



House Calls

SPRING 2009 VISITING NURSE ASSOCIATION OF CENTRAL JERSEY VOLUME 20 NO. 1

'Stately Homes' Designer Show House Benefits VNACJ Programs

A mansion from the heyday of country house architecture will serve as the Stately Homes By-the-Sea Designer Show House planned for April 28 – May 31 to benefit Visiting Nurse Association of Central Jersey. More than 50 interior designers and 12 landscape designers will transform "Sheep's Run," at 99 Rumson Road, Rumson, into a mecca of fine design. More than 1,000 volunteers are involved in planning and staffing the show house.

Liz Thees, Rumson, and Deborah Ansell, Deal, chair the event. "A spectacular showhouse requires a spectacular setting, and we have one," says Mrs. Thees. "Leading designers have chosen to participate because Sheep's Run offers such a fabulous setting to showcase their work," adds Mrs. Ansell.

The house, set on 6.4 acres, was designed in 1915 by renowned architect Harrie T. Lindeberg for Thomas and Elizabeth Vietor of New York. With 27 rooms and 10 bathrooms, the house is considered an architectural gem and an outstanding example of Lindeberg's work. A notable feature of the house is its intricate, ornamental metalwork designed by Oscar B. Bach, much of it with bird motifs.

VNACJ Chairman Judith Stanley Coleman expressed her appreciation to the Mulheren family, homeowners who for the second time have preserved a historic property and



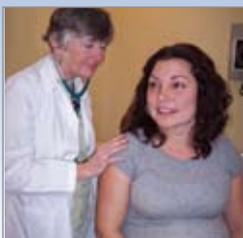
RUMSON

"Sheep's Run," a gem of a country house, is the setting for the 2009 Stately Homes By-the-Sea Designer Show House.

opened it to the public for charitable purposes. The first show house was held two years ago. "The Mulherens have shown exceptional generosity and true philanthropy," she says. "As in 2007, our show house revenues will go directly to provide compassionate care for those most in need."

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Celebrating Our Volunteers

April is National Volunteer Month. VNACJ joins organizations across America in saluting those who donate their time, talent and energy to make a difference in the lives of those in need. Our volunteers see beyond the details of the letters, e-mails, telephone calls and meetings to the goal of improving the health of our community. Those who visit our patients see the results of their dedication firsthand, in the smile of a hospice patient, a warm welcome from an isolated senior, or the appreciation of a family member grateful for respite.

This year our volunteer ranks will swell, as we include the more than 1,000 people involved in producing our second designer show house: the Stately Homes By-the-Sea Designer Show House at Sheep's Run. Many of these volunteers, and many of the designers, too, are giving generously of their time because they, a family member or a friend have benefited from the compassionate care of a home care provider.

We are grateful to each and every one of our volunteers whatever the reason that brings them to our door. They give a very precious gift to our organization, our patients and our community.

Sincerely,



Judith Stanley Coleman
Chairman



Judith Stanley Coleman, center, at the show house with Liz Thees, left, and Deborah Ansell, who are chairing the event.

HouseCalls

is a publication of
**Visiting Nurse Association
of Central Jersey**

A voluntary nonprofit organization serving Monmouth, Middlesex, Ocean, Burlington and Gloucester counties.
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Judith Stanley Coleman,
Chairman

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Federal Funding Secured To Expand Successful Telehealth Program

In 2004, VNACJ launched a telehealth program for patients in central New Jersey with congestive heart failure (CHF), diabetes, and chronic obstructive pulmonary disease. Telehealth uses electronic information and telecommunications technologies to support long-distance clinical health care from home. It guides patients in self-care, education, and the collection of clinical information, including health self-assessment, symptoms and vital signs. The original initiative was in collaboration with CentraState Medical Center and the Monmouth County Office on Aging, partially funded by a two-year Robert Wood Johnson Foundation grant. VNACJ expanded the program through a partnership with Monmouth Medical Center in Long Branch. Telehealth has been a remarkable success. It has improved outcomes through enhanced patient self-care knowledge and compliance, and lowered healthcare costs by reducing the rate of re-hospitalizations.

For the past four years, VNACJ has continued to fund the program through donor contributions. Most insurance plans, including Medicare, do not cover the cost of telehealth monitoring. Thanks to our federal congressional delegation, specifically U.S. Representatives Frank Pallone and Rush Holt and U.S. Senators Frank Lautenberg and Robert Menendez, that is about to change.

On March 11, 2009, President Barack Obama signed into law the Omnibus Appropriations Act 2009. This legislation includes \$238,000 in funding for VNACJ to expand its successful telehealth program through the purchase of new, state-of-the-art telemonitoring equipment. The grant will have a direct impact on many lives across central New Jersey, and is fully consistent with the federal government's increased investment in health information technology and community-based care solutions.

The results speak for themselves. In 2008, VNACJ monitored 226 frail cardiac patients, and only 4 percent required re-hospitalization for CHF conditions. According to the Centers for Medicaid and Medicare Services approximately 32 percent of Medicare beneficiaries have congestive heart failure and/or diabetes, but they account for 75 percent of Medicare expenditures.

"Telehealth has – and will continue – to make a difference," said Mary Ann Christopher, VNACJ President and CEO. "We are grateful to our federal legislators for recognizing the importance of funding this life-saving program."



William, 83, pictured with Marianne Clayton, RN, has had CHF and emphysema for more than 20 years. Telehealth has helped him see less of hospitals and more of home.

How Telehealth Monitoring Works

A patient with CHF is followed throughout the hospital stay by nurses, physicians and an on-site VNACJ liaison, and planning for after-discharge care begins right away. Teaching the patient begins on day one. Each patient receives a CHF education booklet that emphasizes the importance of diet, weight control, and medication compliance. The VNACJ liaison arranges for home care, if needed, and provides the patient with a telehealth monitor when the patient's condition is deemed appropriate for its use.

The telehealth monitor is a small electronic box about the size of a telephone answering machine. Patients are taught how to hook it up to a home telephone line and how to send basic health information to VNACJ. At home each day, patients take readings of vital signs including blood pressure, weight and the amount of oxygen in the blood. They enter the numbers, and answer a few yes-or-no questions about important daily changes, such as fatigue and medication compliance. The patient's measurements are monitored by VNACJ and potential problems are addressed immediately. Patients can also be referred directly into the telehealth program by a physician, without being admitted to the hospital.

"The VNACJ/Monmouth Medical Center telehealth program has been a big success. Monmouth has cut 30-day re-admission rates to 11 percent," says Allan Tunkel, M.D., chair of Monmouth's Department of Medicine. In contrast, national statistics show that in 2006, 25 percent of patients with CHF were re-hospitalized within 30 days and 45 percent within 90 days.

VNACJ responds to patient concerns 24 hours a day, seven days a week. For additional information on Telehealth and other VNACJ services, call 1-800-862-3330.

VNACJ Expands Prenatal Services

Nicole has been coming to VNACJ's Red Bank Community Health Center (CHC) for prenatal services for nearly 10 years. "I'm sure of that, because my oldest child was nine at the end of February," she says. "I've had all my children there. I love the midwives."



Nicole and her husband Mike with (l to r) Tadhg, 2 weeks; Ailish, 18 months, and Sinead, 3 years. The three children were delivered by Patti Whyte, a certified nurse midwife at the VNACJ Community Health Center, Red Bank.

It's clear that Nicole feels a special bond with nurse midwife Patti Whyte. "Patti has delivered four of my children, and Martha Ortiz [also a certified nurse midwife] has delivered two," Nicole says. "They were all very good experiences.

"The midwives are women; they are mothers. They go through labor with you, and rub your back. They're in it for the long haul," Nicole adds with a smile. CHC patients deliver at Monmouth Medical Center.

The Oakhurst resident is one of 500 prenatal patients who enrolled at the CHC in 2008. Now, a grant in the amount of more than \$176,000 from the N. J. Department of Health and Senior Services will allow VNACJ to expand its prenatal and midwifery services.

Grant Funds Additional Services

The money will expand services at three locations—Red Bank, Asbury Park and Keyport—including the services of a prenatal clinical social worker, a prenatal nurse, a nutritionist and administrative staff.

The grant will also fund the services of an outreach coordinator to support one of the CHC's major goals:

to provide care earlier in a woman's pregnancy. In visiting Red Bank, Heather Howard, N. J. commissioner of health and senior services, described the CHC's prenatal program as "a model for others in the state," citing its success in enrolling women for care in the first trimester.

"We want more women to receive care in their first three months of pregnancy," says Gary Linington, CHC executive director. "We also want to increase pre-conception education. Women need to know the importance of folic acid to prevent birth defects, the importance of being seen by a clinician in the first trimester, and the importance of prenatal care in general to the health of mother and baby." The CHC also wants to spread the word that its prenatal services are covered by most insurance, and that lack of insurance should not stop women from seeking care.

Says Nicole, "The nurses have been there a long time, and they are like family. They have a social worker and nutritionist, which I think is fabulous. They are a wealth of information.

I wouldn't think of having a baby anywhere else."



Certified Nurse Midwife Patti Whyte with Nicole at the VNACJ Community Health Center, Red Bank, shortly before the birth of her son Tadhg.



CAREGIVING

Robert, left, with Joe, his father, and nurse Sandy Matos. Robert devotes hours every day to providing the care that makes it possible for his dad to stay at home. Sandy Matos taught him how.

Home Care for Diabetes

Joe, 68, has lived in the South Amboy area all his life. Although he is one of 15 children, he is the only one to be diagnosed with diabetes. But his three living sons have the disease. And his wife Carolann, who passed away suddenly in April 2007, had also contracted diabetes.

Joe now lives alone. Robert, his middle son, is his primary caregiver. My brothers developed diabetes when they were 7 and 8. I was 32," says Robert. "Although we're all very familiar with the disease, my mom really took care of everything for my dad. When she passed away, he was pretty lost. My brothers and I didn't really understand the level of care he required."

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. As a result of his diabetes, Joe became blind at 55 and was forced to retire. About three years ago, he developed a serious wound on his foot that would not heal.

Without his wife's constant care, Joe ended up in the hospital and then was transferred to a nursing home where he was not allowed to walk for three weeks. The wound re-opened less than a week after Joe came home. When he asked to remain at home, Visiting Nurse Association of Central Jersey and Sandy Matos, RN re-entered the family's life. Sandy had helped to care for Joe's wound before

he went into the hospital and currently visits regularly to provide to provide wound care and check Joe's blood sugar.

"With Joe living alone it was vital for the entire family to understand his needs so that Joe could be as independent as possible," says Sandy. She educated the entire family about his medications, the importance of caring for his wound when she is not there, and keeping his syringes filled. Joe knows how to give his own injections. Sandy also referred the family to a variety of community resources where they were able to obtain a talking glucometer for the blind, meals on wheels and, especially important, the services of a podiatrist who visits the house once a week to treat Joe's wound.

"At first, my dad wasn't doing that well. His blood sugar levels were all over the place. Sandy really helped us get it under control," says Robert. "I come to my dad's house for a few hours every day to help out. I fill the syringes, shop for food, cook and do his wash. My brother checks in on the weekends and keeps the house in good repair. We have our routine down.

Today Joe's wound is almost completely healed, his blood sugar is stable and Joe knows what to do when it

Diabetes Day-to-DaySM

Self-care is vital for diabetes management. Through a comprehensive program, our nurses and certified nutritionists help people living with diabetes understand and manage their illness. Assistance is available for Type I, Type II and Gestational diabetes and includes:

- Understanding Your Disease
- Eating Smart
- Managing Your Medications
- Monitoring Your Blood Sugar
- Healthy, Happy Feet
- What Else Can Happen
- What Your Family & Friends Can Do
- Finding Help
- Getting Support

For more information, call VNACJ at 800-862-3330.

fluctuates. He is able to take the MCAT bus by himself once a month to see his endocrinologist. The visiting podiatrist feels it won't be long before Joe can be discharged from his and VNACJ's care. "Joe's disease really affects the entire family," said Sandy. "But they have really stepped up to help their father and have made great progress over the past few months. They should feel very proud."

VNACJ in Joint Venture with Robert Wood Johnson University Hospital

Robert Wood Johnson Visiting Nurses, a new entity, is a joint venture between Robert Wood Johnson University Hospital and the Visiting Nurse Association of Central Jersey. RWJVN began operations Jan. 1 with the transfer of ownership of the Robert Wood Johnson University Hospital Home Care Department. The joint venture extends the provision of high-quality health services to communities in Middlesex, Mercer, Somerset and Union counties.

Through their partnership, both organizations seek meaningful ways to add comfort to the lives of patients and families. RWJVN is actively hiring additional staff as the patient population grows

and services are expanded. Services include nursing, rehabilitation therapy, care by certified home health aides, medical social work, and infusion therapy.

The first employees of RWJVN are former staff of VNACJ and Robert Wood Johnson Home Care, as well as experienced new hires. They are delivering the

outstanding care that has come to be expected of both organizations.

Cyndi Leed, a 16-year

VNACJ employee, serves as executive director of RWJVN. Lynne Arbeitel, a 13-year veteran with the Robert Wood Johnson University Hospital Home Care Department, and Rose Ann Scott, previously director of another Medicare-certified home care agency, serve as clinical managers.

ROBERT WOOD JOHNSON **VISITING NURSES**

A VNA of Central Jersey and RWJ University Hospital partnership

VNACJ and VNHS Connect with the Homeless

On a cold day in January, Visiting Nurse of Central Jersey and its affiliate, Visiting Nurse and Hospice Services played an active role in "Project Homeless Connect," an annual statewide effort to count the number of unsheltered individuals and families in New Jersey. The state's Human Services Advisory Council coordinates the survey, called the Point in Time survey, in order to understand the true severity of homelessness affecting the state. In 2007 more than 17,000 individuals in New Jersey were counted. In 2008, the count was more than 27,000.

To attract people to come and be counted, many social service agencies offered free services, such as food, haircuts and medical assessments. VNACJ and VNHS provided flu immunizations and health screenings. Together, they immunized more than 150 people against the flu, took the blood pressures of 250, and did 100 blood glucose level checks for diabetes.

VNACJ participated at Freehold, Long Branch and Asbury Park sites in Monmouth County. VNHS nursing staff was on hand at Browns Mills and Mt. Holly sites in Burlington County.

Holiday Special Events Raise Funds for Hospice



SUPPORTING HOSPICE

A Dec. 6 dinner dance benefited the VNA of Central Jersey Hospice Program. Shown at the event are Mary Ann Christopher, VNACJ president and CEO; Jennifer Naughton, mayor of Spring Lake; Jo Ann Korb, hospice nurse; and Caroline Casagrande, New Jersey Assembly (D-12). Ms. Korb was named Nurse of the Year by the New Jersey Hospice and Palliative Care Organization



DINNER DANCE

The festive dinner dance was held at the Spring Lake Golf Club. Event chairs are (l to r) William and Teresa Egan, Jean Zales and Vincent Zales, M.D. The weekend's events raised more than \$60,000 for the VNA of Central Jersey Hospice Program.



HOLIDAY HOUSE TOUR

Floral arrangements by area garden clubs enhanced the beauty of the homes featured on the 37th Annual Holiday House Tour, Dec. 5. The Shrewsbury Garden Club earned "best club" honors for their arrangements at the home of Allyson and James Reid, Monmouth Beach. VNACJ Chairman Judith Stanley Coleman, second from right, presented the trophy to participating members (l to r) Eileen Kalish, Renee Waite, Janet Giersch, Jill DeFelice, Ruth DeMarsch, and Kathy Keller. Rumson Garden Club's Linda Mallan and Ibby Hertz won the best-in-show award.



LEADING LADIES

It takes tremendous organization and the efforts of more than 1,000 volunteers to produce a designer show house. In the foreground are the general chairs, Debbie Ansell, left, and Liz Thees. Among their committee chairs are: Second row (l to r), Maggie Riker, associate chair; Claire Knopf, designer selection co-chair; and Lynn Spector, designer liaison chair. Third row, Diane Romanowski, kitchen selection chair. Back row (l to r), Alison Friedel and Aleida Rodenberg, designer sales co-chairs; Daren Hutchinson, personnel chair; Debbie Raia, designer selection co-chair; and Mindy Minerva, chair emeritus.

Designer Show House

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The house has attracted designers from near and far, including New York, Connecticut, California, and—of course—New Jersey. They will restore spaces large and small to their well-deserved grandeur. Two eminent design authorities serve as honorary chairs. Charlotte Moss, New York, is honorary design chair, while Steven R. Krog, Pleasantville, N.Y., serves as honorary landscape design chair.

Show House Sponsors

The show house committee has announced two major sponsors for the event. Design NJ magazine is the exclusive media sponsor. "We are proud to partner with Visiting Nurse Association of Central Jersey and Stately Homes By-the-Sea on this project," says Tammy Keck, Design NJ publisher. "This event reflects the passion, talent, and generosity that make it a pleasure to be part of the design community. Sheep's Run is an exquisite example of American architecture and we are thrilled to support the people who have a role in restoring it to its former glory." Design NJ's sponsorship includes highlighting the show house in its October/November issue and profiling all participating designers on the Design NJ Web site.

The show house also welcomes Verizon, whose sponsorship includes installation of FIOS services. "Verizon is proud to sponsor the Stately Homes By-the-Sea project," says Tom Maguire, Verizon's president for the Mid-Atlantic Area. "We've long been a supporter of the Visiting Nurse Association of Central Jersey and the great work they do for the community. This venue is a testament to the dedication and generosity of the VNACJ. In addition, it is a great opportunity for us to showcase our FIOS services in a truly magnificent setting," Mr. Maguire says.

Additional information on ticket sales and events associated with the show house is available online at www.statelyhomesbythesea.com, or by calling 732-224-6791.



VISIT FROM A SENATOR - Each year, VNACJ invites area legislators to visit one of their constituents who receives home care. N. J. Sen. Sean Kean (R-11), right, visited Gerald Hauspurg, 87, and his wife Teresa in their Spring Lake home. Lily Zhang, RN (inset) has provided skilled nursing care for Mr. Hauspurg, who has multiple medical diagnoses, for more than a year. She arranged for the supplies and equipment needed to maintain Mr. Hauspurg at home and taught his family how to use the Hoyer lift that transfers him in and out of bed. "I'm happy to be able to care for my husband at home and I wouldn't have him any other place," Teresa Hauspurg says.

VNACJ 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
- Faith-based Initiatives
- Immunization Programs
- Mobile Outreach Clinic Program
- Parenting/Job Readiness
- 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



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