

Visiting Nurse Service &
Hospice of Suffolk, Inc.

Linda Taylor, RN, BSN, MA
Chief Executive Officer

BOARD OF DIRECTORS:

Robert P. Cogliati, CPA, President

Peter Nolan, 1st Vice President

Ronald J. Duswalt, CFP, ChFC, CLU,
2nd Vice President

Robert C. Hyne, EdD, Secretary

Anthony F. Silva, CPA, Treasurer

Katherine Moffatt,
Honorary Chairperson

George J. Abbale

Peter A. Cannuscio

Teri L. George

David Harris, MD

Ralph E. Lambert

Sandra Loughran, PdD

Susan Lyons

Patricia M. Matos-Puente, MD

Edward V. Mirabella

Christopher W. O'Neill

William Pyszczymuka

David E. Rivadeneira, MD

Arlene D. Trolman, EdD

Jay Walsh

Barbara Colatosti – Editor



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

505 Main Street • Northport NY 11768
Phone: 631.261.7200 • Fax: 631.261.1985

NON-PROFIT
US POSTAGE
PAID
NORTHPORT, NY
PERMIT NO. 104

MAKING A DIFFERENCE EVERYDAY

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!**

3rd Annual Winter Soiree - Saturday, February 27, 2010 - Northport Yacht Club

Join us for spectacular food, entertainment & dancing at the Northport Yacht Club, 7:30 pm - 11:30 pm. \$60 per person includes a lavish spread of select international hors d'oeuvres & gourmet desserts compliments of Copenhagen Bakery. Dine & dance the night away to Teri George & the Connection. Limited Reservations.

A Taste of Long Island - Thursday, March 25, 2010 - Larkfield Manor

A unique wine, food & beer tasting event held at the Larkfield Manor in East Northport, 6:30 pm - 9:30 pm. Advance tickets \$60 per person (\$75 at door) includes delicious tastings from Long Island restaurants, breweries and vineyards, along with entertainment and a 50/50 raffle.

Run For The Health of It! - 5K Race/Walk & Kids Fun Run - Saturday, May 8, 2010

To benefit our Annual Bereavement Retreat for Children. You can be a sponsor or you can take part in the race. You can do it! Bring your friends to run or walk with you for our cause. See inside for registration information.

SAVE THE DATE - Annual Golf Classic, Monday, August 2, 2010 at the Huntington Country Club

Sponsored again this year by ITT Electronic Systems

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:

A rose may be a rose, but a “Visiting Nurse” just might not be THE Visiting Nurse you were expecting. It’s true. Organized as a freestanding community based nursing agency in 1952, Visiting Nurse Service & Hospice of Suffolk is the one and only Visiting Nurse Service in Suffolk County, but other home health care agencies, which may be affiliated with hospital systems, or may even be for profit companies, have sprung up around us. While we may be flattered to think other agencies want to emulate our established and respected service, referring to their nurses as “visiting nurses” confuses many who have long identified a “visiting nurse” with a VNS nurse. It is a requirement of Medicare that hospitals present a discharge plan that gives patients a choice of their home health care provider, but if that choice is not presented clearly, people don’t always understand their options. Even when they specifically ask for “the visiting nurse”, they may be surprised or confused to find a nurse from another agency at their door, or to learn when they call our office to confirm a scheduled visit, that we never received a referral. It is more important than ever for you to ask for us by name when you need health care at home.

Since VNSHS added a Certified Hospice in 1989 to our traditional home care program, and a licensed Hospice Inpatient Hospice House in 2004, it has become more important than ever to distinguish ourselves from others who also provide Hospice care, though not all agencies provide both Medicare Certified programs

as we do. Neither do all hospices have dedicated inpatient hospice facilities like our hospice house on Laurel Road in E. Northport, which was specially designed to provide a homelike setting for respite and inpatient care under the hospice benefit. The Hospice House is a hidden treasure in our community that, even after five years of operation, many don’t know exists. If you haven’t seen it we’d love to invite you to do so, on the first Wednesday of every month which we reserve for this purpose or at your convenience by appointment. Come in to meet with someone on our staff and tour the house. We want you to get to know us better – to see first hand that the Hospice House is a resource for you – and that if or when someone you care about needs it in the future, you will know who to call.



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

WINTER 2010



INSIDE THIS ISSUE:

Healing with Reiki	2
2009 HomeCare Elite	3
Home Health Monitoring	3
5th Annual Golf Classic	4
2nd Annual Home Concert Series	5
Hospice House Celebrates 5th Anniversary	6
10th Annual Run For the Health of It	7
Upcoming Events	8

MAKING A DIFFERENCE EVERYDAY

Healing with Reiki



Charlotte Koons is a longtime hospice volunteer and a licensed practitioner of Reiki for over thirty years.

Many of us are familiar with the term Reiki, but may not be exactly sure of what it is. According to the Webster's Medical Dictionary, the definition is: Reiki (RAY-kee) A Japanese word representing Universal Life Energy. Reiki is based on the belief that when spiritual energy is channeled through a Reiki practitioner, the patient's spirit is healed, which in turn heals the physical body.

Although it may be a newer concept to Western civilization as compared to its counterpart in the East, Reiki has been in existence for thousands of years, and was rediscovered in the late 1800's by Dr. Mikao Usui of Japan. Interest on this side of the globe is growing every day due to the health benefits it can provide.

For example, Memorial Sloan Kettering Cancer Center has a few full-time Reiki masters on staff to help ease the pain suffered by cancer patients.

Charlotte Koons, a longtime hospice volunteer, adds that Reiki is an ancient system of touch for healing, and is excellent for calming and revitalizing the body, as well as quelling anxiety. She first became interested in Reiki many years ago, and went on to learn the intricacies of the art after reaping its many benefits. Charlotte had a natural affinity for Reiki, and through the years has become devoted to educating, as well as sharing this kind of healing with others.

She has been a licensed practitioner of Reiki for over thirty years and was trained by a Reiki master. She offers this unique therapy to patients, caregivers, nurses, and volunteers alike.

This past year, Charlotte held a Reiki workshop for VNSHS hospice volunteers. As a result of the overwhelmingly positive response, another workshop is in the works.

"The flow of energy within and around the body," Charlotte explains, "is the essence of Reiki. This energy, or core of light," as she describes it, "runs throughout our bodies enabling us to feel lighter, calmer, and rejuvenated when flowing well. At times the light stagnates causing the energy to subsequently lose its flow, which in turn can cause a plethora of ailments, from fatigue to anxiety."

Charlotte continues, "as light travels out from the core, to denser, darker parts of the body where it may be stuck, the practitioner, through placing hands over and around the body in specified areas, enables the recipient to pulse their energy in and out, thereby releasing it to get the flow moving. This creates the desired, lighter effect which alleviates the aggravated symptoms."

She emphasizes that the practitioner is simply a channel for releasing the energy that is in us and around us, and that by being attuned to it, the practitioner simply aids in enabling the recipient to properly channel their own energy.

Charlotte concludes with an ancient quote that captures the role of the practitioner perfectly, and signifies one of the symbols of Reiki: "She, who hears the cries of the world, gives sanctuary."

VNSHS continues to be on the cutting edge of healthcare by embracing beneficial state-of-the-art alternatives in medicine, such as Reiki, in their endeavors to ensure the comfort and well-being of patients and their families.

SAVE THE DATE – Saturday, May 8th 2010



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

**10th Annual
5K Race/Walk
Kids Fun Run**

Run For The Health Of It

**PROCEEDS SUPPORT OUR ANNUAL
BEREAVEMENT RETREAT FOR CHILDREN**

**We are thankful for the support
of the following sponsors:**



Race Sponsorship Opportunities:

- \$250 RACE SPONSOR** – Company Marketing Table at Race Site to promote your business.
- \$500 BRONZE SPONSOR** – Company Marketing Table at Race Site to promote your business. Acknowledgement on VNSHS Website and in VNSHS Newsletter.
- \$1000 SILVER SPONSOR** – Company Logo on Race Flyer (15,000 flyers distributed), Company Name on Promotional Giveaway, Company Marketing Table at Race Site to promote your business, Acknowledgement on VNSHS Website and in VNSHS Newsletter.
- \$1500 GOLD SPONSOR** – Promotional Marketing Opportunities, Example; Water Bottle, Lip Balm, Sun Tan Packets. Company Logo on Race Flyer (15,000 flyers distributed), Company Name on Promotional Giveaway, Company Marketing Table at Race Site to promote your business, Acknowledgement on VNSHS Website and in VNSHS Newsletter.
- \$2500 MAJOR EVENT SPONSOR** – COMPANY LOGO ON FRONT OF RACE FLYER. INCLUDES ALL OF THE ABOVE, PLUS 4 COMPLIMENTARY RACE ENTRIES.

RACE FLYER – 15,000 mailed to race participants and distributed at other local races, schools, libraries, running clubs, health clubs and sporting goods stores.

ALL SPONSORS – Receive complimentary recognition in the Community Focus Newsletter that reaches an additional 10,000 families, hospitals and medical offices. May include marketing material in runner’s goody bags. Materials for goody bags must be delivered to VNSHS by date to be announced.

**If interested in sponsorship, please call
Barbara Sorelle at 631-930-9310.**

Official Entry Form:

Make checks payable to & mail to:
Visiting Nurse Service & Hospice of Suffolk
at 505 Main Street, Northport NY 11768

Pre-registration fees must be received by May 7th.

- 5K Run \$20 Walk \$20 Kids Fun Run \$10
- Male Female Nurse

_____ Date of Birth _____ Age (*Mandatory for race*)

Name (*Please print clearly*)

Street

City State Zip

Phone

I'd like to support the Children's Bereavement Retreat with:

DONATIONS: \$ _____

RACE FEES: \$ _____

M/C Visa Check TOTAL: \$ _____

Name on card: _____

Account number: _____

Exp. Date: _____ Phone: _____

I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive, release and hold harmless (Race Organizer, Race Director, Sponsor 1, Sponsor 2, Municipality) and their agents, employees, representatives, successors and assigns, from any and all liabilities, claims, demands and causes of action whatsoever arising directly or indirectly from my participation in this event, even if any such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above-mentioned organization or individuals. (If signed by a parent, the parent agrees to waive, release and hold harmless the above-mentioned organizations and individuals from any all said liabilities, claims and causes of action which may be asserted on behalf of the entrant.)

I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant permission to any of the above mentioned organizations and individuals to use any photographs, videotapes, recording or any other record of this event and my participation.

All entrants must sign. Parent must sign if under 18

Emergency Contact (name and phone number)

Tee for Two

VNSHS 5th Annual Golf Classic

All was up to par on a beautiful day this past August, when the sun burst forth after a rainy weekend to welcome the 5th Annual Golf Classic at the Huntington Country Club. Thanks to all the efforts of staff, volunteers and participants, the result was another banner year for this much anticipated event.

It was tee for two, as VNSHS honored Katherine "Cissy" Moffat, and Chris O'Neill, both esteemed board members, for their dedicated service.

Cissy has been a member of the Board of Trustees for almost 25 years, 6 of those serving as Board President; and today is an honorary chairperson. A retired nursery school teacher, she is a longtime Huntington resident who is actively involved in community outreach. She is also President, and volunteer, at the Community Thrift Shop in Huntington--voted Best Thrift Shop on Long Island by the Long Island Press. The time and hard work she has devoted to the organization in its many facets exemplifies her commitment, and is indicative of her significant contribution to VNSHS.

Chris O'Neill has been an active member of the Board of Trustees for the past 5 years. Not only has he volunteered his time on the board, but Chris has been an ongoing benefactor donating generously. In recent years, he and his wife, Patty opened their home for an afternoon of classical music in their gorgeous waterfront home for the VNSHS Concert Series, an event which helps raise money for the Hospice House.

The event, which was sponsored by ITT Electronic Systems, was a tremendous success with more than 110 golfers participating and raising more than \$25,000 to benefit the Hospice House. The festivities went on into the evening where 150 guests dined and mingled, while enjoying an exciting award presentation.



Pictured from left are Robert Cogliati, VNSHS Board President, Linda Taylor, CEO of VNSHS, Golf Classic Honorees Cissy Moffatt & Chris O'Neill and Ronald Duswalt, VNSHS Board Member and Golf Committee Chair

SPECIAL THANKS TO OUR SPONSORS

Event Sponsor

ITT Electronic Systems

Gold Sponsors

American Credit Card Processing Corp.
Asset Graphics Inc.
Axis Construction Corporation
C&C Homecare
Daniel Gale Sotheby's International Realty
David E. Rivadeneira, MD
Health Care Answering Services
Minuteman Press International
Mutual of America
USI Insurance Services

Silver Sponsors

Caminiti & Cogliati, CPA's, LLP
Suffolk County National Bank

Bronze Sponsor

Sheehan & Company, CPA, PC

Dinner Sponsor

Shore Drug

Million Dollar Hole

Axis Construction Corporation
Caminiti & Cogliati, CPA's, LLP
Grassi & Co., CPA's
Ronald J. Duswalt, CFP, ChFC, MSFS

Hole-in-One Car Sponsor

Lucas Ford

Halfway House

Hunter EMS
USI Insurance Services

Registration Table

BWD Group LLC

Refreshment Station

Morgan Stanley/Smith Barney
Loeb & Troper LLP

Putting Green

Mirabella Associates Inc.

Driving Range

Goldstein, Rubinton, Goldstein & DiFazio, PC

Lunch Bags

Logo Branders, LLC

Golf Balls

Nolan & Taylor-Howe

Photography

Ron Rorie

Other Sponsors

A.L. Jacobsen Funeral Home Inc.
All Island Footcare
Athens Square Café
Bank of Smithtown
Bogardt & Co., LLP, CPA's
Brueggemann Funeral Home
Dom's Cleaning Service
Dr. & Mrs. Harris
East Northport Chamber of Commerce
Electronix Systems Central Station Alarms, Inc.
Fort Salonga Market
Gene Duffy Plumbing & Heating
John T. Mather Memorial Hospital
Junior Welfare League of Huntington
Kofler, Levenstein, Romanotto & Co., CPA, PC
Move-It, Inc.
Mr. & Mrs. William Johnson
Pzitive Advertising
St. Johnland Nursing Center
Trachtenberg & Pauker, LLP

VNSHS 2nd Annual Home Concert Series

This past summer, VNSHS proudly presented its second season of their Annual Home Concert Series. Dr. Pat Matos-Puente MD, member of the VNSHS board of trustees, is the inspiration behind the series. She has a cultivated interest in music, and is also a seasoned Oboist. By combining her passion for healthcare and music, Dr. Matos devised this unique event.

Attended by hundreds of music lovers, the first Home Concert Series made its debut in the summer of 2008 and proved to be a beneficial fundraiser for the Hospice House in East Northport, and this past year we were able to once again secure premium musical talents and treat our guests to top quality performances in unique and intimate settings.

Janet and Edward Toscano hosted the first concert of the season in July, at their beautiful home in Asharoken. Guests were serenaded on the sound by NexTime, a mixed up barbershop quartet. The quartet is comprised of two female members and two male members who make for a unique blend of four voices with quite a different sound from the all female or all male quartets.

The second concert, an evening of musical theater featuring the music of Broadway's leading ladies, was held in September at the home of Ann Stevens, past president of the Rotary Club of Northport. Ms. Stevens, a concert pianist, along with vocalist Megan DeRiso performed a wide array of show tunes that had people singing along and tapping their feet.

The grand finale of the concert series was held in October at Old Field Middle School in Greenlawn. Performing to a receptive crowd of onlookers were the MetroGnomes, an accomplished group of young violinists, ages 5-16, that have been entertaining Long Island audiences since 1991 at museums, libraries and hospitals.

If you are a music lover and are interested in hosting a concert or performing for our upcoming concert series, please contact Barbara Sorelle at 631-930-9310.

Thrift Shop – “One of the Best”

The Long Island Press, a weekly local newspaper, voted the Community Thrift Shop “one of the best thrift shops on Long Island.” A mainstay in Huntington village, the Community Thrift Shop has provided its clientele with basic needs, such as clothing and housewares, as well as terrific estate pieces and fine art, for over four decades. Proceeds from thrift shop sales are disseminated to five local charities, including VNSHS, and happens to be one the agency's top ongoing fundraisers.

It is no wonder, as the long time volunteers who dedicate their time and talent to running the place do so with meticulous care. This makes finding what you are looking for easy and efficient. In addition, the merchandise available for purchase is wide and varied thanks to the wonderful donations it receives every day.

Originally located on East Carver Street in Huntington Village, the shop has since moved to 246 New York Avenue, also in the village, diagonally across from Burger King. In its newer location, the shop has found even greater success due to its expansion, visibility, and accessibility.

Come on in and see what the rave is about, and leave with fabulous finds at one of the best thrift shops on Long Island.

\$10.00 BUYS YOUR RAFFLE TICKET!

Take a swing at winning this bat signed by Johan Santana, New York Mets Star Pitcher



“Signed by Johan Santana”

Two Time Cy Young Award Winner 2004 & 2006



Louisville Slugger
Mint Condition
Limited Edition

All monies raised go toward Hospice House

TO PURCHASE TICKETS OR FOR MORE INFORMATION PLEASE CONTACT BARBARA SORELLE AT 631-930-9310

Hospice House Celebrates 5th Anniversary

How quickly time passes. It is hard to believe 5 years, this past November, have passed since the Hospice House first opened its doors to the Long Island community it proudly serves. To commemorate this momentous occasion, donors, staff, and volunteers were invited to celebrate this milestone at The Northport Yacht Club.

There couldn't have been a more pleasurable day to gather for this event. On a picture perfect morning, the autumn air was crisp, and the sun shone brightly on the water as guests began to arrive. As people filtered in, they were first seated, and then treated to a delectable brunch while overlooking beautiful Northport Harbor.

The festivities commenced, and many notable contributors and supporters of the Hospice House were there to speak about the past five years, while looking forward to the exciting years ahead as the house continues to grow. Bob Cogliati, president of the board of trustees, welcomed everyone and introduced local government officials, and their representatives, as well as board members in the crowd who were present.

New York State Senator John Flanagan took time out of his busy schedule in support of the anniversary, and to present Hospice House with a certificate for its merits.

The Townwide Fund of Huntington, who are longtime supporters of the agency, were also in attendance. Ruthie Bergmann, Grant Committee Chair for TWF, presented Linda Taylor with a generous donation of \$5,500, which was most gratefully accepted.

Jay Walsh, former board president and hospice volunteer, spoke of the birth of the House. Mr. Walsh, who recognized a real need for such a facility in our community, was inspired to seeing the dream of the Hospice House come to fruition, and was instrumental in doing so. With his unyielding perseverance and determination, along with the incredible support and donations from the community and beyond, that dream was actualized.

Susan Lyons, VNSHS board member, experienced the Hospice House firsthand when her father passed away there two years ago. She was so touched by the care her father received, that she movingly shared her story with all who attended. As a result of that exceptional care, and how well she and her family were treated, she became a volunteer herself.

Hospice House could not have a more dedicated physician at its helm than Medical Director, Dr. Birjis Akhund. He spoke passionately and frankly, how the need for compassionate palliative care in this country is great, and underrated. He is a dedicated, caring physician, whose primary interest is in meeting the needs of the patient, as well as making them as comfortable as possible, in facing end of life.

A most integral principal to the Hospice House is Linda Taylor, Chief Executive Officer, who has not only worked diligently to see the house through conception, but has relentlessly dedicated herself both professionally and personally to its endeavors.

Linda concluded the ceremony with overwhelming praise and appreciation for all staff, donors and volunteers, without whom the Hospice House could never continue to be a thriving entity in our community.



From left are Robert Cogliati, president of VNSHS board of trustees; Linda Taylor, chief executive officer and state Sen. John Flanagan



Named 2009 HomeCare Elite

Visiting Nurse Service and Hospice of Suffolk once again has a reason to celebrate. For the fourth consecutive year, VNSHS has been named to the 2009 HomeCare Elite, a compilation of the top performing home health agencies in the United States.

We are extremely proud to once again be named a “Top 500” agency. Winners are ranked by an analysis of performance measures in quality outcomes, quality improvement and financial performance.

Kathy Jablonski, Director of Performance Improvement and Education said, “As a not-for profit community based organization, we at VNSHS could not be prouder of our staff. Care of our patients whose average age is 80, and who present with multiple co-morbidities, requires that we continually educate our staff regarding best practices to manage their disease processes. Recognition of VNSHS among the “Top 500” of 10,000 agencies in the United States is a direct reflection of the competence and quality of our entire staff.”

“The 2009 Home Care Elite winners exemplify a commitment to providing their patients with the best possible care while performing at the highest level,” said Nancy Buller, senior director of marketing communications at Outcome Concept Systems.



In Home Health Monitoring Program

Perhaps the greatest benefit of in-home health monitoring is the peace of mind it brings. Our state-of-the-art technology and monitoring equipment helps patients manage their healthcare, safely and easily, in the comfort of their own homes. This specialized program offers numerous advantages to the patient and their family members by tracking & reinforcing compliance with a physician-led treatment plan. Daily monitoring of vital signs provides a sense of security and produces better outcomes by putting the control in the patient’s hands.

Collecting health data is fast and easy. Patients are guided through a simple 3-minute step-by-step process to collect their health information. All this information is then submitted securely to VNSHS via a phone line or pager and reviewed by a registered nurse. If a problem is noted, the nurse can further assess the issue and apprise the patient by phone with instructions on how to handle the situation. For example, if the monitor relays that the patient’s oxygen level is too low, the nurse can inquire as to how the patient is feeling, as well as ascertain whether he or she is applying the oxygen as directed. If it has been administered correctly and the monitor still indicates a low reading, the nurse will intervene accordingly.

The program can also follow developing trends in a patient’s health. Let’s say a patient’s weight is trending too high or too low, the nurse can notify the patient’s physician who will take the appropriate course of action.

According to Teresa Collins, RN, BSN, and lead nurse of the program, “the monitoring system often serves as an instructional tool and when a health issue is discovered, we can remind, reinforce, and teach the patient when and how to follow his or her medical health care regime.”

The in-home health monitoring program is another example of how VNSHS is striving to ensure that patients receive the best comprehensive care available.

COOKBOOK



Visiting Nurse Service & Hospice of Suffolk, Inc. has collected the best recipes from staff, family and friends to compile a beautiful keepsake cookbook that you can enjoy for years to come. These one-of-a-kind cookbooks would make a great gift for Mother’s Day, Birthdays or Graduation and are selling for \$15.00 each. Proceeds will go to our Hospice House and Annual Bereavement Retreat for Children. The cookbook contains over 300 well-loved recipes including appetizers, main dishes, and desserts. If you would like to purchase a cookbook, please complete the order form below and mail ASAP to:

**VNSHS, 505 Main Street,
Northport, NY 11768**

Name _____

Address _____

City _____

State/Zip _____

Phone _____

Date _____

Number of Books _____

Amount Paid \$ _____

Please make checks payable to: Visiting Nurse Service and Hospice of Suffolk, Inc.