



Visiting Nurse Services in Westchester & Putnam

Westchester Care at Home

on the *Home Front*

S U M M E R 2 0 1 2



IN THIS ISSUE

Gala Honorees	2
Staff News	3
Managing Chronic Disease	
New Cardiac Care Manager	
In the Community	4-5
Nurse Scholarships	
Forum on Health Care Changes	
Putnam Partnerships	6
Specialty Training	
Year End Results	7

Big Turnout for our 2012 Spring Benefit Gala!



A beautiful day in May served as the perfect backdrop for VNSWP's Spring Benefit Gala which was held on May 10th at the Historic Tarrytown House Estate on the Hudson. Over 200 guests and numerous corporate and community sponsors supported the event, one of the largest turnouts in recent memory. Proceeds from the Gala, which included cocktails and dinner in the Biddle Mansion and a very popular Silent Auction, will help support our home health care services for Westchester and Putnam County residents. Michael Gargiulo from WNBC's "Today in NY" (see bottom photo) was Master of Ceremonies.





(Top row) Westchester County Executive Rob Astorino joins Westchester Visiting Nurse Services Group, Inc. Board Chair, Patricia Siebecker; Honorees Lynn Bagliebter and Margaret Leonard, and VNSWP President & CEO, Lou Nemnom; (bottom row) and Honorees Joan DiPalma and Marjorie Kraus.

Congratulations to our Gala Honorees!

A special awards ceremony held at our May 10th Gala honored four individuals who have made an impact on the lives of our patients and on the community:

Distinguished Service Award: **LYNN BAGLIEBTER**, outgoing VNSWP Board Member and First Senior Vice President at Hudson Valley Bank

Community Leadership Award: **MARGARET (PEGGY) LEONARD**, Senior Vice President for Clinical Services at Hudson Health Plan

Katharine McCloskey Wilson Award:

JOAN DIPALMA, outgoing VNSWP Board Member

Donor Recognition Award: **MARJORIE KRAUS**, a long-time Agency friend and donor



Donor Snapshot

At our Spring Benefit Gala, we were delighted to honor **MRS. MARJORIE KRAUS** with our Donor Recognition Award. Mrs.

Kraus' generous support has helped sustain and grow our Agency for more than two decades. Her charitable endeavors were influenced by her mother, Mrs. Beatrice Jacobs, who served as the President of the Visiting Nurse Association of Mt. Vernon in the late 1940s and early 1950s. In 1969, this Agency was one of seven Westchester Visiting Nurse Associations to merge into what would ultimately become Visiting Nurse Services in Westchester & Putnam. Thank you, Mrs. Kraus!

Your
Support
Makes a
Difference

Last year VNSWP served 60% more patients than we did in the previous year – we are now serving a record 9,000+ patients in Westchester and Putnam Counties. At the same time, we are seeing diminishing government reimbursement for our services. To meet the growing need for our care, we rely on the generous support of community members. To help us ensure the best in home health care for you, your family, friends, and neighbors, **please use the enclosed postage-paid envelope** to send in your tax-deductible donation today. Or, **donate online at vns.org** with our secure donation form. Thank you!

Staff News

Helping the Community Manage Chronic Disease



Instances of chronic disease are on the rise, especially among those aged 60 or older who often live with one or more chronic conditions, such as cardiovascular diseases, diabetes, and

arthritis. To help Westchester and Putnam residents better manage these conditions, two VNSWP staff members – **SARA OPPENHEIM-SOMERVILLE**, Tobacco Cessation Specialist and Medical Social Worker, **JUAN ANTONIO** – recently completed an intensive, five-day training program in Chronic Disease Self-Management, sponsored by Stanford University's Patient Education Research Center.

This specialty training qualifies Sara and Juan to facilitate the University's six-week chronic disease self-management workshops in senior centers, libraries, churches, and other community settings. The workshop teaches the skills needed to manage chronic health conditions to maintain and/or increase life's activities. Juan's training in the bilingual version of the program enables workshops for Spanish-speakers. These workshops have proven to be effective in improving participants' health, resulting in fewer emergency room visits.

Corporate and community sponsors are being sought to help underwrite these workshops to improve the health and well-being of Westchester/Putnam citizens. For information, please contact Joyce Infante at jinfante@vns.org or call 914-682-1480, ext. 649.

Introducing our New Cardiac Care Manager



We are very pleased to welcome **DELPHINE (DEE) COOVER, RN, MSN**, as our new Cardiac Disease Program Manager. Dee has extensive experience working in a variety of clinical, teaching, and case management roles, including more than 15 years in the home health care field. Dee will be working with our nursing staff to enhance our services for assessing, treating and monitoring home-based patients with a range of cardiovascular conditions. She received her MSN at Case Western University with a specialty in Cardiovascular Nursing and underwent advanced training in treatments for complex cardiac conditions.

According to Dee, "Cardiovascular disease is one of the major causes of re-hospitalizations among patients today. Our goal is to reverse this trend by delivering an advanced level of cardiac care in the home setting. By increasing our focus on early intervention, patient education, and the use of technology tools, such as TeleHealth monitoring, we can make a tremendous difference in the quality of life for our patients coping with cardiac illness."

In the Community



William Dombi



National Health Care Law Expert Speaks at VNSWP Forum

Health care leaders from throughout Westchester and Putnam gathered at a recent VNSWP forum to hear about changes in federal health care regulations from **WILLIAM DOMBI**, Vice President for Law at the National Association for Home Care and Hospice and Director of the Center for Health Care Law in Washington, DC. The forum was one in a series of educational events hosted by our Agency to raise awareness of key issues in home health care today.

Dombi pointed out the challenges and opportunities for home health care agencies as Medicare and Medicaid payments decline and increased government oversight and regulations drive up administrative costs. "Costly chronic illnesses require a new approach to healthcare management and funding," said Dombi. "Organizations like VNSWP are models for community-based home health care, which is the future of health care in the U.S. Thanks to advanced technologies, there are virtually no limits to the kind of care that can be delivered in the home setting."



Above: VNSWP Board Member Anne Sweazey, Arlene Rosen, Ass't. Professor of Nursing, College of New Rochelle, and Lou Nemnom, President/CEO of VNSWP.



Left: Lydia Cavieux, Ass't. Professor of Public Health Practice, New York Medical College, and William T. Smith, President/CEO of Aging in America.

Scholarships for VNSWP "Nurses of the Future"

For the fifth consecutive year, VNSWP provided two deserving nursing students with scholarships of \$5,000 each to help them prepare for careers in nursing. The awards were presented at the 28th Annual Women's Hall of Fame ceremony sponsored by the Women's Research and Education Fund on March 30th at the Hilton at Rye Brook. Awardees were selected based on academic achievement, community involvement, and financial need. This year's winners are **MIRIAM JOHNSON** of Mt. Vernon, a student at the Cochran School of Nursing and **PAOLA ZAVALA** of Mt. Kisco, who attends Pace University's nursing program.

Miriam is entering her final year of studies while continuing to raise a family and mentoring young girls through her church. While supporting her family and working toward graduating with a nursing degree next year, Paola volunteers in her community to help others cope with illness. Since 2007, VNSWP has awarded a total of \$55,000 in scholarships to help build the nursing workforce of tomorrow.



*Paola Zavala and
Miriam Johnson*

*VNSWP Nurse, Debra Vaughan,
tends to young patient with her
donated Build-A-Bear*



Girl Scouts Give Back: Making Kids Illnesses Easier to "Bear"

In addition to her duties at VNSWP, **REGISTERED NURSE JACKIE GUARRACINO** is a busy mom and volunteer leader of the Tappan Zee Girl Scout Community. Recently, her Junior Troop #40878 comprised of 9-10 year old girls decided to give back to the community by holding a "Build a Bear for a Better Cause" event. Rounding up a team of other local Girl Scouts, the group made 40 brand new bears to donate to infants and children who are coping with illnesses and chronic conditions.

A number of boy and girl bears ("They come in both genders and are so cute with their outfits and certificates," says Jackie) will be going to area hospitals. Jackie's daughter, Juliana, specifically asked to donate some of the bears to VNSWP's young pediatric patients who are being cared for by our nurses and therapists.



*Girl Scout Junior Troop members
with the bears they made and donated*

Putnam Office Partnerships Aid Local Residents



Now in its second year of providing home health care services to local residents, our Putnam office also plays an active role in community health through its partnerships with other agencies. Current initiatives include staff leadership and engagement with:

PUTNAM COUNTY DISASTER PREPAREDNESS TASK FORCE'S SPECIAL NEEDS POPULATIONS COMMITTEE, which conducts outreach to agencies serving the elderly and disabled and the community at large to coordinate preparedness planning for these special needs individuals.

PUTNAM COUNTY MENDED HEARTS SUPPORT GROUP for persons with complex cardiac disease. At a recent "packed-house" meeting at our Putnam office, Dr. Glenn Boyer, a well-respected cardiologist in the area, discussed a variety of cardiac issues and answered the many questions posed by attendees.

WESTCHESTER/PUTNAM ACCESS TO HEALTH CARE COALITION, which educates and informs the community on issues related to access to health care with a current focus on Health Care Reform. This group has sponsored numerous forums, most recently to senior groups, to interpret the Affordable Care Act as it pertains to this population.

For more information on our home health services and community health initiatives at our Putnam office, call 1.855.4.PUTNAM.

Specialty Training Benefits

WCAH Staff & Clients



To enhance the personal care services provided by Westchester Care at Homes' (WCAH) approximately 200 Home Health Aides, our affiliate Agency has invited a series of specialists to speak at its annual in-service staff education program.

Recently, staff experts from **MY SISTER'S PLACE**, a White Plains-based non-profit advocacy and service organization, addressed WCAH field staff about the growth and dynamics of domestic violence, noting that this issue crosses all socio-economic and educational lines and can, therefore, be present in many home settings. Because a high proportion of WCAH clients are elderly, specialists from the **PACE WOMEN'S JUSTICE CENTER, ELDER LAW UNIT**, recently educated staff about signs of elder abuse and discussed the legal support available to seniors who have experienced abuse.

Armed with knowledge imparted by community partners, WCAH's field staff is better able to serve its clients at home. Agency staff is indeed appreciative and fortunate to have established relationships with these extraordinary resources.

For information about services provided by Westchester Care at Home, call 914.997.7912.

VNSWP/WCAH ANNUAL REPORT – FY 2011

VNSWP Patients Served

Growth over FY 2010

(unduplicated)	9,330*	+ 60.8%
VNSWP Patient Admissions	7,782	+ 13.0%
WCAH Hours of Service	397,967	+ 9.7%

*includes patients served through VNSWP collaboration with Westchester County Department of Social Services (DSS)

VNSWP Visits By Discipline

Nursing	85,556
Home Health Aide	40,189
Physical Therapy	34,044
Occupational Therapy	5,595
Social Work Service	2,187
Speech Therapy	1,993
Complementary Care	56
Total Visits*	176,697

*includes patients served through DSS

Top Ten Diagnoses Treated in 2011

1	Neurological disorders
2	Wounds
3	Mental Health Disorders
4	Cardiac Disease
5	Orthopedic Disorders
6	Circulatory Disorders
7	Respiratory Diseases
8	Cancer
9	Pregnancy/Newborns
10	Diabetes

Patients by Age, Group and Gender

Age	Male	Female	Totals
Under 21	229	216	445
21-64	918	1,396	2,314
65 and over	2,052	4,519	6,571
Totals	3,199	6,131	9,330

Sources of Net Revenue

Medicare	67%
Medicaid	16%
Managed Care	17%

VNSWP/WCAH Statement of Operations and Change in Net Assets

Revenue, Gains and Other Support		Non-Operating Gains
Net Patient Service Revenue	\$33,502,934	
Other Operating Revenue	\$354,731	\$271,888
Total	\$33,857,665	
		Change in Net Assets
		(\$1,488,858)
Expenses	\$35,618,411	
Gain (Loss) from Operations	(\$1,760,746)	

Visiting Nurse Services in Westchester & Putnam and Westchester Care at Home

Number of Employees and Independent Contractors	538
---	-----



SINCE 1901

Visiting Nurse Services in Westchester & Putnam

Westchester Care at Home

360 Mamaroneck Ave.
White Plains, NY 10605
www.vns.org • info@vns.org

Westchester Office

360 Mamaroneck Ave.
White Plains, NY 10605
914.682.1480
1.888.FOR.VNSW

Westchester Care at Home

914.997.7912
1.800.305.WCAH

Putnam Office

979 Route 22
Brewster, NY 10509
845.278.2550
1.855.4.PUTNAM

NON PROFIT
U.S. POSTAGE
PAID
White Plains, NY
Permit No. 399

on the Home Front

S U M M E R 2 0 1 2

Westchester Visiting Nurse Services Group, Inc.

Board of Directors 2012

Patricia W. Siebecker
Chair

Katharine W. Conroy
Vice-Chair

Andrea McKay-Harris
Secretary

Richard McCarthy
Treasurer

Amy Ansehl

Katharine W. Conroy

Joan C. Considine

Nicholas D'Angelo

Karen Herrero

Jean C. LePere

Richard McCarthy

Andrea McKay-Harris

Kyle O'Loughlin-Cahill

Judith Z. Matson

Ralph E. Penny

Colette Phipps

Patricia W. Siebecker

Anne Sweazey

Debra Swee

President & CEO

Elias M. (Lou) Nemnom,
MA, CPA

Accreditation

Community Health Accredi-
tation Program (CHAP)



On the Home Front:

Design: Jill Singer Graphics



Calling all Companies:

Get the Jump on Flu Season!

Summertime and the flu aren't usually associated, but, in fact...it's a great time to plan ahead to ensure that your employees are shielded from the effects of the flu for the coming fall and winter. VNSWP is now taking reservations to provide influenza vaccinations on-site for your employees in October. Last year our nurses provided 1,500 vaccinations to boost the health of employees at local companies, schools, and other organizations.

Call now to reserve at 914.682.1480, ext. 618
or email: jfoscaldi@vns.org