



Central Vermont
Home Health & Hospice

A Guide to Home Health & Hospice Services



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Today's CVHHH

Why Home?

It's where you can sleep in your own bed and have your coffee the way you like it. It's where you feel safe and comfortable, surrounded by your family, belongings, and pets. Because home is a better place to heal.

Central Vermont Home Health & Hospice is your local, full-service Visiting Nurse Association. For over 100 years, we've provided health- and supportive-care services to central Vermonters at home.

We remain committed to our founding mission, and the core of what we do is unchanged. What's evolved over the years is how we do our job. At today's CVHHH, we deliver care that was once only available in the hospital right to your front door.

We start by getting to know you and your unique needs. We then craft an individualized care plan that incorporates clinical best practices, education, and one-on-one support from a qualified, compassionate member of our team. All staff are trained in the latest advanced techniques for healing and offer medication- and disease-management support. We also utilize point-of-care technology, like telemonitors, to help you get better and manage your disease process.

As your partner in care, we look forward to helping you get back to your routine. Together we will help you stay at home and maintain something that we know you cherish, your independence.



Sandy Rousse, CPA
President & CEO



Our Senior Management Team (l to r): Kelly Bishop; Kim LaGue, PT; Sandy Rousse, CPA; Rebecca Bowen, MBA, MHA; Derek Kouwenhoven, RN, MSN; Connie Colman, RN, MEd

Our Service Area

As a full-service, not-for-profit Visiting Nurse Association, we care for all central Vermonters living in 23 communities in Washington and Orange Counties regardless of ability to pay.



Sign up for our newsletter at www.cvhhh.org

CVHHH by the Numbers



Registered Nurses, Physical, Speech, and Occupational Therapists, LNAs, Social Workers, PCAs, a Bereavement Coordinator, a Chaplain, and Administrative Staff



The year CVHHH was founded with one visiting nurse. We are one of 10 not-for-profit Visiting Nurse Associations serving every Vermonter.



Volunteers who provide support for our hospice program, in the office, and at events



The number of Vermonters turning 65 every day. In the coming years, more Vermonters will rely on home health services. We can meet their needs.



Average number of patients served in a year



Hospitalization rate for Congestive Heart Failure patients using a telemonitor at home. Compares favorably with national 'all cause' rate of 16%.



Average number of home health visits provided in a year



Average number of hospice visits provided in a year, including 2,000 nursing and bereavement visits



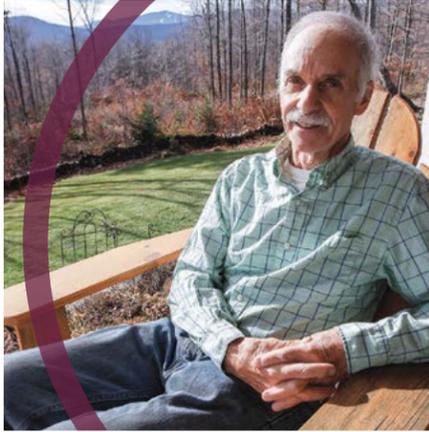
Value of care delivered by our nurses, therapists, aides, and social workers for which we are not reimbursed



Miles traveled annually by our staff to the 23 towns in our service area

How Can We Care for You?

We offer a true continuum of care to help you better manage your illness or disease and achieve the best-possible quality of life.



Wound Care for John

John, a retired high school guidance counselor, was taping the walls in his remodeled master bedroom when he had a heart attack. He was rushed to the hospital where doctors discovered the need for a quadruple bypass and replacement of his ascending aorta. He spent nine hours on the operating table. After surgery, John's leg swelled and he developed a blood blister, which later became seriously infected, at the spot where a vein was removed. After repeated consultations with his doctors, John was referred to CVHHH and our wound care team. Shelby, one of our three wound care certified clinicians, was assigned to manage his care. John says that Shelby knew right away what to do to help heal the wound and prevent further damage. "She was right on top of everything," he says. His wife, Nancy, also a retired educator, concurred: "It was a very scary time for us. It was comforting to have the support at home of a professional who could look after John's medical needs. Because we were at home, I could be with John the whole time. Thank goodness for the home health nurses."

To learn more, please call
Derek Kouwenhoven, RN, MSN, at
(802) 224-2269



Better Breathing for Eugene

Eugene, who owned a landscaping business, loved being outside and working with his hands. After a brief hospitalization for pneumonia and a diagnosis of Chronic Obstructive Pulmonary Disease, Eugene was forced to curb his outdoor activity. "I couldn't go out in the cold weather. I was on oxygen. I felt kind of down in the dumps." Eugene was referred to our Better Breathing program, which provides physical therapist-led support for individuals living with breathing difficulty. Eugene's therapist Melanie developed a care plan incorporating exercise training, education, and behavior-change support to help Eugene manage his COPD. Eugene regained his strength and returned to his routine. "With Melanie's help, I made progress," says Eugene. "She had me exercising. She taught me how to do things around the house. And I feel great again."

To learn more, please call
Kim LaGue, PT, at
(802) 224-2259



Hospice Care for Ancie & Her Husband, David

Ancie was a respected artist. She was healthy, an avid runner and gardener. She never smoked. Then, at 64, she was diagnosed with lung cancer. When the couple, who'd been married for 43 years, decided to stop curative treatment, they signed Ancie up for hospice care, which they received at their home in South Woodbury. "Our nurse taught me how to manage Ancie's condition, including administering medication and infusions, things I never thought I could do. She also became a confidante and counselor who helped me and my wife understand what was going on." David cherishes the time he and Ancie spent at home. "We were together 24 hours a day, laughing, playing the music we love, watching movies, cooking, and talking. In a time of great stress and anxiety, we achieved a semblance of normalcy. We frequently said to one another that we had no regrets and had lived a good life together."

To learn more, please call
Jewelene Griffin, RN, at
(802) 224-2240

For a full list of our services, see our website: www.cvhhh.org



Telemonitoring at Home for Betty

When Betty's husband of 39 years, Jesse, had a stroke, the stress was overwhelming. Betty, who lives with Congestive Heart Failure and arrhythmia, went into cardiac arrest and had to be hospitalized. After stabilizing, Betty returned home with a doctor's order for a telemonitor. These days, Betty's morning routine includes taking her vital signs using the digital, tablet-sized telemonitor that rests on a table next to her favorite chair. At 10:00am, Betty takes her blood pressure, blood oxygen, heart rate, and weight. It takes about 15 minutes, and the data is automatically transmitted to our office in Barre. Our Telehealth Nurse Manager, Nicole, reviews Betty's data and follows up if anything looks irregular. "I am by myself during the day. I like keeping track of my vitals and knowing that Nicole will call right away if anything looks off. She will even schedule an appointment with my visiting nurse or doctor. Having the telemonitor makes me feel safe."

To learn more, please call
Nicole Keaty, RN, at
(802) 224-2242



Total Knee Replacement Rehabilitation for John

John, a medical-supply salesman, had been living with knee pain for some 20 years. When he realized that he could no longer get up from dinner with clients without gripping the table for support, he knew it was time for a total knee replacement. John went home after surgery with an order for physical therapy rehab at home. "My therapist was like an angel," he says. "She helped me get situated, exercise my muscles, use a walker, and, eventually, walk again. She set realistic goals for me that I could work through in a reasonable amount of time." John recalls that the care helped heal his body and his mind. "My PT helped me understand the changes my body was going through, which put me at ease." Another benefit of his care was that he could be at home with his wife, daughter, and friends. "Everyone likes to be at home. No one likes to be away at other places."

To learn more, please call
Kim LaGue, PT, at
(802) 224-2259



Our Services

- Physical, Speech, and Occupational Therapy
- Recovery from Surgery
- Recovery from Stroke
- Wound Care & Telemedicine
- Better Breathing Care
- Heart Disease Care
- Diabetes Care
- Dementia Care
- Medical Social Work
- Hospice Care
- Bereavement Support
- Palliative Care for Children & Adults
- Maternal & Child Health Care
- Personal Care
- Homemaking

Careers at CVHHH

Our nurses, therapists, and caregivers call on the full range of their clinical, case-management, and organizational skills to provide the best-possible care to patients at home.



Nursing Careers

As a home health nurse, you will utilize high-level clinical skills and evidence-based practices to help individuals meet their goals. You will collaborate with your patients' providers and manage their CVHHH care team. You'll work in a close-knit environment and benefit from one-on-one support from your colleagues and a nurse mentor. By providing high-quality, compassionate care every day, you will help more central Vermonters regain their independence, stay connected to their community, and find peace of mind.

Therapy Careers

Our home rehabilitation therapy team includes physical, occupational, and speech therapists. As part of this team, you have the unique opportunity to create an individualized program of care designed around your patients' actual living environment. This allows you to make meaningful suggestions for adjustments to a person's space and to optimize safety and quality of life.

Personal Caregivers

If you are passionate about helping people or caring for others, or if you are interested in giving back to your community, working as a personal care attendant is for you. Caregivers at CVHHH provide one-on-one support and companionship to central Vermonters who really need it, bringing peace, laughter, and joy into clients' homes.

To review jobs and apply, see www.cvhhh.org/careers or call 802-224-2257

Ways You Can Support Our Mission

Here are a few ways to support our mission of providing high-quality, patient-centered care to all central Vermonters in the safety and comfort of home.



Hospice Volunteering

By sitting with patients, running errands, and relieving caregivers, volunteers make it possible for CVHHH to deliver the care that is a trademark of our hospice program.

Events Volunteering

We rely on the creativity and time of volunteers to help plan and execute fundraising events.

Office & Community Volunteering

Office volunteers assist departments across our organization. Community volunteers provide support with town funding and help our staff at foot and flu clinics.

To learn more about hospice volunteering, contact Jean Semprebon at (802) 223-1878 or volunteercoordinator@cvhhh.org. For events volunteering, contact Kimberly Farnum at (802) 224-2234 or kfarnum@cvhhh.org. For office/community volunteering, contact Patty Connor at (802) 224-2201 or pconnor@cvhhh.org.



With your financial support, we can pioneer new programs that meet the evolving needs of our community and ensure the availability of our services.

Make a Donation

Make a one-time or recurring donation. Every gift is greatly appreciated.

Gifts in Memory

Celebrate a loved one, family member, friend or neighbor on a birthday, anniversary, or for the holidays.

Gifts of Gratitude

Gifts can be made as a thank you for exceptional care provided by someone who was a part of your, or your loved one's, care team.

Planned Giving

Make a lasting impact with a gift made through a will or other estate-planning instruments.

To make a secure donation, or to learn more about giving, visit www.cvhhh.org/donate. You may also contact Daniel L. Pudvah at (802) 224-2235 or dpudvah@cvhhh.org or Kimberly Farnum at (802) 224-2234 or kfarnum@cvhhh.org.



Sponsor an Event

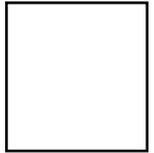
We rely on the generous support of sponsors to help make our annual fundraisers fun, popular, and successful events. Businesses and individuals can choose from a number of sponsorship levels and will receive recognition at the event, on signage, and in promotional materials.

To learn more about sponsoring an event, contact Kimberly Farnum at (802) 224-2234 or kfarnum@cvhhh.org.



Central Vermont Home Health & Hospice

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**Your Home.
Your Independence.**

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