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**Honoring VNA of Manchester and Southern New Hampshire
This Month—And Every Day—For All They Do**

A special month to thank our Home Health and Hospice Team

Manchester/Nashua, NH—November is Home Health and Hospice Month, but one month is not sufficient to salute the home health and hospice nurses, aides, therapists, social workers and volunteers who tirelessly care for patients recovering at home from illness, surgery, childbirth or learning to live with other medical conditions.

The facts: There are more than 33,000 home health care providers in the United States. Some 5 million individuals in the U.S. will require home health care this year. Two-thirds of recipients are women and more than 69 percent are over age 65. Home care lessens the chances of patient infections when compared to hospital stays and reduces the likelihood of hospital readmissions. It costs less than hospital or nursing home care* and allows patients to stay in their homes, where they feel most comfortable.

The VNA of Manchester and Southern New Hampshire serves 35 local communities, has a dedicated staff of 170, and is led by Rachel Chaddock, RN, BS, MS, vice president of Elliot's Home and Community Services. The VNA's patient mix runs about 78 percent post hospital, skilled nursing facility or physicians offices; 15 percent hospice; and 7 percent maternal child health patients, a growing category that includes young mothers who need assistance with pregnancy, postpartum conditions, or very sick children.

Augmenting the staff are 122 volunteers, many who have experienced hospice first-hand by caring for a loved one. Chaddock describes the many caring assistance they also provide. Among them is the

Angel-Food-to-Go Program, a generous initiative comprised of volunteers who purchase ingredients, at their own expense, and prepare special meals for patients, delivering them for their entire family to enjoy.

One recipient of the initiative was a couple who was accustomed to regular “date nights out.” When the health of the husband, an accomplished chef, deteriorated, their dating halted. Yet the husband wanted to thank his wife for all she was doing to support him. He secretly enlisted help from the volunteers and the Angel-Food-to-Go Program. They not only prepared a very special date night meal, but also brought along the ambience: candlelight and music. And voila! Date night once more.

Since the VNA became caring for the community, dating back to 1897, it has kept pace with the changing landscape of healthcare. The association is first in the area to use virtual visits. This allows nurses in the office to visually assess a patient’s condition through the use of a Skype-like program, and make recommendations for follow-up when needed. In addition, the VNA utilizes telehealth remote monitoring, an added convenience for patients who are able to use basic medical equipment, like blood pressure cuffs and pulse oximetry monitors, and transmit the values to nurses via computer. These advances help alleviate nursing shortages and utilize the association’s resources more efficiently.

For more information, visit www.manchestervna.org or call 603-622-3781.

*Medicare pays nearly \$2,000 per day for a typical hospital stay and \$450 per day for a typical nursing home stay. Home care costs less than \$100 a day.

The VNA of Manchester and Southern New Hampshire is dedicated to promoting healing, independence, wellness, and comfort for individuals and their families, while enhancing the quality and dignity of human life.

About Elliot Health System, a member of SolutionHealth - Elliot Health System is a non-profit organization serving the healthcare needs of the community since 1890. The largest provider of comprehensive healthcare services in Southern New Hampshire, Elliot Hospital, a 296-bed acute care facility and the first community hospital in the state, serves as the cornerstone of the health system. Elliot is home to Manchester’s designated Level II Regional Trauma Center, Elliot Breast Health Center, Elliot Urgent Care, a Level 3 Newborn Intensive Care Unit, Elliot Medical Group, Elliot Regional Cancer Center, Elliot Senior Health Center, Visiting Nurse Association of Manchester and Southern New Hampshire, 1-Day Surgery Center, Elliot Memory & Mobility Center, NH Arthritis Center, Elliot Retail Pharmacy, Elliot Medical Centers in Bedford, Londonderry, Hooksett, and The Elliot at River’s Edge.

For more information about any of Elliot’s services, call 669-5300 or visit www.elliotohospital.org.