

YOUR DONATIONS
HELP TO SUPPORT:

Annual Health Fair Screenings
Well Child Clinic
Blood Pressure Clinics
Friendly Driver Program
Monthly Nursing Visits

WAYS TO DONATE

In Memory Of:
Family, Friends & Loved Ones

In Honor Of:
Birthdays
Anniversaries
Graduations
Holidays
Religious Celebrations

Estate Planning



inside:

- ➔ Excellence in the Ridgefield VNA
- ➔ Ridgefield VNA Emergency Preparedness Kits
- ➔ Flu and Pneumonia Vaccination Clinics
- ➔ Things to Know

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healthwise

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Greg Clark Recognized Excellence in the Ridgefield VNA



Greg Clark, owner of Greg Clark Trophies usually helps other people give recognition for excellent performance in various achievements. This time it is Greg who is giving recognition to RVNA for helping him regain his independence and quality of life.

A combination of an extremely athletic lifestyle including hockey, sky diving and rock climbing, combined with a genetic history of rheumatoid arthritis, led to the difficult decision of whether to have a total hip replacement at the age of 50. "I knew this hip would have to last me a long time", Greg explained as part of his concern about this decision and he wanted the best treatment available.

Greg is not one to sit around for long and he wanted to get back into his normal routine as soon as possible. Because of the Ridgefield VNA Greg choose to go directly home after his surgery instead of going to an extended care facility. He was treated by Lynn Schneider, a physical therapist with RVNA for 20 years.

Lynn went to Greg's home to provide extensive physical therapy and also taught him exercises that he could do at home every day by himself. Some of the standing exercises could be done out on Greg's deck overlooking beautiful scenery and that was also therapeutic in nature. She evaluated his home for any safety hazards and reviewed normal hip precautions that he should be aware of following this type of surgery. Greg had glowing reports about Lynn's "exceptional skill and outgoing personality". Lynn stated that Greg's active lifestyle and muscular body type is what helped him recover so quickly. A risk taker by nature, sometimes she had to encourage him not to overdo it. Lynn said she "combined his determination and motivation with an ounce of precaution." Greg says that he would "absolutely recommend the Ridgefield VNA to anyone who needs physical therapy or nursing services." When it is appropriate, Greg believes that patients prefer to be treated at home instead of in a gym at a facility. Thanks in part to the Ridgefield VNA, Greg is back to work, and is continuing his physical therapy on an out-patient basis.

If you are having surgery and may need nursing services or physical therapy, please call RVNA at 438-5555. ●

'06
flu and pneumonia vaccination clinics
save the date:

The Ridgefield VNA will offer flu and pneumonia vaccination clinics throughout the local area. We anticipate an ample supply of flu vaccine, making it possible for anyone who would like to receive a flu vaccination to be able to receive one. The cost of the vaccination is covered by Medicare Part B and Cigna for town of Ridgefield and Board of Education employees. We also accept cash or check.

All people are at some risk for developing severe and even fatal influenza infections. Those at highest risk are people with asthma; people with chronic disease of the lungs; heart or kidneys; people older than 50; pregnant women; and children between the ages of 6 months and 5 years of age. The optimal time to get your flu shot is in October or November, just before the influenza season starts. However, the Advisory Committee on Immunization Practices (ACIP) recommends that influenza vaccine should be offered throughout the entire influenza season and that there are still benefits to getting the vaccination after November.

ACIP has now recommended that all healthy children ages 6-59 months and their household contacts and out-of-home caregivers be vaccinated against influenza. This is a change from previous vaccination recommendations for children 6 - 24 months. ACIP is also emphasizing that all children ages 6 months - 9 years old who have not been previously vaccinated at any time against influenza, should receive 2 doses, at least 4 weeks apart. RVNA will hold pediatric flu clinics for all children age 6-59 months and their household contacts under the age of 18, as well as all children under age 18 with chronic medical conditions as defined by ACIP.

Check out our Health Events section on the front page of this newsletter for a complete list of our flu and pneumonia clinics. ●



90 East Ridge
Ridgefield, CT 06877

{HEALTH EVENTS}

FLU AND PNEUMONIA CLINICS*

Ridgefield Gold Card Members Only
RVNA, 90 East Ridge, Ridgefield
• Friday, October 20th 9am-12noon

Adult Public Clinics @ RVNA
90 East Ridge, Ridgefield
• Friday, October 20th, 12noon-3pm
• Tuesday, October 24th, 4-8pm
• Wednesdays, November 15th, 22nd, 29th, 10am-12noon
• Wednesdays, December 6th, 13th, 20th and 27th, 10am-12noon

Adult Public Clinic @ Scott's Ridge M.S.
750 North Salem Road
• Saturday, November 4th 9am-12noon

Adult Public Clinic @ Meadow Ridge
100 Redding Road, Redding
• Thursday, October 26th, 9am-3pm

High Risk Pediatric Clinics @ RVNA
90 East Ridge (appointment needed)
• Thursday, October 26th, 6-8pm
• Wednesday, November 29th 6-8pm

Vote & Vax Public Clinics
To be held at Ridgefield polling places.
• Tuesday, November 7th,
9-11am and 5-8pm

*Confirm dates by checking our web site, ridgefieldvna.org, or the local newspapers during the days leading up to the clinic.

For more information about any of our health events, please call 203.438.5555 or visit ridgefieldvna.org





90 East Ridge, Ridgefield, Connecticut 06877-4645
 203.438.5555 • 203.431.6583 fax • www.ridgefieldvna.org
 HOME HEALTH CARE • COMMUNITY WELLNESS • PUBLIC HEALTH & SAFETY
 ENHANCING QUALITY OF LIFE SINCE 1914

October 2006

To the Ridgefield and Redding Communities,

COMMUNITY IS OUR HISTORY AND OUR FUTURE.
 CARE IS OUR MISSION.
 YOU ARE OUR PARTNER IN SUCCESS.

The board members, staff and volunteers of the Ridgefield Visiting Nurse Association thank you for your past generous donations and participation in our success.

Since 1914, our dedication to the Ridgefield and Redding communities we serve has motivated RVNA to adapt to the emerging needs in home health care, community wellness and public safety. We are neighbors caring for neighbors. This year our community programs provided free or reduced fee services to over 5,000 area residents at our community health fair, wellness clinics and seminars.

On March 25 I attended the Ridgefield Visiting Nurse Association annual "Health Fair" at the Ridgefield Community Center. Among other tests I had the vascular screening done and was found to have a blockage in my right carotid artery. I had no symptoms or any other warning signs of this condition, which could have had life-altering consequences. ~ Steve Weinberg, Ridgefield Press April 27, 2006

RVNA care is more than the professional and skilled services we provide. Ninety-two years of experience in community health care have taught RVNA that caring for you in your home and encouraging community wellness, without regard to ability to pay, makes us different. Our wide range of services contributes to the quality of life so highly valued by area residents.

"My son has just completed 2 months of intense nursing care prior to major surgery. His VNA nurse was Hansel Scherwenik. Hansel is a superb nurse. Her nursing abilities, plus her wonderful warmth and caring greatly eased the stress which my son and the rest of the family were exposed to. We are grateful for her presence." ~ Michael Greenfield, M.D.

YOU are the community we serve and we need your help. We depend on our Annual Appeal donors for 34% of our fundraising contributions. Our goal this year is \$173,250.

Please be part of the community of support for RVNA—a 501(c)(3) nonprofit—so that we can continue to care for the community. Every contribution is important to Ridgefield Visiting Nurse Association and those in our care. Please give as generously as your means allows.

Sincerely,

Jane Fields

Jane K. Fields
 President & CEO

Bill Wyman

William G. Wyman
 Chair, Board of Directors



LEADERSHIP:
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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

Amy Bondeson
 Editor

Contributors
 Helen Carli
 Mimi DelCuzze
 Sandy Weinberg

Special thanks to:
Ridgefield Bank
FOUNDED 1917
 A DIVISION OF FAIRFIELD COUNTY BANK CORP.



THINGS TO KNOW

Ridgefield VNA EMERGENCY PREPAREDNESS KITS

Enclosed is a check for Please reserve.....kits for my family.

Name.....

Address.....

Email..... Telephone.....

**Please allow 4-6 weeks for delivery*

Are You Prepared for an Emergency?

Did you know that in emergency situations such as hurricanes, power outages and threats to public health and safety, RVNA has been designated by the Health Department as a resource for health support in the community? RVNA nurses are also trained and prepared to administer smallpox vaccinations in the event of a bioterrorism attack.

One of the key recommendations to prepare for an emergency according to the US Department of Homeland Security is to assemble a kit of emergency supplies; and this kit should have enough supplies for your entire family to be able to survive for at least three days. Once disaster hits, there is no time to shop in search of supplies but if you have gathered supplies in advance, your family can endure evacuation or home confinement.

RVNA is launching a new program of offering emergency backpack kits as a fund raising project that will help RVNA continue to support the community and help families better prepare for potential disaster. The backpack kit contains some of the important recommended items such as first aid supplies, flashlights, duct tape and a tarp; and a checklist of additional items to purchase to make your home kit complete. It will also include a list of things to do in order to be better prepared for an emergency. We also encourage you to take another step and make a plan with your family, neighbors and schools so you will be better prepared in the event of a disaster. The kits will be assembled by a local Girl Scout troop and would make great gifts for teachers, employees, friends, family, birthdays and holidays.

To order kits, fill out the above form and send a tax deductible donation check for \$75 each made payable to RVNA and mail it to: RVNA, 90 East Ridge, Ridgefield, CT 06877.

You can also reserve kits online at www.ridgefieldvna.org by clicking on "Emergency Preparedness Backpacks". ●

www.ridgefieldvna.org

Check out our web site for upcoming programs and current information!
 Go online to sign up to receive our free newsletter via email.



Did you know that on August 17, 2006 President Bush signed a pension reform bill that provides some incentive for charitable giving? It allows for individuals age 70 and older to withdraw up to \$100,000 per year from a traditional IRA or Roth IRA and exclude this "distribution" from their gross income. See your accountant for more information.

RVNA is proud to announce the addition of Marianne LeHane, RNC as our new Clinical Nurse Liaison. She will be working primarily at Danbury Hospital but is available to work with other health care facilities. Marianne's position is to assist the physician and hospital case managers in initiating a comprehensive discharge plan and help the patient get home with appropriate health care services in place to ensure success.

On July 15th, RVNA attended the Ridgefield Sale-a-Bration Day.

Helen Carli and volunteer nurse, Joan Mannion provided blood pressure screenings to over 50 participants. Of those 50 people, 13 had never had their blood pressure checked or had not had it checked in the past 12 months and 4 participants were referred to their physicians. If you would like your blood pressure checked free of charge, attend one of our RVNA monthly clinics:

- ☛ 1st Monday of every month at Ballard Green | 9:30-11am
- ☛ 1st Thursday of every month at Founders Hall | 12-1:30pm
- ☛ 3rd Wednesday of every month at RVNA office | 1-2pm

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 \$.....

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.

My Annual Appeal Gift is:

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

I/We have remembered the RVNA in my/our will.

Please send more information about Major Donor Societies.

Please send more information about:
 Bequests
 Volunteer Opportunities
 Services