



**VNSWestchester**  
Bring the best care home

Also serving the Bronx,  
Dutchess, Putnam & Rockland

# on the Home Front

**SUMMER/FALL 2015**

A Not-for-Profit Agency Founded in 1901



## IN THIS ISSUE

Leadership News	2
Spring Benefit Gala	3
Preceptor Program for Med Students	3
Mental Health Transitions of Care	3
APHA Presentation on Tobacco Screening	4
Staff In the Community	4
Foundation Donates "Geri-Chairs"	5
Excellence in Nursing Awards	6
2014 Annual Financial Report	7

## Collaborating to Reduce Hospital Readmissions

VNSW is participating in a collaborative project with Vassar Hospital, the Pines Nursing Home and Health Quest Home Care on the first pilot for the Transitions of Care Medical Neighborhood Project. Conducted in conjunction with the Taconic IPA, a 5000-member physician group serving the Hudson Valley, VNSW will work with other healthcare providers to identify, share, disseminate and help implement best practices and strategies that promote improved care transitions and care coordination across the continuum of patient care. The goal of the collaboration is to reduce preventable hospital readmissions and ensure better care, better population health and lower health costs for patients.



## 2015 Spring Benefit Gala a Big Success!

A great night for a great cause... see page 3.



(l to r): Mary Gadowski, VNSW Director of Community Education; Honoree Dr. Sumir Sahgal; Master of Ceremonies, Michael Gargiulo, NBC 4 NY; Honoree Frank A. Corvino; Timothy Leddy, VNSW Interim President/CEO

# Leadership News

VNSW's Board and Staff are committed to "bringing the best care home" to our patients by consistently enhancing our home healthcare services, further improving quality of care, and by reducing preventable hospital readmissions in collaboration with key healthcare systems and providers in the region.

## New Board Appointments

The Board of Directors of Westchester Visiting Nurse Services Group, Inc. (WVNS Group), the parent organization of VNS Westchester and its affiliate, Westchester Care at Home, announced the following appointments to its governing Board at the Group's May meeting.



**DR. AMY ANSEHL**, a member of the WVNS Group Board since 2011, was elected to the position of Board Chair. She served as Vice-Chair for the past year and continues to serve on several Board committees, including as chair of both the Executive and Professional Advisory Committees.

Dr. Ansehl has served as Executive Director, Partnership for a Healthy Population, Director of Public Health Practice and Assistant Professor in the School of Health Sciences and Practice at the New York Medical College since 2000, and was recently promoted to Associate Professor. She is also Assistant Dean of Public Health Practice.



**DEBRA SWEE**, also a member of the WVNS Group Board since 2011, was elected to the position of Vice-Chair. Ms. Swee serves on the Board's Executive Committee and chairs its Development/Marketing Committee. She is an accomplished, communications professional with a 20+ year

track record implementing complex communication projects for a Fortune 500 company.

## New Director of Human Resources



**DEB GOGLIETTINO, M.S., SPHR**, joined the staff of VNS Westchester as Director of Human Resources in April. She is a human resource practitioner who has spent 25 years of her professional career in human resources at not-for-profit teaching and community hospitals in CT and NY. Deb holds a BA

in History and a MS in Administration from Western Connecticut State University and has completed graduate work in Counseling and Human Resource Development at the University of Bridgeport and is a certified Executive Coach. She is a second year doctoral student at Grand Canyon University focusing on organizational leadership.

# In the Community

## Spring Benefit Gala Brings Vital Support for Programs



A packed house applauds the contributions of VNSW and our honorees

Event Co-Chairs Deb Swee & Michael Wilson

For more event photos, go to: [www.facebook.com/VNSWestchester](http://www.facebook.com/VNSWestchester)



Over 200 leaders from the healthcare, business and nonprofit communities came out to support VNSW's home healthcare services and free community health education programs at our May 12th Spring Benefit Gala at the beautiful Willow Ridge Country Club. The spirited crowd helped us honor two healthcare innovators: **DR. SUMIR SAHGAL**, Chief Medical Officer, EssenMed House Calls, who received our Community Leadership Award, and **FRANK A. CORVINO**, Chairman, Greenwich Hospital Foundation, recipient of our Distinguished Service Award. Our sincere thanks to all who contributed to the Gala's success!

## Fifth Anniversary of NYMC Preceptor Program

VNSW's Director of Community Education, **MARY GADOMSKI**, accepted a Five-Year Service Award from New York Medical College for our Preceptor program, part of the clinical rotation for NYMC's medical students. The award was given at NYMC's Preceptor Appreciation Banquet on June 17th. Through this program, VNSW nurses educate medical students about best practices in caring for the elderly. According to one of the students, "My preceptor from VNS Westchester taught me a lot about dealing with patients on a personal level. She has influenced me to strongly consider being a geriatrician!" We are proud to participate in this program that helps to prepare future physicians to work with the aging population.



## Mental Health Transitions of Care Program

VNS Westchester has partnered with Fidelis Care, a New York State-sponsored health insurance provider, to launch a Mental Health Transitions of Care Program for Putnam County residents. The objective of the program, which began in June, is to ensure that individuals with a recent psychiatric hospital stay have a safe transition home and receive follow-up services in the community within seven days of hospital discharge. **To learn more about VNSW's Mental Health Home Care program, visit: <https://www.vns.org/home-care-services/mental-health-home-care>**



FIDELIS CARE





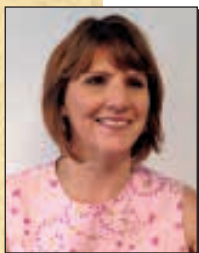
## Presentation on Tobacco Screening at APHA Conference

VNSW Board Chair, **DR. AMY ANSEHL**, and VNSW Director of Community Education, **MARY GADOMSKI**, co-authored an abstract entitled “*Public Health Nurses Lead Policy Change in Tobacco Screening for Homecare Patients at VNS Westchester*,” which they have been invited to present at the American Public Health

Association’s national conference in Chicago in October. Details of the study will be released this fall. VNSW’s smoking cessation program is an important adjunct to the core home healthcare services provided to our patients as a means of preventing the onset and exacerbation of chronic illness. Our clinical team includes tobacco use as a negative health behavior that is addressed during the home visit. **To learn more, visit: <https://www.vns.org/home-care-services/smoking-cessation-tobacco-cessation>**

## VNSW Staff in the Community

**SUSAN LUCAS**, Rehabilitation Supervisor, gave a presentation on “Fall Prevention and Balance” to residents at The Bristol Assisted Living in White Plains on July 15. This topic, an integral part of our home rehabilitation program, ensures that patients, their families and caregivers are educated about possible fall hazards at home.



**JOANN PARLIAMENT**, Director of Admissions, presented on “Telehealth and Telecaring Solutions” at a panel discussion for members of the Northern Westchester Geriatric Committee on June 4th. Health care experts who serve elderly patients heard her discuss ways that our telehealth remote monitoring program is improving patient outcomes.

**ROMY JOHNSON**, Home Care Liaison in Putnam and Dutchess, is representing VNSW as a participating sponsor at a series of Summer Picnics for Seniors, presented by the Dutchess County Department of Aging. Romy (left, with RN Katherine Billman), is educating local seniors and their



families about the benefits of our home care services, including chronic disease management programs for patients at home.

**LORETTA MOLINARI**, Branch Manager of VNSW’s Putnam office, chairs the Home Care Committee and serves as facilitator at large for the Hudson Valley Care Transitions Coalition, in which VNSW has been an active member for several years. Comprised of healthcare providers in Putnam and Dutchess counties, the Coalition is working on initiatives to reduce hospital readmissions and improve quality of care as patients transition from one setting to another.

# Spotlight on Patients & Nurses

## Improving Quality of Life — “Geri-Chairs” Donated to VNSW Patients

By Janice Malett, MPH, RN, CWON, VNS Westchester

Individuals and families coping with debilitating illnesses, decreased mobility and loss of function need much support in the home setting. The stress on the patient and the family can be overwhelming as patients are often confined to bed or a chair. VNSW’s clinical team provides their expert skills, education and guidance to help our patients and families better manage their conditions. Now they have another “gift” to offer—an Invacare “geri-chair,” donated through the generosity of the Rose Art Foundation.

The Invacare geri-chair is designed to support patients with limited mobility. It has multiple positions, can be easily moved from room to room and pushed outside in nice weather. The out-of-pocket cost of the chair would be prohibitively high for most patients. **From March 2014 to date, 17 VNSW patients have benefited from the Rose Art’s donations of Invacare chairs.**

The **ROSE ART FOUNDATION** is a family project that honors the memory of husband and father **SHALOM YORAN** who became immobile toward the end of his life. His family purchased an Invacare chair which vastly improved his quality of life and allowed him to retain his dignity and social interactions. Thus, the foundation’s mission is to “improve the quality of life of immobile and handicapped seniors by providing the Invacare Recliner.” To date, the foundation has donated 460 geri-recliners nationwide, predominantly to not-for-profit nursing homes. However, when I asked **VARDA YORAN**, wife of Shalom and President of the Foundation, if she would consider donating the chairs to our patients in their homes, her immediate response was “why not”?

**VNSW is immensely grateful to the Rose Art Foundation for helping us to improve the quality of life of our patients. Much appreciation also to VNSW’s staff nurses who went above and beyond to get chairs for their patients. To read the amazing story of Shalom Yoran and for more about the Rose Art Foundation, visit: [WWW.LIVINGWITHDIGNITY.ORG](http://WWW.LIVINGWITHDIGNITY.ORG)**



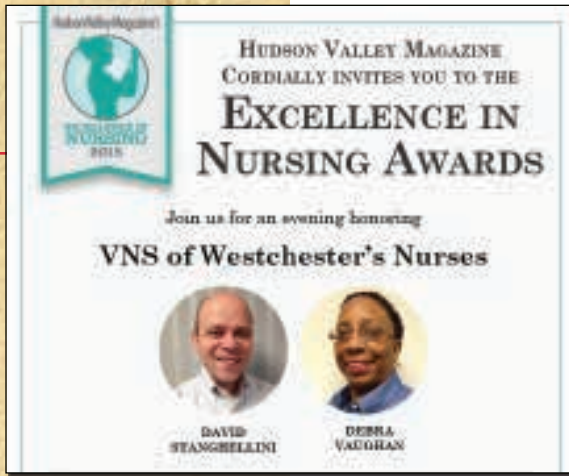
Patient Carmela Forgione with Zoila and RN, Janice Malett

**“During one of the nurses’ visits, I mentioned that I didn’t have a comfortable chair for my Mom to sit. The nurse submitted a request to your organization for a recliner chair. The chair is great and providing much comfort for my mother. We thank your organization for a great looking and comfortable chair. We really appreciate it.”**

Janice Cianflone and her mother, patient Lucy Cianflone, with VNSW nurse Zoila O’Keefe





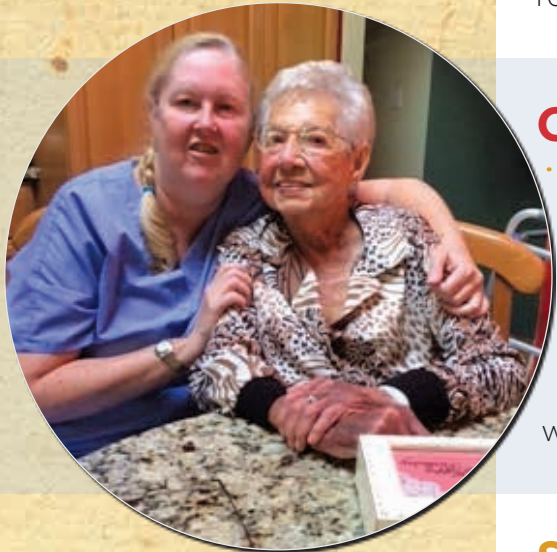


## VNSW Staff Members Cited for Excellence in Nursing

We are proud as can be of two VNSW staff members, **DAVID STANGHELLINI**, Staff Educator and Registered Nurse, and **DEBRA VAUGHAN**, Registered Nurse, who were among

the “Top 20 Nurses” voted by a panel of healthcare experts for Hudson Valley Magazine’s Excellence in Nursing awards. Dave and Deb were recognized at the Magazine’s awards ceremony on May 6th at the Grandview Hotel in Poughkeepsie, and their profiles appeared in the magazine’s May edition. These nurses are representative of VNSW’s outstanding, dedicated clinical team.

## Celebrating our Centenarians



**IRMA STECKLE** of Mahopac, is one of several VNSW patients who have achieved the milestone of reaching the age of 100 or above. Pictured with Irma is Registered Nurse **CONNIE IRIZARRY**, who helped her celebrate her 102nd birthday on June 5th. This photo is indicative of the type of close bonds that form between our patients and nurses, therapists, social workers and home care aides. *Many happy returns, Irma!*

## Service Recognition Awards at WCAH

Westchester Care at Home (WCAH), VNSW’s affiliated NYS-Licensed Home Care Agency, recently awarded 28 staff members and home health aides with recognition awards for providing outstanding service to the agency’s clients and families. Special congratulations to Scheduling Supervisor, **LYNETTE ADAMSON** for 20 years of service and to Home Health Aide, **THELMA BACCHUS**, for 15 years with the agency.

**ACCORDING TO ONE WCAH CLIENT:**  
*“In the seven years that we have been blessed with Thelma’s excellent care, our mother has thrived. She is a professional and warm-hearted individual who is always there to lend support to our Mom as well as our family. She is our family.”*

Due to the increase in the aging population, home health aide positions are deemed a high-growth industry – now and in the years ahead. **To join our dedicated team, visit:**  
<https://www.vns.org/home-health-aides>

# VNSW/WCAH ANNUAL REPORT - FY 2014

VNSW Patients Served		Growth over FY 2013
VNSW Patient Admissions	8,457	+8%
WCAH Hours of Service	359,770	-8%

VNSW Visits By Discipline	
Nursing	101,735
Home Health Aide	47,451
Physical Therapy	47,000
Occupational Therapy	7,625
Social Work Service	3,549
Speech Therapy	2,490
Total Visits	209,850

Patients by Age, Group and Gender			
Age	Male	Female	Totals
Under 21	62	56	118
21-64	610	806	1,416
65 and over	2,439	4,484	6,923
Totals	3,111	5,346	8,457

Top Ten Diagnoses Treated in 2014	
1	Wounds
2	Circulatory Disorders
3	Cardiac Disease
4	Respiratory Diseases
5	Diabetes
6	Neurological Disorders
7	Orthopedic Disorders
8	Cancer
9	Mental Disorders
10	Pregnancy/Newborns

Sources of Net Revenue	
Medicare/Medicaid	81%
Managed Care and Other	19%

VNSW/WCAH Statement of Operations and Change in Net Assets			
Revenue, Gains and Other Support	FY 2014	FY 2013	% Change
Net Patient Service Revenue	\$40,106,605	\$37,599,692	6.7%
Other Operating Revenue	\$211,560	\$112,769	
Total Revenue	\$40,318,165	\$37,712,461	6.9%
Expenses	\$40,774,313	\$38,490,614	5.9%
Gain (Loss) from Operations	(\$456,148)	(\$778,153)	
Change in Net Assets	\$550,237	\$484,629	

Visiting Nurse Services in Westchester and Westchester Care at Home	
Number of Employees and Independent Contractors	596



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(An affiliate of VNS Westchester)  
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1.800.305.WCAH

# on the Home Front

SUMMER/FALL 2015

**Westchester Visiting Nurse Services Group, Inc. Board of Directors 2015**

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**Accreditation**  
Community Health  
Accreditation Program

Support from our community is essential in helping our not-for-profit agency provide enhanced home healthcare services and free health education programs to residents of Westchester, the Bronx, Dutchess, Putnam and Rockland.



**To donate: fill in and return the enclosed postage-paid reply envelope, or donate online at: <https://www.vns.org/donate/donate-now>**

*“Three months before our beloved mother passed away, she asked me to make a donation to VNSW. It was made to express our immense gratitude for the extraordinary services provided, in particular by nurse extraordinaire, Barbara Smith. I truly believe Barbara extended my mother’s life and quality of life in her last months. Thank you for providing the very best.”*

**BETTE SPARAGO, OSSINING**

