Helping people connect to the care they need across the continuum, whether a patient or caregiver – this is the focus of **TRANSITIONAL CARE**.

At VNA Health Group, the transitional care team educates and empowers patients to manage their own health, improve outcomes and reduce rehospitalization.

For nearly 100 years, it has been the calling of VNA Health Group to serve those who, through illness or social circumstance, are most vulnerable. We help them lead healthy, independent lives in the place they call home.

Our grassroots involvement in community life helps us connect patients with a network of compassionate caregivers. In so doing, we bring transformative change to our neighborhoods – one patient, one family, one community at a time.

Source: Adapted from Transitional Care Model, Mary D. Naylor, Ph.D, RN, FAAN, et al., University of Pennsylvania School of Nursing
Throughout the past year, our organization has responded as the American health care paradigm has continued to evolve. We have embraced national goals to improve quality and control cost. Increasingly these measures have centered on transitional care—assisting patients with serious and chronic conditions to transition effortlessly from one level of care or one setting to another.

We, as a healthcare provider, have experienced our own transitions. In the past three years we have grown from a regional service provider to a statewide community health resource. This has been accomplished by unifying five regional entities—VNA of Central Jersey, Visiting Nurse and Hospice Services, Essex Valley VNA, Cape VNA, and Robert Wood Johnson Visiting Nurses—under a unifying brand, VNA Health Group.

This new structure has placed us in a unique position to help those who make the transition from the hospital or rehabilitation facility to a variety of residential settings—assisted living, senior living or private home.

We approach our 100-year milestone mindful that our achievements are made possible by the generosity of the communities we serve. For 46 years, our late chairman, Judith Stanley Coleman, set the example for leadership and philanthropic support. We are grateful to all who have followed her lead in championing our mission. You have given us the rich privilege of bringing hope to the acutely and chronically ill; advocating for the vulnerable; supporting families; and bringing comfort to those at the end of life. In so doing, you have helped us transform communities. Thank you.

Mary Ann Christopher
President and CEO

Thomas M. Thees
Chairman
The battle began in 2006 when Jess noticed a lump in Tom’s neck. “We thought it could be a swollen gland, but it didn’t clear up,” she recalls. The family doctor sent Tom to a local surgeon, who made the diagnosis. After three years under the care of a local oncologist, Tom was referred to Thomas Jefferson University Hospital, Philadelphia, to be evaluated for a stem cell transplant.

For the transplant, the hospital uses stem cells from a partially-matched relative. Tom’s son Gary, 38, who lives in Egg Harbor Township, was found to be a suitable match. “When I learned I was a match, there was no question in my mind that I would be a donor,” Gary says.

The transplant Tom experienced was a 10-day process followed by nearly two months in the hospital. In the weeks following the March 2010 transplant

Tom experienced a number of setbacks. Jess kept a detailed history that noted every milestone.

In August, Tom developed an immune disease, in which the donor’s white blood cells (cells that protect against infection) attack the normal tissues of the recipient’s body as if they were foreign substances. He was referred by Jefferson to Cape Visiting Nurse Association, and Nancy Alessandrini, RN, arrived to monitor his health.

Nancy coordinated Tom’s medications. She watched for fluid build-up (edema) that might indicate cardiopulmonary complications. She also stayed in touch with nurse practitioner Lori Grosso, the transplant coordinator at Thomas Jefferson. Tom felt very weak. “I was so glad to have Nancy come, because I really wasn’t strong enough to travel to Jefferson,” he says.

Jess has had an essential role in protecting her husband’s health. Part of the care plan is “reverse isolation”—removing anything from their home environment that would endanger Tom’s health. That means no raw food, no fresh flowers, good hand washing, and (until recently) no visitors. “She was very committed to doing whatever was necessary,” says Nancy.

Jess, stalwart from the beginning, was grateful for Nancy’s support. “It was comforting to have her come here and to know that I could call her—and I did.”

Tom was discharged from Nancy’s care in January 2011 and began outpatient physical therapy the same month at the Cape May County Rehabilitation Center. His work on the stationary bike and parallel bars is helping him to regain his strength. He takes lots of vitamins.

“During my recovery, it was reassuring to know that I could depend on Nancy, my nurse from Cape VNA, to monitor my health, check my medications and offer support,” says Tom. “And she always arrived with a smile!”

Jess and Tom live on a quiet, tree-lined street in Cape May Court House. And after waging an extended war against lymphoma, Tom will tell you there’s no place like home.
Eager to find ways to deal with chronic health issues, they were attracted by the topic, “Take Control of Your Health.” Gertrude Kehleay, the administrator, told the residents that Visiting Nurse Association of Central Jersey (VNACJ) had offered to help them discover practical ways to deal with fatigue and stress, make better nutrition and exercise choices, and find the support needed to cope with pain. “When they explained the course, it sounded like a good idea to me,” says Andrew, 74.

VNACJ’s Karen Diamond, a community health nurse, and Geraldine Wilkins, a certified home health aide, facilitated “Take Control,” helping each of the seniors develop and implement a personal action plan. Although participants are not asked to discuss personal health matters, several concerns predominate, according to Karen Diamond. Among them are arthritis, hypertension, diabetes, and chronic obstructive pulmonary disease (COPD). “Living with chronic pain is a common theme,” she adds.

The workshops were funded by a grant awarded to VNACJ by the Monmouth County Division on Aging, Disabilities and Veterans Services, with training provided by the New Jersey Department of Health and Senior Services. Developed to promote chronic disease self-management, the workshop focuses on peer-to-peer counseling. Once someone completes the workshop, they are encouraged to share what they have learned.

VNACJ has also facilitated the “Take Control” workshops at the Keyport Senior Center, the Freehold Senior Center, and the Red Bank Community YMCA. The Freehold and YMCA programs were presented in collaboration with the Monmouth County Regional Health Commission.

“I learned to stop and think about how I eat and how I exercise,” says Kay, who is 75. “I have a much greater awareness now of things that affect my health.” Says Geraldine Wilkins, the group’s facilitator, “ Anyone who is involved with this course benefits from it.”

“We covered a full range of issues,” says Karen. “We discussed how to communicate with your doctor, how to relax, how to cope with your emotions. I saw people taking control of their situations, becoming accountable. It’s about people helping each other.”

The workshops represent grassroots community health outreach, empowering older people to make a transition to healthier living. The sessions are free, but the benefits are priceless.
“We worried about his loss of language, his lack of gestures, and his repetitive play habits,” Christina recalls. “Michael did not seem to interact with other people. He was in his own little world.”

When Michael was 21 months old, his pediatrician suggested that Christina and Michael Sr. consult the Early Intervention Program. They called immediately to schedule an evaluation and that was when Joan Lawton entered their lives. Joan is a certified pediatric nurse who is a case manager for VNA Health Group’s Early Intervention program in Burlington County. Christina and Michael Sr. found Joan supportive and reassuring. She helped prepare them for their son’s evaluation at home by an occupational therapist and a preschool teacher.

The evaluation confirmed Michael’s developmental delays in several areas, including language, self-help, sensory integration and fine motor skills.

The family was offered occupational therapy, speech therapy and behavioral therapy, each for one hour a week at home. “We were overwhelmed by all the information, but we accepted these services with a huge sigh of relief,” says Christina.

The speech and language pathologist started to teach Michael sign language, and helped him express his needs by using his hands. The occupational therapist addressed the child’s sensory integration and processing issues. The behavioral therapist helped him develop the skills he needed in order to play meaningfully and worked with his parents on improving his attention skills.

Michael Sr. and Christina credit all of the therapists with awakening their son’s social interests. They now feel better equipped to help Michael navigate his way through social interactions. “Michael has phenomenal parents,” says Joan Lawton. “They have learned and followed through on everything. That’s why Michael has made such great progress.”

As he turns three, Michael is transitioning from Early Intervention to Special Child Health Services, where he will continue to be supported to ensure the continuity of his care. He will enter the Evesham School District’s program for preschoolers with disabilities.

In January, Michael was diagnosed with Autism Spectrum Disorder, “a diagnosis that seemed to be less scary and more of a blessing,” Christina observes. “Thanks to Early Intervention we had an understanding of our son and—finally—a diagnosis that will help us prepare him for school.”

After Michael reached the age of 15 months, his parents, Michael Sr. and Christina, became increasingly concerned about his development.
Weighing only one pound at birth, Alice was carried home in a padded cigar box and fed with an eye-dropper. But by her three-month check-up, she was growing at a rate that amazed her doctor. Today, at 83, Alice continues to thrive under challenging health conditions.

In January 2010, Alice experienced a heart attack and underwent surgery. Nearly a year later, during a Thanksgiving visit to her son’s home, she felt chest pains. Her granddaughter, a resident doctor at the Children’s Hospital of Philadelphia (CHOP), drove Alice to the hospital, where she remained for nine days. She was diagnosed with congestive heart failure (CHF).

Upon her return home to West Long Branch, Alice went to see her physician, Donald Ferri, MD, with Monmouth Cardiology. Alice felt anxious about her condition and nervous about being home alone. Dr. Ferri referred her to VNA of Central Jersey (VNACJ) for home care and in-home telehealth monitoring. The telehealth program is part of a Monmouth Medical Center and VNACJ collaboration to monitor and educate patients with congestive heart failure.

Each day, through the use of a small monitor installed in her home, Alice was able to record her vital signs. The information was sent through the phone line to a VNACJ registered nurse who was available to intervene if needed, helping Alice to avoid potential problems. Her home care nurse, Angelina Villanueva, RN, continued to make weekly nursing visits to monitor Alice’s condition and provide education that included medication management, diet and exercise.

Because Alice continued to do well, she was discharged from home care after a few months and referred to Monmouth Medical’s Cardiac Rehabilitation Program for rehabilitative exercise. Here she meets with an advanced practice nurse specializing in CHF. This position is yet another component of the Monmouth Medical/VNACJ CHF collaboration.

“The home care support was really wonderful,” smiles Alice. “It’s comforting to know that even though I am no longer on telehealth, it’s available if I need it. It really helped me to understand the things that affect my body and my heart.”

Today, Alice is feeling good. She’s back in fighting shape.

Elderly patients with Congestive Health Failure (CHF) present a significant challenge to the current health care system. More than 5 million people in the U.S. suffer from heart failure. Each year, at least one million are admitted to the hospital. Because the chronic condition is difficult to manage, the readmission rate for these patients within 90 days of discharge is more than 45 percent (American Heart Association, 2010).

The VNACJ telehealth monitoring program is part of a collaborative developed by VNACJ and Monmouth Medical Center. The program was initiated in 2008 to keep CHF patients from being re-hospitalized in the early post-discharge months when patients are most vulnerable.

The collaborative is a best-practice illustration of the principles for managing symptoms outlined in the model for transitional care, it has helped both patients and their caregivers to prioritize information and take the appropriate actions, while coping with the complexity of their conditions and the challenges they face.

As a result of the success of this initiative, Monmouth Medical Center has been designated by the Institute for Healthcare Improvement (IHI) as a “Mentor Hospital” for the care of CHF patients, one of 14 hospitals nationwide—and the only one in New Jersey—to receive such recognition.

“A FIGHTER WEIGHS IN ON HER HEALTH
The telehealth program reassures and supports patients with unstable health conditions.

“"It’s comforting to know that even though I am no longer on telehealth, it’s there if I need it.”

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Today, Alice is feeling good. She’s back in fighting shape.
Alice has four grandchildren, 11 great grandchildren, and 10 “great-greats.” Two of Alice’s great grandsons, Bryce and Maceo, visit every day after school. Alice fell in January 2010, possibly because of a stroke, and was admitted to a rehabilitation center. Her symptoms included a marked weight loss, progressive weakness, and changes in her mental status. In February, Alice was referred to Visiting Nurse and Hospice Services (VNHS) for hospice care.

Roberta Flores, RN, a VNHS certified hospice nurse, visits twice a week to monitor Alice’s condition. She takes her blood pressure, listens to her lungs, and measures the circumference of her arm to track weight loss. “Because this condition is progressive, my main role is to keep Alice comfortable,” says Roberta. “I ask how she’s eating and sleeping, and whether there is any discomfort.” She maintains communication with Alice’s physician, and will call the doctor if medications are needed or if she feels they need to be adjusted.

Roberta has been a hospice nurse for 17 of her 24 years in nursing. When she tried hospice, “I realized I had found my niche,” she says. “We look at hospice as an opportunity to help families cope with the progression of their loved one’s illness and we take a positive approach. If there is a change in the patient’s status, I will take the family or other caregiver aside and explain what’s happening and why.”

“Going the extra mile” is second nature for the hospice team, and even simple gestures are appreciated. Roberta and Alice had talked about planting flowers, and on a recent day the nurse arrived with irises from her garden. Alice beamed. “Those are the best times,” says Roberta, “when you leave a patient’s home thinking, ‘I really helped them today.’”

Alice, 93, is the last of her nine siblings. A widow, she lived in her own home until, at age 88, she moved into the Glassboro home of Joan, her only child. It’s a lively household.
Ralph proudly opens the door to Maureen’s room. It is painted pale lavender and adorned with butterflies and ladybugs – a young girl’s dream. “You should see all the clothes she has,” Ralph smiles. “My wife wanted her to always look nice.”

Maureen is the youngest of Patricia and Ralph’s four children. A smiling, chubby-cheeked infant, Maureen was perfect in every way. Then at ten months old, for no apparent medical reason, she suffered a grand mal seizure. And the seizures just never stopped. Maureen was ultimately diagnosed with a general seizure disorder, infantile cerebral palsy and scoliosis that left her unable to move her arms, walk, or speak.

While unprepared for the immense support and care Maureen would require, Patricia was determined to care for her daughter at home. She enlisted the services of VNA of Central Jersey (VNACJ) and, for more than 25 years, the health care team has ensured the continuity of Maureen’s care.

In 2009 Patricia passed away. VNACJ continues to be there for Ralph who, at 73, is now Maureen’s full-time caregiver. Maureen is 42.

“Caring for Maureen was Patricia’s life,” says Ralph. “I really did not understand the full extent of Maureen’s care.” Ralph has had a lot to learn. Maureen weighs only 47 pounds and receives daily nutrition and medication through a feeding tube. She experiences daily seizure activity and requires nebulizer treatments to lessen breathing difficulties.

Five days a week, Maureen attends the Shore Adult Training Center where she receives sensory stimulation and therapeutic activities. Currently, Margaret Bossett, BSN, RN, a VNACJ registered nurse, provides nursing care and supervises the daily assistance provided by Maureen’s certified home health aides. The aides arrive early to prepare Maureen for the Center and then return in the afternoon.

The aides have received training under a special grant-funded pilot program, approved by the State Board of Nursing, to provide the feeding and breathing treatments customarily provided by a nurse or family member. “Having their help reduces a lot of my stress. I could not do it without them.” said Ralph.

“Ralph is a wonderful advocate for his daughter,” said Margaret. “He knows we’re here to support Maureen in any way possible. It takes a collaborative effort and Ralph and his family play a large role.”

Ralph says, “I believe my wife was preparing me for this.” Gently stroking Maureen’s hair, he adds, “She’s our child and we love her. As long as I can able to care for her, I want her home with me. I think my wife would be proud.”

Through a pilot program, certified home health aides provide expanded care that helps a handicapped woman to live at home.
BUILDING A HEALTHY FAMILY

When 21-year-old Regina gave birth to her son, Brandon, in August 2008, she felt the joy and the anxiety common to first-time moms everywhere. An added worry was the fact that her husband, Nicholas, a specialist in the U.S. Army, would be deployed for an overseas assignment when Brandon was only 2 months old.

On top of it all, Regina lost her job as a hospital housekeeper. It was a tough time. But Regina had a very special person to help her make the transition to parenthood and self-sufficiency. Linda Kennon, a Family Support Worker for VNA Health Group’s Healthy Families Program, was there to provide support when Regina needed it most. An East Orange resident, Regina had learned about Healthy Families from the social worker at Newark’s Beth Israel Medical Center where Brandon was born. She enrolled in the voluntary program two months after his birth.

Based at the VNA Health Group office in Newark, Linda will continue to make regular home visits to follow the progress of mother and child until Brandon turns 3 years old. She has helped Regina develop good parenting skills, set personal objectives and make the most of her potential. Linda encouraged her to seek a job that fulfilled her desire to help others.

Regina has always dreamed of being a nurse. Linda suggested the option of becoming a certified home health aide as a way to take a first step into the world of health care. Regina completed the course with flying colors and was hired by VNA Health Group in December 2010. She provides care for patients living in Irvington, Newark and Maplewood. Brandon stays with Regina’s mother while his mom is at work. “I’m very proud of her,” says Linda. “Regina set her goals and she met them.”

As she pursues her own career options, Regina is also focused on her role as a parent. She turns to Linda with her questions and concerns. “The group meetings and Linda’s weekly visits have helped me achieve my ambitions,” says Regina, “and, most important, be a better mother to Brandon.”

Neither snow nor sleet…

In the storm of the century, snow blowers and solid relationships in the community helped VNACJ deliver a nurse to her patient.

Dan Golding, head of security escorts at VNA of Central Jersey, travels throughout the state to ensure that nurses and staff are able to reach their patients. When inclement weather strikes, Dan’s job becomes more important than ever.

“I left the house early Sunday morning on December 26th,” Dan recalls. “It had snowed throughout the night, and by morning 32 inches of snow had accumulated. I did not return home until Wednesday night.”

During that time, one of the calls Dan received was from Gail Szentes, RN, a case manager for Special Child Health Services. She needed to get a nurse to a home in Red Bank to handle a health emergency but the street was totally blocked. “My brother, Tom, lives nearby and I knew the family who lived across the street, so I called Tom to ask if they could help,” says Dan. Tom’s neighbors were the Caminiti family, whose three sons, Rocco, Leo and Steve, share a history of helping others.

Rocco, 23, and Leo, 21, are both Eagle Scouts and Assistant Scout Leaders of Boy Scout Troop 140, Middletown. Steve, 18, is in the process of completing his final Eagle Scout project.

Borrowing snow blowers from the neighbors, Tom, Rocco, Leo and Steve directed their attention to the task at hand. Tom called Dan as soon as the path was wide enough for his vehicle. Fortified by the community that continues to sustain the mission of VNACJ, Dan delivered the nurse to her patient within the hour.

Says Dan, “When it comes to patients who require care from our nurses, it doesn’t matter what the conditions are, we will find a way.”

Neither snow or sleet can keep VNA Health Group from getting through.
AN EXPERT IN THE HOUSE

A nurse consultant develops a new approach to care for patients transitioning from hospital to home.

Dana and David eagerly anticipated the arrival of their daughter, Emmeline, last September. Their first child, Freddie, had been delivered by CaeSarian section, as was Emmeline. The baby’s delivery went well, but her mother experienced some complications from the surgery.

Dana’s physician called Robert Wood Johnson Visiting Nurses, a partnership of VNA Health Group and RWJ University Hospital, who sent Connie Johnson, RN, BSN, WCC, DAPWCA, a community health nurse and wound care specialist. Connie visited Dana at her Hillsborough home over a period of six weeks, first to provide treatment and then—in an intensive two-hour session—to teach Dana to care for herself. “She was awesome,” says Dana.

Small wonder. Connie is recognized nationally for helping to develop an improved formulary for treating wounds of patients transitioning from an acute care setting to home. Research she conducted and published with VNA Health Group’s Elizabeth Vocaturo, MSN, RN, has generated interest in the home health care community and among hospital clinicians.

The nurses were able to demonstrate new and effective techniques for improved wound care of a patient at home. They found that in some cases newer products had significant advantages over traditional treatments.

“In the hospital, a patient is surrounded by a team of professionals,” Connie says. “At home, everyday care and healing can be more challenging.” She points out that patient education and communication with the physician are especially important. In fact, the team developed a new process for communicating with physicians, a process that will soon be implemented by VNA Health Group’s 500 nurses.

Dana’s recovery began when Connie walked in the door. “I had heard of the VNA forever,” Dana says, “but I always associated it with end-of-life care, not beginning-of-life care.”

Under Connie’s skillful care, Dana began healing quickly. “Connie’s more than a nurse; she’s part of my community,” Dana says. “She’s welcome in our house any day.”

KEEping OUR Communities HEALTHy

Participants in a recent health fair sponsored by the Visiting Nurse Association Health Group found they were able to have a blood pressure or cholesterol check completed within just a matter of minutes.

“I think it’s beautiful. It really helped me today,” said Bernice Fitzpatrick, 65, who had walked over to the fair at the New Community Neighborhood Recreation Center from her senior building at 180 South Orange Ave, in Newark. During the April 2 event, which used the theme, “Keeping Newark Healthy,” Fitzpatrick discovered that her blood pressure was higher than it normally is and that prompted her to visit her health provider.

The VNA staff also disseminated information on the organization’s visiting nurse services, including hospice care. Assisting VNA officials were students from the Seton Hall University School of Nursing, who staffed the various tables set up around the huge gymnasium.

The event is one of more than 300 health fairs and presentations in which VNA Health Group participates throughout the year in its efforts to improve community health. In 2010 nearly 14,000 people benefited from these events.
Community Benefit and Community-Based Programs

In a year of healthcare transition and uncertainty, VNA Health Group has continued to sustain its mission, providing nearly $14.6 million in community benefit and community-based programs to the people of New Jersey.

As a nonprofit, community-based home health provider, VNA Health Group is committed to caring for the people in our communities irrespective of circumstance. That mission has fortified and sustained us since 1912, enabling us to be a safety-net provider that touches the lives of more than 120,000 people each year.

Senior Wellness services are provided at more than 100 senior sites throughout New Jersey by VNA Health Group community health nurses.

With the support of Nurse-Family Partnership nurse Georgette Williams, this young mother was encouraged to obtain her GED, get a driver’s license, and plan a productive future for herself and her child.

Here are some of the many ways VNA Health Group helped to transform communities in 2010.

- 5,000 visits were provided to nearly 700 children in need of specialized pediatric home care.
- 9,000 families of children with special needs received case management and support through Special Child Health and the Early Intervention Program.
- 425 expectant mothers participated in the Healthy Families home visitation program.
- 200 first-time mothers received parenting support through VNAHG’s Nurse-Family Partnership Programs.
- 1,000 students saved 22,000 hours of school absence due to the services of school-based nurse practitioners.
- 36,000 families with children under 5 received food and nutrition counseling through VNAHG’s Women, Infants and Children’s (WIC) Supplemental Nutrition Program.
- 4,000 seniors took advantage of senior wellness services including health screenings and education and prevention programs by a registered nurse.
- More than 1,100 of the most vulnerable, disenfranchised individuals living in boarding homes, shelters and motels, received outreach support, care and coordination of services through our Mobile Outreach Clinic Program.
- 10,000 immunizations were provided to adults and children to help maintain community health and prevent the spread of influenza.
- 1,700 patients received hospice and palliative care. Since its inception, more than 100 children have attended VNAHG’s bereavement support camp for children ages 6-12 who have experienced the loss of a loved one.
- 327 nursing students from 11 colleges and universities have received clinical field practicum by VNAHG community healthcare preceptors.

Community-Based Programs

At a pediatric clinic, children were encouraged to say “BOO to the FLU” by getting flu shots. Immunizations are provided to adults and children in schools, senior centers and other community sites.

Children enjoy a day of support with other children who have experienced the loss of a loved one. These children are creating “memory” boxes.

Through the School-Based Youth Services Program, students have the opportunity to receive one-on-one tutoring or take online accelerated academic programs.

In the past year, Marion Norman, a school-based nurse practitioner, provided more than 1,700 units of primary care service to 529 children aged 5 to 18.

At a pediatric clinic, children were encouraged to say “BOO to the FLU” by getting flu shots. Immunizations are provided to adults and children in schools, senior centers and other community sites.

IN 2010, VNA Health Group Volunteers donated 29,000 hours of service to support our services and programs.
In 2010, gifts totaling more than $208,000 were made in support of our Annual Fund. These included memorial and tribute gifts as well as contributions from Corporate Mission Partners.

Special Events were a major source of charitable revenue in 2010, collectively raising more than $230,000. They included:
- The 24th Annual Golf Classic & Tennis Tournament
- Annual Afternoon at Riverwind
- The Power of the Purse
- The Middlesex Fashion Show
- Holiday Dinner Dance
- Hospice Tree Lighting
- Holiday House Tour
- Stately Homes By-The-Sea Designer Show House.

The three show house events have raised more than $1 million in charitable support since 2007.

Corporate and foundation grants, several New Jersey United Ways, and government and private funders provided nearly $10 million in support of VNA Health Group community-based programs in 2010.

In 2010, gifts totaling more than $208,000 were made in support of our Annual Fund. These included memorial and tribute gifts as well as contributions from Corporate Mission Partners.

Highlights of giving in 2010 include:

Mrs. Elizabeth Baigent, a generous donor and member of the Geraldine L. Thompson Legacy Society, established two charitable gift annuities several years ago. Upon her passing in 2010, VNA Health Group received a generous gift of $306,000.

In 2010, the more than 200 volunteers of the VNA CJ Thrift and Consignment Shop, Manasquan, proudly presented VNA Health Group with a check in the record amount of $232,000. Since its inception in 1960, the Thrift Shop has raised more than $4 million to benefit those in need.

Your Generosity Makes A Difference

During 2010, VNA Health Group received more than $11.1 million from individuals, foundations, corporations, organizations, funding organizations and government grants. This generous support enabled us to provide care to more than 120,000 men, women and children throughout New Jersey.
Nancy Angerole, a thrift shop volunteer for more than seven years, was awarded the 2011 Rosemary Cook Award from VNA Health Group in recognition of her visionary leadership and dedication in generating funds to benefit those most in need. The Thrift Shop presented the VNA with a check in the amount of $232,000.

VNA of Central Jersey Thrift Shop
Children’s Auxiliary

VNA of Central Jersey Thrift Shop
Dorothy Silady, President
Mary Plasse
Jacqueline Zuria, Vice President
Anne Post
Mary Anne Kirby, Corresponding Secretary
Margaret Walsh
Linda Jensen, Coordinator

Note: Thrift Shop board members as of May 2012.

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Children’s Auxiliary

Niki Sourlis, Co-chairman
Ana Blank, Co-chairman

Laura Balestro
Michelle Barber
Regina de Gersdorff
Sarah Devine

Jill Drummond
Danielle Devine Greene
Angela Gengaro
Lisa Halikias
Maria Oberlander
Kathleen Palmeri
Anne Riddle
Elizabeth Shiftan
Cynthia Spitz
Corene Victor
Laura Whisnand
Debra Williams
Lauren Wolfe
Heather Yockel

Left: Children’s Auxiliary members at the Power of the Purse event. Right: At Riverwind, the children’s country fair.
The following individuals, corporations, organizations and foundations made generous contributions of $250 or more in 2010 to support VNA Health Group programs and services.
2010 Donors

Mr. Kenneth Simela
Ms. Ann E. Shilkrock and Mr. Michael Fox
Ms. Abbie Small
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Ms. Elaine Soufris
Mr. and Mrs. George T. Sourlis
Mr. and Mrs. Dominic L. Sazio
Mr. and Mrs. Douglas Spitz
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Mr. and Mrs. Douglas Spitz
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Club Paradise
CMC Associates
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D.A.D.'s Landscaping
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IFA Insurance Company
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Seton Hall University College of Nursing
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Surf & Security
Terra Firma of Avon, LLC
The Thrill Foundation
Tiffany & Co.
Trust
Tula The Boutique
Twin City Pharmacy
Twin Industries
UBS Financial Services, Inc.
UMDNJ School of Nursing
United Way of Central and Northeastern Connecticut
United Way of Central Jersey
United Way of Hunterdon County
United Way of Monmouth County
United Way of New York City
United Way of Southeastern Pennsylvania
United Way of Tri-State
US Home Med LLC
Verizon
Verizon Foundation
Verizon New Jersey
Visiting Physicians Services, PC
VNA of Central Jersey Thrift Shop
Wescon Group, Inc.
Willis
WithnallSmith+Brown

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Mr. and Mrs. Howard D. Wolfe
Ms. Helene Williams
Mr. and Mrs. Timothy Williams
Mr. and Mrs. Edward Whitehouse
Mr. Wayne Whelan
Mr. and Mrs. Kevin Wheat
Mr. Earl Way
Mrs. Patricia A. Wallace
Mr. Earl Way
Mr. and Mrs. Martin Wheat
Mr. Wayne Whelan
Mr. and Mrs. Carter Whisnand
Mr. and Mrs. Edward Whitehouse
Mr. and Mrs. Timothy Williams
Ms. Helene Williams
Mr. and Mrs. Howard D. Wolfe
Mrs. Hannah L. Woodward
Dr. Barbara W. Wright
and Mr. Walter O. Wright
Ms. Heather Vockel
Ms. Starlette Young
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Merck Employee Giving Campaign
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Michael Duru Clothiers
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Monmouth Park Charity Fund, Inc.
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Neff Aguilor LLC
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New Jersey Natural Gas Company
NJ State Nurses Association
NJ State Troopers NCO Association
Ocean First Bank
OceanFirst Foundation
On Time Transport
PATEC
Paterson Medical Center
PDEC
Pfizer Foundation
Pennies from Heaven
Phoenix Group
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Visiting Physicians Services, PC
VNA of Central Jersey Thrift Shop
Wescon Group, Inc.
Willis
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Corporate Mission Partners

Through their generous support of our services and programs, our Corporate Mission Partners are an important component of the support VNA Health Group receives from the community at large.

Gibbons, P.C.
Metlife
TD Bank
CBIZ EAO Benefits

Geraldine L. Thompson Legacy Society

In the tradition of Geraldine L. Thompson, our founder, members of the Legacy Society are individuals who are interested in the agency's future and dedicated to its mission. The Society was established to honor those who designate the agency as the recipient of a bequest or other planned gift.

Anonymous
A Special Friend
Mrs. Vivian Carr
Mrs. Louise Millsburg Christie
Judith Stanley Coleman
Thomas C. Durman
Mr. & Mrs. Jason M. Elias, Jr.
Mr. & Mrs. Robert P. Gibbon
Mr. and Mrs. F. James Hutchinson
2010 Donors

Mr. James Lupo
Mr.* and Mrs. Frederic P. Tompkins
Mr. and Mrs. Frank Vigilante
Mr. E. Bruce Wetzel in memory of Jean H. Wetzel

* Deceased

Estate of Frances Adams
Estate of Ruth Carabell
Estate of Helen M. Dapis

Funders

Home News Tribune, Needy Cases Fund
Horizon Blue Cross & Blue Shield Foundation of N.J.
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Monmouth Park Charity Fund
N.J. Natural Gas Company

Red Bank Rotary Foundation
United Way of Central Jersey
United Way of Gloucester County
United Way of Monmouth County
Verizon New Jersey
Visiting Nurse Associations of America
Grotta Fund for Senior Care

U.S. Department of Agriculture
State of N.J. - Department of Health and Senior Services
Supplemental Nutrition Program - Women, Infants and Children (WIC)

U.S. Department of Housing and Urban Development
Community Development Block Grant/County of Monmouth, NJ
Emergency Shelter Grant Program
Health Assessments for the Homeless

U.S. Department of Health & Human Services
Health Resources & Services Administration
Primary Health Care
HAV/AIDS Health Services
Health Care and Other Facilities

State of N.J. - Department of Health and Senior Services
Special Child Health Services
Early Intervention Program
HAV/AIDS Health Services
Cancer Education and Early Detection
Comprehensive Care Control Plan
Health Facility Emergency Preparedness
HAV Home Care Program

State of N.J. – Department of Children & Families
Child and Parent Program/CAPP
Healthy Families/Day Care
Speech Pathology
Mobile Outreach Clinic Program
School Based Youth Services Program
Asbury Park
Nurse Family Partnership Monmouth County
Nurse Family Partnership Middlesex County
United Way

State of N.J. – Department of Human Services
Division of Disability Services
Traumatic Brain Injury Fund

State of N.J. – Department of Health and Senior Services
Respite Care Program Gloucester County
Respite Care Program Burlington County

Burlington County Board of Chosen Freeholders, NJ Department of Human Services
Office on Aging/Social Service Block Grant
Office on Aging/Applicants for Older Americans

Gloucester County Board of Chosen Freeholders, NJ Department of Human Services
Office on Aging/Social Service Block Grant
County Freeholders

State of NJ – Department of Children & Families
Child and Parent Program/CAPP
Healthy Families/Day Care
Speech Pathology
Mobile Outreach Clinic Program
School Based Youth Services Program
Asbury Park
Nurse Family Partnership Monmouth County
Nurse Family Partnership Middlesex County
United Way

State of NJ – Department of Human Services
Division of Mental Health and Addiction Services
Mobile Outreach Services
Division of Social Services/
Special Child Health Services
Division of Social Services/Primary
and Preventative Health Services
Office on Aging/Preventative Physical
Health Services for Senior Citizens
Office on Aging/Health Screening and
Health Education Services
Division of Employment and Training
Group/Job Search/STAR
Division of Employment and Training/
Nurse Outreach and Assessments

Middlesex County Board of Chosen Freeholders, NJ Human Services Department
Community Based Care Management
Services for HIV/AIDS
Personal Assistance Services Program
(PASP) for Persons with Physical Disabilities
Home Health Services Middlesex County

Monmouth County Board of Chosen Freeholders, NJ Department of Human Services
Division of Mental Health and Addiction Services
Mobile Outreach Services
Division of Social Services/
Special Child Health Services
Division of Social Services/Primary
and Preventative Health Services
Office on Aging/Preventative Physical
Health Services for Senior Citizens
Office on Aging/Health Screening and
Health Education Services
Division of Employment and Training
Group/Job Search/STAR
Division of Employment and Training/
Nurse Outreach and Assessments

We have made every attempt to ensure the accuracy of these lists and ask that you please email us at info@vnahg.org or call (732)224-6780 if you find an error or omission.

PREVENTION BY THE NUMBERS

Here are some of the ways VNAHG promoted a healthier community in 2010:

36,579 women and children received nutritious foods and nutrition counseling through the WIC program.
10,424 people received vaccinations to prevent influenza and pneumonia. (includes H1N1)
9,853 individuals of all ages received vital primary care services regardless of ability to pay.
14,117 people participated in health promotion programs offered at community events throughout New Jersey.
1,021 children and teens received care from nurse practitioners in their schools.
1,170 residents of boarding homes, motels and homeless shelters received nursing care from VNAHG community health nurses
915 uninsured men and women received cancer screenings through the Cancer Education and Early Detection program.
A Tribute to Excellence

VNA Health Group proudly honors members of our staff who received national, state and local recognition in 2010.

National Awards
Andrea Parkhill, MSN, RN
Community Health Nurse
Clinician of the Year
Visiting Nurse Associations of America
New York Times Tribute to Nurses
Community Service Award

Marjorie Forgang, MSN, RN, NEA-BC
Chief Nursing Officer
Administrative Manager of the Year
Visiting Nurse Associations of America
New York Times Tribute to Nurses
Community Service Award

State and Regional Awards
Mary Ann Christopher, MSN, RN, FAAN
President and CEO
NJBiz “50 Most Powerful People in Health Care”

Marjorie Forgang, RN, MSN, NEA-BC
Chief Nursing Officer and
Vice President, Clinical Operations

Mary Ann McCabe, MS, RN
Chief Strategy Officer and
Vice President, Business Development

Mary B. Wachter, MS, RN
Chief Strategy Officer and
Vice President, Business Development

Senior Management

VNA Health Group Awards
Theresa L. Beck, MPA, RN, CHPN*
Chief Mission Officer
Judith Stanley Coleman Award for Exceptional Service to the Community
Ana M. Campana
Certified Home Health Aide, Personal Care
Home Health Aide of the Year
Helen A. Flood
Executive Assistant, VNHS
Doris A. Septen Employee of the Year
Ann M. Healy, MSN, RN
Manager, Extended Hours
Marcia Granucci Leadership Award
Kathy Keeler
VNA Health Group Volunteer
Rosemary Cook Volunteer Leadership Award
Nicole J. Lersing
Certified Home Health Aide, Personal Care
Home Health Aide “Rookie of the Year”

Mary C. LoRê
Physical Therapist
Rehabilitative Therapist of the Year
Betsy Pepperman, MSW, LCSW
Social Worker, Prenatal Services
Social Worker of the Year
Kathleen A. Reilly, BSN, RN
Staff Nurse, Home Care
Nurse of the Year
Theresa Beck, VNA Health Group chief mission officer, receives Judith Stanley Coleman Award for Exceptional Service in Community Health from board trustees, l to r: Dorothy Smith, Delissa Devine and Penn Brain.
**Financial Information**

2010 Revenue

- 65% Medicare
- 8% Medicaid
- 13% Managed Care
- 14% Grants, Fundraising & Other

2010 Expenses

- 77% Salaries and Benefits
- 4% Supplemental Staffing
- 4% Supplies
- 15% Other

**Uses of Revenue**

- 68% Home Care
- 17% Hospice
- 4% Personal Care
- 11% Community-Based Care

**Community-Based Care Programs**

- Women, Infants and Children
- Early Intervention and Special Child Health
- Healthy Families and Nurse-Family Partnership
- School-Based Youth Services
- Mobile Outreach Clinic
- HIV and Cancer-Related
- Respite Care
- Senior Wellness
- Other (includes programs such as Public Health Nursing, Preventive Care, Maternal Child and Case Management Services)

**Statistics**

- 26,029 Total Home Care and Hospice Patients
- 94,427 Total Patients, Community-based Programs
- 1,009,600 Total Units of Service

**In-home Services**

- Nursing, 24/7
- Hospice and Palliative Care
- Certified Home Health Aide Services
- Home Infusion/IV Therapy
- Medical Social Work
- Nutrition Counseling
- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Private Duty Services
  - Nursing
  - CHHAs
  - Live-In's
- Telehealth
- Emergency Personal Response System
- Volunteer Program

**Community-Based Programs**

- AIDS/HIV Services
- Bereavement Counseling for Adults and Children
- Case Management Services for Long-term Care
- Cancer Education & Early Detection
- Chronic Disease Self-Management
- Community Health Education
- Healthy Families
- Immunization Programs
- Mobile Outreach Clinic Program
- Nurse-Family Partnership
- Prenatal Care
- Primary Care
- Public Health
- Special Child Health Services/ Early Intervention
- Senior Wellness
- School-Based Health & Youth Programs
- Services to Day Care Centers
- Speakers Bureau
- Volunteer Program
- WIC Supplemental Nutrition Program
All services including Medicare/Medicaid certified Home care
All services except Medicare/Medicaid certified Home care
Hospice, Private Duty, Live-in and Commercial Home Care are provided statewide