



The VNA Voice

Edition 38 - Winter 2023 - kansasvna.org

From Our House to Yours

As we look to a new year with anticipation, we celebrate our successes of 2022: resuming face-to-face partnerships with healthcare education programs; implementing wage scale adjustments to strive to remain current in an increasingly competitive healthcare market; launching a standalone "Home Safety Evaluation" program with licensed/certified staff; and enhancing VNA's use of technology to increase efficiency. We have other opportunities on our horizon to expand or enrich our programs to better care for you, our community. Thank you for your continuous support and to each of you, new year's blessings!



Cynthia Lewis
CHIEF EXECUTIVE OFFICER



Pictured above: VNA Occupational Therapist and Certified Senior Home Safety Specialist, Kari, provides Home Safety Evaluations to help seniors avoid falls and stay safe at home.



Pictured left: VNA continued to receive tremendous support from the community, especially from foundations and local organizations including: Cans for the Community, River City Cosmo Club, Midco Foundation, Douglas County Community Foundation, Ethel and Raymond F. Rice Foundation, and more.



Pictured above: VNA's Home Health team celebrated the fantastic accomplishment of having back-to-back deficiency-free Home Health State Surveys (2018, 2022).

OUR MISSION

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



VISITING NURSES

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Development Corner: The Need is Great and the Time is Now

THE VULNERABILITY OF OUR PATIENTS IS SHOWING



Even in the best of times, a debilitating disease, life-altering injury, or terminal diagnosis is devastating to an individual and to their family.

Inflation has led to difficult times for so many, making the loss of income and medical bills caused by health issues even more detrimental.



WE NEED YOUR HELP NOW MORE THAN EVER

The last two years have been hard on everyone, including the healthcare community, both in terms of stress and increased cost.

We know our patients are feeling it too, because VNA has seen a **160% increase in charity care** compared to this time last year.

YOUR FRIENDS, FAMILY, AND NEIGHBORS NEED YOU



Your kindness will help ensure that VNA is there to care for your friends, family, and neighbors, who may be struggling to make ends meet, in the wake of a health crisis.



Your generous support allows us to provide crucial Home Health and Hospice care for all in our community who need it, regardless of their ability to pay for services.

Donate today at
KansasVNA.org/Donate



Heart of VNA: Creatively Crafting a Recovery

Repurposing and reusing is not a new concept to Vivian Commons or her husband, Edwin. Vivian has been sewing and making her own clothes since Junior High, and she has made a prolific hobby out of crafting with repurposed items. She made a beautiful nativity scene out of cereal boxes, an old frame, and driftwood found at the lake. She



makes ornaments out of eggs and painted a beautiful picture from an image she saw in a magazine.



Not only is their home adorned with various repurposed items, but it was actually constructed with reused materials. Edwin built the home in 1964 with wood, brick, and other materials from a home that had to be cleared for industrial use. Even with all of this experience with the concept, there was one form of repurposing that Vivian and Edwin hadn't utilized until Visiting Nurses came along.

Vivian came home from the hospital in December following a case of pneumonia, but she still needed some help and support to get back to full strength. As her husband said, "at our age, going to the hospital and coming home is stressful." In addition to that stress, they also had family members who were experiencing health issues as well. Visiting Nurses started coming to their home to help Vivian recover and to relieve some of that stress. Her Occupational Therapist (OT), Kari, incorporated Vivian's beloved hobby, crafting, into her therapy to aid in her recovery and help motivate her.



Pictured above: Vivian does exercises with her OT, Kari. Below: Vivian's PT, Audrey, leads her through some exercises.



"Vivian has been dealing with both physical and family stressors at the same time, but when we utilized crafting as a therapeutic tool during her Occupational Therapy visits, I could just see her

come alive, smile, have relief from her pain, and get a break from her stressors. Engaging Vivian in crafting allowed us to work on her functional mobility, balance, standing tolerance and build her endurance all while doing something that brings her so much joy," Kari said.



Pictured above: Vivian poses with Kari and Audrey.

In addition to the exercises and activities Vivian did with Kari, she also did exercises with her Physical Therapist (PT), Audrey, to improve her strength and balance. These visits, along with nursing and social work visits, have helped Vivian's physical recovery, as well as her mental and emotional wellbeing.

"They're excellent. They're on time, they've got all kinds of very helpful suggestions. They've listened to all my problems and they've just been wonderful," Vivian said about her care team. Edwin also appreciated the support VNA has provided. "If you're left to do it on your own, you just put it off or don't do it. They do more than just listen to your heart and check your blood pressure. The Physical Therapy has really helped her get around and be more mobile," he said.

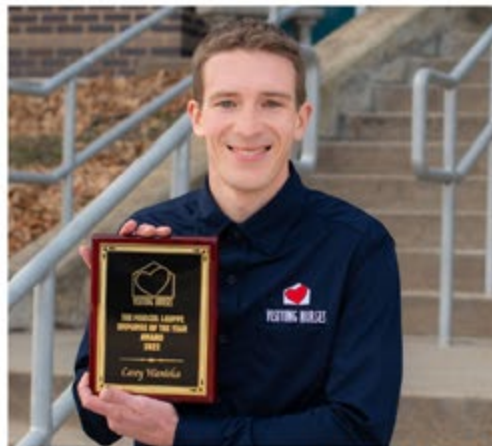
Staff Spotlight: Marceil Lauppe Employee of the Year

On October 28th, at VNA's annual Employee Appreciation Dinner, Business Development Specialist, Casey Waniska, was poised and ready to take a photo of the about-to-be-announced 2022 Employee of the Year. Little did he know, on this occasion, he needed to be on the



Pictured above: Employee of the year, Casey Waniska, snaps a selfie with fellow Business Development team member and Employee of the Year Committee Chair, JoAnna Eanes-Pettit.

other side of the camera. "I was as surprised as I was honored to be nominated and selected as the employee of the year by my peers. I work with so many incredible people at VNA,



Pictured above: Employee of the year award recipient, Casey Waniska, posing with the award.

which makes this wonderful honor feel that much more special. It is great to be part of such a fantastic organization," Casey said.

The nominations for the award noted Casey's professionalism, teamwork, calming presence, and commitment to his work and VNA. "Casey is always smiling and willing to help out wherever needed. He does a great job on the website, social media and all his jobs he is chosen for. Every office needs a Casey," one of the nominations stated.

Congratulations to Casey on being named the 2022 Marceil Lauppe Employee of the Year!

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VISITING NURSES



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