

name a star:

Name a Star on Earth with a gift of honor and help support RVNA

Gifts in Honor from July 1, 2007 to June 21, 2008

★ Rita Ahearn

Mrs. Suzanne Schmitz

★ Helen Carli

All Destinations, Inc.

Rabbi Jon Haddon

★ Judy Dann

Mr. & Mrs. Rolando Abraham

Ms. Carol Bontemps

Mrs. Helen Carli

Mrs. Patricia Dizazzo

Mr. & Mrs. Herbert Green

Mr. & Mrs. Larry Hepner

Mr. & Mrs. Herb Klinger

Mrs. Christine Robertson

Mrs. Theresa Santoro

Mr. & Mrs. Kenneth A. Scherwenik

Mr. & Mrs. James H. Stewart

Mrs. Sandy Weinberg

★ Philip Gelber

Mrs. Gail Gelber

★ Home Health Aide Department

Mr. & Mrs. Alan Schneider

★ Orin & Mary Leslie

Mr. & Mrs. Robert Jasminski

★ Joyce Ligi

Mr. John Grillo

★ Dorothy Parker

Mr. & Mrs. Frederick Carpenter

Ms. Ann Price

★ Christine Robertson

Mrs. Helen Carli

★ Greta Rogg

Mr. and Mrs. Bernard Gastrich

★ Theresa Santoro

All Destinations, Inc.

★ Suzie Scanlon

Catherine Mcgrath

★ Lynn Schneider

Ms. Frances A. Johnson

★ Seymour Seidman

Mrs. Helen Carli

★ Patricia Mullen Simoneau

Mr. & Mrs. Craig A Huntley

★ Sandy Weinberg, Amy Bondeson Boyce, Helen Carli

Mrs. Christine Robertson

rVna

RIDGEFIELD VISITING
NURSE ASSOCIATION

90 East Ridge
Ridgefield, CT 06877

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Name A Star on Earth

Please let us know if you receive unwanted duplicates of this mailing by calling 438.5555 or 938.3300

SIGN UP TO RECEIVE “HEALTHY- E- WISE” OUR ONLINE NEWSLETTER AND YOU WILL RECEIVE OUR FALL FLU CLINIC SCHEDULE ONLINE IN OCTOBER. JUST VISIT WWW.RIDGEFIELDVNA.ORG

vacation at home:

Take a vacation from everyday chores so you can relax and enjoy all of your favorite summer pastimes. Maybe it's free time to read a favorite book, ride a bike, go for a swim or enjoy time with family. **Whether you are a busy mom, a senior or a family caregiver, this program is for you!** Let a homemaker from RVNA be that extra set of hands so you have more summer time to yourself. Our flexible homemaker/ home health aide programs will allow you to create a schedule that will make you feel like you are on vacation... right in your own home. Allow one of our trusted homemakers to assist you with:

- Light housekeeping & laundry
- Shopping & meal preparation
- Transportation
- Companionship
- Personal Care (by home health aides if applicable)

For care you can trust, contact RVNA at 438.5555 for more information. Gift certificates for these packages are also available. ●

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healthwise

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“Knee-habilitation” Makes Life Grand Again

The part replaced was a knee, just a knee, but it replaced far more than that explains Carmelita Gregory from her residence at Ridgefield Crossings. Favoring her good knee caused pain in both knees and also shifted her posture causing back pain as well. Fear of falling with a weak knee was always present in her mind. She was hesitant to participate in any activities.



Tricia Brody, RVNA Physical Therapist with a renewed and grateful Carmelita Gregory

How Physical Therapy Can Enhance Your Life:

- Decreased risk and fear of falling
- Decreased pain
- Improved muscle strength and mobility
- Improved balance & posture
- Improved breathing

Call RVNA If You Have Any Of The Following:

- Joint replacement surgery scheduled
- Gait/Balance difficulties
- Parkinson's, Cancer, or Stroke
- Cardio/Pulmonary disease

Post surgery and happy to be home from the rehab center, Carmi, as she is known to her friends, was able to continue **physical therapy** in familiar surroundings with the help of RVNA. Tricia Brody helped Carmi regain confidence and trust in her new knee. “I would have hesitated on my own, but Tricia calmly and gently encouraged me to do things like walking further than I wanted to or going downstairs” smiles Carmi. **“She was like a fulcrum to push me to do more. I wanted to be more than good, I wanted excellent success.”** Carmi credits Tricia for her great outcome and considers her like a member of the family.

While she is able to recall in detail the circumstances that led to her knee replacement, her focus is on the pursuits and activities she was able to regain after surgery and therapy. She has improved strength and balance that give her more confidence to walk with less risk of falling. Her life is full once again with a book club, a history course and helping others as she leads the Parkinson's disease support group. In her spare time, at 93, she goes to the gym three times a week. A knee was restored and quality of life was regained. ●

{HEALTH EVENTS}

WELL CHILD CLINICS (by appointment) \$50 maximum fee (including school required immunizations) — sliding scale available. Well child, school, sports and camp physicals for children ages birth-18 years. Call RVNA at 203.438.5555 for the current schedule.

LYME, CHRONIC FATIGUE, FIBROMYALGIA SUPPORT GROUP Meets second Thursday of every month from 12:00-1:30pm at the RVNA office. For additional information, call Jennifer Reid at 203.431.0462.

BLOOD PRESSURE SCREENING No Charge

- 1st Monday of each month at Ballard Green, 9:30am - 11:00am
- 1st Thursday of each month at Founders Hall, 12:00pm - 1:30pm
- 3rd Monday of each month at Parks and Rec 2:00pm - 3:00pm
- 3rd Wednesday of each month at the RVNA, 1:00pm - 2:00pm

LOOK FOR OUR FALL FLU CLINIC SCHEDULE POSTCARD IN OCTOBER

SAVE THE DATE FOR AUTUMN DINNER OCTOBER 14, 2008

For more information call RVNA at 203.438.5555 or 203.938.3300 or visit ridgefieldvna.org

rVna
RIDGEFIELD VISITING
NURSE ASSOCIATION

A MESSAGE **to our community:**

The Ridgefield Visiting Nurse Association has stood the test of time since 1914. From our tiniest newborn babies to our elderly population who live alone and depend on our visits to maintain their functioning and well being—we are here to serve.

In addition to home health care, RVNA plays an important role in public health and safety and emergency response. Soon our clinicians, along with the town's health department, will be fitted for special respiratory masks in the event of a pandemic flu or flu associated pneumonia.

We are also working with the Ridgefield Health Department to "Blast" Lyme Disease in our communities. Lyme Disease has been flagged as a major health threat in Fairfield County. Don't just read about the 5 important steps to reduce the risk of Lyme Disease, act on them today!

Believe it or not, we are busy planning the fall flu & pneumonia clinics. One of the easiest ways to support RVNA is to get your flu shot at one of our many flu & pneumonia clinics in Ridgefield and Redding. Look for the flu & pneumonia schedule postcard in the mail. The schedule will also be available on line at www.ridgefieldvna.org.

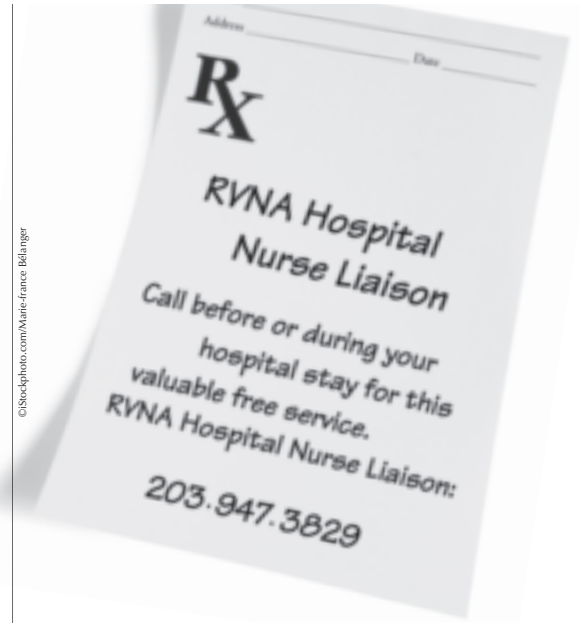
Sincerely,



Theresa Santoro
Theresa Santoro
President and CEO



Bill Wyman
Bill Wyman
Chairman of the Board



Prescription to Go Home

{You Have a Choice, Choose Wisely}

You have a choice of who your homecare provider will be. Remember to ask for Ridgefield VNA, first in patient satisfaction, when you are asked what homecare company you would like to use when going home from the hospital or rehabilitation center.

RVNA's Hospital Nurse Liaison will help coordinate homecare services, supplies, and medical equipment that will be necessary to ensure a smooth transition from the hospital or rehabilitation center to home. This valuable service is free of charge.

You can even call in advance of your discharge home from the hospital or rehabilitation center to secure RVNA homecare services. When you or a loved one are in the hospital or planning a surgery, call Marianne Lehane, RVNA Hospital Nurse Liaison at 203.947.3829. She will be happy to answer any questions about this program.

We work on getting you home so you can work on healing! ●

Internal Affairs

RVNA Volunteers were honored at a reception at the Leir Foundation. Sandy Weinberg thanks 3 of RVNA Friendly Driver Volunteers at right. Please consider helping us in a volunteer capacity.

4 RVNA Nurses, Pat DiZazzo, Melissa Foglia, Terry Mulski and Hansel Scherwenik, received the 2008 Nightingale Award of Excellence. Ask for RVNA by name to receive care from one of our outstanding nurses.

RVNA's Sandy Weinberg, who is certified in Travel Health, has accepted a position on the Board of Directors of the American Travel Health Nurses Association, (ATHNA). For the highest level of expertise in travel medicine, call RVNA before you travel to book an appointment for your travel consultation and immunizations.



It's Time to Blast Lyme Disease

According to the CT Department of Health, Fairfield County ranks the highest in the number of Lyme Disease cases throughout the state. BLAST stands for the five most important things you and your family can do to stay safe from tick-borne diseases. Take action today!

- B** stands for **BATHING**. A recent study showed that taking a shower or bath within two hours of spending time in the yard may reduce the risk of Lyme Disease.
- L** reminds everyone to **LOOK THEIR BODIES OVER** for ticks daily. Remove ticks carefully by their mouth parts with tweezers and save them in a plastic bag for identification. Contact your local health department for tick-testing policies and notify your physician if you have any early symptoms including, expanding rashes, fatigue, headache, fever and achy muscles and joints.
- A** encourages you to **APPLY INSECT REPELLENTS**. Studies have shown that applying 30-40% DEET-based repellent to skin is effective at repelling blacklegged (deer) ticks. Application of 0.5% permethrin-based insecticide to clothing is highly effective at repelling ticks.
- S** stands for **SPRAYING**. Studies have shown that appropriately applied pesticide sprayed around the perimeter of a yard may reduce deer tick populations by 85 – 90%. For an online Tick Management Handbook, visit the Connecticut Agricultural Experiment Station at www.ct.gov/caes.
- T** reminds everyone to **TREAT YOUR PETS**. Pets should be looked over daily for ticks that may be buried in their fur. Local veterinarians offer a variety of methods for tick control and Lyme Disease prevention for your pets.

For additional information on the BLAST Lyme disease prevention program, contact the Ridgefield Health Department at 203.431.2745 or email blastlyme@ridgefieldct.org. Visit the new Lyme disease website at www.ridgefieldct.org.

Make everyone in the family a Lyme Fighter this year. **BLAST Lyme Disease!** ●

Kristen Savino ponders the connection between "deer" ticks & Lyme Disease at the Ridgefield VNA Health Fair.



THINGS TO KNOW

...about Giving to RVNA

- RVNA has been serving the community for 94 years!
- RVNA's 34th Annual Health Fair provided valuable free screenings that resulted in 250 referrals to local physicians.
- RVNA provides over \$1,000 a day in uncompensated services to those in need.
- RVNA has the unwavering support of over 300 community volunteers including our Friendly Drivers who take patients to medical appointments.
- RVNA ranks in the top 25% of homecare companies nationwide. Homecare Elite Award 2006-2008
- RVNA is first in Patient Satisfaction. Pinnacle Award 2006-2008. 100% patient satisfaction rate as of May 2008

“Over the past 40 years, I’ve had 4 different occasions to use the RVNA services. Each time- through the birth of a tiny new baby, mom’s Alzheimer’s, cancer and now with my husband’s heart surgery – the organization has provided support, education and great comfort. Thank you- thank you all!!!”
~ Mary Lou Costa

We can't do any of this without YOU!

YES, I would like to support the Ridgefield Visiting Nurse Association

- 1914 Society- \$10,000
- Irene Hoyt Society - \$5,000
- Wellness Society - \$2,000
- Quality Circle - \$1,000
- Caring Circle - \$500
- Community Circle - \$100
- Other \$.....

My Annual Appeal Gift is:

- In honor of:* In memory of:
- Name.....
- Please notify {name}.....
- Address.....
- City.....
- State..... Zip.....

**Donations "In Honor of" make a wonderful gift for holidays, birthdays or any occasion.*

- Enclosed is my tax deductible gift in the amount of \$.....made payable to RVNA.
- Please charge my:
 - VISA Mastercard
 - Card Number.....
 - Expiration..... V-Code.....
 - Signature.....

Donor Information (please print)

- Name.....
- Email.....
- Address.....
- City.....
- State..... Zip.....

- I am enclosing a matching gift form from my employer.
- I/We have remembered the RVNA in my/our will.
- Please send more information about:
 - Bequests
 - Volunteer Opportunities
 - Services

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Healthwise is a publication of the Ridgefield Visiting Nurse Association. We are a private, non-profit, CHAP-accredited organization. Our mission is to provide remarkable home health care, foster community based wellness, and promote public health & safety in the greater Ridgefield communities. To learn more about our services, visit us online at www.ridgefieldvna.org

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