

Visitors

"Home is where the Heart is"



Winter 2012

A Publication of Livingston Memorial Visiting Nurse Association

Excerpted from a "Brief History of VNA," January 27, 1965,
by Mrs. Paul J. Williams, President (1962-1964)
— Visiting Nurse Association Ventura County.

In the Beginning

Public Health Nursing as it is known today is a late nineteenth century development, although its tradition goes back to the Middle Ages, when religious orders called upon home-bound patients to bring relief, comfort and medical care.

In 1859 an English merchant and Member of Parliament saw the great need for home nursing and organized the first Public Health Nursing Association. Following World War I governmental agencies assumed responsibility for public health nursing for the first time. The first municipality in the country to allot funds for public health nursing was Los Angeles.

In Ventura the Visiting Nurse Association was initiated in the fall of 1946, largely through the efforts of the Business and Professional Women's Club. In February 1947, officers were selected and on July 1st of that year the group was incorporated as a non profit organization. The first nurse was put on duty July 21, 1947.

In 1948 it became a part of the Ventura Community Chest and in 1949 became a county-wide organization and was in full swing by January 1950.

Faced with financial failure in 1952 the association was rescued by the Assistance League of Ventura County, which presented a check for \$1,500 to the group in sustaining the organization. Donations were also received from other organizations and individuals, including gifts of desks, a typewriter, mimeograph machine, autoclave, metal filing cabinets, etc.

Lay volunteers managed the office and a doctor and a nurse volunteered their services to direct personnel, and a staff of doctors were on the Medical Advisory Board. Two nurses were on staff and a fee of \$3 was charged to those that could afford it.



Inside This Issue



Donor Appreciation

PAGE 5



Light Up A Life

PAGE 6



President's Message

Welcome and Welcome

“DON'T MAKE IT MAUDLIN,” those were Dr. Hair's instructions to me in writing this column about Livingston's change in leadership. So, in keeping with our theme of celebration this year—2012 marks Livingston's 65th Anniversary—and not wanting to disappoint Dr. Hair, I would like to give a warm welcome to **Laura McAvoy** as Chairman of the Board and welcome Dr. Hair to his new role as Chairman Emeritus.

Charles Hair was born in Lancaster, Washington in 1920. At age six his family moved to Santa Paula, where he makes his home to this day. He attended Ventura College and later went on to study at USC for his undergraduate studies and medical school. He had a successful private practice in Ventura County for many decades and is proud to have delivered over 3,000 babies. In 1972 he was co-founder of the Livingston Memorial Foundation.

Dr. Hair began his Livingston Board of Directors service in 1983. Under his leadership the agency became the County's first Medicare certified hospice provider and began offering non medical in-home assistance through its subsidiary Gold Coast CareGivers. He has been asked to stay on as a member of the Board of Directors and has graciously accepted. He will continue to bring his passion for healthcare, wealth of knowledge and experience to the leadership, governance and financial stewardship of the agency.

Ms. McAvoy has been an enduring presence on the Livingston Board since 1984. Having devotedly served as Vice Chair for a dozen years, Ms. McAvoy ascends to the role of Chair as the agency begins its next 65 years. She is a strong advocate for quality home healthcare regardless of a patient's ability to pay. She is also ready and willing to respond to the growing needs, increasing costs and challenging times faced by the sick, handicapped, elderly and homebound in our community.

So, no sad goodbyes... only heartfelt welcomes to a capable and compassionate succession of leadership for Ventura County's most trusted and reliable home healthcare agency.

Lanyard K. Dial, MD, *President/CEO and Medical Director*

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Mission Statement

Livingston Memorial VNA Health Corporation and Livingston Memorial Visiting Nurse Association recognize the growing need to provide services in the home environment for the sick, handicapped, elderly and homebound.

As community-supported, nonprofit organizations, they strive to provide professional, licensed and supportive home health and hospice care services of the highest quality in the most cost effective manner to the people of Ventura County to ensure a positive patient outcome.

LMVNA explores and develops health-related programs based upon community need and acceptance, economic viability, and availability of resources to provide services.

LMVNA is sensitive to the financial circumstances of its patients and provides needed services, including those at reduced or no charge to indigent patients, based upon the available resources for the organization.



The Livingston Memorial VNA Health Corporation is the parent organization of Livingston Memorial Visiting Nurse Association and Gold Coast CareGivers.

Livingston Memorial Visiting Nurse Association is licensed by the State of California, certified by Medicare and Medi-Cal, and is accredited by The Joint Commission.

Joint Commission accreditation is regarded as the most comprehensive review of patient safety and quality efforts in the industry. Accredited home health organizations have fewer readmits to the hospital after an episode of care.



Gold Coast CareGivers is a non-medical provider of in-home assistance.

Ask Livingston...

QUESTION: My husband is having knee surgery and I'm scared, for him and for me too! I don't know what is going to happen when he comes home because I don't know how to help him or what to do?

ANSWER: Anticipating any surgery can be frightening especially when you don't know what to expect. Fortunately



Joan Egeris, MSPT
Physical Therapist

Livingston offers free Joint Replacement classes to prepare and help patients understand what to expect before, during and after

surgery. Some of the topics discussed are pre and post-operative exercises, how to use adaptive equipment, ways to maximize healing, and methods to ensure positive outcomes. Livingston is here for you, before and after your surgery. A recent patient said this about the class, "The seminar covered so many areas that would be virtually impossible for an attending physician to communicate because of time constraints. The other attendees and I were wonderfully served by the class." To attend classes in Ventura, call 642-0239. To attend classes in Camarillo, Thousand Oaks and Simi Valley, call 797-7699. Hubby will be up walking (maybe even dancing) before you know it!

Please send "Ask Livingston" questions to Sandy Morse, RN, smorse@lmvna.org or call (805) 642-0239 x 653

Dear Jean,

Congratulations on being selected as Livingston's *2011 Employee of the Third Quarter*. You have been an outstanding member of our nursing team for over five years. We have great respect for your medical knowledge and communication skills and are glad that you have found a home as a Practice Advancement Specialist in our Quality Improvement Department.

Your nursing career began in cardiology and telemetry care. As your children were born and growing you left nursing to become a full time mom. You came back to nursing with us in 2006, enrolling in our RN Re-entry Program where you distinguished yourself as a skilled clinician. In 2010 we were successful in recruiting you into our Quality Improvement Department. You now help our clinicians understand how to appropriately manage patients and document their findings.

The key to your success at Livingston has been your focused



Employee of the Third Quarter
Jean Nishimori

dedication to exceptional quality. You expect the best in yourself and in those you work with. Your unique ability to interact with clinicians in a positive and supportive manner has made you an extremely effective Practice Advancement Specialist. Your colleagues admire your ability to guide and lead others to a higher level of service and our patients have been the beneficiaries of your exceptional skills.

With Gratitude, Dr. Dial

Tell me more about... Grief Support

How can you describe the emotional, physical, and spiritual pain one feels after the death of a loved one? In actuality you can't, as grieving is a personal and highly individual experience. At Livingston we understand and know that one of the most important factors in healing is having the support of others. Grief support groups may help by offering a safe place for people to share and connect with those who are traveling the same difficult path. Here one will find others who understand what the life altering experience of losing a loved one is truly like.

Attending a Livingston grief support group facilitated by one of our skilled and compassionate leaders can bring comfort and understanding beyond many peoples' expectations. As group members give and receive help, they feel less helpless and rediscover a new sense of hope. While acquiring the skills and resources to rebuild their lives, there is support, friendship and an uplifting spirit.

Free of charge, Livingston's support groups are held weekly in various locations. If needed, referrals for individual grief support are also available. See the Calendar on page 4 of this newsletter, visit our website livingstonvna.org or call 642-1608 to find a group near you and for further information.

Did you Know... *Livingston has a story to tell*

Livingston's mission has always been to provide home healthcare to all, but did you know we do much more through community outreach programs and services? Did you know we present over 20 health educational programs each month? Did you know we participate in community disaster planning and also train student nurses? There is so much more we want to tell you, therefore we will soon be telling you our story, our Community Benefit Story.

Community Benefits promote and improve health and increase a community's access to health care. Non-profit hospitals tell their story in a yearly report, thus

it is only natural that as Ventura County's only non-profit provider of home care and hospice that we do the same. Our first Livingston Community Benefit Report will be published early this year and will allow our donors, patients and residents to not only understand what we do for the community, but to see how the community actually benefits. This report will highlight the many benefits we provide and will show that Livingston is truly a mission and value driven organization. We are proud of what we do and want you to know, so stay tuned!

HOW DO YOU FIND *Balance?*

Finding balance, whether between work and play or exercise and eating, is always challenging, but for the elderly, it's crucial. At Gold Coast CareGivers we take pride in assisting seniors to restore and maintain balance in their lives. Our goal is to help seniors remain as independent as possible so they can fully enjoy and engage in life.

Eating, sleeping, exercising, and a monitored medication program are all part of the balance wheel and contribute to well being. When these components are in order the elderly have the best opportunity to thrive.

The National Association of Area Agencies on Aging recently reemphasized the need to focus on helping those who are 85 plus to live at home, as long and as independently as possible. That's precisely what Gold Coast CareGivers is all about.



A non-medical home care provider
serving all of Ventura County.

(805)642-9570

goldcoastcaregivers.org

CALENDAR

livingstonvna.org

ONGOING

All classes are free to the public.



BEREAVEMENT SUPPORT GROUPS

Drop-ins are welcome to bereavement support groups. Contact for information 642-0239, griefinfo@lmvna.org, or visit the website lmvna.org.

2nd & 4 Tuesdays — 10:30am to 12:00pm

Help of Ojai - West Campus
370 Baldwin Rd., Ojai
Please call 218-9798

2nd & 4 Tuesdays — 3 to 4:00pm

The Townhouse, 7th flr. Founder's Room
4900 Telegraph Rd., Ventura

Wednesdays — 3 to 4:30pm

First Presbyterian Church
850 Ivywood Dr., Oxnard

Wednesdays — 6:30 to 8pm

Livingston Memorial VNA
1996 Eastman Ave., Ventura
Enter Suite 106

GRIEF CLASS

A class for the newly bereaved to assist in understanding the grief process.

2nd Thursday of the Month — 6 to 7:30pm

Livingston Memorial VNA
1996 Eastman Ave., Ventura
Please call 642-0239 ext. 624

DIABETES CLASSES

No registration necessary

For info, please call 642-0239 ext.723
Basic information on Type 1 and Type 2 diabetes with emphasis on the development of an individualized plan of care.

1st Tuesday of the Month - 1 to 2:30pm

Livingston Memorial VNA
1996 Eastman Ave., Ventura

1st Wednesday of the Month - 2:30 to 4:00pm

Camarillo Community Center Room 3
1605 Burnley St., Camarillo

1st Wednesday of the Month - 10:30am to 12:00pm

Simi Valley Senior Center
3900 Avenida Simi, Simi Valley

4th Wednesday of the Month - 1:30 to 3pm

Goebel Senior Center — Foothill Room
1385 E. Janss Rd., Thousand Oaks



Sherry Scott



Laura McAvoy, Nancy Gorski, Judy Farrell



Edie & Tony Fowkes

Thank You Donors

Livingston's ability to care for under and uninsured patients depends upon the generous support from the community. On October 27th we held a donor appreciation event at the Tower Club in Oxnard. The social gathering was generously underwritten by Rabobank and no funds intended for patient services and programs were used. Flowers were generously donated by Ted Mayr Funeral Home.

We could not serve our mission without the support of donors. All donations ensure that residents of Ventura County have access to Livingston home healthcare.



Patty Turnage of Rabobank

ALL PHOTOS BY ATTASALINA PHOTOGRAPHY



Jane Waters



Elise & Bill Kearney, Carol Hambleton, Heather Wade Daily

Livingston Lights up Lives



Star search.

ALL PHOTOS BY DAN MADSEN

Livingston's Light Up A Life celebrates the warmth and spirit of the holiday season. Light Up increases awareness and raises crucial funds, nearly \$60,000 last year, for Livingston Hospice. Donations ensure that all terminally ill patients living in Ventura County have access to compassionate care that leads to a better quality of life at the end of life. The 27th annual event was hosted at the Pacific View Mall in Ventura with friends, family and holiday shoppers.



Ventura Councilwoman Cheryl Heitmann and Livingston Hospice Director Tree Pavan prepare to read names.



Sweet sounds from CRV.



Radio personality Bo Jackson uses his man cave voice.



A congenial crowd settles in.

Thank you Sponsors

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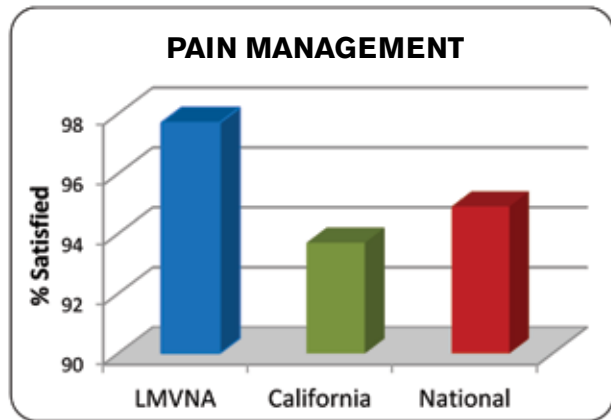
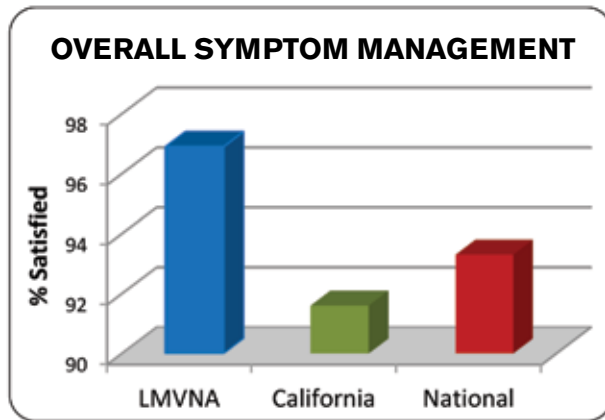
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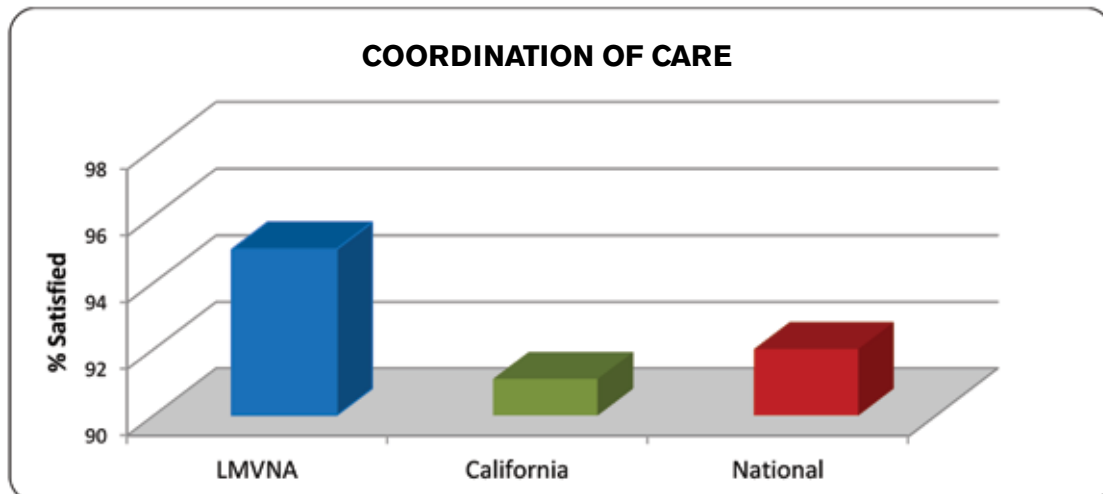
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LIVINGSTON HOSPICE

- 100% of our Hospice families would recommend Livingston Hospice to friends and loved ones.
- Families communicate high satisfaction with Livingston Hospice's ability to manage patient's symptoms of pain, shortness of breath, anxiety and depression.



- Families expressed high satisfaction in Livingston Hospice's compassion, leadership, knowledge and their ability to provide clear care giving instruction throughout the hospice experience.



SOURCE: 2011 Quarter 1 Family Evaluation of Hospice Care (FEHC) survey results for data submitted by Livingston Hospice, along with California and nationally representative comparison results as compiled by National Hospice and Palliative Care Organization.

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Jane Donlon

A Message About Planned Giving

The Value of a Family Legacy

This year Livingston will celebrate 65 years of service to our community. In recognition of this milestone, the Livingston Legacy Society was established as a way to support home healthcare and hospice. I was invited to consider including Livingston in my family's estate plans and I hope that you are doing so too.

What I'd like to touch on, though, is a different kind of legacy gift. It's not one that you leave in your will. Rather, it is what you, by virtue of your support of Livingston are passing down to your children and grandchildren as far as values and the importance of giving back to the community. It is the legacy of giving and that legacy has an important impact that will have a lasting effect on the future of

Livingston. Your charitable gifts from the past and present have made it possible for all people within our community to have access to home healthcare regardless of their ability to pay. Your gifts are what have made Livingston survive and grow over that past 65 years. The legacy of giving that you are leaving your children and grandchildren is what will allow Livingston to continue its mission for the next 65 years and beyond.

Jane Donlon is a nurse and the great granddaughter of Dr. William R. Livingston. Her family has joined with over twenty other Livingston supporters to form the Livingston Legacy Society.

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SAVE THE DATE — Saturday, June 16, 2012

1947-2012 — 65TH ANNIVERSARY

GALA CELEBRATION

In recognition of the founding of Livingston Memorial Visiting Nurse Association in 1947 and in gratitude to **Laura K. McAvoy** for her enduring devotion to the agency a gala celebration will be held at the **Mullin Automotive Museum**.

