

YOUR DONATIONS  
HELP TO SUPPORT:  
Annual Health Screenings  
Nursing Services  
Well Child Clinics  
Blood Pressure Clinics  
Friendly Driver Program  
Emergency Preparedness  
Disaster Planning

WAYS TO DONATE

In Memory Of:  
Family, Friends & Loved Ones

In Honor Of:  
Birthdays  
Anniversaries  
Graduations  
Holidays  
Religious Celebrations

Estate Planning



**inside:**  
**Just Shoot Me!**  
**Sister Act**  
**Honor Mom and Dad**  
**New York Times Gives Tribute**  
**Things to Know**

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

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Ridgefield, CT

# healthwise

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## Enhancing quality of life since 1914



*Grateful Patient, Suzie Scanlon and her boys Max (left) and Brice (right).*

**I am 37 and I have lived** in Ridgefield for six years. I have supported RVNA because I thought it was the right thing to do for the benefit of older people who live in our community. I never thought that I would need RVNA services until I had an illness that required daily intravenous treatment and I was unable to drive to the hospital for it. Instead, I was cared for by two of the finest nurses I have ever met. Not only did they come to my home on a scheduled basis, they made unplanned visits as needed. Knowing that they were there brought me tremendous comfort during one of the most difficult times of my life. RVNA is a strong and skilled home care company that is an insurance policy for all of us, not just those that are sick or elderly. ●

### {HEALTH EVENTS}

**34<sup>th</sup> ANNUAL HEALTH FAIR**  
Saturday, April 5, 2008, 10am-2pm  
See back cover for more information.

**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 12-1pm 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
  - 4th Tuesday of each month at Ancona's Market, 11:00am - 12:00pm

For more information call RVNA at 203.438.5555 or 203.938.3300 or visit [ridgefieldvna.org](http://ridgefieldvna.org)



# spring fling:

**Annual Health Fair** | Saturday, April 5, 2008, 10am to 2pm  
**Moved to East Ridge Middle School!** Ample parking, easier access, same great FREE health screenings! Cholesterol; Blood Pressure; Vision & Hearing Screenings; Skin and Foot exams; Stroke Prevention, including carotid artery and abdominal aortic aneurysm ultrasounds (by appointment only); Lung Function Testing; Ask the Doctor; Kids corner and more....

**Annual Spring Breakfast** | Friday, April 25, 2008, 7:30am to 9:00am  
**Moved to Ethan Allen Hotel!** Let the coffee & conversation flow while you enjoy breakfast, a live auction and lots of opportunities to win prizes and themed gift baskets. Call RVNA at 203.438.5555 or 203.938.3300.

**How can RVNA Services Help You?**

- Care at home after hospital discharge
- Home therapy after a fall or injury
- Coping with new illness, treatment, medication or diet
- You need a medical procedure performed at home
- You are caring for a frail senior who is failing, confused or whose symptoms are getting worse
- You have wounds or sores that won't heal
- Your medical condition is changing and you need to be monitored by a nurse

**Referrals generally come from the following sources:**

- Patients
- Physicians
- Hospitals
- Rehabilitation Centers
- Family Members
- State Agencies
- Clergy
- Schools

**You have a Choice,  
Choose Wisely, Choose RVNA!**

Visit our web site at  
[www.ridgefieldvna.org](http://www.ridgefieldvna.org)  
438.5555  
938.3300



90 East Ridge  
Ridgefield, CT 06877

A MESSAGE **to our community:**

**Be a Neighbor, Help a Neighbor, Support RVNA.** RVNA cares. Every day we provide skilled nursing and home health care services to the residents of greater Ridgefield. We also offer daily monitoring to seniors through Telemonitoring and Lifeline services.

Many of our services are provided at reduced fee or even free of charge, *but that depends on you.* Every dollar you give matters, every dollar you give helps us provide more care for those most in need.

This year we need over \$300,000 to support remarkable home healthcare, community wellness programs and our involvement with emergency preparedness and disaster planning.

In addition to grants and fundraising events we count on your contributions to our Annual Appeal. Right now we need \$139,000 to meet our Annual Appeal goal.

RVNA is your opportunity to do good in your community and we thank you for all of your support. Make your contribution using the form in this newsletter or online at [www.ridgefieldvna.org](http://www.ridgefieldvna.org). If you have already made a contribution to our Annual Appeal – Thank You!

Sincerely,



*Theresa Santoro*  
Theresa Santoro  
President and CEO



*Bill Wyman*  
Bill Wyman  
Chairman of the Board

**SISTER ACT** *Guest speaker Maria Bartiromo with her sister Theresa Santoro, President & CEO*

RVNA's Annual Dinner was a huge success with keynote speaker CNBC anchor Maria Bartiromo. Larry Bossidy and Sue W. Manning were honored for special gifts and contributions of time and expertise. Two posthumous awards for special gifts were given to Rena Principi and Edna May Olsen. The over \$64,000 raised at this event will be used by RVNA to provide home health care and wellness services to the uninsured and underinsured in our local communities. Thank you to all our sponsors and to the volunteers who served on the organizing committee for your wonderful support of RVNA. Mark your calendar for another exciting Annual Dinner October 14, 2008 ●



**Just Shoot Me!**

*Our dedicated lay volunteers helped champion our 2007-2008 record breaking flu clinic season.*

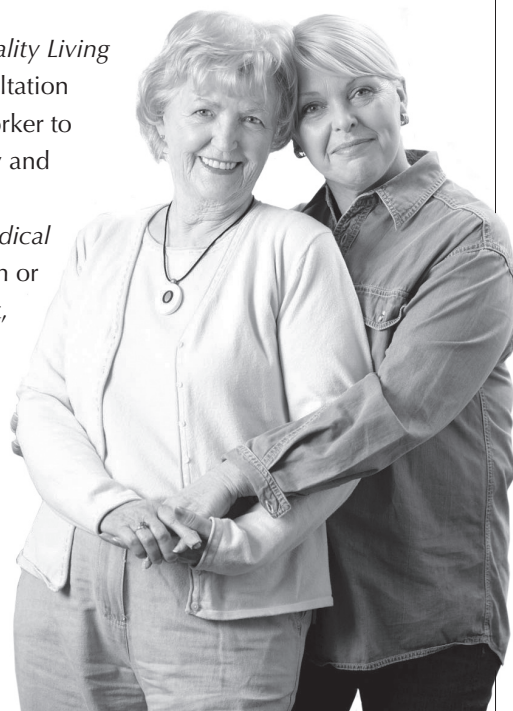
RVNA provided nearly 5000 flu shots to area residents, surpassing even last years numbers. Vote and Vax continues to be a popular venue and we would like to remind you we will be back this year during the presidential elections. Mark your calendars! RVNA would like to thank all those who continue to show loyalty by coming to RVNA for their flu shot. Revenue from our flu shot program helps to support many of our free community programs such as our annual Health Fair and monthly blood pressure screenings. None of this would be possible without our lay and nurse volunteers, who unselfishly give of their time, and we are truly grateful.

If you were happy with your experience at one of our many RVNA flu clinics or other services, please tell a friend! ●

*"I sleep better at night knowing my mother can get immediate assistance if needed."  
~ Laura L.*

**Gift of Independence** | *Lifeline Medical Alert Service* makes it safer for Mom or Dad to be home alone with prompt, caring assistance at the touch of a button, 24 hours a day, 365 days a year.

Call RVNA at 203.438.5555 or 203.938.3300 or visit [www.ridgefieldvna.org](http://www.ridgefieldvna.org) for detailed information about any one of our unique and caring gifts. ●



The New York Times Gives Tribute to  Sandy Weinberg

In The New York Times annual Tribute to Nurses, our Director of Community Programs, Sandy Weinberg RN, BSN, was awarded Honorable Mention for the outstanding job she has done bringing RVNA services to the community! Sandy launched the RVNA TravelWise program providing consultation and immunizations for travelers to protect them from foreign diseases. In May 2007 she earned her Certificate in Travel Health® acknowledging her expertise in travel medicine. Four to six weeks before you travel, call RVNA to schedule an appointment for the travel advice and immunizations you need to make your trip both memorable and safe. ●

{Help for Mom or Dad} **Honor Mom and Dad on Their Special Day**

When considering a gift for Mom and Dad please think of RVNA's Unique & Caring Gifts program. What a wonderful way to tell someone you love that you appreciate all they do! The gift packages include:

**Gift of Honor** | Honor Mom or Dad with a *Donation* in their name to RVNA. Upon receipt of your donation a beautiful card will be mailed to the recipient notifying them of your gift in their honor.

**Gift of Time** | *Family Care Services* from RVNA relieve a busy Mom or Dad of everyday tasks so they have more time to themselves.

**Gift of Care** | *Senior Care Services* will help a senior Mom or Dad with household chores or personal care including bathing, dressing, feeding and companionship.

**Gift of Piece of Mind** | RVNA's *Quality Living at Home* program provides a consultation by our Licensed Medical Social Worker to help keep Mom & Dad living safely and independently in their own home.



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)



THINGS TO KNOW

...about Medicare Coverage for Home Care

If you are enrolled, Medicare may pay for Home Care if:

- You are receiving care from a certified Medicare Home Health Agency such as RVNA.
- Your condition requires medically necessary skilled nursing, physical, occupational or speech therapy.
- Your doctor authorizes and periodically reviews your plan of care.
- You are homebound. This means that leaving home is a major effort. You can leave home only occasionally for short periods or with the help of equipment or another person. (You may be temporarily homebound after surgery or an illness.)

**Note:** Medicare will pay for home health aides to help with personal care as long as you need a nurse, physical, occupational or speech therapist.

RVNA accepts Medicare, Medicaid and most Private Insurances.

Referrals generally come from the following sources:

- Patients
- Physicians
- Hospitals
- Rehabilitation Centers

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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