

# Adult Day Health Services Receives Donation from Athol Savings Bank

The North Quabbin Adult Day Health Services Center of the Gardner VNA recently received a \$1,000 donation from Athol Savings Bank for the “Home Away from Home” Campaign. “We are grateful to Athol Savings Bank for their unwavering support of and belief in the Gardner VNA and the services we provide to the North Quabbin area,” said Elaine Fluet, 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.

For more information about Adult Day Health Services or how to make a donation to the “Home Away from Home” Campaign, please contact the Development Office at the Gardner VNA at (978) 632-1230, Ext. 3024.



Pictured from left to right are: Mary Lou Schwab, North Quabbin Advisory Committee Member, Kathy Kilhart, RN, MS, Director of Elder Services, Gardner VNA, Deb Vescovi, Senior Vice President, Athol Savings Bank, Carmelle Lucius, Community Banking Officer, Athol Savings Bank



## 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 & Continence 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.

*“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.*



GARDNER VNA

# •Your Home Connection•

## An Evening of Blues Enjoyed By All At The James Montgomery Concert



On Friday, November 20th, the Gardner VNA hosted the fourth Annual Symposium for Well-Being at the Dukakis Performing Arts Center at Monty Tech in Fitchburg. The show kicked off with the house rockin' blues band "Ottomatic Slim", followed by Grammy nominated blues legend James Montgomery. According to Elaine Fluet, CEO, the Gardner VNA was excited to offer a musical program this year for our wellness symposium. "We truly believe that music plays a

vital role in the healing and well-being of all individuals," said Fluet. "Everyone has connected to music at some point in their lives, whether it's a happy or sad time," she said, adding, "we all have those special songs that make us smile or puts us at ease."

This year's Symposium sponsors included IC Federal Credit Union, Rollstone Bank & Trust, Flagship Bank & Trust, Baystate Benefit Services, GFA Federal Credit Union, Royal Steam Heater Company, The Protector Group and W.E. Aubuchon Hardware Company Inc.. "The commitment of these sponsors to the wellness and education of our community is inspiring," said Fluet. "Everyone embraced the symposium and were truly excited to have Grammy nominated James Montgomery perform so close to home," she said.

Fluet noted that the agency was also thankful for not only the support of our many sponsors, but also the many community leaders who came together in early September to collaborate with the Gardner VNA to bring the best possible event to the community.

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## Gardner VNA Helps Area Businesses With Wellness Efforts During Flu Season

The Gardner VNA is very committed to preventing the spread of the flu virus. We have partnered with 14 local companies to provide on-site flu clinics to employees for the past 5 years, according to Murielle Conway, RN, Public Health Nurse.



"Companies have contacted us every year, through our Corporate Wellness Program, to come to their facilities and provide this service with very little disruption to their daily business activities," she said. "It is rewarding for us to be able to partner with local companies and provide them with a clinic that helps their employees stay healthy through the flu season," said Conway.

The flu can lead to serious illness and take a significant toll on businesses. The flu virus spreads rapidly from person to person and thrives in a typical office environment. It can live up to 48 hours on phones, door handles, keyboards and clothing. During the winter months, one of the most common causes of employee absenteeism is the flu, resulting in additional expenses to companies. Organizing a workplace flu immunization clinic can be an effective way to help reduce employee absenteeism during the flu season and provide a great benefit to employees.

"Individuals who have the flu are generally contagious one day prior to getting the symptoms themselves and remain contagious for up to seven days after getting sick," said Conway. "For this reason, it is very important for individuals to seriously consider receiving a flu shot, because they can be spreading the virus to co-workers or family members without even knowing it," she said.

For information about our Corporate Wellness Program or to schedule a clinic at your office for 2010, please contact Laura LaBrack at (978) 632-1230, Ext. 3092.



*Photos by Latrice Cooper*

# Gardner VNA Hosts Third Annual Blues Festival at the Gardner Ale House

The Gardner VNA hosted the third Annual Blues Festival at the Gardner Ale House in November. Proceeds from the event benefited the North Quabbin Adult Day Health Services of the Gardner VNA.

Entertainment for the evening was graciously provided by "Ottomatic Slim", a house rockin' electric blues band, who was noted as "top notch" by *Blues Review*. Door prizes were given out every hour during the event.



The Gardner VNA hosted its annual Employee Summer Picnic at the PACC in Gardner. According to Elaine Fluet, CEO, this event is a way to recognize the hard work our employees do all year long and to say thank you for their dedication to the Gardner VNA and our patients. Fluet noted that a committee of employees organized the event, which included a barbeque, the 8th annual dessert contest, activities for children, games for employees and their guests, a gift for the children and prize drawings for employees and their guests. In addition, there was a special door prize of a \$100 gas card that all employees in attendance were eligible to win.



# NORTH QUABBIN NEWS:

## Adult Day Health Center Hosted Spaghetti Supper in Honor of Adult Day Health Week

In honor of National Adult Day Health Week, the North Quabbin Adult Day Health Center of the Gardner VNA hosted its annual Spaghetti Supper on September 24th at the Center in Athol. Corporate sponsors for the event included Athol Memorial Hospital and Athol Savings Bank. Event sponsors included Subway of Winchendon, WalMart of Orange, Four Points by Sheraton- Leominster and Keith & Brenda Casavoy. All proceeds from the event benefited the *"Home Away From Home"* Campaign, a three-year fund-raising effort for the Center.

"The Gardner VNA embarked on the *"Home Away From Home"* Campaign to raise \$60,000 for the updated Center," said Elaine Fluet, CEO of the Gardner VNA. "We are pleased to announce that we have raised over \$30,400 towards our goal," she said. "The success of our campaign is due to the many community members who serve on our North Quabbin Advisory Committee and the many generous donors in the North Quabbin area," she added. Advisory Committee Members include Pam Harris, Mary Lou Schwab, Nancy Monette, Deb Vescovi, Shirley Hebert, Elaine Fluet, Louise Smith, Kathy Kilhart, Laura LaBrack and Ann Racine.

## Adult Day Health Center Creates Green Space for Clients



The North Quabbin Adult Day Health Center recently completed a beautifully landscaped Remembrance Garden for the clients at the Center to enjoy during the nice weather. "The Garden was designed with our clients in mind," according to Elaine Fluet, CEO of the Gardner VNA. "This space creates a peaceful, calm environment where clients can enjoy the fresh air and tranquility of nature," she said.

"The Garden would not have been possible without the generous donations made to our *"Home Away From Home"* Campaign," said Fluet. "Some donors designated their contributions to create this green space, allowing us to build raised bed gardens, plant trees and buy benches," she said.

"Adjacent to the Center, the garden is an important component of the comprehensive care that is offered at the Center," said Fluet "Interacting with nature allows clients to remember special times in their lives, enjoy the benefits of physical stimulation and take pleasure in the wonder of the changing seasons," she added.

For more information about the Remembrance Garden or the *"Home Away From Home"* Campaign, please contact the Development Office at the Gardner VNA at (978) 632-1230, Ext. 3024.

Pictured from left to right are campaign donors and staff of the Gardner VNA:

Jeff Cole, Witty's Funeral Home, Shirley Hebert, Athol-Orange Rotary Club, Ann Racine, Development Director, Gardner VNA, Steve Raymond, Athol-Orange Rotary Club, Kathy Kilhart, Director of Elder Services, Gardner VNA, Deb Vescovi, President, Athol-Orange Rotary Club.

## Montgomery

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Advisory committee members include Phil Richards, James Monette, Nancy Monette, Nikki Moorehead, Carla Vautour, Michelle Edson, Scott Graves, Eric Iacoboni, Brian Jette, Joyce LaFontaine, Heather Layton, Barbara LeBlanc, Deborah Orre, Mark Rines, Peter Russell, Rick Walton, Ray LaFond, Sharyn Rice, Joe Sova, Tina Sbrega, Elaine Fluet, Ann Racine, Nancy Langlois, Laura LaBrack and Patricia Bean. "These individuals brought so much energy and commitment to the success of this event and we were honored to have the opportunity to work so closely with them," said Scott Graves, Gardner VNA Board member and Fundraising Committee Chairman.

