



House Calls

FALL 2010 VISITING NURSE ASSOCIATION OF CENTRAL JERSEY VOLUME 21 NO. 2

Judith Stanley Coleman: Honoring Her Life and Legacy



"It is with profound gratitude that we recognize the life of Judith Stanley Coleman, a woman whose impeccable grace, unending generosity and commitment to those less fortunate touched countless lives for the better," said Mary Ann Christopher, president and CEO of Visiting Nurse Association of Central Jersey. We pay tribute to the woman who served as a trustee of the agency for 46 years and as chairman of the board from 1977 until her death on Aug. 1, 2010.

"While often highly visible in advancing the causes she held dear, Judy's legacy at VNACJ will be seen in the constant, compassionate care delivered each day in homes across our community," Mrs. Christopher said.

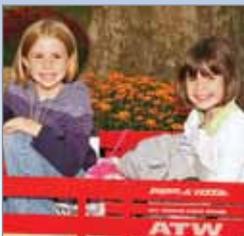
In her role as chairman, Judith Stanley Coleman made possible the mission-based, community health care that is the agency's hallmark. "She ensured that we met every need and served every person, regardless of circumstance," Mrs. Christopher observed. "Judy was uniquely comfortable in both the board room and our health centers and her focus was always, 'Who needs us, and how do we help?'"

Under Mrs. Stanley Coleman's leadership, VNACJ's service area as a provider of community-based health services grew from one county to twelve, and it became the second largest VNA in the nation. Her passion for better, more accessible health care was matched by her love of community activism, historic preservation and environmental justice. She was a citizen leader and a difference-maker.

Denise Devine, acting chair of the board of trustees, served with Mrs. Stanley Coleman for 38 years. "Judy Stanley Coleman epitomized what a trustee should be. She was active, she was generous, and she was compassionate," Mrs. Devine said. "She showed us how, individually and collectively, to make others' lives better. This agency will be steadfast in continuing her work."

Mrs. Christopher added, "Our agency is approaching its centennial. For nearly 50 of those years, there was a constant: Judith Stanley Coleman. Her passing closes a remarkable chapter in the story of VNACJ, but her contributions will endure for generations to come."

INSIDE



Around the VNA

Seasonal events make friends, raise funds, offer support, and honor volunteers.

2



Honoring Leaders

Trustees present awards for service, leadership and philanthropy at Annual Meeting.

3



Caring for a Caregiver

Nurses care for a 'captain of the ship' determined to stay at the helm.

6



Nikie Sourlis, left, and Jill Drummond, members of the VNACJ Children's Auxiliary, thank Morgan Cline for offering Riverwind, his Middletown estate, for the annual children's fair.



Claire, of Rumson, makes the acquaintance of a calf at the petting zoo. On page 1, Riley and Kelsey, Atlantic Highlands, are in the wagon.

Afternoon at Riverwind

"An Afternoon at Riverwind," VNACJ's 19th annual country fair for families with young children, drew 85 families—nearly 300 people. This year, generous sponsors made it possible for a number of families and children who receive care from VNACJ to attend the Oct. 3 festivities. Activities included a magic show, live music, a petting zoo, arts and crafts, face painting, rides and games. More than 40 teen volunteers from Rumson-Fair Haven Regional High School were on hand to help make the day a big success.

Sponsored by the VNACJ Children's Auxiliary, "Riverwind" netted \$15,000 to benefit VNACJ's programs and services for children. The agency extends sincere thanks to Morgan Cline, who so generously offers his riverfront estate for this delightful event.



SPRING LAKE

The VNACJ Thrift Shop celebrated a 50-year milestone and honored its volunteers at a luncheon held May 19, announcing the shop's 2009 record proceeds of \$225,000. (L to r) Jacqueline Zurla, president of the board of managers; Patricia Kutz, treasurer; and Helenbeth Matyas, a board member, presented the check to Mary Ann Christopher, VNACJ president and CEO. Plan to visit the newly expanded shop at 69 Main Street, Manasquan, where 200 volunteers donate more than 20,000 hours each year in support of VNACJ services and programs.

HouseCalls

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

A voluntary nonprofit organization serving Monmouth, Middlesex, Ocean, Burlington, Camden, Gloucester, Mercer, Somerset, Union, Essex, Hudson, and Cape May counties.

www.vnacj.org

For patient care information at all locations, call:
800-862-3330

176 Riverside Avenue
Red Bank, NJ 07701
Main telephone:
732-747-1204

Visiting Nurse and Hospice Services

An affiliate of VNACJ.
www.vnhsnj.org
204 Creek Crossing Boulevard
Hainesport, NJ 08036

Essex Valley Visiting Nurse Association

An affiliate of VNACJ.
274 South Orange Avenue
Newark, NJ 07103

Robert Wood Johnson Visiting Nurses

A VNA of Central Jersey and RWJ University Hospital partnership.
www.rwjvn.org
972 Shoppes Boulevard
North Brunswick, NJ 08902

Cape Visiting Nurse Association

A joint venture of VNA of Central Jersey and CRMC.
www.capevna.org
1940 Route 9 North
Cape May Court House, NJ
08204

Mary Ann Christopher,
President and CEO

Annual Meeting Celebrates Dedication to Community



Theresa Beck, left, recipient of the Judith Stanley Coleman Award, with (l to r) Dorothy Smith, Denise Devine, and Penn Branin. Mrs. Devine is acting chair, VNACJ Board of Trustees; Mrs. Smith and Mrs. Branin are trustees of the VNACJ Foundation, Inc.



Barbara Smith, VNACJ's manager of community care alternative programs, congratulates William Ditto on receiving the VNACJ Leadership Award. Mrs. Smith oversees many of the programs initiated and developed by Mr. Ditto to benefit the disabled and their families.

The compassionate and generous spirit of the late Judith Stanley Coleman was very much present at the agency's 98th annual meeting, held July 14 in Rumson. In reviewing the events and accomplishments of the past year, VNACJ celebrated the dedication to community integral to the agency's mission for nearly a century and presented the community health award that bears Mrs. Stanley Coleman's name.

The VNACJ Leadership Award was presented to William Ditto, former director of Disability Services for the New Jersey Department of Health and Senior Services, who was recognized as a champion for the elderly and disabled. **The Community Partner Award** went to The Spring Lake 5 for the group's generosity to charitable organizations, including VNACJ, a 2009 beneficiary.

The Judith Stanley Coleman Award for Exceptional Service is presented annually to an individual who demonstrates vigilance and passion in advancing community health, and whose impact is significant and far-reaching. The award was presented to Theresa Beck, VNACJ's chief mission officer and vice president of community initiatives by Penn Branin, secretary of the VNACJ Foundation Board of Trustees. "Not only has Theresa Beck amassed an extraordinary record of service, she continues to pursue the goals of Mrs. Stanley Coleman and our organization each and every day," Mrs. Branin said.



Chip Craig, a board member of the Spring Lake 5, accepted the Community Partner Award for his organization. With Mr. Craig are (l to r) Mary Ann Christopher, VNACJ president and CEO; Denise Devine, VNACJ trustee and acting chair; and Mary Anne McDonald, VNACJ trustee.

VNACJ Has Served the Bayshore

Visiting Nurse Association of Central Jersey has a steadfast commitment to the people of the Bayshore (towns that front on Raritan Bay). The organization has provided health services for residents of the area since our founding in 1912. In fact, all of the services listed on page 8 of this issue are available to residents of the Bayshore towns of Cliffwood Beach, Keyport, Union Beach, Hazlet, Keansburg, Highlands, Atlantic Highlands, and Middletown Township. Profiles of two current home care patients—one in Keyport, one in Hazlet—show the impact of our care on Bayshore residents.

Energetic at 94

“I am anxious to get moving again,” says Margaret, a spirited 94-year old from Keyport. “I’m not used to sitting around.” In early September, Margaret fell coming out of her bathroom. “I knew right away that I could not get up,” she says. Fortunately, her son, who lives in New Hampshire, called to check on Margaret and discovered what had happened. He called Margaret’s grandson, Danny, who lives nearby and who immediately came to her assistance.

At the hospital, an MRI confirmed a fractured hip. Margaret received a hip repair and spent the next 17 days in a rehabilitation center before transitioning home to VNACJ nurse Anne Marie Powers and VNACJ rehabilitation therapist Hue Hashemi. Throughout the past eight years, Anne Marie has cared for Margaret during other medical circumstances including complications from a previous fall. “I wouldn’t come home to anyone else,” Margaret says. “As long as I knew Anne Marie was in the picture, I felt comfortable coming home.”

Anne Marie visits once a week and Hue makes physical therapy visits twice a week. Margaret is progressing rapidly and is already walking up and down her hallway unaided. She is benefiting from a number of protocols that are standard practice at VNACJ, including the agency’s focus on a smooth transition of a patient from hospital or rehabilitation center to home care. A case manager assesses each patient and arranges for the services needed to return the patient to optimum health. The nurse takes a holistic approach, centering on improving and maintaining her patient’s quality of life. For Margaret, the falls prevention program is particularly important. Anne Marie also educates



KEYPORT: Margaret with her nurse, Anne Marie Powers, RN.

Margaret about medication side effects, such as dizziness or fatigue that could increase the risk of a fall. This is an important part of VNACJ’s polypharmacy protocol to ensure that people taking multiple medications do not have problems caused by medication side effects or drug interaction.

Margaret is also benefiting from the agency’s emphasis on “neighborhood nursing.” “Because VNACJ has its nurses provide care in a specific area we gain intimate knowledge of each neighborhood,” Anne Marie says. “I’ve been serving Bayshore patients for more than 10 years. As in Margaret’s case, patients often are admitted to service with a higher comfort level, because they already know us.”

The range of VNACJ services has grown over the years. In addition to the full spectrum of home health care services the agency offers an array of community-based programs, such as immunizations, senior wellness, and women and children’s nutritional services. Bayshore residents also have access to affordable, comprehensive primary care through two VNACJ Community Health Centers conveniently located in Keyport and Keansburg. As VNACJ provides leading edge health care for the 21st century, the goal remains as it was nearly a century ago: to improve and sustain the health of the entire community.

for Nearly a Century



Joe with VNACJ nurse Arlene Passarello in his Hazlet garden. Her care enables him to be part of the community.

Following the accident, Joe remained in the hospital's intensive care unit for two months and then was transferred to Kessler Institute for Rehabilitation, West Orange. "When I was admitted to Kessler I only had motion in my right arm," Joe says. "I regained significant use of my arms, and have been told that the degree of my recovery was huge."

Joe continues to require ongoing skilled nursing care at home. "I'm so glad Kessler referred us to the VNA," Joe says. "Arlene has been great." Arlene's visits every Monday, Wednesday and Friday are key to Joe's remaining independently at home. Her preventive care and regular assessments of Joe's health are designed to keep him infection-free and contribute to his overall quality of life. Arlene also supervises the VNACJ certified home health aide who provides some of Joe's personal care and assists with household chores.

A New Future

At the time of the accident, Joe was planning a career in criminal justice. Recognizing that that was no longer realistic, he enrolled at Brookdale Community College, Lincroft, and then transferred to Rutgers University through the Brookdale-Rutgers Community Program in Freehold. He graduated with a BA in psychology in May. Joe is now pursuing a master's degree at Monmouth University, West Long Branch, where he gets around in his wheelchair.

He approaches his chosen field of mental health counseling with a unique degree of understanding. Joe had volunteered as a mentor for other Kessler patients dealing with health issues like his, and decided to make counseling a career. "I learned a lot through behavioral therapy at Kessler," he says. "I thought to myself, 'That stuff works. Why not use it to help other people?'"

Meeting Individual Needs

VNACJ offers a full range of services for individuals based on their specific healthcare needs. They include cardiac care, palliative care, wound care, ostomy care, in-home rehabilitation for joint replacement patients, diabetes management, in-home telehealth monitoring, incontinence care, falls prevention, and maternal child health services. For more information, please call 800-862-3330.

Living Beyond the Limits

Early one morning in July 2006, a pickup truck crashed on Staten Island and the 20-year-old man in the passenger seat was thrown more than 30 yards from the vehicle. He only remembers the experience of regaining consciousness in a Staten Island hospital to learn that injuries to his spinal cord had rendered him paralyzed.

"Joe's injury occurred to the cervical spine at a high level, impairing function from the neck down," says Arlene Passarello, RN, the Visiting Nurse Association of Central Jersey nurse who has provided skilled nursing care for Joe since shortly after he returned to his Hazlet home in April 2007.

"I've provided nursing care for other patients with spinal cord injury," says Arlene, "but Joe's love of life and his quest for knowledge are something special. He just doesn't allow his injury to limit him."

Indeed. When not engaged in his college studies Joe has, among other things, gone skydiving, played paintball, and flown in a glider plane. A voracious reader, he is particularly interested in philosophy and science. He also shares his younger brother's interest in art, drawing people, birds and objects from life. "It's therapeutic. I find transcendence through art," he says.



Frank with Maria Natasia, RN, left, and Patty Novsak, LPN, of the Cape Visiting Nurse Association. He reports his health status every day via the telehealth unit on the bureau.

Captain of the Ship

Frank, at 84, has faced his share of life's challenges. In 1944, as a member of the Armed Forces military police, he was stationed in the Philippines where he confronted daily political unrest. He has experienced six heart attacks. And he has been the main caregiver for Rose, his wife of 63 years, and his daughter, Marie, both of whom are disabled. Through it all, Frank has maintained a firm belief that "you take the good with the bad and persevere."

In 1986 Frank retired from his job as a tool and die maker. He and Rose decided to move to Cape May County, where they planned to simplify their lifestyle. During those early retirement years, they enjoyed frequent trips to Atlantic City. But in 2005, Rose was diagnosed with chronic obstructive pulmonary disease (COPD), a progressive lung disease that makes breathing difficult. She requires daily oxygen and uses a wheelchair to get around. Frank took

over most of the household responsibilities. The trips to Atlantic City became less frequent and then stopped.

In September of this year, Frank noticed that he felt light-headed and was having difficulty breathing. "I tried to ignore the signs," says Frank. "Then I realized that I wouldn't be of any help to anyone if I was sick, so I drove myself to the emergency room." He was diagnosed with acute congestive heart failure (CHF) and admitted to Cape Regional Medical Center. Anxious to get back to his family, Frank returned home after a 5-day hospital stay.

"I want to live to be 100; if there is any way I can do it ... I know I will."

Maria Natasia, RN, of Cape Visiting Nurse Association visited Frank at home. "From my very first visit, I could see how independent he was and how determined to regain his health. I made note of it in his chart. In his home, he is definitely 'captain of the ship'."

Every Cape VNA patient's medical condition is regularly reviewed by clinical managers who monitor their progress and ensure the best plan of care. Based on Frank's medical condition and independent nature, the clinical manager believed he would be a good candidate for their new telehealth monitoring program. The program was introduced to Cape VNA by Visiting Nurse Association of Central Jersey, whose patients have shown significant benefits.

Each day, Frank takes readings of his vital signs: blood pressure, weight, glucose, and the amount of oxygen in his blood. He enters the numbers and answers some yes-or-no questions about important daily changes (such as fatigue and medication compliance) into the small telehealth unit that is connected through his home telephone line. The information is transmitted via the monitor to a registered nurse especially trained to look for any changes in Frank's health. He is doing well.

Maria and Patty Novsak, LPN, work as a team to further monitor Frank's progress, helping him focus on a healthy lifestyle. His daughter, Marie, keeps track of all medications, posting them to a spreadsheet which she prints out for Frank to take to the pharmacist. Rose prepares dinner from her wheelchair. Frank remains the household shopper. "As long as Wal-Mart, ShopRite and Kmart have scooters, I'm all right," laughs Frank. "He's a shopaholic," Rose chimes in.

"You just have to listen to your body," Frank adds. "Don't push it, take it as it comes. I want to live to be 100. If there is any way I can do it ... I know I will."

VNACJ Expands to Cape May County



CUTTING THE RIBBON at the new Cape Visiting Nurse Association office are (l to r) Boyette More, PT; Marge Dishon, RN, clinical director of Cape VNA; Wayne Whelan, executive director of Cape VNA; Joanne Carrocino, FACHE, president and CEO, Cape Regional Medical Center; Mary Ann Christopher, president and CEO, VNA of Central Jersey; and Michelle Grimmer, RN.

The Cape May County Board of Chosen Freeholders in May approved a joint proposal for Cape Regional Medical Center and Visiting Nurse Association of Central Jersey to provide home health care services for the residents of Cape May County.

The new joint venture, called Cape VNA, combines the collective resources of two premier healthcare providers. Comprehensive home care services include nursing, rehabilitative therapies, dietary guidance, home health aide care, and medical social work, in addition to community-based programs. As a result of the partnership, new services have been added, including hospice care, specialized care, pediatric care, in-home telehealth monitoring for cardiac patients, and private duty certified home health aide and live-in services.

“We are excited to collaborate with Visiting Nurse Association of Central Jersey, stated Joanne Carrocino, president and CEO of Cape Regional Medical Center. “Cape VNA is committed to ensuring that all residents, including the Medicaid and charity care populations we serve, have access to care that allows them to remain in their homes and communities.” With more than 1,100 employees, CRMC is the second largest employer in the county.

“This unique affiliation brings together two organizations with a shared mission of delivering compassionate, community-based care to all patients in need,” said Mary Ann Christopher, president and CEO of VNA of Central Jersey. “We appreciate the confidence and trust that the Freeholders have placed in us by virtue of this joint venture.”



RED BANK

Barbara Bell, a VNACJ community health nurse, administers influenza vaccine to David Godwin, Monmouth Beach.

A ‘Flu Shot’ a Great Investment

Influenza (“the flu”) is a highly contagious respiratory infection. Symptoms of the flu are unpleasant; they include fever, chills, headache, cough, sore throat and aching muscles. And many people suffer complications from the flu. On average, about 36,000 people in the U.S. die from it each year.

Vaccine experts of the Centers for Disease Control and Prevention recommend that everyone 6 months and older should get flu vaccine. It’s especially important for groups who are at high risk of flu-related complications, such as pregnant women; children between 6 months and 2 years old; people over 50; people of any age with certain chronic health conditions; people who live in long-term care facilities; and anyone who provides care for someone at high risk.

There are financial reasons to be immunized, too. Sick workers hurt productivity, and the overall economic impact of flu in the U.S is more than \$85 billion each year. One study found that workers who failed to get vaccinated accounted for 45 percent of all days lost to illness between December and March. So invest in your good health and get a flu shot. It could be one of the best investments you’ll ever make. (Sources: Medicare.gov; cdc.gov/flu; and Reuters.com.)

VNACJ offers flu shots for our patients and for people throughout the community. The \$30 cost is covered by Medicaid and Medicare Part B. Cash and checks are also accepted. For information on flu clinic times and locations, call the VNACJ Flu Hotline at 732-224-6985 or visit www.vnacj.org to find the VNACJ partner agency nearest you.



Visiting Nurse Association of Central Jersey

176 Riverside Avenue Red Bank, NJ 07701 • www.vnacj.org

Nonprofit Organization
U.S. Postage
PAID
Red Bank, N.J
Permit No. 5

CHANGE SERVICE REQUESTED



DEAL

The VNACJ Community Health Center, a Federally Qualified Health Center with four locations in Monmouth County, held its third annual "friend raiser" Oct. 8 at the Deal Country Club. The party honored the Interfaith Neighbors organization, Asbury Park, and Kenneth W. Faistl, MD, former medical director of the CHC. Enjoying the occasion are (l to r) Asbury Park Mayor Ed Johnson; Dr. Faistl; CHC Executive Director Gary Linington; N.J. Assemblywoman Mary Pat Angelini (11th District); and Interfaith Neighbors Executive Director Joseph Marmora.

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