



The VNA Voice

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From Our House to Yours

2020 has been an extraordinary challenge for everyone. It most certainly has brought “opportunities” to me and my career that I never imagined I would experience. Throughout this public health emergency though, I have been lifted by the resilience of VNA’s staff, our community partners, and each of you. Just when someone seems overly weary, someone steps up to lend a hand or a hug, virtual of course, to help them move forward. Gifts of personal kindness brighten our lives.

As we have moved through the past eight months, critical personal protective equipment has been obtained, sometimes with your dollars, sometimes through your talents. Community resources have increased their capacity to provide food and other items that are important to health and wellness during

a time of uncertainty and apprehension. Healthcare providers continue to provide vital services and learned new ways to care for seriously ill friends and neighbors. Gifts of hope brighten our lives.



Visiting Nurses has remained vigilant but available to any and all who need our care throughout 2020. Like hospitals and physicians, we recognize we are essential to our community’s

health and wellbeing. We have seen an increase in the number of individuals without resources who are experiencing health challenges. For this reason, I ask you to please consider supporting our mission and donating to our 2020 annual appeal. Many are not able, but some are and every dollar helps. Gifts of financial support brighten others’ lives.

I wish you a healthy and blessed holiday season and hope that 2021 provides you with gifts of kindness, hope and support!



Cynthia Lewis
CHIEF EXECUTIVE OFFICER

OUR MISSION

Improving quality of life through
compassionate patient care
wherever you call home.



Development Corner: VNA's 2020-2021 Annual Appeal

Support gets us through difficult times. VNA's dedicated staff care for patients and families in the most challenging times of their lives.

Whether supporting a stroke patient to get back on their bike, providing compassion to a patient through a terminal diagnosis, or cheering on a young patient who recently finished treatment for cancer...

VNA's staff supports patients through tough times, and now we need your support to get through these tough times.

Please visit kansasvna.org/donate or scan the QR code above to donate today.



The Heart of VNA: Fall Flu Shots



Why should I get a flu shot?

It is important to get a flu shot every year to protect yourself and the people around you from the influenza virus, but this year it is more important than ever. By getting your flu shot, you can protect yourself, those around you, and help reduce the strain on healthcare systems responding to the COVID-19 pandemic.

Who should get a flu shot?

The CDC (Centers for Disease Control and Prevention) recommends all people age 6 months and older get a flu shot every year. There are rare exceptions to this recommendation, such as people with severe, life-threatening allergies to the flu vaccine or any ingredient in the vaccine. If you have concerns or are unsure which flu vaccine you should get, talk to your health care provider for guidance.



Where can I get a flu shot?

If you have not gotten a flu shot yet, there are many options for you to choose from to get your shot. You can typically get a flu shot from your primary care provider, flu shot clinic, or at certain pharmacies.

In order to help members of our community get their flu shots safely, VNA held a drive through senior flu shot clinic on Saturday, September 19. VNA staff provided over 100 flu shots on the beautiful September day. Staff wore PPE and followed hygiene protocols to keep all involved safe and healthy.



Community Spotlight: About Death

End-of-life decisions and conversations are difficult, but the Lawrence Public Library, LMH Health, Midland Care, and Visiting Nurses have teamed up to help people learn about this complex phase of life. In this monthly, digital Lunch-and-Learn series from Before You Check Out®, expert panelists from local organizations engage in discussion and answer questions about topics relating to the end of life. The series covers a wide variety of topics relating to the end of life including Advance Directives and other important forms, the differences between and benefits of palliative care and hospice, how an end-of-life

doula can help someone through the dying process, changing the way people view death, and how to best help when someone is grieving. The first three virtual events, which took place on September 16, October 21, and November 18, are available for viewing on the Lawrence Public Library's (LPL) YouTube channel.



You can catch the final session of the series live at 12:00 p.m. on December 2. Hope Edelman, author of *The AfterGrief*, will speak about the long-term effects of grieving. You can find the link to the Zoom session on LPL's Facebook page, under the events tab. While it can be a difficult and uncomfortable topic, learning more about the end-of-life process can help empower you when a loved one is dying or when you are eventually facing it yourself. Take advantage of the opportunity to learn more about a part of life that everyone will experience at some point and treat the end of life with as much beauty, care, and respect as the beginning.

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