

**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

Visit our web site at  
[www.ridgefieldvna.org](http://www.ridgefieldvna.org)



90 East Ridge  
Ridgefield, CT 06877



**inside:**

- ➔ RVNA First in Patient Satisfaction
- ➔ Community Volunteers
- ➔ RVNA Autumn Dinner a Success
- ➔ Shingles Vaccine Now at RVNA
- ➔ Things to Know

**60+**  
**DID YOU KNOW:**  
The CDC recommends a single dose of shingles vaccine for adults 60 years or older.



**Shingles Vaccine Now at RVNA**

The Ridgefield VNA is expanding their services to include offering the new ZOSTAVAX vaccine. ZOSTAVAX is a vaccine for adults 60 and over that prevents shingles (Herpes Zoster), a painful skin rash, often with blisters. Its main symptom is pain, which can be quite severe. Other symptoms of shingles can include fever, headache, chills and upset stomach. For about 1 person in 5, severe pain can continue even after the rash has cleared up. Very rarely, a shingles infection can lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis) or death.

Shingles is far more common in people 50 and older and people with weakened immune systems. At least 1 million people in the United States get shingles every year.

The CDC recommends a single dose of shingles vaccine for adults 60 years or older. RVNA will be offering ZOSTAVAX by appointment. You will need to have a prescription from your doctor in order to receive the vaccine. The cost of the vaccine is \$200. Medicare Part B does not currently cover ZOSTAVAX, but it may be covered by your Medicare Part D plan. You will want to check with your Medicare D plan before receiving the vaccine to see if you will be able to be reimbursed for ZOSTAVAX. RVNA can not bill insurance or Medicare for this vaccine but will provide you with suitable documentation. For more information on shingles and ZOSTAVAX, call RVNA at 438-5555. ●

Non-Profit Org.  
US Postage  
PAID  
Permit No. 29  
Ridgefield, CT

# healthwise

PUBLISHED BY THE RIDGEFIELD VISITING NURSE ASSOCIATION | WINTER 2007 | RIDGEFIELDVNA.ORG

**RVNA is Recognized for Excellence in Patient Care**

On November 30, 2006 the Visiting Nurse Associations of New England (VNANE) awarded the Ridgefield VNA its highest award for patient satisfaction. The Pinnacle Award is presented annually to the member of VNANE ranking highest in patient satisfaction among all agencies of comparable size. RVNA services are consistently rated by patients as very good to excellent in all aspects of care. ●

**{HEALTH EVENTS}**

The Ridgefield VNA offers the following community services and events.

**HEALTH FAIRS**  
Wednesday March 28, 2007 10am-2pm at the Redding Community Center  
Sunday, June 3, 2007 11am-3pm at Veteran's Park Elementary School  
Free medical screenings and informational booths. More information will be published in the Ridgefield and Redding papers

**WELL CHILD CLINICS** (by appointment)  
Camp, Sport, School Physicals and Immunizations ~ \$50 maximum fee (including immunizations) ~ sliding scale available. For children ages birth through 18 years

**BLOOD PRESSURE SCREENING**  
No Charge  
➔ 1st Monday of each month at Ballard Green, 9:30 am - 11:00 am  
➔ 1st Thursday of each month at Founders Hall, 12:00 pm - 1:30 pm  
➔ 3rd Wednesday of each month at the RVNA, 1:00 pm - 2:00 pm  
Free monthly blood pressure screening coming to Ridgefield Parks & Recreation.

For more information about these specific events or any of our health events, please call 203.438.5555 or visit [ridgefieldvna.org](http://ridgefieldvna.org)



**RVNA:**  
**first in patient care**

- Nurses
- Physical Therapists
- Occupational Therapists
- Speech Therapists
- Home Health Aids
- Shingles Vaccine
- Travel Vaccines
- Homemakers
- Companions
- Live Ins
- Geriatric Care Manager

**First in Patient Satisfaction**  
VNA New England Pinnacle Award

**Top 25% Nationwide**  
HomeCare Elite™ 2006 Award

For care you can count on, right in your own back yard, call 203.438.5555 or visit [www.ridgefieldvna.org](http://www.ridgefieldvna.org) today.

A MESSAGE **to our community:**

RVNA is here because of you, our volunteers. Your support in the form of hundreds of hours of clerical work, clinic assistance, event planning, driving, and committee meetings helps us provide care for your neighbors. RVNA is here because of you, our donors. Every contribution, every dollar, from the Thrift Shop, the Town of Ridgefield, the endowment, foundations and individuals, matters. RVNA is here because of you, our patients. Providing excellent home health care is the foundation of who we are.

We are here for you. Our staff of sixty dedicated professionals knows and loves the community we serve and strives to provide the best care for each person, every day.

We are here for you, providing community wellness clinics and our annual Health Fair to keep this community healthy. We are here for you, planning and preparing with local officials and agencies for various needs and emergencies.

As this new-year begins we are glad to be here for our community and we are thankful for your continued support.

Sincerely,



*Jane Fields*  
Jane Fields



*Bill Wyman*  
Bill Wyman

**RVNA Concludes a Successful Flu Clinic Season**

RVNA had an enormously successful flu clinic season, giving out 4,632 flu shots by mid-January. That is more flu shots than has ever been given in RVNA history. This year's program was expanded to include more public clinics that ran from mid-October until the end of January, traveling to local churches, the Danbury Mall, Ridgefield Parks and Rec., Bissells and other new locations, as well as holding the well-attended Vote and Vax on Election Day. RVNA would like to thank the lay and nurse volunteers who unselfishly gave of their time in order to make this year's program the best ever!

**LEADERSHIP:**

William G. Wyman, Chair  
Geraldine H. Hotard, Vice Chair  
Mike P. Ryer, Vice Chair  
Robert A. Law, Jr., Recording Secretary  
Anita Daubenspeck, Treasurer

Peter T. Coffin, AIA  
Peter D. Griffin, MD, MPH  
Debra D. Hayes  
Gary L. Holland

Joyce C. Ligi  
Robert J. Morganti  
Vicki L. Mueller  
Deborah L. Roche

Beverly Rogers, Esq.  
M. Eileen Walker  
Sarah M. Walsh



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](http://www.ridgefieldvna.org)

Amy Bondeson, Editor  
Photography:  
Helen Carli  
Scott Mullins  
Amanda Riley

Contributors:  
Helen Carli  
Mimi DelCuzo  
Sandy Weinberg

Special thanks to:  
**Ridgefield Bank**  
A MEMBER OF WELLS FARGO BANK CORP.

**we are here for the community,**



**and the community is here for us...**

In 2006, over 300 local volunteers donated over 4800 hours of time and a wide range of talents to support the Ridgefield VNA. Health professionals serve in our Flu and Well Child clinics, at Health Fair, and at various year round health screenings. Other volunteers were instrumental in the planning and implementing of our community programs, as well as providing clerical support on a regular basis to all areas of the agency. RVNA is fortunate to have a team of volunteer drivers who can transport patients, to local doctor appointments, who would otherwise have no way to get there. Community members volunteer to sit on our Board of Directors and on various committees adding valuable input on many different projects.

RVNA is always looking for committed volunteers who would like to dedicate some of their time and talent to better the community. You can be a:

- Volunteer Nurse
- Physician Volunteer
- Board/Committee Member
- Friendly Driver
- Clerical Volunteer
- Health Fair/Flu Clinic Volunteer

Every RVNA volunteer is integral to our success. For more information on how you can be involved, contact us at 438-5555 or check out our website at [www.ridgefieldvna.org](http://www.ridgefieldvna.org).

**Loyal Sponsorship & Helpful Volunteers Made RVNA AUTUMN DINNER an Overwhelming Success**



**SAVE THE DATE**  
October 16, 2007  
Silver Spring Country Club



The dynamic and visionary entrepreneur, Jay S. Walker, drew a full house of loyal sponsors and supporters to the beautifully renovated and expanded Silver Spring County Club in Ridgefield for the Autumn Dinner on October 17, 2006.

The over \$63,000 raised at this event will be used by Ridgefield Visiting Nurse Association to provide home health care and wellness services to the uninsured and underinsured in Ridgefield, Redding, Georgetown and Wilton.

The evening included the recognition of seven RVNA staff Length of Service awards and the presentation of four Community Awards for special gifts and contributions of time and expertise. One of these was a posthumous award for the contribution of time and expertise by Daniel L. Gotthilf.

Thank you to all our sponsors and to the volunteers who served on the organizing committee for your wonderful support of the Ridgefield Visiting Nurse Association.



**THINGS TO KNOW**

On Saturday, November 4, 2006, RVNA participated in the town wide emergency preparedness drill at Scott's Ridge Middle School. Ridgefield Health Department, Fire Department, Police Department, RVNA, community responders and volunteers all tested various components of the regional plan while RVNA administered over 300 free flu shots. The free flu shots were made available by a grant received by the Ridgefield Health Department.

It is not too late to make a donation to RVNA's Annual Appeal online! Go to our website, [www.ridgefieldvna.org](http://www.ridgefieldvna.org), and click on "Make a Donation". To donate by mail, cut out the enclosed form and mail your check to: RVNA, 90 East Ridge Ridgefield, CT 06877. Your generosity helps us provide free and reduced fee medical services to the community.

Save the Dates!! RVNA is holding a Redding Health Fair on Wednesday, March 28th from 10am-2pm at the Redding Community Center. The RVNA Spring Breakfast Fundraiser will be held on Friday, April 27th at the Danbury Sheraton from 7:30-9am. This years Annual Community Health and Wellness Fair will be held on Sunday, June 3rd from 11am-3pm at Veteran's Park Elementary School. Please keep a lookout in the local newspapers and on our website ([www.ridgefieldvna.org](http://www.ridgefieldvna.org)) for more information!

**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