

## Community VNA Celebrates Annual Meeting and Honors Special Award Recipients

Community Visiting Nurse Association (CVNA) held its 63rd annual meeting on Tuesday May 3, 2011, at the Bridgewater Manor. The agency celebrated the Community VNA staff and the agency's accomplishments. The agency awarded two recipients with the highest honors and paid tribute to two extraordinary women who were true visionaries in the home health care industry. The luncheon celebration also included a special theme, keynote speaker and staff recognitions.

Community VNA's theme for the 2010 annual meeting was "From our house to yours..." and the event was attended by more than 135 people. Members of the staff, Board of Trustees, friends, donors and supporters gathered to celebrate the many successful accomplishments made throughout 2010. The keynote speaker was Barbee Bancroft, a widely acclaimed national speaker noted for her humorous and information-packed seminars. Her speech, "Unstress for Success," entertained the audience and provided valuable information about health and wellness.

The meeting concluded with the announcement of the Caroline E. Krajewski Manney Nursing Scholarship award, presented to a Somerset County resident who is pursuing a career in nursing and who demonstrates dedication to the principles of public health. Also announced was the Marie Gemeroy Award, the agency's highest honor, presented to recognize an individual who has made an outstanding contribution to the organization and/or its clients.

The Caroline Krajewski Manney Nursing Scholarship Award was presented to Oladunni Liyele of Somerset, NJ. "Oladunni exemplifies and reflects the values of Caroline Krajewski Manney, the agency's former director. She is passionate about the care and comfort of patients, providing and demonstrating her specialized knowledge and skill, and she expresses an immense enthusiasm about the promotion of health and wellness in our community," stated Alyce Brophy, Community VNA President and CEO.

Ms. Liyele, a student at The College of New Jersey, commented, "My grandmother helped me discover my true passion for nursing. To me, becoming a nurse is far more than just a job or a career; it is more of a purpose and a calling in life."

The Marie Gemeroy Award was presented to Kathy Bray, a nurse from Neshanic Station, NJ, whose dedication, leadership, and professional skills extend beyond her noted position. "Kathy is passionate about her profession and has often gone out of her way to help families in crisis, obtain needed resources and volunteer to serve those in homeless shelters or those without a home," explained Ms. Brophy. "She is an incredible nurse who holds a very special place in her heart for the underserved. Her outstanding contributions to our organization are invaluable and have been recognized with enormous gratitude by her colleagues and patients," Brophy added.

Helping to present the awards were David Arata, Community VNA's Board

President, and Len Laich, member of Community VNA's Board of Trustees.

Community Visiting Nurse Association and its affiliates, Community VNS, Community Home Care and Community Care Hospice, are non-profit home health and hospice providers serving Somerset and Middlesex counties since 1948. They are licensed by the State of New Jersey, certified by Medicare and Medicaid and accredited by Community Health Accreditation Program (CHAP). Community VNA provides home health care, hospice care and community care services.

For more information or to request services, visit the Community VNA website at [www.communityvna.org](http://www.communityvna.org) or call 908-725-9355.



The Caroline E. Krajewski Manney Nursing Scholarship Award was presented to Oladunni Liyele (center) of Somerset, NJ.



The Marie Gemeroy Award was presented to Nurse Kathy Bray (center).



# Community VNA Holds Child Health Clinics

The mission of Community Visiting Nurse Association and its affiliates is to provide quality home care, hospice and community services and to promote health education, wellness and prevention services within our community. Wellness and prevention services are key in promoting the health of our community's children.

Community Home Care, in collaboration with both the local health departments and the NJ Vaccines for Children Program, provides a variety of services for families who are uninsured. The agency conducts monthly Child Health Clinics at locations throughout Somerset County. Services provided are:

- well-baby check-ups
- growth and development assessments
- immunizations for newborns through children 18 years of age who are attending school
- nutrition/diet assessment and counseling
- information and education on child health and safety

Our dedicated team of physicians, nurses and dietitians have years of experience with our community's children. Each check-up assesses the child's growth and development, immunizations, weight, dental hygiene, emotional and social health, assuring that each child is attaining developmental milestones.

Our nurses assure that the child is well nourished, developmentally on target and that the child has obtained all necessary immunizations. The nurse allots time for parents to ask questions and obtain advice as to how to best meet the needs of their children.

Our pediatrician performs a comprehensive physical examination to check on the physical health of infants, children, adolescents and young adults from birth to 18 years. Our pediatrician focuses on prevention, detection and management of physical, behavioral and developmental issues that affect children

Our dietitian staff weighs each child, assesses the child's nutritional status and provides a comprehensive meal plan for



children and their parents. The dietitians work with malnourished and obese children, providing a calm environment for learning for both the child and the parents, incorporating the child's food likes and dislikes and family preferences.

Our Child Health Clinics focus on health, family education and child safety. The clinic provides a wealth of information to area families on such subjects as bullying, bike safety, lead poisoning, car seat safety, healthy snacks, exercise and much more. The goal of the program is to give both the child and the family the tools to remain healthy and safe in their homes. The child health clinics work with other providers to ensure that the child and the family's needs are met and referrals are made to area providers when necessary.

The Child Health Clinics serve Franklin, Somerset, North Plainfield, Hillsborough, Montgomery, Pennington, Hopewell, Branchburg, Somerville, Raritan, Manville, Bridgewater, Bound Brook, Greenbrook, South Bound Brook, Warren and Watchung. These clinics are conducted on a regular schedule, which can be found by checking the calendar on our website at [www.communityvna.org/Calendar.aspx](http://www.communityvna.org/Calendar.aspx). You may also call us for the schedule and to request an appointment: 908-725-9355.

## Saluting Our Employees for Their Service and Dedication

Community VNA employees reaching service milestones were honored at the Annual Meeting on May 3, 2011. They are:

### 15 Years

**ALYCE BROPHY**

*President/CEO*

**JOANNE MARTONE**

*Receptionist*

**LAURA PIRONE**

*Intake Support Nurse*

### 10 Years

**CARMEN CARRASQUILLO**

*HHA Coordinator*

**FRANCES HICKS**

*Patient Care Team Secretary*

**ELIZABETH POSTIGLIONE**

*Human Resources Manager*

**JOANN TORO-ECHAGUE**

*Billing/Clinical System Specialist*

### 5 Years

**JOHN GATTI**

*Physical Therapist*

**JILL HOCKENBURY**

*Community Services Coordinator*

**DIANE VANDERVEER**

*Certified Home Health Aide*



# Water, Water, Everywhere, Every Day

- Lauren Bernstein, MS, RD, CDE



As a dietitian I'm always talking about the importance of a well-balanced diet to our overall health and well-being, but I sometimes forget to mention the other critical element of sound nutrition—water. With summer here and the thermometer already hitting above 90 degrees, it is important to remember how crucial water is and how dangerous dehydration can be.

The human body is composed of approximately 70–75 percent water. It is the elixir of life. It regulates body temperature, removes waste, maintains electrolyte balance and carries nutrients and oxygen to cells. The body's need for water is second only to its need for oxygen.

The average adult loses 10 cups of water per day, and, during hot weather or exercise, even more fluid is lost. Dehydration can become a serious health threat, particularly for infants, young children, the elderly and anyone who has a suppressed immune system. Seniors can be especially vulnerable because as we age our sense of thirst decreases.

Symptoms of dehydration are thirst, dry skin and mouth, fatigue and a possible headache. As it gets worse you can become dizzy, disoriented and have shortness of breath. Untreated, dehydration can lead to death.

You shouldn't wait until you are thirsty to drink. When exercising, drink before, during and after. Exactly how much you should drink is individual. However, most experts say somewhere between 6-10 glasses/day is optimal. Water is the best source of hydration but diluted fruit juice and milk count, too. Other good sources are fruits and vegetables, which are 80 percent water. Popsicles in hot weather also work great.

Drinks that contain caffeine, like coffee, tea and soda, or alcoholic beverages actually may dehydrate you, so don't use them a source of hydration. Sports drinks promise improved performance because they replace lost electrolytes, but unless you are exercising for more than 90 minutes, these drinks are just good marketing. The added sugar actually can cause weight gain. A glass of water and a piece of fruit does a better job without giving you unnecessary simple sugars.

So this summer use water as your number one source of hydration. Water is calorie-free, sugar-free, readily available and is absorbed faster than any other beverage. An ounce of prevention is worth a liter of cure.

# Apple Quinoa Salad Recipe

- Submitted by Lauren Bernstein

Quinoa (pronounced keyn-wa) is a whole grain packed with nutrients and higher in protein than most grains. It is becoming very popular and can be found in most grocery stores. This is a perfect summer salad to replace the usual pasta salad.

## Ingredients

- 1 cup apple juice
- 1 cup water
- 1 cup quinoa, rinsed
- ¼ teaspoon cinnamon
- 2 medium red or green apples, diced
- 1 cup sliced celery
- ½ cup dried cherries or cranberries
- 2 tablespoons chopped fresh mint (optional)
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 lemon, washed and cut in half

Place juice, water, quinoa and cinnamon in medium saucepan; bring to a boil. Reduce heat to low; cover. Cook 15-20 minutes or until liquid is absorbed. Cool slightly; transfer to large serving bowl and cover. Refrigerate 1 hour.

Add apples, celery, cherries, mint, oil, salt and pepper to quinoa. Squeeze lemon juice over salad; toss to coat.

Makes 6 servings.

210 calories 4 gms fat 0 cholesterol 120 mg sodium  
40 gms carbohydrates 3 gms fiber 5 gms protein



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## Hospice News

Community Care Hospice recently sponsored several events, including a Labyrinth Walk and a spring Bereavement Support Group. The April 30 Labyrinth Walk at the FINDERNE Reformed Church was facilitated by Angela Calogero, Bereavement/Volunteer Coordinator. The walk provided a soothing meditative exercise that encouraged introspection.

The spring bereavement support group, "Journey toward a New Day," took place during April and May. Angela Calogero and Reverend Frank Villerius, Hospice Chaplain, facilitated the program for adults who have experienced the loss of a loved one. Support groups are open to hospice families as well as the members of the community who have experienced a loss.

The annual Hospice Volunteer Training is currently taking place. This 20-hour course is designed to give the new volunteer the tools needed to bring care and support to the hospice patient and his/her family. Volunteers

meet with each member of the hospice team to gain insight and understanding of the vital role of the hospice volunteer.

The Community Care Hospice is holding its annual Remembrance Service on Thursday, September 15th, 2011 at 6:30 p.m. in the Reformed Church of FINDERNE, 581 Bridgewater Avenue, Bridgewater, NJ. All are welcome to attend.

We thank all the members of the community who continue to contribute to our "Caring Hands" program. Through your generous contribution of handmade afghans and shawls, we are able to give each of our hospice patients a tangible gift of caring. Since the program began, we have been able to distribute more than 150 afghans to our patients.

Please contact Community Care Hospice for information on resources for help and support following a loss, any of the programs listed here or to become a Hospice volunteer, by calling 908-725-9355, ext 2230.

## Car Donations Made Easy

Community Care Hospice is now accepting donations of cars, trucks and vans as part of its fundraising efforts. We will accept any make in any condition and offer free tow away of the vehicle. A receipt will be provided for IRS purposes. Help us provide end of life care to those in need by calling 908-725-9355 to donate your vehicle today.

**For quality home and hospice care, please contact Community VNA at 908-725-9355.**

