“By working together, pooling our resources and building on our strengths, we can accomplish great things.” Ronald Reagan

In this new world of healthcare, collaborations and partnerships have become essential in meeting the increasing needs of an aging society. While counter balancing new governmental regulations and reduced revenues, alliances across the continuum of healthcare are no longer optional, but necessary to continue providing the very best care with the greatest outcomes for all patients.

Teamwork to accomplish this goal is multi faceted as it involves not only healthcare providers, but the support of the private and public sector. The VNA of Hudson Valley has a long history of strong partnerships and a very dedicated group of supporters whose generosity helps make the lives of those we care for better.

Our dedication to our patients was reaffirmed in 2011 as for the sixth consecutive year, the organization was designated a Homecare Elite organization. Our commitment to the community was evidenced by the attendance at our senior education workshops of over 500 participants, as well as the thousands of individuals who received flu inoculations, blood pressure and glucose screenings at our numerous community clinics.

In an effort to assist individuals with chronic illness to better manage their own conditions, VNA staff members were trained to facilitate community training on chronic disease management. Furthering the goal of self advocacy in healthcare was the purchase of Telehealth kiosks for placement in senior centers where participants vital signs can be monitored free of charge.

Our VNA and Hospice Care agencies were leaders in developing the annual palliative care conference in Westchester, and Hospice Care in Westchester and Putnam co-sponsored the county’s annual veterans breakfast hosting over 125 veterans representing all generations.

The culmination of our activities in the community and in the homes of our patients is meeting our goal of promoting independence and improved health and quality of life. With our healthcare partners, supporters and dedicated staff, we are accomplishing great things.

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The Visiting Nurse Association (VNA) of Hudson Valley is a not-for-profit, certified accredited organization that offers comprehensive programs and the latest technology designed to assist with the expert care of our patients. Our registered nurses provide skilled intermittent nursing services and coordinate the plan of care ordered by the attending physician. Professional services are provided by registered nurses, medical social workers, physical, occupational and speech therapists and certified home health aides.

The VNA of Hudson Valley offers the only video Telehealth program in the area, enhancing patient care by enabling patient’s remote access to a nurse. Telehealth supports direct care visits from VNA professionals by providing the ability to monitor and transmit vital signs and manage chronic conditions between nursing visits.

Specialty programs include:
- Telehealth
- Wound Care
- Mental Health Home Care
- Heart Failure Chronic Care Management
- Palliative Care (pain and symptom management)
- Maternal Child Health
- Transition Care Coach Program

Each year, thousands of individuals put their trust in our care. The VNA of Hudson Valley has been making a difference for more than 114 years.

2011 Highlights

- Received Home Care Elite Designation for 6th consecutive year
- Initiated a joint replacement program which included special training for home health aides on working with joint replacement patients, more therapy in early stages of discharge to home, and all patients seen by a physical therapist the day after arriving home.
- Continued serving as a clinical training site for nursing students from Pace University and Dominican College.
- Expanded Telehealth program capability by doubling the number of video units available for patients.

Patients Served (Unduplicated): 3,895
Total Visits: 77,016
Patient Satisfaction: 93%
Average Length of Stay: 31 days
Patient Demographics:
  Female: 61%
  Male: 39%
  Caucasian: 79%
  African-American: 16%
  Hispanic: 3%
  Asian: 3%
  Other: 1%
Age Profile:
  Under 18: 3%
  19 - 60: 17%
  61 plus: 79%
Palliative Care:
  109 patients
  426 visits
Maternal Child Health Program:
  59 newborns/mothers
  418 visits
Telehealth:
  358 patients
  6,071 visits
Community Outreach:
  1,321 flu inoculations
  10 blood pressure clinics
Hospice Care in Westchester & Putnam is a not-for-profit certified and accredited organization that delivers comprehensive, compassionate services to patients with advanced or life-threatening illnesses and their families. We coordinate all services, including hospital care, if needed, so that continuity of care is maintained, 24 hours a day, 7 days a week.

Our compassionate and dedicated staff of registered nurses, medical social workers, bereavement specialists, hospice aides, spiritual counselors and trained volunteers, provide care and assistance incorporating an holistic approach which meets medical, emotional and spiritual needs. Our staff members are experts in providing palliative care, which is the treatment of pain and other symptoms to make a patient more comfortable. Through Hospice Care in Westchester & Putnam, patients are able to remain at home with improved quality of life and physical and emotional comfort.

Services include:

- Pain and symptom management – palliative care
- On call nursing
- Hospice aides
- Registered dieticians
- Medical social workers
- Coordination of durable medical equipment, supplies and medication
- Physical, occupational and speech therapies
- Healing arts therapies including therapeutic massage, music and art therapy
- Bereavement support for adults and children offered to the community, free of charge.

Patients Served (Unduplicated): 747

Total Visits: 25,715
- 9,399 nursing
- 1,733 social work
- 623 chaplain
- 3 dietician
- 13,819 home health aide
- 138 therapist
- 235 healing arts visits

Average Length of Stay: 37 days

Volunteer Hours: 3,106

Patient Demographics:
- Female: 58%
- Male: 42%
- Caucasian: 89%
- African-American: 5%
- Hispanic: 3%
- Asian: <1%
- Other: 2%

Age Profile:
- Under 18: <1%
- 19 - 60: 6%
- 60 plus: 92%

Bereavement Support:
- 78 counseling visits
- 75 support group sessions
- 508 group participants
- 4 educational workshops

The Caring Circle:
- 66 children served
- 48 families served

Perinatal Bereavement:
- 19 group sessions
- 27 individual sessions

2011 Highlights

- Expanded services to include providing hospice care at Putnam Ridge Nursing Home.
- Added the services of two nurse practitioners who assist Hospice Medical Director in personally evaluating every hospice patient and their plan of care.
- Circle of Hope Perinatal Bereavement Program newly named to be consistent with Caring Circle Children’s Bereavement Program.
NA Home Health Services (HHS) is a not-for-profit licensed home care agency that provides certified home health aides, personal care assistants, registered nurse visits and multidisciplinary therapies for residents of Westchester and Putnam Counties who require assistance to remain at home.

HHS offers a geriatric care management service, Caring LINK, which provides a full assessment and recommended care program for seniors, clients of elder lawyers and families living too far away to manage the needs of an elder relative themselves. There are many options available to individuals, such that the task of deciding what choice to make can be overwhelming; Caring LINK helps streamline the process.

Committed to quality and service, HHS provides a home health aide training program, approved by the NYS Department of Health, to increase the number of qualified aides in our community. For individuals who reside in areas with limited access to public transportation, vans supplied by HHS transport aides to patient homes.

Residents who need assistance to remain in the comfort of their own home, count on HHS to provide the very best service.

2011 Highlights

- HHS trained and graduated 26 new certified home health aides. Of these, 46% have accepted full time positions with the VNA of Hudson Valley and two of the students were promoted to office staff positions.

- A new partnership with Kendal on the Hudson offers HHS the opportunity to track the supervised patient visits for new home health aide students. HHS is also providing Kendal with certified home health aides to work in Kendal’s newly licensed agency.

Patients Served
(Unduplicated): 359

Hours of Service Provided:
156,770

Average Length of Stay:
80.1 days

Patient Demographics:
- Female: 94%
- Male: 6%
- Caucasian: 93%
- African-American: 5%
- Hispanic: 2%
- Other: 0%

Age Profile:
- 41 - 60: 2%
- 61 - 80: 80%
- 80 plus: 28%

Patient Satisfaction: 97%