benefit from our Adult Day and Memory Care Program?
Spend a free day at one of our three locations to see if the program is right for you and your family!

- South Burlington Adult Day Memory Care
  412 Farrell Street
- Essex Adult Day and Memory Care
  25B Pinecrest Drive
- Colchester Adult Day
  1110 Prim Road

Call Adult Day Program Manager Diane Olechna at (802) 860-4407 or email Diane.Olechna@UVMHomeHealth.org for more information or to schedule your visit.
From South Sudan to South Burlington
Alex Pial’s Journey to a Rewarding Career in Healthcare

For Alex Pial, LNA, caring for others is deeply rooted in who he is and where he comes from.

Pial is the latest winner of the Employee Spotlight Award—a new Home Health & Hospice initiative to recognize our hardworking and compassionate employees.

For the past 17 years, Pial has dedicated his life to caring for Home Health & Hospice clients. After short stints in private care and home health, Pial found his eventual “home” working at South Burlington Community Housing, an independent living community for adults with permanent disabilities.

“I learn something new every single day. I learn from the nurses, my coworkers, supervisors and the people I care for,” Pial said. “I love my job.”

For him, a job is more than a way to make money. Growing up in Sudan—now South Sudan—Pial experienced a long-fought civil war. He saw people die. He saw people suffer from sickness. He saw how easily people could have been cured if they had access to medication and care.

“We were living hand-to-mouth every single day and there was no sanitation, no clean water, no medication,” Pial said. “All of that contributes to me saying I need to work in healthcare. So I can care for people; I want to make them happy.”

Making people smile is just one of his many talents.

“He comes in with a positive attitude every day,” site supervisor Christine Hale said. “He’s always encouraging the team, and he has the patience of a saint. He’s the epitome of a good caregiver: reliable, trustworthy and confident in his skills.”

As Pial’s children grow up, he is teaching them about what healthcare access looks like in other countries. He is showing them they are lucky—and also that they have a choice to do something with their lives that’s good for others. “Because you’ll get a reward from it,” he tells them.

As our cultural landscape in Vermont becomes more diverse, Pial hopes it will bring varying perspectives to help us improve care for others.

“Our organization is over 100 years old now—we changed our name and we want to keep the new name, and our mission, alive with the good work we are doing,” Pial said.

Time to Remember
Ceremonies Honor Community Hospice Patients and Respite House Residents

The New Year is often a time to reflect on the year past—the things you did, the people you met. In 2018, our hospice and palliative care team met 531 new faces.

We honored these individuals during two recent remembrance ceremonies.

On November 11, 2018, loved ones and hospice staff gathered at the First Unitarian Universalist Church in Burlington for our 30th Annual Memorial Service, remembering the lives of hospice and palliative care patients who died between October 1, 2017, and September 20, 2018.

Each attendee lit a candle as their loved one’s name was read aloud. Music from Noyana, our volunteer-based group that sings to hospice patients and Respite House residents, filled the church. A few other local musicians performed, allowing time to reflect on fond memories of family members.

A similar gathering on January 13, 2019, at Malletts Bay Congregational Church brought families together who had a loved one die at Respite House in 2018.

“Seeing families at the ceremonies and sharing that time together affirms the work we do and the reasons we do it,” Tara Graham, Executive Director of our Hospice and Palliative Care Program, said. “It is a reminder of the meaningful connections that remain.”
In Memoriam

We deeply appreciate that Home Health & Hospice and its programs were named to receive memorial gifts between July 1, 2018, and December 31, 2018, in remembrance of the following people. We thank their families for honoring their loved ones in this meaningful way.

**Home Health Memorials**
- Richard Chase
- James Condon
- Rodney Dolliver
- Norma Giroux
- Dora Godfrey
- June Kenney
- Howard Nickerson
- Lyndol Palin
- Isabel Parent
- Susan Raabe
- Aline Robear
- Gerard Rubaud
- Joan Sargeant
- Lillian Wimble
- Sue Wood

**Hospice Memorials**
- Bonnie Bartlett
- Donald Bell
- Yvonne Bessette
- Dwight Burleson
- Gerald Dumas
- Carole Ferrigno
- Joseph Finnegan
- David Gretkowski
- Elizabeth Hatch
- Patricia Heavner
- Janice Hill

**Respite House Memorials**
- Nancy Jones
- Leroy Keith
- Dorothy Lahue
- Coralie Magoon
- Norman Marcotte
- Ellery Maxham
- Florence Moran
- Richard Murphy
- Roger Murray
- Nettie Mae Slattery
- Kenneth Stygles
- Cecilia Vining
- Elizabeth Wood

**Home Health Memorials**
- Marie Giroux
- Richard Goldsborough
- Marjorie Gomez
- Gary Greenwood
- Elizabeth Hakey
- Beverly Haskins
- Joan Hayden
- Matilda Horn
- James Horton
- Dorothy Hovey
- Angelo Iorlano
- Mervin Kaye
- Susan Kuhn
- Robert Landry
- Coralie Magoon
- Janet Makaris
- Ellery Maxham
- Janet Mayette
- Joan McCooey
- John McQuade
- John Newton
- Ghita Orth
- Mary Patnaude
- Glendon Pells
- Linda Pervier
- Allan Ploof
- David Plumb
- Fleurette Romprey
- Roland Roy
- Arthur Rye
- Eleanor Shepard
- Joyce Shepard
- Jacquelyn Swan
- Pauline Sicard
- Dianne Tatro
- Robert Sophia
- Judith Turner
- Jennifer Stanhope
- James Willis
- Sue Wood

**New Hire Announcements**

Please welcome our new team members

**Gretchen Bates, RN**
*Intake & Referral Manager*

Gretchen Bates, RN, joins us from the UVM Medical Center where she served in a number of nurse leadership roles in the Vermont Cancer Center and across multiple critical care sites. She now leads the team that admits patients to our clinical programs.

**Lindsay Gagnon, MSN, FNP-BC, ACHPN**
*Nurse Practitioner, McClure Miller Respite House*

Following several years working as an RN in southern Vermont, UVM College of Nursing and Health Sciences grad Lindsay Gagnon began focusing her practice on hospice and palliative care. Having spent the last six years on the UVM Medical Center Palliative Care team, she becomes our first nurse practitioner caring for residents at Respite House.

**Todd Patterson, OT, BSOT**
*Director, Home Health Services*

Todd Patterson joins us as Director of Home Health Services, overseeing nursing and rehabilitation services for adults and children. Todd brings varied experience in home health, hospital, outpatient rehab and nursing home care. He was most recently the Regional Director of Operations for Genesis Rehab, leading 15 clinical programs across Vermont.
Lace Up Your Sneakers to Support Respite House

Annual 5K Fun Run & Walk Registration is Now Open

We may be bundled up against the cold and snow right now, but warmer temperatures and spring sunshine are right around the corner. That means the Development team is hard at work planning for our signature event—the 5K Fun Run & Walk to benefit the Respite House.

Joggers, walkers, bikers and families with strollers and dogs in tow all take to the sidewalks of Colchester to raise funds to support Respite House and vital residential hospice care in our community.

For nearly three decades the McClure Miller Respite House has provided a warm home-like environment. Expert medical care and symptom management are provided in a beautiful, light-filled setting along with made-to-order meals, complementary therapies like massage and Reiki, spiritual support and more.

Help us reach our fundraising goal of $75,000. Every dollar raised at this event ensures compassionate, high-quality hospice care will be available to your friends and neighbors for years to come, regardless of ability to pay.

We hope to see you there!

SAVE THE DATE:
When: Saturday, May 11, 2019
Where: Malletts Bay School, Colchester
Time: Registration, 8 am
Race, 9 am

TO REGISTER:
www.UVMHomeHealth.org/run