



House Calls

SPRING/SUMMER 2011 VISITING NURSE ASSOCIATION HEALTH GROUP VOLUME 22 NO. 1

Thomas Thees Named VNA Health Group Chairman

Thomas M. Thees, a member of the VNACJ, Inc., Board of Trustees since 2004, has succeeded the late Judith Stanley Coleman as chairman of the VNA Health Group family of organizations, effective March 1. A dedicated community leader and philanthropist, Mr. Thees is a lifelong resident of New Jersey.

“Judith Stanley Coleman’s leadership epitomized our organization for nearly half our century of service,” said Board Vice Chair Denise Devine in making the announcement. “Tom Thees is the leader who will help us write our next great chapter. He is the right person to help all of us reaffirm our commitment to mission as we approach the celebration of our centennial year.”

Thomas Thees and his wife, Elizabeth, have been generous supporters of VNACJ for more than a decade, and for several years have opened their Rumson home for the annual Hearts of Remembrance Children’s Day, a day of special activities for children coping with the loss of loved ones, sponsored by the VNACJ Hospice Program. Elizabeth Thees is a trustee of the VNACJ Foundation and co-chair of the Stately Homes-by-the-Sea Designer Show House, one of the agency’s most successful fundraising events.

“I am honored to lead VNA Health Group, which is exceptional in the many ways it serves the community,” said Mr. Thees. “As a trustee observing the organization at work, I have been moved by the profound impact we have on the people of New Jersey. It is a privilege to be part of VNA and its nearly 100-year legacy.”

Thomas Thees serves as Managing Director and Head of Investment Grade Corporate Fixed Income for Jefferies and



Thomas M. Thees

Company, a global securities and investment banking group in New York. Prior to joining Jefferies, he was with Morgan Stanley for 17 years and held various positions at Goldman Sachs, AG Becker, Citibank, and MarketAxess Corporation. He is a graduate of Georgetown University, where he was a George F. Baker Scholar. The Thees’ are parents of three children: Camilla, Alexandra and Mathew.

“Tom’s financial expertise will be critical as the organization continues to confront a growing patient population with an ever-shrinking level of reimbursement,” stated Mary Ann Christopher, VNA Health Group president and CEO. “Healthcare delivery is changing in unprecedented ways, and Tom is the right voice to help our agency drive that transformation.”

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Continuing Our Tradition of Exceptional Leadership

Over the past 99 years, our organization has been blessed with visionary leadership. The year 2010 saw the passing of two exceptional leaders: our late Chairman, Judith Stanley Coleman, and her predecessor, Ellen Noonan Adams. We miss these women greatly, and value the unique gifts each brought to her role.

Judith Stanley Coleman, chairman from 1977 to 2010, touched countless lives for the better. Her generosity inspired others to give. She was a community activist who was at ease in the board room, at a community health center, or in the halls of government. Not easily discouraged, Mrs. Stanley Coleman was adept in the art of the possible; when a need was identified, she would find a way to help. During her tenure, our service area grew from one county to twelve, and our organization became the second largest visiting nurse association in the nation.

Ellen Adams served as a trustee beginning in 1958 and served as chairman from 1974 – 1977. For much of that time she also served as a hands-on volunteer, assisting in the WIC nutrition clinics and other programs for women and children that were her special interest. In 1997, the agency dedicated the Keyport Health Center in Mrs. Adams' name, honoring her commitment to community health.

We are grateful to another exceptional woman, Denise Devine, the Board's Vice-chair, for stepping in to help during this period of transition. Mrs. Devine has been a member of the Board for nearly 40 years. Her perspective and guidance have been a tremendous help to all of us.

Now, we welcome Thomas M. Thees as our organization's seventh and first male chairman. He is uniquely qualified to lead our trustees as they take on the challenges of the steadily growing need and new paradigms of service delivery. Dedication to our mission, financial acumen, visibility in church and community, support for World Trade Center rescue workers, love of family and compassion for bereaved children—these are among the gifts he brings to us. It is a great privilege to work with Tom in service to those in need throughout New Jersey.

Sincerely,

Mary Ann Christopher
President and CEO

HouseCalls

Is a publication of
**Visiting Nurse Association
Health Group**

For patient care information call:
800-862-3330 or visit
www.vnahg.org

Our Mission

Visiting Nurse Association Health Group is a voluntary, nonprofit organization dedicated to the promotion, restoration and maintenance of the health status of individuals and the community.

Competence and compassion are the cornerstones of VNA Health Group service delivery.

VNA Health Group Members:

Visiting Nurse Association of
Central Jersey (VNACJ)
176 Riverside Avenue
Red Bank, NJ 07701

Regional Offices:

Visiting Nurse and Hospice Services
204 Creek Crossing Boulevard
Hainesport, NJ 08036

Essex Valley Visiting Nurse Association
274 South Orange Avenue
Newark, NJ 07103

Partners:

Robert Wood Johnson Visiting Nurses
www.rwjvn.org
972 Shoppes Boulevard
North Brunswick, NJ 08902

Cape Visiting Nurse Association
www.capevna.org
1940 Route 9 North
Cape May Court House, NJ 08210

Mary Ann Christopher
President and CEO

VNA Health Group and Springpoint Collaborate on Care

VNA Health Group (VNAHG) and Springpoint Senior Living, a leading provider of senior housing and services, have launched a collaboration in providing health services to residents of Springpoint communities.

“As the healthcare delivery landscape continues to evolve, effective collaboration among providers is critical,” says Mary Ann Christopher, VNAHG president and CEO. “Resources and reimbursement levels continue to shrink, and patient needs continue to rise. Bringing together the clinical and

operational expertise of providers across the continuum of care will result in higher quality of care at a lower cost.”

Springpoint facilities include continuing care retirement communities, assisted living facilities and affordable housing in New Jersey. VNA Health Group, is the state’s largest nonprofit provider of home health, hospice and community-based care. The collaboration represents 193 years of collective health care experience.



Gary T. Puma, president and CEO of Springpoint Senior Living, and Mary Ann Christopher, president and CEO of VNA Health Group, formalized the collaboration agreement. At the signing were (l to r) Theresa Beck, VNAHG chief mission officer; Loretta Spoltore, VNAHG vice president, hospice and palliative care; Linda Rose, Springpoint vice president of health services; and Marjorie Forgang, VNAHG chief nursing officer.

VNA Health Group Services Available to Springpoint Residents

- Health Education and Prevention Programs
- Patient-and-Family-Centered End-Of-Life Program
- Chronic Care Management
- In-Home Telehealth Monitoring
- Home Health Care
 - Nursing
 - Rehab Therapy
 - Home Health Aide Services
 - Counseling (social work, nutrition, medication management)
- Specialized Care
 - Infusion Therapy
 - Pain Management
 - Advanced Wound Care

“Those who deliver health care and housing-related services must find new and innovative ways to work together toward a common goal: keeping the people we serve healthier longer, and helping them remain in their homes when they become ill and need care,” Mr. Puma says. “That is precisely the goal of our collaboration.”



In the past three years, VNA of Central Jersey has grown from a regional provider to a statewide provider, representing 68 percent of the state’s population. The growth is due to a combination of acquisitions and partnerships that include Visiting Nurse and Hospice Services, Essex Valley VNA, Robert Wood Johnson Visiting Nurses, and Cape Visiting Nurse Association. While each agency is well-known in its specific service area, the individual names do not reflect the true size and scope of the organization’s expanded growth or its full impact on the communities of New Jersey.

Therefore, the organizations have decided upon a unifying brand as Visiting Nurse Association Health Group (VNAHG), the state’s largest combined community health provider. VNA Health Group provides community-based health services including home health, hospice and community-based care in Burlington, Camden, Cape May, Essex, Gloucester, Hudson, Mercer, Middlesex, Monmouth, Ocean, Somerset and Union counties. Hospice, private duty, live-in, and privately insured home care are provided statewide. Calling a single toll-free telephone number provides access to services throughout New Jersey. (See page 2.)

Says President and CEO Mary Ann Christopher, “Our shared mission is to provide care to those of all ages, irrespective of circumstance. VNA Health Group provides New Jersey residents with greater access to high quality home health and hospice services and a comprehensive spectrum of community-based care.”

Same Great Patient Care and Service Under One Name



Marion Norman, APN, RN, with Jorge, 17, in the reception area of the nurse's office at Keansburg High School.

Nurse Practitioners Help to Keep Kids in School

Charitable dollars, including a Horizon Foundation for New Jersey grant, fund programs that create healthier communities.

Jorge, a 17-year-old athlete at Keansburg High School, just wasn't feeling well. But instead of taking time off from school, he found the help he needed within school walls. And his mother Eileen was able to head off to work after a brief talk with her son's health care provider.

The health care provider is Marion Norman, APN, RN, one of VNA Health Group's certified nurse practitioners who make regularly scheduled visits to area schools to provide on-site health services for students. Nurse practitioners are advanced-practice nurses (APNs) who assess, diagnose and treat health conditions as well as provide preventive care and education.

Marion knew that Jorge is a baseball player, and suspected that his symptoms were possibly related to allergy season—to extra hours spent outdoors when the pollen count is at its highest. Because nurse practitioners are qualified to prescribe medication, she was able to provide Jorge with the treatment he needed to ease his symptoms. He remained at school and his mother was able to complete a full day at work.

VNA Health Group's school-based nurse practitioner health services program is currently provided in 17 schools throughout five school districts in Middlesex and Monmouth counties. In 2010, nurse practitioners and supporting staff averted an estimated 22,000 hours of school absenteeism while serving 1,021 students during 3,652 visits.

VNAHG's APN services to schools have been made possible by grants and charitable donations as well as contracts with boards of education. Funders in the current school year include private donors and a \$25,000 grant from the Horizon Foundation for New Jersey.

"The Horizon Foundation for New Jersey grant helps VNA Health Group to continue its important work to provide care for children in New Jersey who otherwise might not have access to care," says Theresa Beck, chief mission officer and vice president of Community Initiatives.

"We are delighted to partner with the VNA," says Larry Altman, Horizon Foundation's executive director. "The Foundation is dedicated to supporting charitable organizations making an impact in the lives of people across New Jersey."

Nurse practitioners work in coordination with school nurses, who are familiar with the children's families and know whether they are faced with barriers to care. Keansburg High School Nurse Patricia Klemm welcomes the collaboration. "I can give Marion background on our students and together we can provide true community health nursing," she says.

Services nurse practitioners provide include wellness visits, sports physicals, screenings, prescriptions, immunizations, and health education, as well as chronic disease management. "It is critical for children with diseases such as asthma and diabetes to learn to take responsibility for managing their own health," Ms. Norman says.



Patricia Klemm, BSN, RN, right, the Keansburg High School nurse, with Marion Norman.

'They Didn't Have to Do It...But They Did'

Collaboration between VNA of Central Jersey and the Middletown Lions Club has restored a man's hearing after 25 years of hearing loss.

Ken, standing 6'3" in his bare feet, is a large man who at 85 still exhibits the muscular strength he possessed in an earlier, more youthful time of his life. But, for the past 25 years, a progressive hearing loss made it increasingly difficult for him to maintain his job and support his personal needs. Ken was also faced with other serious health issues, including diabetes and back pain. Because of his limited resources, his health needs went unattended.

Then Ken crossed paths with Darlene Cadigan, a nurse with the VNACJ Mobile Outreach Clinic Program (MOCP). Funded by grants and donations, the program provides nursing and home health aide services to residents of boarding homes, shelters and other transitional housing. MOCP nurses also visit soup kitchens and community drop-in sites.



Ken with Darlene Cadigan, VNACJ Mobile Outreach Nurse.

questions. One day at the soup kitchen, Beverly Bova Scarano, a Lions Club volunteer, mentioned to Darlene that she had access to affordable hearing aids through the Lions Club International Affordable Hearing Aid Project (AHAP). Darlene immediately thought of Ken.



VNACJ's Darlene Cadigan with members of the Middletown Lions Club at the St. Mark's Soup Kitchen. Beverly Scarano, the group's chair, is to her right.

The Lions Club program offers hearing aids through a nurse referral and accepts Medicare. Hearing aids retailing for more than \$1,600 are available through the program for less than \$300. Beverly Scarano, who is currently chairman of the Middletown Lions Club, was excited to help Darlene. She found the services of Suzanne Jaworsky, an audiologist in West Long Branch, who agreed to fit Ken for his hearing aid and to establish the correct setting for his needs.

Darlene began visiting Ken once a week, helping him to manage his diabetes, his medication, and his general health. "Ken's social skills were very limited when I first met him," Darlene recalls. "He was always very polite and would nod and smile to people even though he didn't understand them." Over time the two developed their own way of communicating. "I had to get really close and shout into his right ear, which was his better ear," smiles Darlene. "It was extremely hard to find out what I needed to know and to tell him what he needed to do."

Darlene also makes weekly visits to St. Mark's Soup Kitchen, to provide health assessments and answer health-related

Mrs. Scarano herself took Ken to be fitted. "When the audiologist turned the hearing aid on and spoke to Ken, you could see the smile slowly spread across his face," said Beverly. "He immediately began nodding and giving answers in response. It was such a wonderful moment."

Ken is one of more than 1,100 individuals living in shelters, motels and boarding homes who received nursing care from the VNACJ Mobile Outreach program in 2010.

"Darlene goes out of her way to help so many of us," says Ken, who has become increasingly verbal since receiving his hearing aid. "Over the years, others have told me that they could get a hearing aid but nothing ever happened. Darlene and Beverly made it happen. They didn't have to do it ... but they did, and it's made a big difference in my life."

Trail-Blazer Appreciates the Benefits of VNACJ's Charitable Gift Annuity



Vivian Carr had a 40-year career in the electronic and telecommunications industry, working for Bell Laboratories in New York City and for AT&T at the corporation's New York headquarters. She blazed a trail for women in the profession, and became the first female member of the Engineers' Club of New York and the Radio Club of America, where she currently serves as president.

Throughout their marriage, she and her husband, John, enjoyed cruises and travelling to Daytona Beach, Florida. In 2002, shortly after John passed away as a patient of the VNACJ Hospice Program, Mrs. Carr learned about VNACJ's charitable gift annuity from a close friend. She had experienced firsthand the importance of the care provided by VNACJ, and was interested to learn more about a program that could benefit both herself and the organization.

After speaking with her financial advisor, Vivian Carr made the decision to establish a charitable gift annuity—one of the first VNACJ benefactors to choose this option when it became available. This planned-giving vehicle provides her with a tax deduction and secure income for life. With a charitable gift annuity, donors can support the important work of VNACJ while securing a lifetime fixed rate of return as high as 11.3% – and possibly more when tax advantages are factored in.

"I like the fact that the annuity supplements my income and also supports the work of VNACJ, which does such a fantastic business taking care of so many people," says Mrs. Carr, now a resident of Long Branch.

These days, in addition to giving charitable support to the VNACJ Foundation, the dynamic Vivian Carr gives generously of her time. This trail-blazer runs the Marathon Bridge Club for the Long Branch Women's Club and is an active member of the communication society within the Institute of Electrical and Electronic Engineers (IEEE).

For more information on how you can create a Charitable Gift Annuity, please call the VNACJ Foundation at 732-224-6780. There is no obligation. Please consult your professional advisors when considering planned gifts.

Charitable Gift Annuities

In establishing a Charitable Gift Annuity, a donor makes an irrevocable gift to VNACJ Foundation and in return receives an income for life and a federal tax deduction based on the amount of the gift and his or her age at the time of the gift. The gift is for the ultimate benefit of VNACJ Foundation.

The key benefits of the annuity are:

- It enables the donor to dedicate principal to VNACJ while living
- It provides an income stream to the donor, spouse or another family member during his or her lifetime
- It generates a federal tax deduction at the time of contribution
- It enables the donor to avoid or postpone capital gains taxes on the sale of appreciated stock.

Age	Rate of Return*
90	11.3%
85	9.5%
80	8.0%
75	7.1%
70	6.5%
65	6.0%

* VNA Health Group follows the rates suggested by the American Council on Charitable Gift Annuities. The rates in the table—presented for a single life—are for illustrative purposes only and subject to change at any time.



Murphy Named Chief Philanthropy Officer

Bridget A. Murphy has been appointed Chief Philanthropy Officer for the Visiting Nurse Association Health Group, with responsibility for the leadership and direction of the VNACJ Foundation, the organization's fundraising arm. She is a Certified Fundraising Executive with

more than two decades of experience in fundraising and nonprofit management consulting, predominantly for hospital and health care organizations.

In 2010, VNACJ received \$1.5 million from charitable contributions and more than \$10 million in grant funding from foundations and government sources to support in-home and community-based health programs for the uninsured and under-insured.

Hollywood at Holly Hill

VNA supporters, interior designers and landscape designers held a gala celebration, "Hollywood at Holly Hill," on April 30 to celebrate the spectacular Stately Homes By-the-Sea Designer Show House at the beautiful Holly Hill estate, Locust. They dined and danced the night away in support of the services and programs provided across the state by VNA Health Group. Here are scenes from the picture-perfect event.



Alexandra and Frank Delaney. She chaired the gala with Tracy Brown.



Claire Knopf, center, gala committee chair, with Irving and Claire Strouse.



Holly Hill's homeowner, Elaine Chevalier, right, with her two daughters, Tylia and Brittany.



Show House Chairs (l-r) Nancy Mulheren, Elizabeth Thees, and Mindy Minerva with Honorary Design Chair Alexa Hampton. The three chairs are trustees of the VNACJ Foundation.



Trustee James S. Vaccaro III with his daughter, Jenna.



Theresa Beck, chief mission officer, with (l-r) Gary Puma, CEO Springpoint Senior Living, Trustee John Dunigan and Patricia Dunigan, and Karen Puma, show house committee chair.



Mary Ann Christopher, president and CEO, with Mindy Minerva and Thomas Thees, board chairman, in the show house room that portrays the history of VNACJ.

CHANGE SERVICE REQUESTED

Save The Date

VNA Health Group 25th Annual Golf & Tennis Classic

Monday, August 8, 2011

Trump National Golf Club, Colts Neck, NJ

Family Fall Fest at Riverwind

October 16, 2011

Riverwind Estate, Middletown, NJ

Holiday Dinner Dance

December 3, 2011

Spring Lake Country Club, Spring Lake, NJ

For ticket or sponsorship information,
please call 732-224-6780.

If you are planning to attend the
PGA's "The Barclays"

August 25-28, 2011

Plainfield Country Club,

visit www.vnacj.org to see how your
special discount ticket can benefit VNA Health Group.

VNA Health Group Services

In-home Services

- Community Health Nursing
- Certified Hospice Services
- Bereavement Counseling
- Palliative Care
- Home Health Aides
- Home Infusion/IV Therapy
- Medical Social Work
- Nutrition Counseling
- Physical Therapy
- Occupational Therapy
- Speech Pathology
- Private Duty Services
 - Nursing
 - Live-in's
- Emergency Personal Response System
- Telehealth Program
- Volunteer Program

Community-based Programs

- AIDS/HIV Services
- Bereavement Counseling for Adults and Children
- Case Management Services for Long-term Care
- Community Health Education
- Immunization Programs
- Maternal Child Home Visitation Programs
- Mobile Outreach Clinic Program
- Primary Care
- Public Health
- Special Child Health Services/ Early Intervention
- Senior Wellness
- School-based Health Programs
- Services to Day Care Centers
- Speakers Bureau
- Volunteer Program
- WIC Supplemental Nutrition Program