



# Your Home Connection.

## Gardner VNA's MD2 Machine Helps to Ensure Medication Needs Are Met While Remaining Independent



*Pictured are Judy Durkee, Lifeline Coordinator for the Gardner VNA (L) and Dr. Sherry Tuck, Clinical Psychologist, of Fitchburg.*

complying with their daily medication regimen, as well as receiving the appropriate dose of medication," she said.

According to Kilhart, the MD2 system holds up to 60 doses of medication and automatically dispenses them in individual cups at pre-programmed times in accordance with the patient's medication schedule. "An added benefit for our patients is

that the system is continuously monitoring, so if the patient forgets to take their medication, caregivers can be notified automatically via telephone," she said.

"The MD2 machine gives patients medication reminders in a clear, loud voice and tone, plus a text message and a flashing red light," said Kilhart. "This reminder can also be customized to give special instructions, such as "take with food," she said. "Another feature of the machine is its easy dispensing button for patients," she added. "The button is oversized, so it only requires a gentle push," said Kilhart.

According to Dr. Sherry Tuck, a Clinical Psychologist, of Fitchburg, the MD2 System has provided peace of mind for her



*MD2 Personal Medication System*

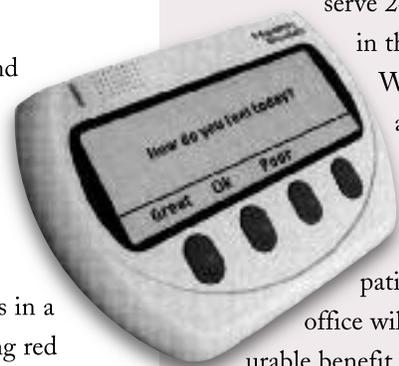
### Gardner VNA Receives \$30,000 Grant for In Home Monitoring Units

The Gardner VNA recently received a \$30,000 grant from Fallon/OrNda Community Health Fund of Greater Worcester Community Foundation for in home monitoring units. According to CEO Elaine Fluet, the grant money will be used to purchase health telemonitors as part of the Gardner VNA's goal to provide telemonitoring services to our home health patients. "We are excited to move into this state-of-the-art monitoring in an effort to reduce re-hospitalizations and improve patient outcomes," she said.

Fluet noted that these units would allow our nurses to monitor patients on a daily basis without having to physically visit the home. "We serve 24 cities and towns

in the majority of Worcester County and the North Quabbin area, so for us to have the ability to monitor patients right in our office will have an immeasurable benefit to our patients," she said.

"The system is designed for those patients who experience frequent ups and downs in their condition," said Fluet. "This daily monitoring has proven to be very beneficial to many patients and may impact medical



# Gardner VNA Hospice Program...

## How Can It Help At The End Of Life?

Maybe you've heard the term "hospice" being used in a conversation and weren't quite sure what it meant or maybe you associated the term with people who are very ill and need a lot of care, near the end of their lives. Or maybe you've known someone in your community or even your own family who has received hospice care...

Just what is hospice, and what does it mean for you and your loved ones? Hospice is a special concept of care, designed to provide comfort and support to patients and their families or other caregivers, when a life-limiting illness no longer responds to traditional medical treatments. The Gardner VNA Hospice staff and volunteers offer a wide variety of specialized services for our patients, including pain management, complementary care, spiritual care and support services.

"The goal of our hospice care is to improve the quality of a patient's life in whatever time they have left, by offering comfort and dignity," according to Carol Salmi, Hospice Program Director. "We are compassionate about the care we provide to our patients and respectful of their choices regarding how they wish to spend the remaining days of their lives," she said.

Salmi noted that Hospice care addresses all symptoms of a disease, with a particular emphasis on controlling a patient's pain and discomfort. "Gardner VNA hospice care is provided by a group of health care professionals, volunteers and family members working together as a team to make sure the patient has all

of their needs met," said Salmi. "Hospice deals with the emotional, social, and spiritual impact of a disease on the patient and the patient's family and friends," she said. "Our comprehensive approach to care also includes a variety of bereavement and counseling services to families before and after the patient's death," she added.

"Hospice is a concept of care and a way to make informed choices about the things you want at the end of life," said Salmi. "We are proud to be able to provide Hospice care in patient homes, in a family members home or in nursing homes throughout the greater Gardner community," she said. "We, as a Hospice Team, cherish the opportunity to help families and are touched by how they welcome us into their homes and their lives at such a difficult time," she added.

"The Gardner VNA is very lucky to have a strong volunteer program to help support all of the services we provide in the Hospice program," said Salmi. "They are the backbone of our program and are so compassionate and dedicated to the patients they serve," she said. "Our agency is truly fortunate to have individuals who give so much of their time, their hearts and their knowledge to our patients," said Salmi.

*For more information about the Gardner VNA Hospice Program or volunteer opportunities, please call Carol Salmi, Hospice Director, at (978) 632-1230 or (800) 382-7305, Ext. 3003*

### Grant

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outcomes in a variety of ways for each patient," she said.

The types of conditions that the Gardner VNA will be monitoring through this system include Diabetes, Chronic Obstructive Pulmonary Disease, Heart Failure, Hypertension and Coronary Artery Disease.

"The benefits of this program from a medical point of view are numerous," Fluet said. "We will be able to deliver vital sign data, trending and graphs to our physicians in an effort to prevent any medical crisis, provide patients with instant access to this same data, and notify patients if results are out of the norm so they can make immediate changes to their activities," she said. "According to reports from a VNA in Western Pennsylvania, they have seen a better than 50% improvement in patient compliance due to this stride in technology," said Fluet.

*For more information about the Gardner VNA and our services, please call (978) 632-1230.*

## Upcoming Events

### Gardner VNA Spaghetti Supper

*to celebrate National Adult Day Services Week*

Wednesday, September 24, 2008

at the North Quabbin Adult Day Health Center

1471 Main Street, Rear, Athol, MA

5:00pm & 6:30pm Seatings    Donation: \$5.00

### Gardner VNA's Blues Festival

Music by "Ottomatic Slim"

Monday, November 3, 2008

5:00-9:00pm

at Gardner Ale House

Proceeds to benefit the

North Quabbin Adult Day Health Services of the Gardner VNA

Door Prizes Every Hour! Donation: \$10

For more information call (978) 632-1230 ext. 3092

# Kudos To...

Louise Smith and Margaret Aguda of the North Quabbin Adult Day Health Center for volunteering their time to create a beautiful garden for the clients to enjoy when spending the day at the Center.



## Gardner VNA Celebrates National VNA Week

The Gardner VNA hosted a breakfast for employees and volunteers on May 6th in recognition of National VNA Week.



## GIVING TREE OPPORTUNITIES

The Gardner VNA offers donors an opportunity to have their contribution recognized on a "Giving Tree". The tree was installed as a way to say thanks to donors who support our commitment to the growing and strengthening of comprehensive health care services in 24 cities and towns in Worcester County and the North Quabbin area. This beautiful tree was created by local artist Thomas W. Kellner of Royalston, MA.

Through generous contributions to the Giving Tree, funds are used for a program of the donor's choice (ie. Hospice, Adult Day Health, etc.) or can be put into a general fund for various programs within the organization that have specific needs.

When making a donation, you have several different levels of giving from which to choose. They include:

- 🍃 Double Gold Leaf at \$1,200
- 🍃 Silver Leaf at \$300
- 🍃 Golden Leaf at \$600
- 🍃 Bronze Leaf at \$100

These leaves can be purchased to honor or memorialize someone special in your life. Checks can be made payable to the Gardner VNA's Giving Tree.

The Giving Tree is on display in the Main Lobby of the Gardner VNA and is a wonderful opportunity to be a part of a lasting memorial. We invite you to visit the Gardner VNA and view this wonderful piece of art.

For more information regarding the Giving Tree Campaign, please contact Nancy Langlois at (978) 632-1230, Ext. 3080.



*Leaves on the "Giving Tree", displayed at the Gardner VNA, can be purchased to honor or memorialize someone special in your life.*

## MD2 Machine

*Continued from page 1*

and her family. "I have been using this system for the past 9 months and find great comfort in the fact that I am not missing any doses of my medication," said Tuck. "Being a physician, I am very well aware that missing doses of medicine can be a very serious problem," she said. "As we grow older, we need reminders about not only taking medication, but what the appropriate doses are as well," she said. "I truly believe that a person of any age could benefit from this fine system, especially with today's busy schedules, important daily regimes can be forgotten easily," she added.

Kilhart also noted that the use of either the Lifeline Personal Response System or the MD2 system or both together is a safe, comforting and effective way for caregivers to remain working and active in their own lives, while caring for a loved one. "The Gardner VNA serves 24 cities and towns from Erving to Lunenburg and we are available to answer any questions regarding our Lifeline program and its available products," she said.

*For more information about the MD2 or Lifeline Response Systems, please call Judy Durkee, Lifeline Coordinator, at the Gardner VNA at (978) 632-1230.*



## Gardner VNA Services

Adult Day Health Services – *Gardner, Fitchburg & Athol*

Community Education Programs

Corporate Wellness

Healthy Families®

Home Assisted Living™ – *Group Adult Foster Care*

Homecare Services

– *Community Health Nursing*

– *Maternal/Child Health Services*

– *Wound, Ostomy & Continence Specialist*

– *Rehabilitation Therapists– Occupational, Physical & Speech*

– *Medical Social Services*

– *Home Health Aides*

Hospice

Lifeline

My Home Connection™ – *A Private Duty Service*

Public Health-Flu & Blood Pressure Clinics

Support Groups

– *Caregiver's Support Groups– Fitchburg & Gardner*

– *Bereavement Support Group*

– *New Beginnings Support Group*

## Community Outreach Programs

Gardner VNA Community Services Center:

– *HIV Prevention & Education*

– *HIV Counseling & Testing*

## Gardner VNA Mission

We build healthy communities by delivering high quality health and social services in a fiscally responsible manner in the homes and neighborhoods of North Central and North Quabbin areas of Massachusetts.

## Gardner VNA Customer Service Standards

- We value our employees and their commitment to our customers and the agency.
- We believe that health and well-being are an individual's most valuable possessions.
- We value the trust placed in us by our customers.
- We provide excellent service.

## Donations

The Gardner VNA is grateful for the generous support of our donors. If you are interested in making a tax-deductible donation to the Gardner VNA or if you have any questions regarding how to make a donation, please call (978) 632-1230, ext. 3080.

*"We want to thank you for all the wonderful nurses, physical therapists and health aides you have sent to us."*

*If you would like to share any thoughts with our CEO, Elaine Fluet, please drop us a line at 34 Pearly Lane, Gardner, MA 01440 or email her at [elaine.fluet@gardnervna.org](mailto:elaine.fluet@gardnervna.org).*

*For any other questions about the Gardner VNA or our services, please call 978-632-1230.*