



From The President

As we launch our brand new newsletter, I am excited by how much there is to share with you about the Vineyard Nursing Association. Did you know our patients span the range from pediatric to geriatric and the treatment needed is just as diverse? We care for wounds that need dressing, patients with cardiac or respiratory difficulties, newly diagnosed diabetics,

cancer patients, broken bones, strokes and infections. Our nurses visit newborns who are failing to thrive and children who need extra care with injuries, illness or developmental issues. Our certified home health aides provide assistance with basic needs for living at home. Throughout our twenty year service to the Vineyard community, no one has ever been denied services because of their inability to pay.

We have had busy year! Our shining achievement was having our staff develop a Pain Management program that has been recognized as #1 in the state of Massachusetts. We are even more proud of the positive feedback we have been receiving from patients and families, physicians and other providers, hospitals and referral agencies. Their words convince me that we are getting it right and have earned a fine reputation for excellence.

As we head down the road to another year of industry volatility and financial uncertainties, we are confident that the Vineyard Nursing Association stands ready to overcome any obstacles. Using every resource at our disposal, we are successfully keeping pace with the changing times to achieve our vision – provide high quality home care services to our communities' neediest residents. All of us at Vineyard Nursing Association promise to remain steadfast in this journey and thank you for your interest in our success.

Kathleen Rose, *President and CEO*

The Vineyard Nursing Association (VNA) is a nonprofit, premier home care provider whose mission is to provide compassionate, high quality, state of the art care for patients and families with acute, chronic, or advanced illnesses. The VNA is a Medicare-Medicaid Certified Agency, a member of the National Association for Home Care, the Home and Health Care Association of Massachusetts and the Visiting Nurse Association of America. We provide a full complement of Home Care Staff who deliver customized health care for short term, long term and chronic illness.

The Vineyard Nursing Association (VNA) is funded in part by federal, state, grant, insurance and patient-payments. For those unable to fully cover the cost of services, a sliding scale fee is available. Each year we average over \$100,000 of unpaid costs for care to patients in the Vineyard community.

To make up those deficits we depend on volunteer contributions from patients and their families, individual donations, memorial gifts and proceeds from our fundraising events. If you would like to send a donation to the Vineyard Nursing Association, please mail to VNA, Post Office Box 2568, Oak Bluffs, MA 02557.

Vineyard Nursing Association is located in the Martha's Vineyard Hospital.

We can be reached at (508) 693-6184 or (800) 244-6184 or at www.vineyardnursing.org

PATIENT

focus



Will Farrissey, age 13

"May 29th, 2004 changed our lives."

...Kathy Farrissey speaks out inside

"May 29th, 2004 changed our lives."

Kathy Farrissey speaks calmly now, with the authority of someone who has navigated her way through the maze of our medical system. The calm voice is in grave contrast to the panic-stricken mother, who was faced with the possibility that her son, Will, might lose his legs and perhaps even his life.

"The care we received from Vineyard Nursing Association (VNA) after my son's accident was exceptional," says the grateful mother of a very brave boy. "The nurses were there for us round-the-clock, 7 days a week." The accident she refers to happened in a flash... a split second that would forever change the Farrissey family.

Will, an apple-cheeked 13 year-old, was curiously watching a Bobcat backfill a shallow trench when the trench suddenly collapsed, tipping the Bobcat and pinning both of his legs underneath its sharp metal claw.

Although over 100 emergency personnel responded to the call, it took an hour and a half before Farrissey was freed. Will was airlifted to Boston University Medical Center, where a team of specialists worked on his injuries and monitored his progress for over 2 weeks. Back on the Island, the Vineyard Nursing Association played a critical role in Will's recovery. Initially, doctors were skeptical about releasing Will due to the size and depth of his multiple wounds, but once the Farrisseys found their way to the wound-care unit of the Vineyard Nursing Association, all doubt faded away.

The Vineyard responded to the Farrissey's needs with the love and generosity that we've come to appreciate in our small community. Help came from all corners of the Island. Contractors, friends, and neighbors banded together and built the Farrissey's a specialized, wheelchair accessible addition to their house, as a homecoming gift for Will.

The Boston doctors are very impressed with Will's recovery and the care he's received from the Vineyard Nursing Association's skilled staff. "VNA has been an immense support system for our whole family," says Mrs. Farrissey, "I don't know what we would have done without them. We were a family in crisis and the nurses helped us out at every turn."

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Future Trends Show Growing Need for VNA Services

ONE OF THE MOST DRAMATIC changes that our ever evolving health care system has brought into our lives is the need for home health care. With the nation's 77 million Baby Boomers only five years from hitting retirement age and seniors numbering 35 million, a significant portion of the American population will soon be evaluating their options when it comes to long term care.

Locally, the senior and elder populations of Cape Cod and the Islands are some of the fastest growing in the Nation. According to a study commissioned in 2002 by the Elder Services of Cape Cod and the Islands, "the past decade has seen a 24% increase in the number of persons age 65 and older in our area - more than twice the national growth rate for that age group." Because the Cape and Islands are retirement destinations, the average numbers far exceed national norms. In addition, the Vineyard's own baby boom generation will begin to turn 60 next year which threatens to put immense pressure on our system of caring for aging residents.

In-home care for our aging, disabled, and chronically ill residents is one of the best ways we can minimize the impact on more formal care systems such as hospitals, nursing homes, and assisted living facilities. More than just providing excellent care where and when patients need and want it, home care saves

the U.S. and commercial health insurers billions of health care dollars each year. There is not a more cost-effective system of health care in the country.

When a family member struggles with a disability, chronic illness, or recovering from a recent hospital stay, home care is the answer. The physical and emotional support provided for the home care patient is key to their ability to remain at home. Service in the patient's home, in familiar surroundings has a positive and therapeutic effect, and promotes independence and human dignity for patients who lament the loss of individual freedoms due to illness or injury.

As the 21st century continues to unfold, a fundamental domestic issue will become obvious: how do we continue to provide high quality long-term care to our parents, neighbors and eventually to ourselves? The answer is home care, which combines care, compassion and cost-effectiveness. As a consumer, or prospective consumer, the more you know about this important issue the better prepared we will all be to meet the challenges ahead. If you would like a copy of the National Association of Home Care brochure on "How to Choose A Home Care Provider" please contact the Vineyard Nursing Association at 508-693-6184 or by e-mail at info@vineyardnursing.org.



NUTRITION ALERT!

The 2005 Dietary Guidelines for Americans recently published by the government may be viewed in its entirety at: www.health.gov/dietaryguidelines

nurses notes



by Sandie Corr-Dolby, RN
Clinical Director

Ice cream that is GOOD for you? You bet! Prompted by

his young diabetic patients who craved ice cream, Dr. Michael Singer, a Texas ophthalmologist, has developed "il Dolce Futuro" a creamy and delicious ice cream that can be consumed by diabetics without the fear of raising their blood sugar levels...and without the unpleasant side effects of sugar alcohol syndrome! (Also recommended for anyone interested in watching their fat, carb, calorie or sugar intake.) To order:

www.dolcefood.com

Snack on almonds! New research supports almonds' ability to lower cholesterol. Almonds are also an excellent source of vitamin E, magnesium and fiber, but limit yourself to a handful at a time. www.medilexicon.com/medicalnews

Bugs Bunny will probably never get cancer. A study published Feb. 9th in the *Journal of Agricultural & Food Chemistry* found that a compound found in carrots, called falcarinol, reduces the development of cancer. www.medicalnewstoday.com

March 23rd is **American Diabetes Alert Day** "It's Not Too Late to Prevent Diabetes" is the slogan of a new awareness campaign launched by the US Dept. of Health

& Human Services' National Diabetes Education Program. A recent study showed that type 2 diabetes in seniors can be delayed or even prevented by losing a small amount of weight followed by a low-fat, low-calorie meal plan and 30 minutes of physical activity five times per week. The activity doesn't have to be overly strenuous, like a heavy work-out or chopping down a tree...simply stand occasionally instead of sitting, walk by parking your car a little further away, or walk a little more briskly than usual, even around the house.

Speaking of chopping down trees, perhaps George Washington wouldn't have chopped down his father's cherry tree if he knew then what chemists know now.

According to recent studies, **anthocyanins**, a class of plant pigments that give fresh cherries their bright color, may have a significant impact on insulin levels in humans. Cherries also contain potent antioxidants, so don't hold back...eat as many as you want!

A recent study found that **women who consume nuts** (unsalted preferred) five times a week are at a 27% lower risk of developing type 2 diabetes. "Nuts are generally high in unsaturated fats and have a low glycaemic index, which can help with blood glucose level control," says Phil Casey, Care Advisor at Diabetes UK. www.diabetes.org.uk

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"Caring for the family as a unit is intrinsic to the work we do," says Sandie Corr-Dolby, RN, Clinical Director of the VNA. "Such a huge crisis affects every member of the family, so the whole family must be treated. We showed them how to care for Will and counseled them on how to get past the crisis and on with their lives. We made it a point to care for each individual and their myriad of needs. In addition to wound care and pain management, we supplied them with specialized dressings, installed equipment in their home, provided ambulance transport, and generally coordinated all of Will's medical appointments on and off the Island".

Today, Will is once again a beaming, active adolescent. While his recovery is on-going, his outlook is progressively optimistic. Now an 8th grader, he is out of his wheelchair and walking with braces. Miraculously, this Christmas he walked his dog a mile to his grandmother's house.

"I really can't thank Sandie and the VNA enough," Mrs. Farrissey says, "our lives are almost back to normal."

MEMORIAL GIFTS

The Vineyard Nursing Association is grateful to be the beneficiary of many donations given in memory of those who have passed. These gifts are directed to providing free medical care to the Vineyard community.

—IN MEMORY OF—

Ariel Andrade • W. Howard Andrews • Eva Asselin
Lynn Aubin • Maureen Baron • Linwood Belisle
John Blair • Olive L. Bowles • Ray Campbell
Madeline Condon • Edward Coogan • Jeanette Costa • Francis Cournoyer • Sara Degler • Mr. & Mrs. Arthur Doane • Lucille Dorsey • Anne Fulton
Richard Furtado • Stanley Gabis • David Gazaille
Lawrence Gazaille • George Giosmas • Kelsey Hale
Louise Hanna • Herbert Hancock • Archer Harman
Daisy Clanton Harris • Ralph Hornblower
Michael Irving • Lynn Jardin • Thomas Kinnealey
Hilly Luther • Josephine MacDonald • Donald MacRae • Frances Marsh • Jacob & Lillian Millman
Richard Neeld • James Newman • Edward Noke
Flemming Norris • Marjorie Railton • Joan Renahan • Walter Scheuer • Robert Snider • James Spalding • Robert Taylor • Eve Thomas • Alexandra Tuck Walsh • Sharon von Mehren • Betty West
Wilda White • Robert Williamson • Mrs. Willmott
Howard Young • June Zutty

HONOR GIFTS

The Vineyard Nursing Association is grateful to be the beneficiary of many donations given to honor some very special individuals. These gifts are directed to providing free medical care to the Vineyard community.

—IN HONOR OF—

Elizabeth Anderson • James Bryan • Sandie Corr-Dolby • Mr. DeSavorgnani • Joseph & Marie Doebler
Rev. & Mrs. Robert Edmunds • Lowell Johnson • James Keefe • Emily Kelley • Don Lyons & Joan Merry
Eric Magnuson • Richard & Nola Mavro • Donald McGrath • Mabelle Medowski • David Merry
Laura Murphy • Edie Radley • Marilyn Scheerbaum • The VNA Nurses



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ADDRESS SERVICE REQUESTED

— U P C O M I N G — E V E N T S

APRIL
2

WOMEN'S DAY OF
HEALTH & BEAUTY
MV Regional High School
10 am – 4 pm

MAY
6

NATIONAL VISITING
NURSE ASSN. WEEK
Through May 12th

MAY
22

VNA 20th
ANNIVERSARY
COCKTAIL PARTY

JUNE
4

FASHION FEST
FASHION SHOW
30th Anniversary of JAWS

JULY
27

CLAMBAKE AT
THE FIELD GALLERY

2nd Annual Women's Day Scheduled

The Women's Health Network, a Vineyard Nursing Association program, will host the second annual Women's Day of Health and Beauty on April 2nd, 2005. This free expo was created to increase awareness among Island women about the importance of healthcare. "While we may spend time looking good with cosmetics and clothing, I think we can sometimes forget that looking good is not the same as being healthy," says Katherine Welch, RN, Women's Health Network Director. "We simply want to remind women that we need to give attention to health issues and preventive medicine as well."

The Day, designed to be fun as well as informative, will be held at the Martha's Vineyard Regional High School cafeteria from 10 a.m. to 4 p.m. Among the many offerings there will be nutrition and exercise tips, clinical breast exams, osteoporosis screening, blood pressure screening, and information about hypertension, cholesterol and blood sugar - all completely free of charge. In addition, many Island businesses will be available to provide information on beauty, massage and whole health related services. There will be opportunities to receive hair and nail care, mini massages, mini facials and facial rejuvenation.

The Women's Health Network is partially funded by the state and Vineyard Nursing Association to provide necessary medical services to women between the ages of 40 and 65 who are either without health insurance or are under insured.