Community VNA Celebrates Its 65th Anniversary and Honors Award Recipients at Annual Meeting

Community Visiting Nurse Association celebrated its 65th anniversary at its annual meeting on Tuesday, May 14, at the Bridgewater Manor. The event was attended by more than 160 people, including local dignitaries, members of the CVNA Board of Trustees, local friends and supporters and the agency’s staff, who gathered to celebrate the agency’s 65 years of service to the community and its achievements of 2012.

The luncheon celebration featured the theme, “65 Years of Caring for our Community.” Humorist Yvonne Conte entertained the audience with her engaging keynote address. Other highlights were the presentation of the Caroline E. Krajewski Manney Nursing Scholarship Awards, the Marie Gemeroy Award—the agency’s highest award for service—and staff recognitions.

The Caroline E. Krajewski Manney Nursing Scholarship Award is presented annually to a Somerset County resident who is pursuing a career in nursing and who demonstrates a dedication to the principles of public health. Caroline Krajewski Manney was the director of CVNA from 1969–1985. She was a visionary in home care and the field of public health. Her dedication to the promotion of health of the individual and community was exemplary throughout her career.

The recipients this year of the Nursing Scholarship were Kristin May of Raritan, NJ, and Bradley Schmidt of Somerset, NJ. Ms. May, a student at Raritan Valley Community College, is working towards an RN-AAS degree. “I have been dedicated to patient care since high school. I work hard and take pride in my education and the care I give the patients I am responsible for,” commented Ms. May.

Currently a student at Raritan Valley Community College pursuing an RN-AAS degree, Mr. Schmidt stated, “After considering numerous new career paths, I found that nursing offered me the prospect of positive and meaningful change, as well as a level of personal interaction and dynamism that I didn’t see in any other field.”

The organization’s highest honor, the Marie Gemeroy Award, was presented in memoriam to Ned Cohn, a local attorney who served as a Board member from 1994 until his death in April 2013. This award recognizes an individual who has made an outstanding contribution to the organization and/or its clients. President and CEO Alyce Brophy described Ned as a “valued mentor, advisor and confidante. His tenure was defined by an unwavering support of CVNA’s mission and service to the community.” Added CVNA Board President Len Laich, “Ned has left an indelible mark on the organization that will not fade with his passing, but rather continue to illuminate our mission forever.”

LEFT TO RIGHT: Bradley Schmidt of Somerset and Kristin May of Raritan: Caroline E. Krajewski Manney Nursing Scholarship recipients

CVNA President and CEO Honored for Work in Somerset County

Alyce Brophy, RN, BSN, MPH, President and CEO of Community Visiting Nurse Association in Somerville, NJ, was honored in the Health Services category by the Somerset County Commission on the Status of Women in March. The Commission honored outstanding women who live or work in Somerset County. The award recognizes women who have made significant contributions in their professional fields, to women’s causes, or in community endeavors. The annual award event is held each March to celebrate Women’s History month.

Ms. Brophy provides leadership defined by her belief in community partnerships. It is that belief which led to Community Visiting Nurse
Association receiving a grant from the Robert Wood Johnson Foundation to formulate a cohesive method to manage chronic illnesses, thus reducing mortality and morbidity. The grant was given to CVNA as a result of Ms. Brophy’s extensive research and vision toward the goals of improved patient self-management, enhanced patient education, standardization of practices and reduction of re-hospitalization rates. This CARE grant (Collaborative Approach to Reach Patient Empowerment) has fostered interventions at all levels of patient care. Individuals receive standardized care by healthcare providers in the acute, sub-acute and home care settings.

There has been a steady reduction in hospital readmissions since implementing the program. Patients have been empowered to take control of their disease. None of these successes would have been possible without the efforts of Ms. Brophy.

Paula Morasco, Chairperson of the Somerset County Commission on the Status of Women, quoted the nominating letter and stated, “Alyce has the ability to weed through complicated and ever-changing government regulations and present them to staff in simple terms so they can be implemented promptly.”

“Alyce Brophy continues to be a strong advocate for patients and their families in today’s healthcare environment. She has worked effectively with community providers to enhance the care provided to patients throughout all levels of care,” said Lenny Laich, Board President of CVNA.

Saluting Our Employees for Their Dedication and Service

Community VNA employees reaching service milestones were honored at the Annual Meeting on May 14, 2013.

Strawberry Tiramisu
(Makes 6 Servings)

Submitted by Lauren Bernstein, RD, Community VNA

Ingredients
- 4 oz reduced fat cream cheese
- 4 oz fat free cream cheese
- ½ cup reduced fat ricotta cheese
- ¼ cup reduced fat sour cream
- ½ cup sugar substitute
- ¼ cup reduced fat whipped topping
- 2 cups fresh sliced strawberries, divided
- ½ cup reduced sugar or sugar-free strawberry jam
- 12 ladyfingers, split in half

1. In medium bowl, beat cream cheeses, ricotta, sour cream and sugar substitute with electric mixer until creamy. Fold in whipped topping. Set aside.

2. Place 1¼ cup strawberries and jam into food processor. Process 30 seconds or until roughly pureed (small pieces of strawberries should remain)

3. Line bottom of 1½ quart rectangular baking dish with half of ladyfingers. Pour half (about ½ cup) of strawberry puree over ladyfingers and spread to coat evenly. Spoon half of cream cheese mixture (about 1 cup) evenly over strawberry puree and gently smooth. Repeat with remaining lady fingers, strawberry puree and cream cheese mixture.

4. Top tiramisu with remaining sliced strawberries; cover and refrigerate at least 2 hours before serving.

Nutrition Information:
Per Serving: 205 calories, 6g total fat (3g sat), 9g protein, 290mg sodium, 45mg cholesterol, 24g carbohydrate, 1g fiber

5 YEARS 10 YEARS

LEFT TO RIGHT: Donna Wagner, RN; Paulette Graham, RN, Patient Care Team Manager; Linda Frey, RN, Performance Improvement Manager; Natalia James, RN; Janice MacManis, Accounting Assistant; Debra Malinowski, OT; Dorene String, Patient Care Team Secretary; Ewa Wilson, CHHA

LEFT TO RIGHT: Louis Romano, Insurance/Collections Clerk; Jennifer Allen, PT; Nancy Hartrum, RN Not Pictured, Mary Fedroff, RN; Mary O’Brien, CHHA
When patients are discharged from the hospital to home with Diabetes, whether this is a new diagnosis or patients have had Diabetes for many years, often adjustments need to be made. Diabetes is a chronic long-term disease process that can affect patients of all ages. In Type I Diabetes, the pancreas makes little or no insulin, and these patients need to take insulin injections. In Type 2 Diabetes, the pancreas may still make the insulin hormone, but either does not make enough insulin or the insulin made is not correctly used in the body.

At CVNA, there are several programs that may benefit patients with Diabetes. When discharged from the hospital or rehabilitation facility, patients may receive skilled care through Medicare (or private insurance). Their physician at the discharging facility refers this service. Patients at Somerset Medical Center with Diabetes and/or heart failure may participate in our Care Transitions, which is a program funded by a Robert Wood Johnson Foundation grant. Patients living at home in Somerset County over 60 with Diabetes, heart failure and/or chronic obstructive lung disease or who are at risk for these chronic illnesses are eligible to participate in the Chronic Disease Care Management program. This program is a grant co-sponsored by the Somerset County Office on Aging and Community Visiting Nurse Association.

The components of the Chronic Disease Care Management program consist of monthly nursing visits, nutritionist consultation and follow-up visits, social work consultation, and physical therapist evaluation and follow-up visits. Telehealth monitors are available for those in the program to use at home. The patients are able to take their blood pressure, heart rate, weight and oxygen saturation and transmit the data to a computer at Community VNA where trained nurses monitor it. The interdisciplinary team includes collaboration with the patients’ primary physician, endocrinologist and/or specialists to promote quality consistent care.

The goals of the Chronic Disease Care Management program are to prevent complications of Diabetes, reduce hospitalizations and emergency room visits, and maintain/improve patient and caregivers quality of life. Patients establish goals which they can attain through self-management, and with the help and support of the interdisciplinary team, they can take control of their diabetes. The Chronic Disease Care Management program follows the American Association of Diabetic Educators 7 Self Care behaviors, which include:

- Healthy eating
- Being active
- Taking medication
- Monitoring
- Problem solving
- Healthy coping
- Reducing risk of complications

The nutritionist completes an assessment to assist the patient/caregiver to create a personalized meal plan which is heart healthy and will keep their blood sugar in control. The physical therapist does an evaluation and develops a home exercise program with the patient that can be safely performed on a regular basis. The social worker provides support in coping with chronic illness and financial burdens, and provides links to community resources.

The nurse provides education, utilizing a variety of resource material on medications, self monitoring of blood glucose and blood pressure, problem solving, sick day guidelines, foot care, traveling with and reducing complications of diabetes. Patients are provided with a Personalized Health Record, log books, and/or may use systems they have created to record their blood sugars, weight, blood pressure and medications. The nurse assists the patient to develop safe ways to remember to take their medications, such as using pillboxes, alarms and paper/computerized records. Instruction is provided on the types of insulin, how to prepare and give an injection using syringes and/or pens. The nurses are well versed on new advances in medications and they keep up to date with the latest in diabetes care.

The interdisciplinary team at Community Visiting Nurse Association is available to help patients and their caregivers to successfully control their Diabetes and maintain a normal daily life. For additional information, please call Community Visiting Nurse Association at 908-895-2241.
Hospice News

Our Spring hospice volunteer training is underway. 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. If you are interested in becoming a volunteer please contact Melissa von der Heide at 908-725-9355, ext. 2230.

Community Care Hospice offers a variety of in-service programs, 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, or check our website at www.communityvna.org for information on upcoming bereavement support groups.

Community Care Hospice held its annual Remembrance Service on June 5 at the North Branch Reformed Church. This is an interdenominational service dedicated to remembering those we have cared for and to offer a time of reflection and celebration to family and friends.

“Those we hold closest to our hearts never truly leave us. They live on in the kindness they shared and the love they brought into our lives.” ~Author unknown

Community VNA Receives CHAP Accreditation

Community VNA is pleased to announce it has again received accreditation from CHAP, a Community Health Accreditation Program. CHAP is an independent, non-profit accrediting body. The organization’s purpose is to objectively validate the excellence of community health practice through consistent measurement of the delivery of quality services. It helps home care agencies to operate more efficiently and effectively, to continually raise their standards of excellence and to be health care leaders in their communities.

“Providing quality care and services to our patients is what we strive to achieve for complete home health care satisfaction,” stated Alyce Brophy, President and CEO of Community VNA. “Our agency is honored to be recognized again by our achievements and meeting the highest standards of accreditation.” Community VNA recently achieved continuation of accreditation for the three-year period through March 2016.

“As we move forward, Community VNA continues to thrive with our mission and our commitment and dedication to the health and wellness of those we serve,” said Brophy. For more information about our services, please call 908-725-9355.