

Visiting Nurse Service &
Hospice of Suffolk, Inc.

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Chief Executive Officer

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**VISITING NURSE SERVICE &
HOSPICE OF SUFFOLK, INC.**

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Visiting Nurse Service & Hospice of Suffolk is a participating agency of
The Townwide Fund of Huntington and the United Way of Long Island.



**UPCOMING EVENTS!
MARK YOUR
CALENDARS NOW!**

Paws for a Cause, Halloween Charity Dog Walk & Contest – Sunday, October 30, 2011

Bring out the pooches for this fun-filled fundraiser! The walk starts at 505 Main Street & proceeds down Main Street to Northport Village Park. Awards for best costume and photo contest in multiple categories. Onsite cat and dog adoptions through the League for Animal Protection of Huntington. Early registration fee is \$20.00. Sponsorships are still available.

Murder Mystery Improv Comedy Show – Friday, November 4, 2011 – Nocello Restaurant - 6:00 pm

Join us for an incredible night of live audience participation excitement on Friday, November 4, 2011 at 6:00 pm as we present, The Family... The Fun... and The Felony. \$50.00 per person includes dinner, dessert and coffee. Seating is limited, so reserve early for a fun-filled evening!

Holiday Fashion Show – Wednesday, December 7, 2011 – Nocello Restaurant - 12:00 pm

Hosted by Nocello Restaurant in Northport, proceeds from the annual fashion show benefit the Hospice House in East Northport. Fashions for less provided by the Community Thrift Shop of Huntington. Tickets are available for \$35.00 and include lunch, dessert and coffee. Door prizes and chinese auction. Seating is limited, so reserve early. If you are interested in modeling, please contact Barbara Sorelle at 631.930.9310

FOR MORE INFORMATION ON EVENTS, PLEASE CONTACT BARBARA SORELLE AT 631-930-9310



VISITING NURSE SERVICE & HOSPICE OF SUFFOLK, INC.

VISIT US ONLINE AT
www.visitingnurseservice.org

COMMUNITY FOCUS

NEWSLETTER OF VISITING NURSE SERVICE & HOSPICE OF SUFFOLK, INC.

Dear Friends of VNS & Hospice of Suffolk:

Quality of care has always been top on our minds when it comes to the home care and hospice services we provide, and now more than ever quality of care is on the minds of Medicare when it comes to health care services in general. For the last several years Medicare has been compiling data from which they have drawn the conclusion that they are not getting their money's worth when it comes to health care. We all know there is a financial crisis in the United States, but the cost of health care itself is seen as a major cause. Across the country, patients are being readmitted to hospitals within 30 days of discharge at a rate close to 20%, and the most costly medical conditions requiring recurrent hospitalizations are related to chronic diseases such as Congestive Heart Failure. Additionally, the Office of Inspector General reported in 2010 that 1 in 7 patients actually developed complications related to being in the hospital, from such adverse events as falls and infection. To address these concerns, provisions within the recently passed Affordable Care Act establish new payment models that reward health care providers for positive patient outcomes and penalize negative patient outcomes. Medicare also requires health care providers, including home care and hospices like ourselves, to contract with independent companies to obtain patient satisfaction data for publication. Familiarize yourselves with Medicare's website www.medicare.gov and use the drop down menu titled "resources" to select comparison data for

hospitals, nursing homes, physicians, and home care. In the months ahead Medicare will expand the scope of comparative data that you can review to be an informed consumer of your own or loved one's health care. At Visiting Nurse Service & Hospice of Suffolk we are proud of our many positive clinical outcomes, including our low re-hospitalization rates that demonstrate patients can be cared for safely and effectively in their own homes. We too are targeting those high cost chronic conditions with specific disease management protocols, not only to save money, but to provide better health and improve quality of life.



From our hearts to yours,
Linda Taylor, RN, BSN, MA
Chief Executive Officer

FALL 2011



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MAKING A DIFFERENCE EVERYDAY

THANK YOU TO ALL OUR GENEROUS SPONSORS:

Event Sponsor



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Breakfast

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Hunter EMS Ambulance
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Halfway House

Morgan Stanley Smith Barney
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Golf Balls

Nolan & Taylor-Howe

Refreshment Stations

Mutual of America
Brueggemann Funeral Home

Putting Green

BWD Group LLC

Driving Range

Dr. & Mrs. David Harris

7th Annual Golf Outing Up To Par in Excellence

Visiting Nurse Service & Hospice of Suffolk held its 7th Annual Golf Classic on Monday, August 1, 2011 on the beautiful grounds of the Huntington Country Club. The event was a huge success, having sold out every sponsorship level, as well as golf foursomes.

More than 120 golfers took to the course for an action-packed day on the green. After check in and a hearty breakfast, the game ensued where competitors vied for the win in multiple categories, followed by lunch and snacks on the course.

The revelry continued into the night with a wonderful cocktail reception and dinner, as 160 guests enjoyed the evening.

This year's honoree, Peter J. Nolan, of Nolan & Taylor-Howe Funeral Home, was awarded a special plaque in appreciation for all he does in and around the Northport community. He currently serves as Vice President of the Board of Trustees for Visiting Nurse Service and Hospice of Suffolk, but has been an active board member for over 10 years.



Pictured from left are Ron Duswalt, VNSHS board 2nd VP, Frank Petrone, Huntington Town Supervisor, Peter Nolan, VNSHS board 1st VP and this years golf classic honoree, VNSHS CEO Linda Taylor, Bob Cogliati, VNSHS board president, and Mark Cuthbertson, Huntington Town Councilman

For his exemplary service and dedicated career spanning over 45 years in the Northport community, Peter has many accolades to his credit. Beginning in 1965, he joined the Northport Fire Department, and still serves as the Hook and Ladder Co. Treasurer, and is Assistant Treasurer to the Department. In 1970 he joined Northport-East Northport Kiwanis Club, serving a term as President from 1979 to 1980, and remains active today. Initially a member of the Northport Village Board as Trustee in 1975, Peter was elected Mayor of the Village of Northport in 1978 and held the office for 20 years until 1998. In addition, Peter serves as Trustee on the Board of Directors at St. Philip Neri Parish and is a devoted church member. Peter and his wife Laure have been married for more than 30 years and reside in Northport Village.

To top off the evening, there was an exciting Chinese auction, where elaborate baskets were awarded to the lucky winners. An astounding \$30,000 was raised to benefit the Hospice House, and a wonderful time was had by all.

Unfortunately, due to inclement weather that developed in the afternoon, the game was cancelled prematurely and golfers were not able to complete their game. VNSHS has invited all golfers back to the Huntington Country Club on October 31 to play 18 holes of golf, weather permitting of course. Competitions on the course will include low gross, low net, nearest to the pin, longest drive, closest to the line, and a million dollar hole-in-one shootout.

Help Us Continue to Build Carve Your Loved Ones Name in Stone... Buy a brick today and help us pave the way.

The Hospice House Memorial Garden provides a unique memorial for loved ones and friends. Bricks and pavers are available for purchase.

Each reserved brick or paver will be engraved according to the donor's wishes.

Three options are available:

To reserve your commemorative brick or paver, please cut and complete the following:

Walkway Bricks

\$100 each

4" X 8" in size

14 characters per line including spaces;
up to 3 lines per brick.

Walkway Pavers

\$250 each

8" X 8" in size

14 characters per line including spaces;
6 lines per paver.

Walkway Granite

Pavers \$500 each

Deluxe granite material

8" X 8" in size

14 characters per line including spaces;
6 lines per paver.

Hospice House Memorial Garden Brick/Paver Reservation Form

Please mail completed form to:
Visiting Nurse Service
& Hospice of Suffolk
505 Main Street
Northport, NY 11768

Donor Name: _____

Address: _____

City: _____ State: _____ Zip: _____

I wish to purchase _____ walkway brick(s) at \$100 each. \$ _____

I wish to purchase _____ walkway paver(s) at \$250 each. \$ _____

I wish to purchase _____ walkway granite paver(s) at \$500 each. \$ _____

(Engraving instructions will be requested from you at a later date.)

TOTAL \$ _____

I enclose a check made payable to Visiting Nurse Service & Hospice of Suffolk.

I wish to charge my credit card # _____

Exp. Date ____/20____ (VISA/MasterCard) Only

Signature _____

My gift(s) above are made in tribute to a loved one or special friend.

In memory of In honor of

Send Notification to:

Name: _____

Address: _____

In memory of In honor of

Send Notification to:

Name: _____

Address: _____

What is a Bereavement Retreat and Why Would a Family Attend One?

by Patricia Walsh Pérez, RN, PMHCNS-BC

A bereavement retreat presented annually for the last 12 years by Visiting Nurse Service & Hospice of Suffolk, is an event that provides a safe and private place for the family following the loss of a loved one. The retreat may be the first family trip since the loss and the first opportunity for them to be away from the bustle of commitments. It provides freedom from daily routines, and allows the family to slow down and be together as a grieving “unit”. Often families are not given the opportunity to learn how their loss has affected each individual member, or how the loss has affected their abilities to support one another. Families that respect each member’s differences in grieving, learn to communicate those differences, and negotiate the compromises of family life report a more supportive and comforting home environment.

Therapeutic structured activities provide an opportunity for memory work and the creation of family rituals. Activities include a family scrapbook, group work with peers, a dune walk, the making of a quilt honoring all lost loved ones, and a planting at the remembrance garden at the Montauk Lighthouse. The retreat ends with a special closing ceremony that includes a ritual release based on Native American spiritual legend. The retreat also provides time for families to spend a “vacation”, as they share community meals, resort offerings, and free time. Long term friendships have been made as a result of sharing the retreat experience with others.

The retreat takes place every fall in Montauk, known for its peacefulness, its beaches, and famous lighthouse, on the eastern most point of the south shore of Long Island. The clinical staff are all professionals, experienced in the therapeutic process of grief and mourning. The content of each retreat is based on the needs of the families attending, having been determined in advance by individual family consultations. Families leave the retreat with the memory of a place of tranquility and emotional safety during their grief experience.

This year’s retreat will be held on October 22nd and 23rd. Families who have experienced hospice, as well as community families participate in the retreat.



Pictured with Robert Cogliati, President of the Visiting Nurse Service & Hospice of Suffolk Board of Trustees and VNSHS CEO Linda Taylor is Tiffany Fransen, recent Northport High School graduate and recipient of the VNSHS Helen Strobl Memorial Scholarship Award. Tiffany is attending Broome Community College with a major in Nursing. Her goal is to specialize in pediatric or obstetrical nursing. Pictured far left is Tiffany’s mother, Theresa Fransen. Congratulations Tiffany and good luck!

Honor Society Kids Raise Money for Hospice House

It was a perfect sunny morning on Saturday, July 30th when Northport National Honor Society students held a charity car wash at Visiting Nurse Service & Hospice of Suffolk on Main Street in Northport. The event was held from 9:00 am to 1:00 pm, and in that short time the students raised more than \$900, with all proceeds benefitting the Hospice House, located on Laurel Road in East Northport

In wanting to reach out and give back, Ronnie Colatosti, a junior at Northport High School created, organized, and ran the fundraiser, thinking that it would be a great way to raise awareness of the importance of hospice in the community.

Ronnie, along with Tucker Ingraham, also a junior at NHS and an Honor Society student, spent a few hours earlier in the week asking local business owners to help promote the car wash by posting flyers in their businesses. Over 100 flyers were given out, and as is customary in Northport where one hand washes the other, business owners were quite receptive and happy to oblige the boys' efforts.

In total, 17 students showed their support to help wash cars, and a fun time was indeed had by all. Some labored and cleaned cars, while others worked by marketing their bright and bold signs on Main Street, gesturing people to stop in.

Champion Hand Car Wash generously donated a coupon for one free car wash to patrons, and the Flower Basket supplied colorful balloons, which the kids placed in front of the VNSHS building to attract customers.

All that was asked of folks was that a free will donation be made in exchange for having their car washed. The kids were more than grateful to the many people who came and gave much more than they would ordinarily for a professional car wash in support of the cause. At the end of the day they wound up having orchestrated a very successful fundraiser, and had a wet and good time on a hot, summer day!



Tucker Ingraham (l) and Ronnie Colatosti (r), both juniors at Northport High School were instrumental in organizing the car wash.

THE FAMILY, THE FUN, THE FELONY

The Bacchagaloops are celebrating a special occasion, and their rival family, the Barzini's, are not happy about it! The party plans have interfered with Thalia Barzini's Sweet 16. Come see these hilarious characters as they 'hit the mattresses' during a party full of fun, music & of course, laughter! Somebody's gonna end up sleeping with the fishes.

Join us for a Murder Mystery Improv Comedy Show on Friday, November 4, 2011 at Nocello Restaurant, 843 Fort Salonga Road in Northport. Doors open at 6 pm and the show begins at 7 pm. \$50.00 includes dinner, dessert, coffee and a cash bar is available. For more information, call 631-930-9310.

Many thanks to Irving Brower and Josephine Creamer, co-owners of Nocello's, for once again generously donating the use of their restaurant, along with dinner, dessert and coffee.



FLU SHOT SEASON IS HERE!

There are several reasons to choose VNSHS for your flu vaccine this year.

1. WALK-INS ARE WELCOME MONDAY THROUGH FRIDAY 9 AM - 4 PM.
2. VNSHS obtains its flu vaccine from the only manufacturer in the USA, Sanofi Pasteur, who have 40 years experience in making the flu vaccine.
3. Vaccines are given by VNSHS Registered Nurses, specially trained to administer the vaccination.
4. Preservative-free vaccines are available upon request and are subject to availability.

Medicare Part B and Medicaid will be billed directly by Visiting Nurse Service & Hospice of Suffolk, if you bring your ID card. If you are enrolled in a Medicare HMO or Medicare Managed Care plan, the charge is \$30.00. You will receive a receipt to submit to your insurance company.

The vaccine is available to the general public, adults ages 19 and over. Unfortunately we are unable to administer the flu vaccine to pregnant women.

There is also a flu clinic open to the public at the Copiague Library, 50 Deauville Blvd in Copiague. This clinic will be held on Friday, November 4, 2011 from 10:30 am until 12:30 pm. Please register at the library at 631-691-1111.

PAWS FOR A CAUSE Halloween Charity Dog Walk & Contest

Anyone who has ever owned a pet knows of the tremendous comfort pets provide. Pets don't care how we look or even how we act, they love us unconditionally. For people who are in difficult life situations, pets can be of special benefit. Petting a dog, for instance, has been shown to lower blood pressure. Scientific research has shown that interaction with animals can significantly improve a human's physical and emotional health. Visiting with animals can help people feel less lonely, less depressed and can provide a welcome change from routine. People become more active and responsive during and after the visit. Put as simply as possible, pets make people feel good.

On Sunday, October 30, 2011 (rain or shine) beginning at 10:30 am, Visiting Nurse Service & Hospice of Suffolk along with the East Northport Chamber of Commerce and the Northport Chamber of Commerce will be hosting a Dog Walk, Costume Contest and Photo Contest. Walk starts at 505 Main Street and proceeds down Main Street to the Northport Village Park.

Onsite adoptions will also be available with representatives from the League for Animal Protection of Huntington, so stop by and adopt a dog or cat.

You can register by mail or in person at Visiting Nurse Service & Hospice of Suffolk, 505 Main Street, Northport NY, or online at www.visitingnurseservice.org. Contact Barbara Sorelle at 631.930.9310 for more information.



Employee Spotlight Lauren Gorman

One of Visiting Nurse Service & Hospice of Suffolk's newest Field Nurses is Lauren Gorman. Lauren brings not only her skills as an LPN to the organization, but a desire to help others, which she emanates with great enthusiasm.

As a young girl, Lauren remembers that she always wanted to become a doctor or a health care professional. She went through school, got married, and raised a family. She even had her own successful yarn and knitting business in downtown Northport. Life took its course, and years passed, leaving little chance for Lauren to realize her hopes of working in the field of health care.

Yet, after all that time, and despite the different path she took in life, Lauren still had in the back of her mind, the idea of entering the medical field. So, when she turned forty and her kids were getting older the opportunity arose for her to go back to school, and she gladly took it. While working full-time and raising her family, Lauren attended school in the evenings.

Lauren was employed at St. Catherine's Nursing Home, where she joined a Certified Nursing Assistant Program and discovered her true love for the work. Realizing that she could juggle both home and career, Lauren applied to nursing school to become an LPN, and simultaneously applied for a job at VNSHS.

Recalling the exceptional care her father-in-law received from VNSHS and the wonderful nurse who tended to him sparked something inside of Lauren and prompted her to apply. She accepted a per diem position at first, working when someone was needed to fill in, then took on a steady overnight shift at the Hospice House.

Loving the atmosphere at the Hospice House, Lauren enjoyed working with patients and their families. It was a very rewarding experience, and she gleaned so much from the phenomenal nurses there. "Through it all," Lauren says, "I learned a lot about myself; this work truly feeds my soul."

After being at the Hospice House for a few years, a full-time nursing position became available to work with home care patients. At first, Lauren didn't know what to expect, because she was extremely content at the Hospice House and wasn't sure she wanted to change. Recollecting all of the extraordinary people she had met along the way, Lauren chose to venture into this aspect of the field, trusting that it could only open her up to more positive experiences.

Lauren shares, "it has been a nice feeling to be welcomed into people's homes at such a difficult time in their lives, and to be able to make a difference." In addition, seeing patients discharged from home health care because their health has improved has been a great and rewarding byproduct of her job as well.

She feels honored to be an LPN and finds the whole environment—the job, her coworkers, as well as the patients and families—to be, in her words, "truly amazing." Ultimately, Lauren can say with joy that she is thoroughly happy at VNSHS, as well as being able to fulfill a long-time calling that suits her perfectly.



Lauren Gorman, LPN is one of Visiting Nurse Service & Hospice of Suffolk's newest field nurses.