

# Central Vermont Home Health & Hospice Housecalls



## SEASONS OF LIFE 2015 FASHION SHOW, DINNER & LIVE AUCTION A GREAT SUCCESS

**S**pecial thanks to all of you who joined us on October 16th and to those individuals and businesses who donated so generously!

Over 250 members of the central Vermont community gathered at National Life in Montpelier to celebrate Seasons of Life, Central Vermont Home Health & Hospice's 16th annual fashion show, live auction and dinner. Guests included donors, staff and members of the board and community. With your support, CVHHH raised approximately \$40,000 (net) to support programs and services to those individuals who are underinsured or have no health care insurance.

After 15 years hosting this successful event, we decided it was time for a new name and a fresh look. CVHHH President and CEO Sandy Rousse said: "I am excited about the introduction of

Seasons of Life. This evolution reflects the true breadth and depth of services that CVHHH provides for central Vermonters of all ages, from moms and newborns, to healthy, active adults needing post-surgery rehabilitation, to families seeking hospice for a loved one."

Lisa Ventriss, President of the Vermont Business Roundtable, attended as the emcee and was joined by guest auctioneer Rusty Dewees, who returned for a third year to auction off an assortment of packages donated by local businesses. The fashion show featured couture donated by 22 local vendors modeled by 44 volunteers from the community aged 2 to 91. Entertainment was provided by Green Mountain Performing Arts and dinner was catered by the New England Culinary Institute.

More  
photos  
on p. 4

## A Message from Sandy Rousse

**A**lmost daily, I discover new reasons to be proud to work at Central Vermont Home Health & Hospice. As many of you may know, my mother recently passed away. She was my best friend. Throughout her illness, and in the weeks since her death, I have been humbled by the support of friends, colleagues and neighbors. Thank you, again, for showing me the strength and compassion of this community.

It is this unwavering support that makes it possible for CVHHH to provide the thousands of visits and hours to residents of the 23 communities in our service area. This includes skilled nursing, rehabilitative therapies, maternal-child health, personal care and bereavement counseling, as well as resource education, care coordination and case management in conjunction with other community providers that offer real solutions to individuals and their families.

Speaking of partnership, this year alone, we were involved in several projects that embraced new models of care delivery and technology, including telemonitors, to provide better coordinated care and reduce hospitalizations for at-risk central Vermonters. I am proud of the success of these pilot projects, some of which are ongoing, which demonstrate the willingness of multiple providers to work together on behalf of the community.

This commitment to community, that is so deeply a part of central Vermonters, is what offers the assurance that there is someone, or some organization, who can and will help. I urge you to visit us online at [www.cvhhh.org](http://www.cvhhh.org). On our homepage, you'll see a photo of writer, storyteller and East Montpelier resident Willem Lange. Ten years ago, Lange chaired a campaign for CVHHH that helped raise over \$50,000 to launch our telemonitoring program. Lange is at it again this year, generously serving as Honorary Chair of our Annual Fall Solicitation. Take a moment to read his letter and consider making an online donation as a show of support for our work and for this incredible community which we call home.

Wishing you a healthy, happy holiday season.

Sandy Rousse



*Sandy Rousse*  
CVHHH President & CEO



Housecalls is a bi-annual newsletter for the friends and supporters of **Central Vermont Home Health & Hospice**  
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(802) 224-2234  
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### 2015-2016 Volunteer Board of Directors

Megan Cicio, *Chair*  
Sean Starr, *Vice Chair*  
Gary Clark, *Treasurer*  
Jean Joslin, *Secretary*

|                 |                        |
|-----------------|------------------------|
| Brian Aitchison | William E. Patno, II   |
| Susan Chicoine  | Gloria Rice            |
| Ed Flanagan     | Sandy Rousse*          |
| Theresa Lever   | Alison White           |
| Chuck Martel    | David Zahn             |
| Martin Miller   | *CVHHH President & CEO |

### CVHHH Service Area

|                 |            |              |
|-----------------|------------|--------------|
| Barre           | Marshfield | Waitsfield   |
| Barre Town      | Middlesex  | Warren       |
| Berlin          | Montpelier | Washington   |
| Cabot           | Moretown   | Waterbury    |
| Calais          | Northfield | Williamstown |
| Duxbury         | Orange     | Woodbury     |
| East Montpelier | Plainfield | Worcester    |
| Fayston         | Roxbury    |              |

### CVHHH Programs

- Home Health Care
- Hospice and Palliative Care
- Maternal and Child Health
- Long Term Care
- Health Promotion
- Private Care

## Board of Directors Update

### CVHHH Welcomes New Board Member Brian Aitchison

In September, we welcomed Brian Aitchison to our Board of Directors. Brian is a lifelong Vermonter who grew up in Montpelier and attended the University of Vermont, where he earned a Bachelor of Science Degree. Brian joined Denis, Ricker & Brown Insurance in 1987. He became a stockholder and officer of the firm in 1997 and is currently a Vice President of Denis, Ricker & Brown/ Hickok & Boardman, Inc.

“I am thankful that CVHHH is a part of our community,” says Brian. “I have friends and family who have received CVHHH services, and the agency delivered a high level of compassionate care. I look forward to assisting CVHHH advance its mission as a member of the Board.”

Brian is a member of the Montpelier Rotary Club, past president of the Central Vermont Chamber of Commerce and has served on several advisory committees for nonprofit organizations in central Vermont. He lives in Berlin, Vermont with his wife and two children.



### New CVHHH Website Live: Updated Design & Architecture Provides Better User Experience

Have you visited us online recently? In September, we relaunched our website, still located online at [www.cvhhh.org](http://www.cvhhh.org). As part of the year-long project, we partnered with Brandthropology — who designed the site — and our affiliate agency, VNA of Chittenden & Grand Isle Counties, to rebuild our online home from the ground-up.

#### Highlights include:

- User-friendly site architecture that makes it easier than ever for you to find the information you need about our services and to make secure online donations
- Updated functionality: service pages now include FAQs, with answers to your questions about care provided, payment and eligibility, plus online contact forms that allow you to send emails to staff
- News feed on the homepage with up-to-date information about current events and a printable events calendar

Please let us know what you think. Send your feedback to Emily McKenna, Marketing Manager, at [emckenna@cvhhh.org](mailto:emckenna@cvhhh.org) or 224-2215.



# Seasons of Life

2015 Fashion Show, Dinner & Live Auction



## Donors Give Kudos to CVHHH

A recent gathering at CVHHH was an occasion for friends and supporters of the agency to experience the technology of our telemonitor tablets. These units are placed in the homes of patients, who are then able to record their blood pressure and blood oxygen, glucose and weight. Results are sent to Nicole Keaty, RN, CVHHH's Telehealth Manager, who reviews results and follows up on any measures that seem abnormal. If necessary, we reach out to the patient or contact the patient's primary care doctor.

Alan Weiss, a well-known nonagenarian from Montpelier, who has been a telemonitor user, shared about his positive experiences with the technology and the professional and caring staff who visited with him. Weiss also noted how much he enjoyed the conversations that he had with the CVHHH team. Weiss shared that he donates to CVHHH and urged his fellow associates to continue their support and to increase their donations as they are able.

If you are interested in making a donation to CVHHH or would like to learn more about how you could contribute to our agency, please contact either: Dan Pudvah, Director of Development at [dpudvah@cvhhh.org](mailto:dpudvah@cvhhh.org) or (802) 224-2235 / Kim Farnum, Community Relations & Development Manager at [kfarnum@cvhhh.org](mailto:kfarnum@cvhhh.org) or (802) 224-2234.



*Janet Knutsen, left and Nicole Keaty, right*



*Alan Weiss*

## CVHHH Has Been Awarded Grants This Year

The following organizations have awarded grants to CVHHH this year to support the Telehealth Program:

- Richard E. and Deborah L. Tarrant Foundation
- National Life Group Community Foundation
- Vermont Mutual Charitable Fund
- The Central Vermont Women's Giving Circle
- The Mad River Rotary Club
- The Montpelier Rotary Club
- The Northfield Rotary Club

Funds are being used for general program support, to purchase new telemonitor tablets and to replace several older units.

**Stay in touch with CVHHH.  
Sign up for our E-News**

You may now sign up for CVHHH e-news on our website. Visit us at [www.cvhhh.org](http://www.cvhhh.org) and provide your first, last name and email address, and we'll send you regular updates with news of the latest CVHHH happenings — events, volunteer opportunities, community news, job postings and clinic schedules.

## Meet New Community Relations & Development Staff Kim Farnum and Patty Connor



**Kim Farnum** joined CVHHH in March as Community Relations & Development Manager. Kim has worked in the healthcare sector for the past eighteen years. Prior to joining the agency, Kim worked independently on education and outreach initiatives for a number of Vermont organizations including Rutland Regional Medical Center and

Springfield Health Care Systems. Kim also worked at Central Vermont Medical Center as a Project and Development Manager. In addition to her experience in development, she brings experience in finance and marketing to our agency.

Kim lives in East Montpelier with her husband Greg and two daughters Mikayla and Aurelia. Kim loves the outdoors. In the winter months she spends time skiing, snowmobiling and snowshoeing and during the warmer months, she loves spending time with family and friends on the water. Her hobbies include traveling and photography.



**Patty Connor** joined CVHHH in April as Community Relations & Development Assistant. She re-entered the workforce in 2013 working with the grant administrator at The Vermont Adoption Consortium. Prior to this, she worked 21 years at home raising two children. Patty also works for Connor Contracting, Inc.

coordinating special projects and marketing. She is excited to bring her organizational and creative skills to CVHHH.

Patty lives in East Montpelier with her husband, John. They have two children. Matthew is a Quality Engineer working in Cambridge, MA and Erin is a senior studying education at St. Michael's College in Colchester. Patty enjoys reading, crafting, and photographing her family and travel adventures.

## Sandy Rouse Named President of VNAs of Vermont

Sandy Rouse was recently elected President of the VNAs of Vermont (VNAVt), the association of 11 not-for-profit Visiting Nurse Associations providing home health and hospice care to all Vermonters. Rouse was elected by members of the VNAVt board, which is comprised of leadership from member agencies. As VNAVt President, Sandy will work closely with VNAVt Executive Director Peter Cobb, serving as the organization's spokesperson at meetings with key community partners and stakeholders.



## Thank You for Choosing CVHHH as Your Flu Vaccine Provider

This fall, we provided over 1,200 central Vermonters with flu vaccinations.

On behalf of Allison Jones, our Health Promotion Nurse, we'd like to thank all of the individuals and businesses who chose CVHHH as their flu vaccine provider.

Here's to your good health in 2016!



*Allison Jones,  
Health Promotion Nurse*



*NFP Team (l to r): Rachael Byrnes, Lorna Corbett, Katy Leffel, Terri-Lee Palermo*

## Nurse-Family Partnership Team Recognized for Work in Community

Nurse-Family Partnership (NFP), which supports first-time mothers in the community with home visits, nutrition and parenting education, lactation assistance, emotional support and care coordination, was recognized this year by the NFP National Office for achieving high caseloads. “We are proud of the growth of this program, now in the final months of its second year,” says Lorna Corbett, RN, CLC, Maternal-Child Health and NFP manager. “Together, we are helping first-time moms and babies achieve successful outcomes, including healthy pregnancies and working towards personal life goals.”

### Meet Your NFP Nurses

**Lorna Corbett, RN, CLC** – Lorna received her Nursing Degree from Norwich University and is a Certified Lactation Counselor and Childbirth Educator. She lives in central Vermont with her husband and four children.

**Rachael Byrnes, RN, BSN** – Rachael graduated from Montana State University with degrees in nursing and psychology and is the newest addition to the NFP team. Rachael, a Certified Lactation Counselor, lives in Richmond with her husband, also a nurse.

**Terri-Lee Palermo, RN, MSHS** – Terri received her BSN from UVM and a Master of Science in Health Sciences from Trident University. She has three children, two grandchildren and lives in Waterbury with her husband and dog.

**Katy Leffel, RN, CLC** – Katy received her nursing degree from Norwich University and is a Certified Lactation Counselor. She lives in Marshfield with her husband, two daughters, a beagle mutt and a barn cat.

## We'd like to thank the following CVHHH staff for their many years of service to the community

### 35 YEARS

Ellie Boisvert  
Connie Colman

### 25 YEARS

Donna Fontana

### 20 YEARS

Karen Bagley  
Laura Parker

### 15 YEARS

Joyce Chilton  
Daphne Herwig  
Lisa Washburn

### 10 YEARS

Mark Dello Russo  
Linda Kinney  
Michelle Walker

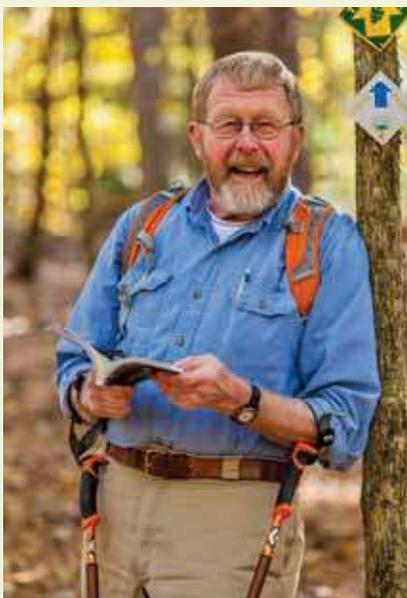
### 5 YEARS

Deborah Burbank  
Manon Cote  
Heidi Eames  
Kathy Lyford  
Cindy Merrill  
Francine Miller

Robert Oakley  
Jean Semprebon  
Diane Tulloch

## Meet Willem Lange

*“Keeping central Vermonters healthier and happier longer...”*



**We are grateful for Will’s service as our Honorary Chair this fall. We urge you to read his letter when it arrives in the mail. Or, you may read it on our website.**

**W**e are thrilled to welcome East Montpelier resident Willem Lange as the honorary chair of our Fall Solicitation. This is Will’s second turn as a campaign chair for CVHHH. Ten years ago, a generous donor challenged CVHHH supporters to match a \$50,000 pledge. With Lange as honorary chair, the campaign exceeded that challenge, which helped launch our Telehealth program. We are grateful for Will’s service again this fall and urge you to read his letter when it comes in the mail. You may also read it on our website.

Willem Lange was born in upstate New York in 1935. A child of deaf parents, Willem grew up speaking sign language and first came to New England in 1950 to attend prep school.

During a few absences from New England, Will earned a degree from the College of Wooster in Ohio. In between those scattered semesters, he worked as a ranch hand, Adirondack guide, preacher, construction laborer, bobsled run announcer, assembly line worker, cab driver, bookkeeper, and bartender. After graduating in 1962, he taught high school English in northern New York, filling in summers as an Outward Bound instructor.

From 1968 to 1972 Will directed the Dartmouth Outward Bound Center. From 1972 until his “retirement” in 2007, he was a building and remodeling contractor in Hanover. He’s an adopted member of the Dartmouth Class of 1957.

In 1981 he began writing a weekly column, “A Yankee Notebook,” which appears in several New England newspapers. He’s a commentator or host for Vermont Public Radio and both Vermont and New Hampshire Public Television stations. His annual readings of Charles Dickens’ *A Christmas Carol* began in 1975 and continue unabated. He’s published several audio recordings and nine books and received four Emmy nominations, including for his work as the long-running host of New Hampshire Public Television’s “Windows to the Wild.”

In 1973 Will founded the Geriatric Adventure Society, a group of outdoor enthusiasts whose members have skied the 200-mile Alaska Marathon, climbed in Alaska, the Andes, and Himalayas, bush-whacked on skis through northern New England, and paddled rivers north of the Arctic Circle.

He and his wife, Ida, who is the proprietor of a kitchen design business, have been married since 1959. After forty years in New Hampshire, they moved to East Montpelier, Vermont in 2007. They have three children and four grandchildren.