

LOOK HOMEWARD

*A publication for the supporters of
Visiting Nurse Health System*

Caring for Aging Parents



LETTER FROM THE PRESIDENT



Dear Friends,

As we grow older many of us might find ourselves in a role for which we are not prepared: caring for an aging parent. This has always been a challenge, but aging in the modern world adds further stress on caregivers who have to consider their own limitations regarding their health, time, finances and knowledge. Considering all of these dynamics it's no wonder we aren't entirely sure where to turn for help. Fortunately, Visiting Nurse offers resources to help caregivers plan a course of action, as well as programs that deliver a continuum of quality care to their ailing parents.

One of the most difficult moments is when our parent is nearing the end of life with a terminal condition, and we are faced with finding the best hospice care to make their remaining days as comfortable and dignified as possible. At Visiting Nurse, we typically see a dying patient choosing to remain in their home as long as possible, sometimes followed by spending their final few days in the Hospice Atlanta Center. However, advances in medicine are lengthening the time patients spend in end-of-life care, further adding to the pressures of time and other resources requested of the caregiver. Loved ones looking for respite care in order to attend to their own needs often ask other relatives for relief or they consider bringing a nursing assistant into the home. After considering the costs of an in-home nursing assistant for a full or partial day at \$17 per hour, a third option is to use our Hospice Atlanta Center for respite care. Families with financial resources can benefit from their parent being cared for in the compassionate and comfortable environment at the Center, which includes full-time nursing coverage and a medical director on-staff during the daytime.

Our solutions for relieving the stress of caring for the elderly include a complementary 30-minute *How to Care for Aging Parents* program, but at times other choices may require an additional cost due to resource limitations. With proper planning and knowledge of all of the resources Visiting Nurse provides, you have options for care, and your unexpected journey does not need to be solitary.

On behalf of the staff at Visiting Nurse, and with thanks to our Board, volunteers, and donors for their generous support, we wish you all good health in the coming year.

Sincerely,

A handwritten signature in black ink that reads "Mark Oshnock". The signature is fluid and cursive, written on a light-colored background.

Mark Oshnock
President and CEO
Visiting Nurse Health System

Caring for Aging Parents

Finding Your Way in the Modern World of Healthcare

It's a fact of life that many of us will face sooner or later: your parent is seriously ill, and by choice or circumstance you will be the primary, or perhaps only, caregiver. You might still be raising children of your own, or have nudged them out of the nest, but you soon realize that being a parent is vastly different than caring for your aging parent.

Childcare experts have written numerous books about parenting, and generations of parents have passed down their child-rearing wisdom to their kids. But now that the population is living longer, often battling disease and frailty, adult children of ailing parents find they are providing this care for the first time and do not have the resources or the experience to even know where to begin. It is as if we have been suddenly placed into unfamiliar territory without a map, and as we venture into this uncharted wilderness we discover that we begin to feel overwhelmed. Before we know it, we forego our own health, become distracted at work, are too busy for friends, and may become distant from our significant other.

As people live longer, older adult children may be taking care of more than one aging parent at a time. One such example is Elaine Gerfin, a clinical coordinator for Visiting Nurse, whose 93 year-old father-in-law, Vito, has lived with her family since 1996, and whose mother, Ann, just moved from New Jersey into a nearby senior-living facility. Both aging parents are in fairly good health, but they need help going

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Caring for Aging Parents continued

to doctor appointments, and then additional help hearing, understanding and processing complicated directions from the doctor. Trying to look at her situation with a sense of humor, Elaine wonders when she will “truly have an empty nest.” Elaine is certainly not alone.

To help manage these emotional and logistical stressors and provide guidance and assistance to caregivers, Visiting Nurse runs programs that span the continuum of care to allow people to age in their homes, as many prefer. One such program is HouseCall, where primary medical care is delivered to the most fragile elderly who live at home.

“The HouseCall program is a breath of fresh air for those in need of services at home,” says Dr. Edward Espinosa, medical director of Visiting Nurse Health System’s HouseCall program, who knows first-hand about the challenges facing the most vulnerable patients, our aging population, particularly those who have limitations or difficulty in going to see their primary care physician. “The logistical burden can sometimes outweigh the benefit of a basic primary care visit. We not only can maintain health in our elderly population, but we can also decrease the burden on the healthcare delivery system as a whole, which includes their caregivers as well.” Dr. Espinosa sees the program as an answer to reducing stress on caregivers while keeping healthcare costs in check. “Within the HouseCall program we have found that by tightly managing chronic illness, we can prevent unnecessary emergency room visits and hospitalization. Conversely, we have identified the most complicated and liable patients and referred them to timely, appropriate emergency room evaluation when acute illness arises.”

Even with the best care across the healthcare continuum, as the elderly population increases, more are in need of hospice services. Not only does the aging of the population result in hospice providers seeing an increase in the number of acutely ill patients, the caregivers themselves may be older than in previous generations, bringing their own health issues into the equation. “We provide care and support for the caregiver as well as the patient, but that support can vary depending on the situation,” says Phil Kaufman, hospice patient services manager for Visiting Nurse. “If you have a frail 70 year-old, 100 pound daughter taking care of her 95 year-old, 200 pound father, you have to support her in a different way than a relatively robust 40 year-old taking care of a frail 65 year-old parent as in years past.”

Compounded by our current uncertain healthcare delivery environment, families are looking for a solution to caring for their aging loved ones across the continuum of care. The key is to plan ahead and prepare yourself and your parent for future care options.

Recognizing the growing need for education, guidance and assistance on this evolving issue, Visiting Nurse offers a complementary 30-minute *How to Care for Aging Parents* program to civic organizations and employees of local businesses who face these issues and are looking for answers. A Visiting Nurse clinician and/or executive presents the program, which covers topics such as assembling important documents, planning for care options, qualifications for care, understanding respite care, and how to manage the financial aspect of care. The program can be presented either on-site or in the Community Room at the Hospice Atlanta Center. Groups who choose to assemble in the Community Room have access to the room all day to hold other meetings, as well as use of the kitchen, a smart whiteboard, and a tour of the hospice facility.

“Audience members in our presentations have numerous concerns and questions about how to care for their aging parent,” said Dorothy Davis, executive director of Visiting Nurse Health System’s Long-Term Care at Home program and frequent speaker at these events. “Some have asked how to handle the situation when their parent doesn’t want to do what the caregiver recommends, such as restrictions on driving their car. Many have questions about financial considerations, and others have asked specific questions about how Visiting Nurse can partner with the family members to provide the best care for their loved ones.”

Some corporate attendees have contacted Visiting Nurse to host another presentation for their civic organization. Others in attendance have found the presentation so valuable that they have joined Visiting Nurse in our mission to improve the lives of those we serve by supporting our fundraising events, joining fundraising committees, or by lobbying their organization for volunteers and corporate support for Visiting Nurse. To learn more about hosting a *How to Care for Aging Parents* presentation, please call 404-215-6010. To speak to Visiting Nurse about specific care options for an aging parent, contact Dorothy Davis at 404-222-2414. ■

A Son's Loving Tribute to His Dad

Hospice Care by Visiting Nurse Provides Dignity to His Father and His Family

Evan Grant has been a baseball writer for the Dallas Morning News for the last 16 years, specifically covering the Texas Rangers. His father died in our hospice care in early June. In his own words, here is his story about the care Visiting Nurse gave his father, and the gifts and memories created in those final days.



It is a helpless feeling to be a single, only child with aging parents. The helplessness is only magnified by distance; a 600-mile gulf from my home in Dallas to my parents' in Atlanta.

And then the phone call comes.

Your mother is trying to tell you that doctors recommended your father, already a walking medical miracle, enter hospice care for congestive heart failure complications. Besides feeling even more helpless, your first reaction is one of dread. "The worst is yet to come. And it's going to be bad."

Nothing could be farther from the truth.

More than a year later, when my father peacefully passed at home with my mother and me by his side, it was clear the

decision to enter the hospice program – and specifically Visiting Nurse – was one of the best we'd ever made as a family.

Taking dad off of some of the medications he was on cleared his head and sharpened his mind. The visits from the nurses sometimes became therapy sessions for both of my parents. My mother, buckling under the stress of being a constant caregiver, could vent to the nurses about my father trying to do too much and she could cry when she needed to. My dad could tell a couple of bawdy jokes and get some laughs and could also complain that he wasn't getting to do all that he was capable. The nurses and social workers kept me informed with consideration but without sugar-coating anything.

Along the way, I somehow received one of the greatest gifts of my life. My dad made me a sports fan and a baseball fan in particular. I parlayed that into a career as a baseball writer, having spent the last 16 years covering the Dallas Morning News. And when the 2011 schedule showed the Texas Rangers, the team I cover, visiting Atlanta for three games over Father's Day weekend, I made a pact that if his health held out, I'd somehow find a way to take him to a game with me.

Though he could barely see and had a hard time trying to open the peanuts that he so loved, we spent five innings taking a trip back in time to nearly 40 years ago. That's when he took me to my first baseball game. And I got the chance to take him to his last.

There were more memories to be created, too. My parents were able to celebrate their 51st anniversary, my dad's 88th birthday, my mother's 85th and one last Mother's Day. My dad was able to meet the woman that I will likely marry after all these years of singleness.

Just as importantly, we were all able to maintain some sense of our own lives, too. Dad found a routine in going to BINGO games at my parents' independent living facility. Mom found new friends and new strength she never thought she had. I was able, hard as it was, to continue my day-to-day job and life without long absences.

A day before he eventually passed, I received a call from Holly, one of his nurses, informing he had really weakened significantly. Work had taken me to San Francisco. But her quick actions allowed me to catch flights immediately and jet to Atlanta. In my parents' apartment, we were able to hold his hand and talk to him all through the night.

When he died, it was the definition of dying with dignity.

Over the last year, however, the Visiting Nurse program allowed us even more. It allowed him – and the entire family – to LIVE with dignity.

– Evan Grant

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Visiting Nurse Receives Three Estate Gifts Totaling More Than \$2.5M

Planned Giving Lets Donors Fulfill Their Philanthropic Wishes

Visiting Nurse Health System is thrilled to announce three planned gifts we received over the past few months totaling more than \$2.5 million. The exact use of two of these donations is still being determined by the Board, but each donor's decision to make such generous gifts to Visiting Nurse validates the impact our organization has in the community.

Adapted to each donor's needs, a planned gift is a donation made to a charity in lifetime or death as part of the donor's overall financial and/or estate plan. Each of these thoughtful individuals used a variety of estate and tax planning techniques to efficiently distribute a portion of their estate to

Visiting Nurse. Other planned gifts can be structured to allow income to the donor during their lifetime while also benefiting Visiting Nurse. Donors typically use appreciated assets such as stocks, real estate, partnership interests, or even artwork and other personal property. Other planning strategies may include the use of life insurance or retirement plan savings to tie a legacy to Visiting Nurse.

To learn more about the various ways to set up a planned gift as a legacy to support excellent healthcare at home, visit vnhs.org/support-us/ and click on Gift Planning to find the right giving option for your situation.

About Our Esteemed Donors

Dr. Randi Rosvoll – A Life Well Lived
In early September we received word of an astonishing \$1.5 million planned gift from the estate of Randi Veie Rosvoll. To put this in perspective, most of the planned gifts we receive are the result of a longstanding relationship between the donor and Visiting Nurse following cultivation and consultation over a period of time. However, this gift, planned years ago, was given to Visiting Nurse as a complete surprise by Dr. Rosvoll. As we learned more about her, we not only uncovered the story of a remarkable woman, but we also learned that the humble manner in which she made the gift was typical of how she approached all of her accomplishments and service.

Randi was born in Trondheim, Norway on April 26, 1928, where she grew up with three brothers. A girl coming of age during the World War II era in Norway

meant she was preordained to find a husband and care for her family. Not Randi, she had other plans. In high school she volunteered as a home health aide, washing floors and doing other daily chores for her patients. She soon realized that her patients really just wanted someone to talk to and be by their side. This experience, combined with the aspect of care ingrained into her gender role, inspired her dream of becoming a nurse.

In 1949, Randi's mother's cousin and her husband invited her to stay with them in Washington, DC and pursue her undergraduate studies at the American University. Upon graduation, Randi earned her M.D. in 1957 at George Washington University, School of Medicine and Health Sciences, specializing in pathology. She was one of only five women in her class.

Dr. Randi Rosvoll



In 1963, Randi was hired by Emory University as a pathologist at Atlanta's Grady Memorial Hospital. Although she worked the greater part of her career for the Clinical Laboratories at Emory University Hospital, she also had tenure at the New England Deaconess Hospital and Harvard Medical School in the early 1970s.

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Sharing the knowledge from her medical career, Randi taught at Harvard, Georgia State University and Emory University Medical School, and authored numerous publications and manuals. She participated in a number of national organizations, most meritoriously with the American Association of Blood Banks, where she served as an Inspector, Area Chairwoman, National Vice Chairwoman and National Chairwoman.

Randi was a lifetime member and past president of the Cavalier King Charles Spaniels U.S.A., and served as the president of the Cavalier King Charles Spaniels of the South. Randi loved her dogs and had eight Cavaliers. She even started a healthcare foundation for dogs and would regularly send blood samples to London to test for pathological problems resulting from inbreeding.

Her stature in her human family was no less grand. She became the matriarch and role model for her large "family," consisting of numerous nieces, nephews and more than 30 of her "grand and great-grandchildren." Inspired by her aunt bringing her to the U.S. to attend university, she brought all of her nieces and one nephew from Norway to do the same. "Randi's way of paying back her student loan was to put me and other family members through school," recalled Randi's niece, Nina Rosvoll, "She chose Emory for me because it was close to her house!" added Nina with a laugh. "She wanted young people to come to another country to broaden their understanding."

Randi's quiet generosity yet strong will was also on display when she made Nina's son sign a contract agreeing to do well in school in return for Randi paying his way. "She was a tough boss. She was my boss too," Nina said proudly.

After decades of breaking through life's obstacles, Randi ran head on to one she hadn't expected: Alzheimer's disease. Nina, Randi's early caregiver, sought out a cousin who was a visiting nurse in Norway for advice and to learn what to expect. Nina also attended an Alzheimer's support group and learned how to keep Randi's tough spirit alive through activities such as reading short stories to her, playing audio books, doing crossword puzzles, and escaping in *I Love Lucy* reruns. The support group Nina attended made her realize that Randi was one of the "lucky" Alzheimer's patients because she had enough money to afford quality care by a private nurse. Randi generously flew in her extended family to say their goodbyes; some stayed for a week, and some returned more than once.

As her condition deteriorated, Randi became scared as she knew she was losing her mental abilities she had so

strongly relied on, as every Alzheimer's patient does. Still without answers, Nina remembered Randi's best friend, who had throat cancer and was a patient at the Hospice Atlanta Center. In fact, the care Randi's friend received years ago was one of the reasons she included Visiting Nurse in her estate plans. Nina admitted Randi into the Visiting Nurse home hospice service on June 19.

"Two days before Randi died, she was mumbling something unintelligible, then stopped mid-sentence and exclaimed 'This is ridiculous!' voicing her frustration with her mental decline during a brief moment of clarity," Nina said through a smile, glimpsing the final coherent thoughts of the mighty Randi. Summing up Randi's life, and most likely

that final exclamation, Nina remarked, "She would not pass up any challenge, and charged forward full force!"

Randi Veie Rosvoll died peacefully on Sunday, August 19, 2012 at her home in Atlanta, surrounded by family members. She was laid to rest in her native Norway. Her colleagues at medical school, those same WWII era boys who were expected to make something of themselves while the girls got married, recalled her as a "beautiful, wonderful, very studious person." Her original intention was to be a nurse but she clearly built upon that calling.

Days later, Nina gathered the family to tell them that the nephews and nieces would receive "a chunk" of Randi's inheritance, but that Visiting Nurse would receive most of it. "When I stopped by Visiting Nurse to deliver the news about the IRA disbursement,

I saw the video on the lobby wall and it hit home. The family felt good about the decision after I told them." Reviewing Randi's life, perhaps the family realized that she quietly made her decision to support Visiting Nurse many years ago as her life experiences unfolded: her dream of becoming a nurse, her cousin's vocation as a visiting nurse, her friend's experience with our care, and her own recognition of

the value of our care as a doctor and eventually as a patient.

Nina organized a memorial service, which was set up like one of Randi's famous parties. The "dog people" were



Dr. Randi Rosvoll with her Cavalier King Charles Spaniels

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About Our Esteemed Donors continued

there, as were old friends, business acquaintances, and of course, family.

"Her care for others and the tendency to spoil us all rotten, being a best friend, enjoying some wine and small-talk in front of a warm fire, not to mention extravagant parties 'made from scratch' are what many remember so well about our Randi," Nina said. "Part of grieving is learning all of this about Randi, but it's a happy grieving." The staff of Visiting Nurse and those who will benefit from Randi's quiet generosity feel the same way.

Mrs. Elkin Goddard Alston – Paying Forward Her Philanthropic Values

Another large gift given to Visiting Nurse was also made in a quiet manner. As reported in the previous issue of Look Homeward, the estate of Mrs. Elkin Goddard Alston made a \$500,000 bequest which will be used as a cornerstone gift for the new Preservation Fund, created to support ongoing maintenance and capital improvements for the Hospice Atlanta Center.

Mrs. Alston was born June 26, 1917 in Atlanta, Georgia. In addition to serving her country alongside her husband, Philip, U.S. Ambassador to Australia, she was very active in the Atlanta community including being active in the Junior League and helping to establish The Forward Arts Foundation. She was a board member with The Egleston Children's Hospital (now Children's Healthcare of Atlanta), where her interest in children's healthcare was the catalyst that helped her build connections between the hospital and hospice programs at Visiting Nurse.

Mrs. Alston enjoyed gardening and spending time with her children, grandchildren and great grandchildren, passing on to her heirs the philanthropic values she learned from her parents. She passed away at her residence at the age of 94 on July 14, 2011.

Mr. O.W. Hogan, Jr. – A Generous and Selfless World War II Veteran

The third planned gift received by Visiting Nurse came from the estate of Mr. O.W.

Hogan, Jr. Known as "W" by many of his relatives and as "Hoag" by most of his friends, he was a man who lived without an ego, possessed a great sense of humor, and was widely regarded as considerate, generous and kind. Born in Choufrant, Louisiana in 1915, he graduated from Louisiana Tech in 1937 and served in the Navy as a supply officer in the South Pacific during World War II.

In 1957 he formed Barnes & Hogan, supplying parts and equipment mainly for commercial refrigeration facilities in the southeastern United States. When his younger business partner suddenly passed away, Mr. Hogan continued to manage the business out of concern for his employees until his death at 95 years. An avid golfer, he was a charter member of Dunwoody Country Club where he established many friendships. His wife, Mimi, passed away in 1993, and Mr. Hogan passed away on January 31, 2011 after a brief stay at the Hospice Atlanta Center. The care that Mr. Hogan provided to others throughout his life will live on through his generous gift to Visiting Nurse. ■

2013 BIG-TO-DO is Right Around the Corner

Tickets and Sponsorships Available to Benefit Pediatric Home Healthcare, Long-Term Care, and Hospice Services

Snow tubing down the neighborhood hill. Topping the lumpy head of a snowman with an old hat. Making s'mores over an open fire. These are all cool things many children want to do during a day of winter fun, and you can help make it happen. With your support of the BIG-TO-DO you can sponsor a day of cold-weather fun for a patient in our Children's Program, and/or bring your family and experience the joy of knowing your ticket purchase will

improve the daily lives of these patients and their loving caregivers.

Sponsoring and attending the BIG-TO-DO, Sunday, February 10, 2013 on Snow Mountain at Stone Mountain Park, will help children like these and their families get the support they need to meet the basic activities of daily life that we take for granted. The BIG-TO-DO benefits the Children's Program of Visiting Nurse Health System, a program

that meets the comprehensive medical, physical, emotional, and spiritual needs of pediatric patients and their loved ones – regardless of their ability to pay – through home healthcare, long-term care at home, and hospice services at home or at the Hospice Atlanta Center.

Consider the case of the ten year old boy with cerebral palsy who has been in the care of Visiting Nurse for five years. Mary Taylor, a registered nurse with a master's

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degree in social work, helps him and his family by assessing his needs, coordinating care, and arranging for services to assist his family with feeding, bathing, transfers and other simple activities of everyday life.

Or the case of little Liam, who, at 22 months old, was functioning as a three-week-old infant due to progressive cerebral atrophy, or massive deterioration of his brain. He could not eat or hold his head up, could not smile or laugh, and often held his breath, requiring his parents to revive him. Last June, his parents made the decision to call the Hospice Atlanta Center. Since then, Liam's outlook has miraculously improved. In the words of his parents, "Liam's pain has been managed incredibly well. He receives every piece of equipment, medication, and nutrition to help him. He is finally alert and happy. Our family is finally calm, relieved, and living life, rather than

sitting and waiting for the end. His nurse and social worker are nothing less than angels on Earth. They are our family. They provide laughter, ease, comfort, and love. In only four months, we have come to love Liam's team like they've been part of our family for years. We could not be happier with our decision and how they've lit up our lives."

We consider it our calling and a privilege to care for these patients, but we incur significant costs for which we receive limited reimbursement. Your support is critical since **Georgia ranks last in the country Medicaid reimbursement rates.** The most costly care Visiting Nurse provides is to pediatric patients at the end of life. Your financial support will help families in need at a very difficult time in their lives. You may also make a donation to sponsor a sick or disabled child make a snowman or tube down Snow Mountain at the BIG-TO-DO. ■

Sponsor a Day of Winter Fun for a Pediatric Patient and Family



Whether or not you can attend the BIG-TO-DO, you can give a patient in our Children's Program a snow day adventure on Snow Mountain at Stone Mountain Park. For only a \$60 donation per ticket you can buy a day of happiness, knowing you gave a child the thrill of snow tubing down Snow Mountain or making s'mores over an open fire with family and friends.

Please help pediatric patients and their families take a break from the challenges of daily life by sponsoring a day of winter fun. Your support will help us care for pediatric patients and their families regardless of their ability to pay.

How to Support the

BIG·TO·DO

and the Children's Program

Become a Corporate Sponsor

Send a Pediatric Patient and Family to the BIG-TO-DO!

Purchase Family Ticket Packages

SAVE \$5
NOW
THROUGH
DEC 31

Visit

vnhs.org/support-us/big-to-do
or call 404-215-6010.

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Mary Long Announces Board Retirement

Long-Time Leader, Supporter and Advisor Indispensable to Visiting Nurse

With mixed emotions and overflowing gratitude, Visiting Nurse Health System extends a heartfelt “thank you” to long-time Board member, Mary N. Long, who is retiring from the Board in December 2012. Mary joined our Board in 1999, served as vice-chair from 2005-2007 and chair from 2008-2010.



Nurse, activist, lobbyist, administrator, and pioneer, Mary became affiliated with Visiting Nurse in the 1970's as the coordinator of patient referrals from Grady Memorial

Hospital. She became even more personally involved when, in the late 1980's, her mother became ill and utilized Visiting Nurse home healthcare and hospice services. “My experience has been outstanding, as I have served on committees, chaired the Board, worked with great leaders, and as a family member whose mother received services from Visiting Nurse,” Mary said. “My proudest moment was recruiting Mark Oshnock as the CEO for Visiting Nurse, as the organization made the transition from yesterday to today by improving the financial resources of the organization, and connecting us to the national arena for home healthcare services. I am honored to have been affiliated with an organization with such great volunteers and staff. I will always fondly remember my experience at Visiting Nurse, and have a great appreciation for what they do.”

Mary Nathaniel Long was born in Guthrie, Kentucky and moved to Atlanta in 1960. In 1963 she graduated from Grady Memorial Hospital's School of Nursing. Mary's long career at Grady began as an ambulatory care nurse. She helped develop Grady's satellite clinics, and was the first Coordinator of the Central Referral Department, a resource that reached into the greater Atlanta community so its members could receive the care they needed. Her title later became Director of Community Health, a position she held until 1985.

Upon leaving Grady, Mary coordinated lobbying and advocacy activities as Vice President for Legislative Affairs for the Arthritis Foundation. In 1996 she was promoted to the Foundation's Group Vice-President for Public Policy and Advocacy and served in that position until 2002.

Mary has a far-reaching record of service to local, regional, and national groups. She founded Georgia's first health clinic for the homeless, was named the first African-American president of the YWCA of Greater Atlanta, and served on numerous committees, task forces and boards of many community organizations. Her national involvement in the nursing profession included positions as president of the Georgia Nurses' Foundation, president of Friends of Public Health, and chair of the Healthy Mothers/Healthy Babies Coalition. Her peers in Georgia nursing

honored her accomplishments by naming a professional award in her honor: the Georgia Nurses Foundation Mary N. Long Award for Innovations in Nursing Practice recognizes those “nursing pioneers who through their creative thoughts and actions, have made a difference for nurses and nursing in Georgia.”



On the political stage, Mary held positions in political action committees, was active in the movement to pass the Equal Rights Amendment in Georgia, managed several campaigns for Atlanta and

Fulton County elected officials, and served as a 2008 Georgia Super Delegate to the National Democratic Convention.

The recipient of numerous awards and recognitions, she was named to the Atlanta Business League's 2009 list of “Atlanta's Top 100 Black Women of Influence,” and was most recently honored by the Jimmy Carter Presidential Library and Museum for contributions to the Atlanta Civil Rights Movement.

Mark Oshnock, CEO and president of Visiting Nurse, summed up Mary's contribution by saying, “Once in a lifetime a true leader like Mary comes along, who not only advances the practice of healthcare, but who also is of service to everyone in the community on so many levels. Our friend Mary opened many doors for Visiting Nurse, and we have been privileged to have her extend her heart to Visiting Nurse over all of these years.” ■

Visiting Nurse Welcomes Palliative Care Delegation from Mexico

Our New Friends Learn from Staff at Hospice Atlanta Center

A chance meeting between two compassionate people who have a mutual interest in hospice care culminated in Visiting Nurse Health System hosting a delegation of doctors, nurses and trainees from Chiapas, Mexico. On the morning of October 3rd, twenty palliative care delegates toured the Hospice Atlanta Center to see first-hand the model of a successful inpatient hospice facility, to meet with our staff to learn about our Camp STARS bereavement camp, and to explore ideas about ways the delegation can fund their hospice program.

In the spring of 2012, our hospice volunteer Denise Garlow met Mrs. Mavi de Ramirez from the Clínica del Dolor y Cuidados Paliativos. Denise helped coordinate the delegation's five day U.S. visit with the Atlanta chapter of Friendship Force International, a global community

introduced by President Carter in 1977 comprised of 371 chapters in 54 countries with 18,000 members. Denise put it this way: "When I was asked to help plan the visit, I said 'sure' immediately, as I have a genuine affection for Mavi and a deep respect for her determination to bring dignity and comfort to her townspeople."

Patricia Diaz, a Spanish/English medical interpreter with Visiting Nurse, along

with volunteers Mara Dubay and Mary Jane Nations, translated interviews and gave tours for Mavi, group leader Dr. José Delfino and the rest of the delegation. At the end of their visit, our new friends spontaneously wrote a poem about angels and the love our work generates, then erupted in a cheer about the rewards of hospice care. The visit left everyone involved energized, and it strengthened their resolve to provide the best possible quality of life for their patients. ■

"I took away a sense of wonder at the connections that we make in our lives. Just how in one day, in one seemingly small conversation, things can be said that will set into motion something that truly changes the course of our lives. What happens between us counts! It's really a small world and we are really all in it together. The more we are open to helping each other out, the more enriched our lives become. It's a dance."

Denise Garlow
Volunteer, Hospice Atlanta Center

New Book Chronicles Long History of Grady Hospital

Written by Atlanta Medical Historian and Advisory Board Member Dr. Martin Moran

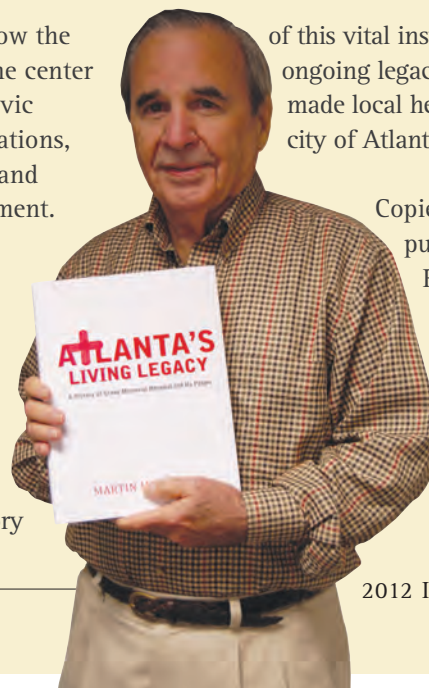
Visiting Nurse Health System is proud to announce the publication of Advisory Board member Dr. Martin Moran's latest book, *Atlanta's Living Legacy: A History of Grady Memorial Hospital and Its People*. The 313-page book is the first comprehensive history of the hospital, beginning in 1892 with the founding of the hospital as a "living landmark" to journalist Henry Grady, up to the influence the institution has had on healthcare and medical education in the present day. By chronicling the impact of the personalities who have been involved with Grady Hospital,

Marty demonstrates how the hospital has been at the center of debates on taxes, civic responsibility, race relations, visions of healthcare, and government's involvement.

"This book is the culmination of a long career in medicine combined with seven years of research and writing," explained Marty. "I felt it was necessary to tell the story

of this vital institution, and how its ongoing legacy is a big part of what made local healthcare, as well as the city of Atlanta, what it is today."

Copies of Marty's book, published by Kimbark Publishing, are available at www.gradyhistory.com. Visiting Nurse is one of two providers of Grady's home healthcare. ■



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2012 Fall Benefit Celebrated Living in the Moment Advisory Board Member Andy Been Honored for Camp STARS Contributions

The 25th annual fall benefit, supporting our end-of-life care at home and at the Andrew and Eula Carlos Hospice Atlanta Center, was held September 29 at The Ritz-Carlton Atlanta. The event, *In the Moment - A Celebration of Life*, netted \$265,000 as we honored Advisory Board Member Andy Been for his many contributions in support of Camp STARS for Families, a weekend bereavement camp for

families. Channel 2 Action News Anchor, John Bachman, was Master of Ceremonies for the evening which celebrated living in the moment with entertainment, a cocktail reception and dinner, and live and silent auctions.

With his family and friends, Andy Been established the Billie S. Been Foundation in memory of his first wife, Billie, who received hospice care from Visiting Nurse before passing away in 2003. "I wanted to do something to honor her life and keep her memory alive," Andy said after he took the podium. He knew that funding the camp was the perfect fit. "Our board was taken by this camp. Both Camp STARS and the family camp do an amazing job in the healing process," Andy said.



Katy Lyons, who has experienced our hospice care for her son and the camp first-hand, spoke from her heart about Camp STARS as an introduction to the guest of honor. "Camp STARS was invaluable to us. It's not just care for the patient, it's the care of the entire family," said Katy. "My daughter enjoyed it so much she went back two times and became a counselor. Kudos to Hospice Atlanta Center and Mr. Been." ■



■ Amber Overfelt, Pat Archer



■ Amani and Lionel Legagneur



■ Randy Hyun, Jae Yi



■ Dr. Dorothy Mitchell-Leef,
Captain Forrest I. Leef



■ Alex Paulson, Jimmy Carlos, Mark Oshnock

Patron Party

Visiting Nurse Thanks Our 2012 Fall Benefit Sponsors

Host Committee Co-Chairs, Capt. Forrest Leef and Dr. Dorothy Mitchell-Leef, graciously opened their gorgeous home to host our 2012 Patron Party on October 11. Guests mixed and mingled on the beautiful grounds and

home in celebration of the execution of the recent fall event, In the Moment - A Celebration of Life.

A special "thank you" to Terri and Lance Hirsh who supplied wine for the party. ■



■ Left to right: Co-Chair Dr. Dorothy Mitchell-Leef MD, Brenda and Richard "Dick" Smith



■ Dave and Pam Ellis, Jay Harris



We are grateful to our Fall Benefit Host Committee Co-Chairs, Capt. Forrest Leef and Dr. Dorothy Mitchell-Leef, and committee members for their hard work to make this event a success: Pat Archer, Cyndae Arrendale, Houston Bass, Kimberly Cambias, Pamela Chawkin, Renee Gazaway, David Hass, Terri Hirsh, Beverly Hutchinson, Gwen Kenny, David Kirkland, Robin Kreitner, Elizabeth Levine, Freda Mayes, Caroline Moise, Starr Moore, Brian Ranck, Allison Ritter, Amy Ruda, Stephanie Thomas, Marcia West, and Tracy Veal.

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{ Special thanks to Channel 2 WSB-TV, Durfee Design, and National Distributing Company for their contribution.

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July 1 - September 30, 2012

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Celebrate the life of someone dear to you and provide much needed funding to the Hospice Atlanta Center by purchasing a memorial paver. Engraved with your friend or family member's name and placed in the pathways of the Hospice Atlanta Center's garden, your paver becomes a lasting record of your kind donation and a symbol of remembrance of your loved one.

To purchase a paver for \$1,000 or for information about other naming opportunities, please visit www.vnhs.org or call the office of advancement at 404-215-6010.

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