



GARDNER VNA

Your Home Connection.

Gardner VNA Presented "The Art of Vision" to Business Leaders and their Teams



The Gardner VNA, in collaboration with our generous sponsors, was honored to bring Erik Wahl to the region, to challenge our thinking and unleash our potential. Erik presented "The Art of Vision" at the Four Points Sheraton in Leominster, MA. "We were excited to bring this dynamic speaker to the area to share his unique perspective with our local leaders," said Elaine Fluet, President & CEO of the Gardner VNA.

Fluet noted that Wahl is a nationally acclaimed speaker, who uses his gift of artistry and profound insights, to challenge the status quo and inspire individuals and companies to action. "He specializes in challenging organizations to

utilize breakthrough thinking to achieve extraordinary results," she added. "I had the pleasure of witnessing this high energy presentation first-hand and knew we needed to bring him to the area to share his creative way of looking at business," she said.

"Using art as his vehicle, Erik challenges success strategies in a unique and entertaining way," said Fluet. "Unlearn the rules, break the boundaries, free the thought process, and rediscover your untapped potential is his powerful message through his art," she said.

According to Erik Wahl, "The Art of Vision" is a one-of-a-kind program designed to challenge organizations to discover their untapped potential. The format is fast-paced, entertaining, and full of surprises. "No matter what kind of organization—from small

companies to large corporations—employees at all levels will better embrace the future by becoming more innovative, more productive and ultimately more profitable," he said.

Erik's sought after artwork can be seen hanging in executive offices around the world. And as one of the

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(l to r) Erik Wahl, Mark Mathers, Ann Racine and Norman Boudreau.

Erik Wahl Photos by Latrice Cooper

Gardner VNA's Healthy Families Serving 27 Communities in MA

The Gardner VNA is pleased to announce that the Healthy Families Program, recently funded by the Children's Trust Fund, is fully staffed and providing services to young parents who are caring for a family.

"The Healthy Families Program is a national, community-based program focused on building healthier families through prevention-oriented support services," according to Karen Culkeen, M.Ed., Healthy Family Program Coordinator at the Gardner VNA. "Free, accessible home visiting services are provided to families who qualify for the program," she said. "We believe that the most effective way to strengthen young families is to foster growth and development of young parents, said Culkeen, adding that through supportive interventions, young parents are better able to encourage the growth and development of their children."

Culkeen noted that all pregnant women and first time parents under the age of 21 can enroll and receive services. "Although enrollment can begin anytime from the beginning of pregnancy until the child is twelve months old; however, in order to

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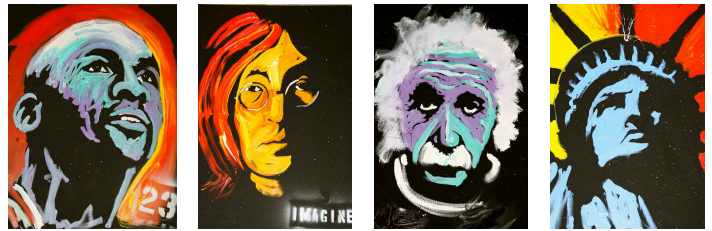


The Art of Vision *Continued from page 1*

country's top platform speakers, he shares his powerful message with audiences from coast to coast. Fluet noted that a sample of companies and organizations that Erik has presented to include Walt Disney World, Raytheon, Press Ganey, Marriott, American College Healthcare Executives, American Nurses Association, National Institute for Case Management, Credit Union National Association, and National Association of Realtors.

Steering Committee members include Daniel M. Asquino, Ph.D., Mount Wachusett Community College, President; Norman J. Boudreau, IC Federal Credit Union, retired CEO; Elaine T. Fluet, Gardner VNA, President & CEO; James Garrison, Kirtland Capital Partners; Laura LaBrack, Gardner VNA, Marketing and Sales; M. Marcus Moran, Jr., W.E. Aubuchon Co. Inc, CEO; Ann M. Racine, Gardner VNA, Fund Development; and Tina M. Sbraga, GFA Federal Credit Union, CEO.

Lead sponsors include ACT Fastening Solutions, GFA Federal Credit Union, People's United Bank and W.E. Aubuchon Co., Inc. Major sponsors include an Anonymous Donor, Athol Savings Bank, Baystate Benefit Services, Inc., Bemis Associates, Broadview Assisted Living Community, Byram Healthcare, Enterprise Bank & Trust, Fidelity Bank, Heywood Hospital, Hometown Bank, Mr. James Garrison- Kirtland Capital Partners, Mount Wachusett Community



Paintings that were created at the event.

College, Mutual of America, RCAP Solutions, Inc. and The Protector Group. Donations include Boucher Funeral Home, Norman Wironen-Edward Jones, Protective Services, Inc., Wachusett Manor- Genesis Healthcare, Wachusett Brewing Company, Inc. and Workers' Credit Union. Table sponsors include Community Health Connections, Family Federal Savings, Fitchburg State University, Four Points by Sheraton- Leominster, Georgia Pacific, HealthAlliance Hospital, Heritage Insurance Agency, IC Federal Credit Union, Montuori Oil and Wachusett Mountain/Village Inn. "We are grateful for the support of our sponsors and applaud their dedication and commitment to making a difference for local businesses in our community," said Fluet.

Proceeds from this exceptional program benefited the unmet needs of our homecare and hospice patients in the twenty-four communities that we serve.



(l to r) Cheryl Gaudreau, Jack Clancy and Elaine Fluet.

What people who attended said about Erik Wahl...

"That speaker was phenomenal... one of the best events I've attended."

"I'm still amazed by what he could do using just his hands."

"I was very moved myself by the event and I posted this on Facebook that day... There are few times when I can say that a business person or speaker has had such an impact on me that I feel it will or has changed the course of my life. I can count on one hand how many times that has happened! Today was one of those days! Erik Wahl was an amazing speaker, and his message was rooted in reality and on point! Where is your vision? How will you paint the world today? You should be very proud!"

National HIV Testing Day Recognized

The Gardner VNA Community Services Center recently participated in National HIV Testing Day by providing free HIV testing at the Center in Fitchburg. Anyone who wished to be tested could either walk-in to the Center on that day or schedule an appointment at a later time. According to Gail Dorval, Director of Community Programs, the Center has been offering walk-in and scheduled HIV Testing for over a decade, but felt that any opportunity we have to raise awareness about HIV infection is very important.

"The statistics regarding HIV are astounding and we are very committed to doing everything we can to educate the community on prevention," said Dorval. "Our goal is to encourage individuals to take control and get tested," said Dorval. Dorval shared some statistics published on the AIDS.gov website that state:

- More than one million people are living with HIV in the United States.
- One in five living with HIV is unaware of their infection.
- Every 9 ½ minutes, someone in the United States is infected with HIV.

"As you can see by the statistics, it is so important for individuals to seek as much education regarding HIV infection as possible," she said.

For more information regarding HIV Testing, please call the Community Services Center at (800) 382-7305.

Healthy Families *Continued from page 1*

maximize positive outcomes, we encourage referrals at the soonest opportunity," she said. "We also want to make sure that everyone understands that the program is free of charge regardless of income level," she added.

The goals of the Healthy Families Program are to help prevent child abuse and neglect by supporting positive, effective parenting skills and nurturing home environments; to achieve optimal health, growth, and development in infancy and childhood; to promote maximum parental educational attainment & economic self-sufficiency; and to prevent repeat teen pregnancies.

As testimony to the importance of this program, here are a few thoughts shared by program participants:

- Caroline of Fitchburg shares— *"My home visitor focuses not only on my child, but also on me as an individual. She has helped me to achieve the goals I've set for my baby and me."*
- Christine of Fitchburg states— *"I've learned a lot of parenting skills and met some great Moms who are now my friends. The program gives you lots of help."*
- Cassie of Ashburnham feels— *"Healthy Families made me much less scared about labor and delivery and has made me a much more confident Mom."*

Culkeen also noted that the program reaches out to 27 communities in Massachusetts. Cities and towns include Ashburnham, Ashby, Ayer, Barre, Berlin, Bolton, Clinton, Fitchburg, Gardner, Groton,

Hardwick, Harvard, Hubbardston, Lancaster, Leominster, Lunenburg, New Braintree, Oakham, Pepperell, Princeton, Rutland, Shirley, Sterling, Templeton, Townsend, Westminster and Winchendon.

For more information regarding the Healthy Families Program or to make a referral, please call Karen Culkeen, Healthy Families Program Coordinator at (978) 632-1230, Ext. 3011.



Gardner VNA Reflects on Accomplishments in 2010 at Annual Meeting

The Gardner VNA recently held its Annual Meeting at The Colonial Hotel in Gardner, MA. According to Elaine Fluet, CEO, this year's meeting was a celebration all of our accomplishments during the past year, as well as an opportunity to acknowledge and thank our employees, Board members and volunteers for their unwavering dedication to the Gardner VNA.

"The Gardner VNA feels very privileged to be the agency of choice for many individuals who need our medical expertise to improve their health while remaining independent," said Fluet. "Our commitment to the community is to be strong by constantly adjusting to new trends and best practices for the delivery of home health and hospice care," she said. "In 2010, the agency upgraded software and purchased new laptops for clinical staff and launched our newly designed, interactive website," she added.

Fluet noted how proud she was when the Gardner VNA was recognized with an Award of Distinction for Customer Service. "This was an amazing accomplishment for our agency and it just substantiates the fact we provide top quality home health services to the community," she said.

The Gardner VNA Board of Directors for 2011 include Gerald Bankowski, Andrew Boucher, Charles Brownlee, Paulette Carroll, John Flick, Ellie Fox, Michael Gerry, Heather Layton, Peter Erickson, Scott Graves, Brian Jette, Joyce LaFontaine, Roberta Lesperance, Nancy

Monette, Debbie Orre, Ken Tomasetti and Jan LeClair. The newest member to join the Board is Jeff Aubuchon.

Elected Board Officers for 2011 are Debbie Orre, President; Scott Graves, Vice President; Gerald Bankowski, Treasurer and Heather Layton, Secretary.

"We have such a dedicated group of Directors who are committed to the mission and values of our agency," said Fluet. "We have accomplished so much throughout the years and this would not have been possible without these community members who volunteer their time and expertise to our Board of Directors," she added.

Several Gardner VNA employees were recognized at the Annual Meeting for their years of service to the agency.

Five years of service included: Michaelleen Barcomb, Carol Bassett, Donna Bourgeois, Nancy Mansfield, Ruth Hart, Crystal Marsh, Cathleen Peck, Irene Phelps, Louise Smith, Jaime Talbot and Kelly Loescher.

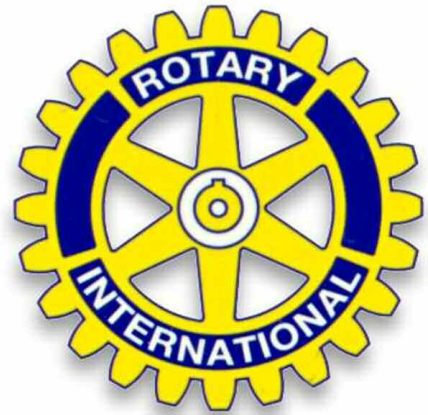
Ten years of service included: Jacqueline Bouffard, Michael Kacprzicki and Huguette Treshinsky.

Fifteen years of service included: Murielle Conway, Ann Frawley and Betsy Napolitano.

North Quabbin Adult Day Health Services Receives Donation from Athol/Orange Rotary Club

The North Quabbin Adult Day Health Services Center of the Gardner VNA recently received a \$500 donation from Athol – Orange Rotary Club. “We are grateful to the Rotary Club for their unwavering support of and belief in the Gardner VNA and the services we provide in the North Quabbin area,” said Elaine Fluet, President & CEO of the Gardner VNA. “This donation will help to enhance our services and directly benefit the many community members who use the Center,” she said. “We are proud to announce that to date we have raised over \$39,100 towards our goal of \$60,000,” said Fluet.

For more information about Adult Day Health Services or how to make a donation, please call the Gardner VNA at (800) 382-7305.



Gardner VNA Services

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

Community Education Programs

Corporate Wellness

Home Assisted Living™ – *Group Adult Foster Care*

Homecare Services

- *Skilled Nursing*
- *Maternal/Child Health Services*
- *Wound/Ostomy Specialist*
- *Rehabilitation Therapists– Occupational, Physical & Speech*
- *Medical Social Services*
- *Home Health Aides*
- *Telehealth Program*

Hospice

Lifeline/Medication Management Systems

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. 3024.

*“The care I received was superb.
My care was way beyond my expectations.”*

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.

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