

Visiting Nurse Service &  
Hospice of Suffolk, Inc.

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**VISITING NURSE SERVICE &  
HOSPICE OF SUFFOLK, INC.**

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MAKING A DIFFERENCE EVERYDAY

Visiting Nurse Service & Hospice of Suffolk is a participating agency of  
The Townwide Fund of Huntington and the United Way of Long Island.



## UPCOMING EVENTS! MARK YOUR CALENDARS NOW!

**Run For The Health of It! - 5K Race/Walk & Kids Fun Run — Saturday, May 9th, 2009**

To benefit our Annual Children's Bereavement Retreat at Montauk. You can be a sponsor or you can take part in the race. You can do it!! Bring your friends to run or walk with you for our cause. See inside for registration information.

**Annual Golf Classic — Monday, August 3, 2009 — Huntington Country Club**

Million Dollar Hole-in-One Shootout, Awards and Chinese Auction. 10:30 am check in and breakfast, 12:00 noon shotgun start, followed by cocktails, dinner and awards presentation. Sponsorships are available.

**FOR MORE INFORMATION ON EVENTS, PLEASE CONTACT BARBARA SORELLE AT 631-930-9310**

*A special thank you to Robin Ben Horin of The Flower Basket, 6 Laurel Avenue in Northport, for generously donating gift baskets and flowers to our events. We gratefully appreciate everything The Flower Basket does for our agency.*



# VISITING NURSE SERVICE & HOSPICE OF SUFFOLK, INC.

VISIT US ONLINE AT

[www.visitingnurseservice.org](http://www.visitingnurseservice.org)

# COMMUNITY FOCUS

NEWSLETTER OF VISITING NURSE SERVICE & HOSPICE OF SUFFOLK, INC.

## Dear Friends of VNS & Hospice of Suffolk:

I'm sure you will agree it's great to be on this side of winter and looking forward to warm sunny weather again. Special thanks are due to all of our dedicated staff and volunteers who braved the snow and cold, and were on the roads to make their appointed visits. Beyond dealing with the logistics of getting from home to home in good weather or bad, our nurses, therapists, social workers, aides, and volunteers are unsung heroes who's one-on-one intervention with patients influence life changing and life saving measures every day. Providing home health and hospice care is not just about medical treatments however, it is more about family, recognizing and valuing supportive relationships of others, and the important role they play in the total well being of the patient.

I'd like to share the story of one unsung hero, Jo-Ann Arnold, a nurse on our staff who visited one of her patients who had been hospitalized. Having visited this patient at home, Jo-Ann was keenly aware of the people who were important to her and vice versa, including one devoted friend Jo-Ann had met during the course of her home visits to the patient. It is no surprise that when Jo-Ann visited the patient in the hospital, she noticed the friend was not by her side, and Jo-Ann was astute enough to question the hospital staff as to whether he had visited. When they answered no, she took the extra step to inquire, only to find the patient's friend was in need of help himself, for he was found unconscious on the floor of his garage at home alone. Thanks to Jo-Ann for making a difference on an ordinary day in an extraordinary way. And thanks to all of our staff and volunteers for making a difference on an ordinary day in an extraordinary way by caring and giving of themselves. They are all heroes, unsung or not, and their satisfaction is found meeting and getting to know their patients as people who are members of families or network of friends.



From our hearts to yours,  
Linda Taylor, RN, BSN, MA  
Chief Executive Officer

You will get to meet one such patient, in these pages, as the family of Mr. August has generously shared his story. I only wish I could share with you the wealth of experiences we vicariously share with our patients, their families, and friends. We are privileged to glimpse at how they have made a difference when we become temporary members of a patient's family and network of friends. We are reminded every day of the human side of nature and the astounding things people do, and we are privileged to have such an opportunity.

## SPRING 2009



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MAKING A DIFFERENCE EVERYDAY

## Welcome VNSHS Board Member, Dr. David Rivadeneira, MD, FACS



Our newest VNSHS Board Member,  
Dr. David Rivadeneira, MD, FACS

Visiting Nurse Service & Hospice of Suffolk is pleased to announce the appointment of David Rivadeneira, MD, FACS, a leading expert in the latest laparoscopic colorectal surgery, to its Board of Directors.

Dr. Rivadeneira is a board certified surgeon, specializing in laparoscopic and other minimally invasive procedures for the treatment of colon and rectal diseases, including cancer. He currently holds the position of Attending Surgeon at St. Catherine of Siena Medical Center. Prior to joining St. Catherine's, Dr. Rivadeneira was Associate Professor of Surgery at Stony Brook University Medical Center, where he trained residents, medical students and surgeons in the latest laparoscopic procedures.

In 2002, he completed his residency in general surgery at Weill Medical College of Cornell University, training at both New York Presbyterian Hospital-Cornell Medical Center and Memorial Sloan-Kettering Cancer Center. He is a member of the American Society of Colon and Rectal Surgeons, American College of Surgeons, the Society of American Gastrointestinal Endoscopic Surgeons and the Society for Surgery of the Alimentary Tract.

Formerly of New York City, Dr. Rivadeneira has resided in Cold Spring Harbor with his wife and two daughters for the past 5 years. When asked about his hobbies, he confesses that he enjoys golf and tennis, but his dedication to his work and the advancement of medical technology remains his passion. When he does have free time, he is devoted to his family and raising his daughters.

While he looks forward to working as a board member and making an impact at Visiting Nurse Service & Hospice of Suffolk, everyone here is equally pleased and honored to have Dr. Rivadeneira on board.

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## Santa's Workshop at VNSHS

In the gift giving tradition at VNSHS, this past December during our annual holiday help, the community and staff at VNSHS came together to generously donate toys, clothing and gift cards to three local families who have experienced emotional, physical or financial hardships.

Two families were selected by VNSHS, while another was chosen by the Junior Welfare League of Huntington, an agency whose goal is to provide assistance to their struggling neighbors while enabling them to maintain their independence and dignity. The Junior Welfare League of Huntington requested assistance from VNSHS this year due to the economic hardship felt by so many within the area they serve. It only seemed natural to help a fellow community agency who does so much.

VNSHS extends a tremendous thank you to Atria Retirement Living, Century 21 Family, Habberstad BMW, and the entire staff at the William J. Brosnan School in Northport for their generous contributions to our appeals for holiday gifts.

When all the gifts were wrapped, Marguerite Metzendorf, VNSHS Director of Social Work, had the pleasure of delivering them to the families, who were incredibly appreciative and, at times, moved to tears at the generosity bestowed upon them. Meanwhile Marguerite reflects, "It's a wonderful feeling to give a little hope and joy to these families in times of hardship."



# 9th Annual 5K Race/Walk Kids Fun Run

## Run For The Health Of It

- USATF Sanctioned Race**
- Nurse With Best Time Award
  - Overall and Age Awards
  - Raffle Prizes
  - Post Race Refreshments

PROCEEDS SUPPORT OUR ANNUAL BEREAVEMENT RETREAT FOR CHILDREN

**GREAT PRIZES FOR THE TOP TWO FUNDRAISERS OVER \$300.00**

We are thankful to have the support of our sponsors.

**Top fundraiser gets first choice between:**

- 2 Tickets to a Broadway Show: West Side Story July 26, 2009, 3pm performance – *Sponsored by Northport Running Club*
- Trek Mountain Bike – *Sponsored by Adams Cyclery of East Northport*



**Date:** Saturday, May 9, 2009  
**Time:** 8:30 AM – Kids Fun Run - Untimed  
 9:00 AM – 5K (**RAIN OR SHINE**)  
**Day of Race Check In & Location:**  
 7:30 AM - 8:30 AM  
 Visiting Nurse Service & Hospice of Suffolk  
 505 Main St., Northport, NY

**Day of Race Entry Fee:**  
 \$25 – 5K; \$10 – Kids Fun Run

**Pre-Race Check In:**

**Cow Harbor Running & Fitness**  
 146 Main Street, Northport  
 May 7, 10:00 AM - 8:00 PM

**Super Runners Shop**  
 355 New York Ave. Huntington  
 May 8, 10:00 AM - 7:00 PM

**Pre-Race Entry Fee:**  
 Must be received by May 8, 2009  
 \$20 – 5K Race/Walk (\$25.00 Day of Race)  
 \$10 – Untimed Kids Fun Run

**Awards:**

- Top 3 Overall Male & Female Awards provided by Super Runners Shop
- Awards for Top 3 finishers in each of the following age categories:  
 14 & under, 15 -19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-75, 75+ and Wheelchairs

**Course:**  
 A challenging rolling hills course includes 1.6K of the historic Cow Harbor course.

**Results posted at [www.flrrt.com](http://www.flrrt.com)**

**Information:**  
 631.930.9310

**Directions:**

**From East:** LIE exit 53N, (Sunken Meadow Pkwy) proceed N. to 25A W. Go 4.5 miles to Main St. (Pumpnickels Restaurant) turn right. Go 1/2 mile to Visiting Nurse Service & Hospice of Suffolk. **From West:** Northern St. Pkwy E. to exit 42N. Bear right at fork to E. Deer Park Ave. Merge w/Jericho Tpke (1/2 mile) stay in left lane. Turn left on Elwood Rd. Proceed N. past Pulaski Rd. & 25A (approx. 3 miles). Road turns into Reservoir after crossing 25A. Follow to Main St. and make right. Follow 1/2 mile to Visiting Nurse Service & Hospice of Suffolk.

**Official Entry Form:**  
**Make checks payable to & mail to:**  
 Visiting Nurse Service & Hospice of Suffolk  
 at 505 Main Street, Northport NY 11768

*Pre-registration fees must be received by May 8th.*

5K Run \$20    Walk \$20    Kids Fun Run \$10

Male    Female    Nurse

\_\_\_\_\_ Date of Birth \_\_\_\_\_ Age (Mandatory for race)

Name (Please print clearly) \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

I'd like to support the Children's Bereavement Retreat with:

DONATIONS: \$ \_\_\_\_\_

RACE FEES: \$ \_\_\_\_\_

M/C    Visa    Check   TOTAL: \$ \_\_\_\_\_

Name on card: \_\_\_\_\_

Account number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Phone: \_\_\_\_\_

I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive, release and hold harmless (Race Organizer, Race Director, Sponsor 1, Sponsor 2, Municipality) and their agents, employees, representatives, successors and assigns, from any and all liabilities, claims, demands and causes of action whatsoever arising directly or indirectly from my participation in this event, even if any such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above-mentioned organization or individuals. (If signed by a parent, the parent agrees to waive, release and hold harmless the above-mentioned organizations and individuals from any all said liabilities, claims and causes of action which may be asserted on behalf of the entrant.)

I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant permission to any of the above mentioned organizations and individuals to use any photographs, videotapes, recording or any other record of this event and my participation.

\_\_\_\_\_  
 All entrants must sign. Parent must sign if under 18

\_\_\_\_\_  
 Emergency Contact (name and phone number)

## In Memory of Irving “George” August

Irving “George” August, an adored VNSHS hospice patient and wonderful man who we were privileged to know, passed away last month after a long battle with pulmonary fibrosis, at the age of 92.

Originally from Boston, George joined the United States Marine Corps when he was 17. “You see that blue uniform, white belt and white hat as a kid, that’s what I wanted to be,” recalled George in an interview prior to his death. George served for 10 years, 1934-1944, made sergeant and fought at Guadalcanal. His service took him all over the world – from ‘down under’ in Australia to north of Alaska – on the battleship New Mexico. So it was no surprise when George was recently honored at a ceremony at the Veterans Administration Center in Northport, for his dedication and commitment to the USMC, something he and his family were extremely proud of.

After the service, George returned to Boston. He was blessed with a pair of gifted hands and became a carpenter. There happened to be a store in town called “Leave it to George.” Eventually, his proficiency in carpentry led people to borrow the phrase and jokingly remark, “Leave it to George if you have something in need of repair;” hence, the nickname George, which he was affectionately known as for the remainder of his life.

George moved to Chicago in 1976 with his wife, a lingerie buyer who was recruited by Madigan’s Department Store, which is why they left the East Coast. After his wife’s passing, George kept very busy working as a maitre d’ in a French restaurant at the spry age of 82. He took his job very seriously and felt first impressions were important, and as host of the restaurant he was the customer’s first impression, so he dressed to impress. Always wearing a suit and signature bow tie, he sported an American flag pin on one lapel and on the other, his honorable discharge pin from the Marines. He loved horseracing and gardening, too, spending mostly everyday doing both.

About 3 years ago, he left Chicago and headed east to New York, where he moved in with his daughter, Frances and family, who were excited to have him back east.

Irving “George” August was a courageous man – a true survivor – who served his country well. Against all odds, George showed remarkable strength and tenacity in combating illness and is an inspiration to those who knew him. His daughter and grandsons, Craig and Cory Wilder and niece, Bernadette Clancy will miss him dearly.



Pictured with Mr. August are (l) Pat Cucci, RN and (r) Home Health Aide, Genna Andolfo

## Your Rights as a Patient

Patients have the right to control what treatment(s) they do or do not want in the event they should become ill. The 1990 Patient Self-Determination Act (PDSA) encourages all people to make choices and decisions now about the types and extent of medical care they want to accept or refuse should they become unable to make those decisions due to illness. This means that if you become ill, the doctor or nurse will explain treatment options, and you have the right to accept or refuse treatment. If you are unable to make decisions, a family member and/or friend can make these decisions for you if you have an advance directive. Advance directives are legal documents that allow you to convey your decisions about end-of-life care ahead of time. They provide a way for you to communicate your wishes to family, friends, and health care professionals, as well as avoiding confusion later on. The two most common types of advance directives are the *durable power of attorney for health care/health care proxy* and the *living will*.

*Durable power of attorney for health care/health care proxy* - The durable power of attorney/health care proxy is a document in which you direct your chosen surrogate or proxy (agent) to make all of your health care decisions if

## Runway Couture at VNSHS

High fashion without the high price tag was the theme at the VNSHS Holiday Fashion Show fundraiser, held this past December at Nocello's Restaurant in Northport.

Many thanks to Irving Brower and Josephine Creamer, owners of Nocello's, who once again generously donated the use of their restaurant, complete with a three-course luncheon.

With 150 guests and a sold-out show, the fundraiser was a tremendous success. All of the fashions came from The Community Thrift Shop located at 274 New York Avenue in Huntington Village. Gently worn clothing, furniture, and more are donated regularly in VNSHS' name, along with other charities, at the thrift shop. Proceeds benefit VNSHS and constitute a large part of their fundraising. The dedicated volunteers at the thrift shop work diligently not only to ensure a pleasant shopping experience, but that the finest quality merchandise, including designer names, are put on the selling floor for a fraction of the retail cost.

The models included staff and VNSHS volunteers, along with our friends from the community. They selected clothing straight off the racks at the thrift shop, yet one would have thought the apparel came from an upscale boutique. The sixteen models, including Danielle Campbell, news anchor at News 12, and two gentlemen, strode through the restaurant in their exquisite attire looking like professional models. Judging by the 'oohs' and 'aahs' expressed by the onlookers, the fashions, as well as the models, were clearly a big hit. Outfits were coordinated right down to the shoes in some instances, and were gracefully donned as if the garments were made for the models wearing them. All the while guests enjoyed their delicious lunch, a Chinese auction, and raffle prizes.

VNSHS would sincerely like to thank all of the models who made this event so successful, as well as the attendees for making it an exciting and entertaining afternoon enjoyed by all.



Pictured from left are Joan Erlagen, Merchandise Chair for VNSHS at the Community Thrift Shop, Kathleen Jablonski, Director of Performance Improvement & Education for VNSHS and Cissy Moffatt, VNSHS Board Member and President of the Community Thrift Shop Board

you become unable to do so. This proxy (agent) whom you choose, can decide which specific kinds of treatments or procedures you do or do not want. If your wishes in a certain situation are not known by your agent, that agent will make decisions based on what he or she thinks you would want. This person should be someone you trust to carry out your wishes. New York State laws require that this all be put in writing, signed by you, and witnessed by two people.

*Living Will* - The living will is a document designed to control future health care decisions when you become unable to make these decisions on your own. The living will is a formal document that must be written and signed by you, the patient. In addition, the document must be witnessed. This living will gives written instructions about certain medical conditions and the treatment(s) that you would want. The living will may allow life-sustaining treatment to be stopped in the case of terminal illness or permanent unconsciousness. If a person has hope of recovery, the living will may not apply. You may terminate or revoke a living will at any time.

It is important to not only have a health care proxy, but a living will as well to uphold your desires should you become unable to consciously make those decisions, and to protect surviving heirs from undue stress and financial burden.

## Donating with Heart

Irving Brower and Josephine Creamer, owners of Nocello's Restaurant at 843 Ft. Salonga Road in Northport, have continually donated their time, talent, and restaurant to VNSHS.

Nocello's, established in 1991, has a loyal following with an emphasis on the local community. Both Irving and Josephine, who are hands-on owners and pride themselves in getting to know their clientele, realized they could be a viable liaison between VNSHS and the community in helping to raise awareness, and therefore felt they could do more to help the agency raise much needed funds. They witnessed, in action, how dedicated VNSHS is to the community, as well as to the rest of Long Island, and felt it was important to support such an upstanding cause. Part of this inspiration, Irving says, came from the people affiliated with VNSHS whom he has gotten acquainted with. From employees to volunteers, he recognizes the extent to which they give selflessly to ensure the prosperity and integrity of the organization. As a result, Irving and Josephine generously offered to hold a fundraiser last year at their restaurant, "An Evening of Cabaret," which was a terrific success.

Most recently, Irving and Josephine donated their restaurant, complete with a three-course luncheon, to host a quickly sold-out fashion show, which was a lot of fun and a tremendous success. It is always an exciting venture to hold a fundraiser at their restaurant where attendees are sure to enjoy a delicious meal in a comfortable and warm environment.

Irving and Josephine continually show their generosity to many charities, but feel there is something very special between VNSHS and the tight-knit community they serve. Acting as a conduit in promoting VNSHS they are happy to partake in these events. Other charity functions to which they have donated have been enjoyed at Larkfield Manor for VNSHS' "A Taste of Long Island," and this past January, at Oheka Castle for the ALS fundraising event.

In speaking with Irving about his and Josephine's abounding philanthropy, he is looking forward to hosting more fundraisers and working in conjunction with VNSHS to help in the best way they know how. He spoke with zest and fervor about an idea for a smashing event for VNSHS that he envisions coming to fruition at Nocello's this summer. They enjoy hosting these fundraisers during the holidays, when their charming restaurant is brightly trimmed in seasonal décor, as well as in the summer, when people can sit back and enjoy an evening of great food and entertainment, all in the name of a cause that is near and dear to their hearts.

VNSHS is grateful to Irving and Josephine of Nocello's Restaurant, for their ongoing generosity and friendship.



Irving Brower, co-owner of Nocello's Restaurant in Northport.

**SAVE THE DATE**  
**Annual Golf Classic**  
**Monday, August 3, 2009**  
**Huntington Country Club**



# Help Us Continue to Build Carve Your Loved Ones Name in Stone... Buy a brick today and help us pave the way.

The Hospice House Memorial Garden provides a unique memorial for loved ones and friends. Bricks and pavers are available for purchase.

Each reserved brick or paver will be engraved according to the donor's wishes.

### Three options are available:

To reserve your commemorative brick or paver, please cut and complete the following:

#### Walkway Bricks

\$100 each

4" X 8" in size

14 characters per line including spaces;  
up to 3 lines per brick.

#### Walkway Pavers

\$250 each

8" X 8" in size

14 characters per line including spaces;  
6 lines per paver.

#### Walkway Granite

Pavers \$500 each

Deluxe granite material

8" X 8" in size

14 characters per line including spaces;  
6 lines per paver.

## Hospice House Memorial Garden Brick/Paver Reservation Form

Please mail completed form to:  
Visiting Nurse Service  
& Hospice of Suffolk  
505 Main Street  
Northport, NY 11768

Donor Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I wish to purchase \_\_\_\_\_ walkway brick(s) at \$100 each. \$ \_\_\_\_\_

I wish to purchase \_\_\_\_\_ walkway paver(s) at \$250 each. \$ \_\_\_\_\_

I wish to purchase \_\_\_\_\_ walkway granite paver(s) at \$500 each. \$ \_\_\_\_\_

*(Engraving instructions will be requested from you at a later date.)*

TOTAL \$ \_\_\_\_\_

I enclose a check made payable to Visiting Nurse Service & Hospice of Suffolk.

I wish to charge my credit card # \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/20\_\_\_\_ (VISA/MasterCard) Only

Signature \_\_\_\_\_

My gift(s) above are made in tribute to a loved one or special friend.

In memory of  In honor of

Send Notification to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

In memory of  In honor of

Send Notification to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

## COOKBOOK



Visiting Nurse Service & Hospice of Suffolk, Inc. has collected the best recipes from staff, family and friends to compile a beautiful keepsake cookbook that you can enjoy for years to come. These one-of-a-kind cookbooks would make a great gift for Mother's Day, Birthdays or Graduation and are selling for \$15.00 each. Proceeds will go to our Hospice House and Annual Bereavement Retreat for Children. The cookbook contains over 300 well-loved recipes including appetizers, main dishes, and desserts. If you would like to purchase a cookbook, please complete the order form below and mail ASAP to:

**VNSHS, 505 Main Street,  
Northport, NY 11768**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Date \_\_\_\_\_

Number of Books \_\_\_\_\_

Amount Paid \$ \_\_\_\_\_

**Please make checks payable  
to: Visiting Nurse Service  
and Hospice of Suffolk, Inc.**