



# The VNA Voice

Edition 23 - Spring 2019 - [kansasvna.org](http://kansasvna.org)

## From Our House to Yours

VNA is golden! It's been an extraordinary year of 50th anniversary celebrations, and we're not done yet.

We were blessed with visits from family members of our founders who traveled from coast-to-coast to join Visiting Nurses for a special dinner on February 7th. The evening was filled with stories about Visiting Nurses' early history and the challenges overcome in those early days and beyond. It was an inspiring reminder of Lyn Rothwell's perseverance and the circle of support she gathered to realize her vision. Special thanks to The Honorable Fred Six and Lyn's son, Ken, for sharing your recollections. Of course, VNA's icon, Marceil Lauppe, capped the evening prior to a video of memories. Visiting Nurses followed that magical night with a community open house on February 21st. About 150 former staff and friends of VNA joined us for cake, punch, and great memories.

As I said, we're not done yet as next on our agenda is our biennial signature fundraiser, 3.d. There are lots of ways to support VNA through this event, so take a look, mark your calendar for May 3rd, and let's dine, dance, and donate the night away!



*Cynthia Lewis*  
CHIEF EXECUTIVE OFFICER

### OUR MISSION

To provide excellent community-based health care and support services throughout the continuum of care.

### OUR VISION

To be the home health and hospice provider of choice to our community through continued excellence in health care service and business practices.



# VISITING NURSES

Edition 23 - Spring 2019 - [kansasvna.org](http://kansasvna.org)

*Development Corner: VNA's 3.d Casino Night Fundraiser Returns*

## RETURNING IN 2019:



**CASINO GAMES**



**SILENT AUCTION**



**PLINKO**



**LUCKY PURSE**



**PRIZE IS RIGHT**



## 3.D CASINO NIGHT FUNDRAISER DINE • DANCE • DONATE May 3 • at Crown Toyota

## NEW IN 2019:

### DANCING

Dancing isn't actually new to 3.d, but has returned to the event after a lengthy absence. So bring your dancing shoes and be ready to boogie this year!

### NEW CASINO GAMES

Dacey Derby Horse Races and Money Wheel will bring a new type of action and excitement to the 3.d casino! They are fun games that anyone can play and enjoy, regardless of casino experience!

Get your tickets or volunteer at  
[kansasvna.org/donate](http://kansasvna.org/donate)



## *The Heart of VNA: U-Step Walker Grants Patients Improved Mobility*

**S**uddenly, Mike could feel the cold floor on the side of his face. When he regained consciousness, he couldn't move and feared he might be paralyzed. Fortunately, when the paramedics asked Mike to move his fingers, he was able to and the fear that he had broken his back quickly subsided. About a month later, Mike pointed to the damaged corner of a table in his living room that his television sits on, as he recounted the incident and explained how he ended up needing VNA's services.

***"You see that corner?" He said. "I took that corner out when I fell. I thought I broke my back."***

While Mike's nasty fall was what prompted his referral to VNA for physical therapy (PT) and occupational therapy (OT), the cause of the fall was the primary reason he needed PT. Mike had not been diagnosed with Parkinson's disease, but he had several symptoms that mirror those of the disease. Mike had tremors and shuffled when walking, compromising his mobility and making him a significant fall risk. This is where Ron, a PT student and intern at VNA and Audrey, a PT at VNA,

helped Mike. They assessed his condition and realized that he could potentially benefit from use of a new piece of PT equipment that VNA acquired as part of a grant from the Douglas County Community Foundation (DCCF). The U-Step Walker gave Ron and Audrey a safe and effective method to improve Mike's ability to walk properly.

"Besides tremors, one of the things that is affected is his gait, how he walks, very small baby steps," Ron said. "So that was one of the things we worked on was taking bigger steps and that's part of what the U-Step Walker helps with." The U-Step Walker is certainly not an ordinary walker. Its features include a laser to encourage larger steps, a metronome to pace walking cadence, and six wheels that allow smooth movement and the ability to turn without lifting the walker.

"The old walker I had only went straight," Mike said. "As long as I was going straight, the wheels would turn, but if I wanted to turn, I had to pick it up and turn it."

The U-Step Walker has clear benefits for PT patients, especially those with complications from neurological disorders. Audrey credited the walker for Mike's rapid improvements in mobility from when they first started working with him.

***"I don't think it would have been as successful for Mike if we didn't have the U-step walker," she said.***

"Just because with Neurological



Pictured above: Mike uses the U-Step Walker as he gets out of his chair.

disorders, the U-step walker allows them to keep the cadence of their gait. So they don't do that shuffling or small step."

Mike is just one of many patients who will benefit from the U-Step Walker and other PT equipment that VNA was able to purchase with grant funding from DCCF. Since Visiting Nurses is a not-for-profit organization that is dedicated to caring for every patient, regardless of their ability to pay, sometimes funds are not readily available to purchase new specialty equipment that improves the level of patient care. VNA relies on grant funding to acquire equipment and for other needs that support the organization's mission. Grant funding allows VNA to not only provide care to more patients, but also helps provide the highest level of care possible to all of the patients they serve.

Quality medical care is a mix of clinical knowledge, compassion, and having the right equipment. VNA's staff is very knowledgeable and exceptionally compassionate, but they still need the right tools to provide the best care. Thank you to DCCF and all of the foundations that help provide the funding to support VNA's mission!



Pictured above: Mike walks with the U-Step Walker as Ron times him to gauge his improvement in mobility.

## Volunteer Spotlight: Ron Learns the Ropes at VNA

Visiting Nurses has provided internship opportunities in all areas of the organization. Recently VNA welcomed Ron Drummer, a physical therapy intern, from January 3rd – March 8th. Ron came from a sports medicine background. His original focus was on helping athletes, however, while working as a tech, he became used to working with the older/elderly population. That experience changed his focus, as did his newfound experience working with people in a home health setting versus a hospital or facility setting.

“You can do all you can do in a hospital, and it’s helpful, but when they don’t have that bed that you can raise up and down when they

go home and they have a normal bed they can barely get out of and are falling, then that’s no longer safe for them,” Ron said.

Ron heard about VNA through his instructor at the University of Kansas and after starting his internship, quickly realized the uniqueness of the organization.

---

**“VNA is everywhere, in almost everyone’s house. You have a unique relationship with the community.”**

---

During home health visits with two of VNA’s PT’s, Audrey Welch and Libby Alvarez, he noticed the impact the clinicians made in the lives of their patients while they worked with them in their homes

and how rewarding it was to be a part of their healing process. “It’s more meaningful to work with these patients. Seeing day one until the discharge how much they have improved, doing different tests and measures and just seeing their improvements is really rewarding. You can help them inside their home and make them stronger and safer,” he said.



Pictured above: PT Intern, Ron Drummer, works with a patient.

**Connect Online!**



Find us on  
**facebook**

[www.facebook.com/kansasvna](http://www.facebook.com/kansasvna)



[@kansasvna](https://twitter.com/kansasvna)

# All Your Home Care Needs Under One Roof

# VISITING NURSES



200 Maine Street, Suite C • Lawrence, KS 66044

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
PERMIT NO. 116  
LAWRENCE, KS