Community Visiting Nurse Association celebrates its 66th annual meeting on Tuesday, May 13, 2014, at the Bridgewater Manor. The agency awarded three 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 was “Embracing Excellence” 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 accomplishments made throughout 2013. The keynote speaker was Donna Cardillo, an “Inspiration Guru” and the “Dear Donna” columnist at nurse.com. Her speech, “You Can’t Change the Wind But You Can Adjust Your Sails,” inspired the audience and provided valuable information about health, wellness and the continual pursuit of personal and professional growth.

The meeting included 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 a dedication to the principles of public health. Also announced was the Marie Gemeroy Award, the agency’s highest honor, presented to recognize an individual(s) who has made an outstanding contribution to the organization and/or its clients.

The Caroline Krajewski Manney Nursing Scholarship Award was presented to Lydia Carra, a resident of Bridgewater, NJ. Alyce Brophy, Community VNA President and CEO, noted, “Ms. Carra demonstrates outstanding leadership qualities, exemplifying and reflecting the values of Caroline Krajewski Manney, the agency’s former director. She is passionate about the care and comfort of patients, providing and utilizing her specialized knowledge and skills, and she expresses an immense enthusiasm about the promotion of health and wellness in our community.”

Ms. Carra, a student at The College of New Jersey, commented, “Providing direct patient care within the nursing field allows me to develop relationships to enhance my patients’ ability to heal and improve.”

The Marie Gemeroy Award was presented to two recipients this year, Janice Klein and Carol Patterson.

Janice Klein, RN, MSN, is a nurse from Hillsborough, NJ, whose dedication, leadership, and professional skills are immensely admired and respected by all her patients and peers. “Janice is passionate about her profession and serves as a valuable and inspiring mentor to all our nursing students,” stated Ms. Brophy. “She is an outstanding nurse whose patience, kindness, gentleness and compassion define her work and success. Her remarkable contributions to our organization are invaluable and have been recognized with enormous gratitude by her colleagues and patients,” she added.

Carol Patterson, RN, BSN, MSN, was hailed as a valuable, contributing member of the CVNA Board of Trustees, where she has served for 20 years. “Carol is an advocate for the nursing profession, family and friends and has the special ability to inspire and influence others to learn and work together,” explained Ms. Brophy, citing her background as a nurse and instructor at Raritan Valley College.

Helping to present the awards was Community VNA’s Board President, Len Laich.
Michael's Miracles

In March 2008, the Buonocore family was on vacation when their son Michael became ill with what they thought was a virus. As the symptoms worsened, Michael was flown to Robert Wood Johnson Hospital. After bloodwork and medical evaluations, Michael was diagnosed with Type 1 Diabetes (formerly referred to as Juvenile Diabetes). Now their daily lives include special diets, blood glucose monitoring and insulin administration.

The family gathered information and resources to assist in their efforts to cope with this new reality. Michael survived and, as a family, the Buonocores realized that a community support group would have provided comfort during the time of crisis after the initial diagnosis was made. Both to celebrate Michael’s survival and to fill a void for those with similar challenges, Michael’s Miracles was established. This foundation offers a “Diabetes Education Program,” and the “Juvenile Diabetes Family Support Group.”

Michael’s Miracles receives support from both individual and corporate donors. There is one donation in particular that benefits hundreds of people every day. After a local florist heard about Michael’s Miracles and its mission to raise awareness about Type 1 Diabetes, they took decisive action to help. Each week they provide bundles of fresh flowers to the organization. The Buonocore family donates these flowers to patients and caregivers in the community. Hospitals, Meals on Wheels and Community VNA. Each week, CVNA nurses deliver beautiful floral bouquets to their patients. Every arrangement is labeled to create awareness about Diabetes and Michael's Miracles. “Nothing is more rewarding than to bring our patients flowers and see their happy faces as they truly feel special,” states Joe Hardgrove, a Community VNA Nurse.

This generous donation to Community VNA patients from Michael’s Miracles is a reminder that everyone benefits from kindness. It is the caring ways of those who want to make a difference that promotes good works in the community.

Michael’s Miracles celebrates survival while honoring the patient in their home setting, and the essential component to the education of our nursing students. “The relationship with Community VNA has provided an essential component to the education of our nursing students. They experience the patient in their home setting, and understand the essential role of home care and hospice care in our community’s health.”

Veteran nurses is part of CVNA’s mission to promote health education, wellness and prevention services.

Students Enhance Learning With Patient Care

Patients who are served by Community VNA sometimes get a bonus in their care with the addition of student nurses who work alongside CVNA as part of their educational training. These eager students have an opportunity to learn from professionals and gain hands-on experience in the community setting.

CVNA believes strongly in mentoring new nurses in home health and hospice care and patients with Rutgers University and Baritan Valley Community College. Students learn about public health nursing, the benefits and challenges faced in the delivery of care in the home environment and how home health and hospice fit into the health care continuum. The students take part in a clinical rotation in which they engage in patient visits along with a CVNA nurse. Students observe the nursing process and have a chance to use their training in taking vital signs and performing simple procedures along with the registered nurse. They also participate in teaching and psychosocial interventions. The relationship with Community VNA has been extremely positive. Our nursing and understand the important role home health and hospice care and partners with Rutgers University for Raritan Valley Community College states, “The partnership with CVNA has been extremely positive. Our students gain valuable knowledge about community health nursing and understand the important role home health plays in the community. Michael’s Miracles was recognized by Community VNA at its annual awards ceremony, receiving special recognition for such a wonderful program.

Michael’s Miracles celebrates survival while honoring the journey toward wellness. Initially, it filled a void, but now Michael’s Miracles flourishes as a life affirming presence in our community. For more information about Michael’s Miracles, please visit the website at michaelsmiracles.net.

Combating Pneumonia

Pneumonia is a serious inflammatory lung disorder in which the alveoli (tiny air-filled sacs in the lungs that ordinarily absorb oxygen from the air) fill with fluid or pus. As a result of this inflammation, the patient cannot get enough oxygen into the bloodstream to meet the needs of body tissues. In addition, the disease organisms responsible for most cases of pneumonia can spread from the lungs into the bloodstream and infect other vital organs.

Pneumonia is not a single disease. It has at least 10 different causes. Although most causes of pneumonia are caused by bacteria, viruses or other disease organisms, the illness can also be caused by chemicals, irritants to the lungs, food or saliva accidentally getting into the airway, or by dust. Some common risk factors for pneumonia include: Exposure to sufficient quantities of causative organisms, cigarette smoke (inhaled directly or secondhand by an innocent bystander), stroke, seizures, alcohol consumption, some medications, living in a group setting, and abnormal swallowing mechanisms.

Other risk factors can be found in older adults who may have a less effective ability to fight infection due to changes in their immune system, and patients with chronic health conditions such as asthma, cystic fibrosis and neuromuscular diseases, diabetes, sickle cell anemia, lymphoma, leukemia and emphysema may have an increased risk.

Pneumonia is the most frequent infectious complication of all types of surgery. Many drugs used during and after surgery may increase the risk of aspiration, impair the cough reflex, and cause a patient to under fill his or her lungs with air. Pain after surgery also discourages a patient from breathing deeply enough and from coughing effectively.

It is important to understand some of the common symptoms of pneumonia so you can seek medical care. These symptoms include:

■ Shortness of breath (breathing faster than normal or having trouble breathing)

■ Pain in the chest upon coughing or deep breathing

■ A cough that is worse than normal (may have mucus that is yellow, green, or blood streaked)

■ Fever greater than 101 degrees Fahrenheit

■ Nausea and/or vomiting

■ Increased tiredness that interferes with normal activities.

Patients over the age of 65 may exhibit a change in mental status (confusion/unclear thinking).

Community Visitor Nursing Association has developed important nursing interventions and teaching strategies to prevent the progression of pneumonia and to better manage the disease and get our patients back to better health. CVNA nursing staff works with patients, teaching them coughing and deep breathing exercises that facilitate good lung expansion. Patients are instructed about good hand washing techniques, signs and symptoms of their disease and the importance of medication management. The nursing staff promotes getting the pneumonia vaccine for all patients but especially for patients over 65 years of age or patients who have an illness which lowers the body’s immune system.

Pneumonia is a prevalent disease that can be prevented with immunization. If you decide along with your physician to get a pneumonia vaccine, visit our website at communityvna.org and check our “Community Health Programs” for information about obtaining the pneumonia vaccine at one of our clinics.

Ingredients

1. Preheat grill to medium high heat. Arrange 4 (12 inch long) sheets heavy-duty aluminum foil on work surface.

2. Divide first 3 ingredients evenly among sheets of foil. Top with halibut fillets; sprinkle fillets evenly with salt and pepper. Divide garlic evenly among fillets; top each with a rosemary sprig, and drizzle with oil.

3. Gather sides of foil over fish and vegetables to cover completely; crimp edges to seal packets.

4. Place fish packets on grill. Cook, turning once, 10-12 minutes or until vegetables are sizzling inside packets and fish is opaque throughout. Serve with couscous.

Foil-grilled Halibut with Tomatoes, Rosemary and Zucchini

Submitted by: Lauren Bernstein, RD Dietician, Community VNA

Ingredients

4, 8 oz halibut fillets (skinless)
2 zucchini, cut into 1-inch pieces
1 pint cherry tomatoes
3 ¼ cup pitted kalamata olives (halved)
¾ tsp salt
½ tsp black pepper
2 tbsp olive oil
200 calories, 8 gms protein, 18 gms carbohydrate, 16 gms protein, 0 gms sodium

Preparation

1. Preheat grill to medium high heat. Arrange 4 (12 inch long) sheets heavy-duty aluminum foil on work surface.

2. Divide first 3 ingredients evenly among sheets of foil. Top with halibut fillets; sprinkle fillets evenly with salt and pepper. Divide garlic evenly among fillets; top each with a rosemary sprig, and drizzle with oil.

3. Gather sides of foil over fish and vegetables to cover completely; crimp edges to seal packets.

4. Place fish packets on grill. Cook, turning once, 10-12 minutes or until vegetables are sizzling inside packets and fish is opaque throughout. Serve with couscous.

Recipe Instructions

Foil-grilled Halibut with Tomatoes, Rosemary and Zucchini

1 pint cherry tomatoes
3 ¼ cup pitted kalamata olives (halved)
½ tsp salt
¾ tsp black pepper
2 tbsp olive oil

200 calories, 8 gms protein, 18 gms carbohydrate, 16 gms protein, 0 gms sodium

Recipe Ingredients

Foil-grilled Halibut with Tomatoes, Rosemary and Zucchini

Submitted by: Lauren Bernstein, RD Dietician, Community VNA

Ingredients

4, 8 oz halibut fillets (skinless)
2 zucchini, cut into 1-inch pieces
1 pint cherry tomatoes
3 ¼ cup pitted kalamata olives (halved)
¾ tsp salt
½ tsp black pepper
2 tbsp olive oil

200 calories, 8 gms protein, 18 gms carbohydrate, 16 gms protein, 0 gms sodium

Recipe Instructions

Foil-grilled Halibut with Tomatoes, Rosemary and Zucchini

1 pint cherry tomatoes
3 ¼ cup pitted kalamata olives (halved)
½ tsp salt
¾ tsp black pepper
2 tbsp olive oil

200 calories, 8 gms protein, 18 gms carbohydrate, 16 gms protein, 0 gms sodium

Recipe Ingredients
Hospice News

Our adult bereavement support group, **Journey Toward a New Day**, completed its six-week session on April 10th. It was facilitated by Melissa von der Heide, Bereavement/Volunteer Coordinator, and Reverend Frank Villerius, Hospice Chaplain. The next adult bereavement support group will be offered on Thursdays from September 18th–October 23rd from 6:00 pm–7:30 pm. Please call Melissa von der Heide at 908-725-9355, ext. 2230, to register or for additional information. The next Memorial Service is being planned and a date will be announced soon.

Volunteers are an integral part of Hospice care. They provide a gentle, comforting presence for our hospice patients and their families. Volunteers may assist with running errands and practical matters and can provide respite for caregivers. Most importantly, volunteers provide a shoulder to lean on and a hand to hold. Our volunteer training is taking place at this time. If you are interested in becoming a Hospice Volunteer and would like to attend a future training session, please contact Melissa von der Heide at 908-725-9355, ext. 2230. We are currently looking for volunteers who have experience with trained therapy dogs, Reiki massage, music or art therapy, and horticultural experience.

Community Care Hospice offers a variety of inservices, educational information and support services regarding Hospice care, caregiver education and bereavement support. We are eager to speak to your church group, school, community group and more. Please call 908-725-9355, ext. 2210.

**HOT WEATHER TIPS:**

Every summer thousands of people suffer from the effects of high temperatures. Seniors in particular are at a higher risk for heat-related health problems. Diseases of the heart, lungs, kidneys; high blood pressure, diabetes poor circulation can affect the body’s ability to regulate temperature. Below is a general guideline to help you enjoy the summer safely.

1. **DRINK PLENTY OF WATER:** Do not wait until you feel thirsty. Your body loses a lot of water through perspiration. Always have a bottle of water with you.

2. **STAY IN A COOL WELL-VENTILATED AREA:** Open windows, turn on a fan or air conditioner. The circulation of air helps keep you cool.

3. **KNOW YOUR MEDICATIONS:** Some medications can affect the body’s ability to cool down, including antidepressants, blood pressure and motion sickness medications. Others, like diuretics (water pills), and some antibiotics can make you sun-sensitive.

4. **DRESS “COOL”:** Wear light-colored, loose-fitting clothes, a broad-rimmed hat, and always use sunscreen of at least SPF 30.

5. **HAVE A FRIEND CHECK UP ON YOU:** Plan to have a friend, neighbor or family member check in on you or call you at different times of the day when the outside temperatures are extremely high.

6. **EAT LIGHT MEALS:** Eat small frequent meals during the day as hot weather can affect your appetite.

7. **PLAN AHEAD:** Plan outdoor activities during the coolest part of the day, early morning or later in the evening.