

celebrate

GIVING

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AGENCY HEADLINES

Celebrate Giving is a bi-annual publication of Home Nursing Agency's Marketing Department and the Home Nursing Agency Foundation.

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The Home Nursing Agency Foundation is a nonprofit community benefit organization whose purpose is to provide financial and advisory support to create, improve or enhance the programs and services of Home Nursing Agency that ultimately results in a benefit to the individual, family and our community.



Home Nursing Agency is a grateful recipient of funding from the following United Ways: Bedford County, Blair County, Huntingdon County and the Laurel Highlands.

AGENCY PARTNERS WITH LOCAL PROVIDERS TO INCREASE DEPRESSION SCREENINGS AND ACCESS TO CARE FOR AGING PATIENTS

Local seniors now have access to depression screenings and additional care for physical and mental health through a \$600,000 grant from the Health Resources and Services Administration (HRSA) Federal Office for Rural Health Policy. UPMC Bedford Memorial Hospital, Home Nursing Agency, Community Nursing, The Aging Institute and UPMC Senior Communities collaborated to improve the health outcomes of Bedford County residents 65 and older with depressive symptoms. When Bedford County seniors are treated at UPMC Bedford Memorial or seen for home health care, they will have an opportunity to be screened for depression and those who need additional care will be appropriately referred for follow-up through a doctor, behavioral health nurse or telepsychiatry.

For more information, visit www.homenursingagency.com.

NEW PROGRAM EQUIPS PARENTS WITH SPECIALIZED SKILLS

Parent Child Interaction Therapy (PCIT) is a new evidence-based program at the Children's Community Health Center in Altoona that uses a hands-on approach to teach parents of children ages two to seven who are struggling with behavioral issues. By observing through a one-way mirror, a highly trained therapist coaches caregivers using an ear piece on very specific ways to engage their child and manage the child's behavior. "The parents are learning to play in a really interactive way, and they are gaining confidence on how to best guide and direct their children," explains Shannon Tronzo, Director of Children and Adolescent Services. Shannon shares a tip for all parents: "Spend at least five minutes a day solely focused on playing with your child!"

HOME NURSING AGENCY HOME HEALTH EARNS 4-STAR RATING IN NEW QUALITY SYSTEM



The Centers for Medicare and Medicaid Services (CMS) recently released the Five-Star Quality Ratings for Home Health. Home Nursing Agency earned a 4-Star Rating based on outcomes measured upon admission and discharge of patients. The new CMS Rating Systems were established to help customers, families and caregivers make informed decisions in choosing a home health agency.

CONNECT WITH US

Home Nursing Agency is live on Facebook and LinkedIn! You can connect with us by searching for "Home Nursing Agency" in either social media network. Look for the account with the Home Nursing Agency logo as the profile image. Like us to access resources, interesting stories and the latest news. Feel free to like, comment on and share the posts, especially if there is information that your friends or family could use.

HNA FOUNDATION CONGRATULATES 2015 MERCEDES MOMENT WINNER!

Allen Thompson of Altoona held winning ticket #759 for Mercedes Moment on May 21, 2015.

Allen has purchased a single ticket for the past five years. "I never really thought I'd win. What a shock when the phone call came at 7:05 pm that night telling me that I did! I was ecstatic to win the car and know that I supported a great cause, too!"

The real winners of Home Nursing Agency Foundation's signature fundraiser, Mercedes Moment, are the patients and families that we visit every day! Mercedes Moment benefits all programs and services of Home Nursing Agency.

Look for your chance to be the next Mercedes Moment winner in late January 2016.

Pictured from left: winners Allen & Lori Thompson; Nancy Fogel, HNA Foundation Mission Grants Committee Chair; Barry Halbritter, HNA Foundation Board Chair; Phil Freeman, HNA President & HNA Foundation President



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GIVINGsupport

JOHN'S JOURNEY

When Mary and Gary Hanna of Altoona welcomed their second son John, they expected him to reach all the age-appropriate milestones with the same ease that his older brother had done. When he didn't, his journey with Home Nursing Agency (HNA) began – a journey that started with 'too many to count' meltdowns in public to ending with the applause of the actor's stage and beyond.

Now, at 12 years of age, John is a bright sunny kid who loves video games, riding his bike, tagging after his teenage brother and performing in front of any audience. "He has come so far," says his mom proudly, who credits Home Nursing Agency staff with helping John through more than 10 years of physical and emotional support services.

A CHALLENGING START

"He was a wet noodle at birth," she said. "By two, he had Early Intervention and all the therapies (physical, occupational and speech). By three, he had multiple diagnoses, including a new one – autism—and he later was diagnosed with ADHD. From his first breath, it has been one challenge after another for him and us," she adds.

"I remember calling around for services, and the only one who got back to me right away was Home Nursing Agency. John was one of their first cases of autism, and we've been with them ever since."

In those early years, Mary recalled John having round-the-clock meltdowns, especially in public places. His HNA therapeutic support staff specialist (TSS) would take him to different stores to help desensitize him, sometimes staying with him up to 12 hours a day.

Each individual with autism is unique. Many of those on the autism spectrum have exceptional abilities in visual skills, music and academic skills, and about 40 percent have average to above average intellectual abilities.

COMING OUT OF HIS SHELL

"At age three, he took my computer completely apart and put it back together," his mom shares, adding, "I sent it off to the manufacturer in a panic for repair, and their question to me was 'Would your son happen to be autistic? It was put back perfectly.' He's very smart and has even played songs on the piano, when he never was taught and heard someone else playing."

At age five, after the death of a beloved grandfather, John became non-verbal, using flash cards and a picture box to communicate. That lasted for a long time, Mary remembers, as she recalled teaching her mother and the entire family how to learn John's needs and wants.

As he entered his late elementary years, the support from his family, teachers and the HNA team allowed John to come out of his shell.

**"HNA has been great the last 10 years ...
WE COULDN'T HAVE DONE IT ALONE."**

"He really blossomed in fifth grade when he joined the drama club," beams his mom, adding that he also improved academically and socially. "He's had speaking main parts, and he knew all the speaking parts of the others, too!"

AN UNEXPECTED SETBACK

Just when things were finally going right for John and his family, John began displaying some unusual physical symptoms in late 2014 and was diagnosed with three life-threatening syndromes. His first and second vertebrae had broken down, while the third vertebra was rapidly deteriorating. He wore a neck brace constantly to stabilize his spinal cord, as going without led to pinched nerves and fainting. He was not allowed to do much of anything due to the threat of paralysis if injured.

To correct these issues, John underwent extensive surgery in March at Georgetown



University in Washington DC, where doctors fused existing vertebrae, did a rib graft and made a custom-fitted device to stabilize his neck and spine. John's surgery required a 16-day hospitalization, during some of which he was in a medically induced coma as moving could have caused paralysis.

This caused an enormous financial strain on the family, Mary shares, and again she noted Home Nursing Agency was there to offer support.

The Home Nursing Agency Emergency Medical Fund, one of the many Mission Grant funds created by donors' support to help assist patients and families in need, was able to step in and provide some vital assistance for the family, granting \$750 to help them with groceries, gas cards and assistance with housing while at Georgetown.

"You cannot understand how much this money was appreciated by our family," Mary says. "This was such an incredibly stressful, scary time for us, and Home Nursing Agency was here to help, every step of the way."

"WE COULDN'T HAVE DONE IT ALONE"

Now in seventh grade, John continues to improve physically and emotionally. He does laundry, helps cook and even assists a family member in tearing down car engines. "I've tried to teach him life skills since he was little," Mary explains. "My hope is he keeps progressing the way he is so he can eventually hold down a job, probably with cars and computers."

Mary also shares some words of advice for other families with a son or daughter dealing with autism like John.

"You grieve for the child you thought you would have," she says softly. "So grieve. Then move on. Do the research, get the services. HNA has been great the last 10 years. I have had so many people helping me with John from the very beginning. We couldn't have done it alone."

Above, many of the 16 days John Hanna had to spend at Georgetown University Hospital after extensive surgery were in a medically induced coma (with his therapy dog Pace at his side) to prevent him from moving and protect him from paralysis. Time off work and away from home placed a financial strain on the family, and through your support, the Home Nursing Agency Foundation was able to provide funding for groceries, gas cards and housing assistance.

Now, John continues to make advances in his physical and emotional health daily. He has made a full recovery after surgery and is back to enjoying normal activities like riding his scooter and his bike.

GIVING *life moments*

HUGS & FISHING MADE POSSIBLE BY HNA HOSPICE

“We’ve never had so many Daddy hugs,” shared Joyce Roach, daughter of Virgil Diehl, who, at 90 years old, was still affectionately referred to as Daddy.

Joyce and her sister Debbie Harris took a hiatus from their lives and families in Florida and Maryland, respectively, to return to their parents’ 10-acre homestead in Bedford County to care for them through their final days of life. They and their four siblings partnered with Home Nursing Agency Hospice for more than a year to give their parents the best lives possible.

“GET MY HOSPICE FAMILY BACK”

When their mom Lorraine was admitted to hospice in May 2013, the team of nurses, aides and spiritual counselor Pastor John Bennett quickly became an extension of their family. Lorraine passed away in January 2014, and three days after the funeral, they found themselves at the UPMC Bedford Memorial Emergency Room with Virgil, who was diagnosed with pneumonia and a recent heart attack. Knowing his limited ability for recovery, the daughters had no doubts about what to do next.

“They discharged him, and I said, ‘Get my hospice family back!’” Debbie recalled. The team returned to the Diehl home just two weeks after Lorraine’s passing to support the family in caring for Virgil.

ENJOYING LIFE

With Pastor John pushing his custom “all-terrain” wheelchair, Virgil was still able to enjoy the outdoors, maintained by his daughters through what they lovingly called “Daddy Boot Camp”. Pastor John’s time with Virgil allowed for many special experiences, like a fishing expedition in the front yard

pond and getting his 1953 Ford NAA Jubilee tractor running again.

“Pastor John had never driven a tractor before,” Debbie explained. “Daddy gave him a book to read and said it was his homework!” Although Virgil lost some ability to communicate verbally, he guided Pastor John in bringing the tractor back to life and enjoyed watching intently on the occasions Pastor John fired up the tractor and took it for a ride.

QUALITY TIME TOGETHER

With the good days came the bad, and the family was strengthened by the knowledge that as Virgil’s condition changed, they had support through Home Nursing Agency Hospice. Debbie shared, “It gave us peace of mind. We knew that we could just pick the phone up and someone would be there.”

This reassurance and support of Home Nursing Agency enabled the family to keep Virgil at home where he wanted to be until he passed away last October.

“We could not have made this journey without the help of hospice,” Debbie said. “We were relieved and confident that hospice was by our sides helping medically and emotionally when needed, which allowed us to truly enjoy our days together making good memories.”

MOMENTS OF LIFE MADE POSSIBLE BY HOSPICE

As members of the National Hospice & Palliative Care Organization (NHPCO), Home Nursing Agency is a proud supporter of the Moments of Life campaign, an educational effort sharing that hospice is about more than care for the dying. Hospice and palliative care can make more meaningful moments possible – like hugs and fishing for Virgil – even when a person is facing a serious or even terminal illness. To watch the stories of families who have chosen to elect hospice and palliative care to enjoy more meaningful moments of life, visit www.momentsoflife.org.

At left, Pastor John Bennett, Home Nursing Agency Hospice Spiritual Counselor, shows off the fish that he and patient Virgil Diehl caught in the front yard pond. Below, Pastor John and Joyce Roach, Virgil’s daughter, uncover his prized tractor as Virgil and daughter Debbie Harris supervise. Fishing expeditions and getting the old tractor running were just two of the special moments Virgil was able to experience at home even as his condition declined, through the support of Home Nursing Agency Hospice.



GIVING *healthy beginnings*

THOUGHT INTO ACTION...

...ONE FAMILY'S SUPPORT MAKES A DIFFERENCE FOR YOUNG MOMS AND KIDS

A recent *Pittsburgh Post-Gazette* article titled "Your choice: Invest in preschools or prison?" was the catalyst that inspired a local family to begin a journey to help young moms transform their lives.

Michael E. Ward of Hollidaysburg was intrigued enough about the article, which focused on a national program providing early education and parent training through home visitations, that he emailed it to his two daughters, Andrea and Kristen. He then started investigating if such a program exists in our area. It does—at Home Nursing Agency.

The Home Nursing Agency Nurse-Family Partnership®, a free home visitation program, provides nurses to mentor income-eligible, first-time mothers. It begins working with moms during pregnancy, with a nurse making regular visits to offer basic support and guidance: don't drink or smoke while pregnant, don't take drugs and take care of you. After birth, the nurse coach helps with managing stress, learning how to feed and diaper and encouraging mother-child interaction through touch, talking and reading aloud to the child.

The *Post-Gazette* article validates why the program is successful and gaining momentum both locally and

nationally. Research shows that there was a 59 percent reduction in child arrests at age 15 among those who had gone through the program.

"Look, we'll have to confront the pathologies of poverty at some point. We can deal with them cheaply at the front end, in infancy. Or we can wait and jail a troubled adolescent at the tail end," wrote the article's author, Nicholas Kristof.

The Ward family decided to support the *beginning*.

With a generous impact gift, the family established The Ward Family Fund to assist the Nurse-Family Partnership program with support for child/family activities and needs and program/nursing support.

"It just struck a chord with me," Mike said. "It was a possible opportunity to do something good—to help these kids out. I can put my hands around this and see the success."

The Ward Family embraced the program further after meeting with a Nurse-Family Partnership family and hearing first-hand of their struggles of having a child at a young age, with no family support or knowledge of what to do as parents.

"One young family we met wanted to learn how to be good parents to their daughter. They wanted her to have a great life," said Andrea Ward. "This program has impact, and you can see the results."

Kristen Ward Gill, an elementary teacher, was equally impressed with the program from an educator's point of view. "You can definitely see the difference with a child whose parent is involved – they're prepared, they're confident, they are inquisitive and they want to learn."

For the Ward Family, their support is not about the recognition but about "knowing the good you can do" in your own community. This "good" was further validated after meeting current client Brittany Walter, her fiancé Eric Nouglozeh and their son Zelik (pictured below).

"It's a really beneficial program, but it's also a secret. People need to know about it," added Mike, whose daughters chimed in crediting their dad for pursuing the Nurse-Family Partnership initiative.

"This program has impact and YOU CAN SEE THE RESULTS."

For more information about how your support can make an impact in the lives of children, families and our community, please contact Pam Seasoltz, Director of Development at 1.855.GIVE.HNA (1.855.448.3462) or email pseasoltz@homenursingagency.com.

At left, the Ward Family (standing), including Andrea Ward, Michael E. Ward and Kristen Ward Gill, recently invested in the future of young families helped through the Agency's Nurse-Family Partnership program. Families like Claysburg couple Brittany Walter and Eric Nouglozeh greatly appreciate the guidance of Nurse-Family Partnership as they prepared for the birth and care of their son Zelik, who will continue to be seen by Nurse Home Visitor Robin Walters (seated on left) until his second birthday.

GIVING *impact*

MAKING A DESIGNATED GIFT

You, too, may recognize a need in your community that needs to be addressed and want to help. Designating your financial gift to a specific program or service of Home Nursing Agency can make lasting impact, as Mike Ward and his family's gift has done.

If you are not certain exactly how to match your passion to help others with the direct and pressing needs of people in your community, simply contact:

Pam Seasoltz, Director of Development,
1.855.GIVE.HNA (1.855.448.3462) or
pseasoltz@homenursingagency.com

Pam will work with you personally to provide specific opportunities where you can make significant impact in the lives of people in your community.



In today's health care environment, many of those we serve have needs that cannot be met by Medicare, Medicaid, insurance or self-payment alone. Foundation Mission Grants step in where the needs are greatest. Since 2005, 254 grants have been awarded totaling \$1,338,373.

For more information about how your support can make a difference, read the insert "Your Gifts at Work – Awarded Mission Grants 2015-2016" or go to www.homenursingagency.com, 'How You Can Help' tab.

GIVINGback

PATCHED TOGETHER CELEBRATES FIVE YEARS



PATCHED TOGETHER: A DAY OF MUSIC MARKS FIVE YEARS OF SUPPORTING THE HEALING PATCH: A PROGRAM FOR LOSS AND HOPE FOR GRIEVING CHILDREN AND THEIR FAMILIES

Plan to attend Patched Together 2015 on Saturday, Nov. 21, 2-10 p.m. at The Bavarian Hall, Altoona! Great band line-up from bluegrass to rock & roll, kids' activities, basket raffles, 50/50s and more

Check out www.facebook.com/patchedtogether or www.patchedtogether.com for details.

Patched Together: A Day of Music has raised nearly \$50,000 since inception in support of the Healing Patch for grieving children. Find out how and why this passionate group of volunteers has been so successful in this Q&A with Kent Tonkin, Healing Patch Volunteer and Patched Together Committee Chairperson.

Q This year marks Patched Together's fifth anniversary! Can you share some history about how Patched Together began?

A Patched Together was an idea hatched by two other Cambria Healing Patch Volunteers and myself. During that time in 2011, many charities were facing drops in contributions and even the Healing Patch was being faced with eliminating meals from groups to keep the program sustainable. Based on our love for the program and personal experiences with loss, we decided to take action. We were fortunate to have friends in both the fundraising and music communities who were excited to come on board with our cause.

Q As someone who faced loss and grief as a child, what are some of the challenges grieving children must deal with?

A The biggest challenge I faced as a grieving child was the challenge of isolation. Young people who survive loss find themselves to be members of an "exclusive" club of which no one

"In these dark places, light emerges in the form of peer connections, social lifelines that help these children and families realize that they are not alone in their pain; there are hands to hold, shoulders to cry on & ears to hear in a safe place."

wants to be a member. In the days, weeks, months and years that follow a loss, it's difficult to find others who share your life experience; even the most well-intended friends can further alienate a grieving child by trying too hard to empathize. The words "I know how you feel" hit like a hammer to someone who has experienced a loss, especially when they are coming from someone who has never been in their shoes. Conversely, other friends will simply avoid the bereaved because they don't know how to help. Being a friend to someone who has experienced loss is not easy, either! After the initial loss, the death replays in so many areas of life: school events, parents' weekends, weddings, graduations and other life signposts can cause the person who is gone to "die all over again" in their absence.

Q How does the Healing Patch make a difference to help kids through those challenges?

A The Healing Patch provides a judgement-free place where young people can gather with others who truly have walked in their shoes. When kids talk, they realize their reactions to grief are normal; they can see their own pain reflected in the experiences of peers who are traveling similar paths. In these dark places, light emerges in the form of peer connections, social lifelines that help these children and families realize that they are not alone in their pain; there are hands to hold, shoulders to cry on and ears to hear in a safe place.

Q Patched Together has grown remarkably in five years from an

annual event to becoming your own nonprofit organization that garners support from other groups. Can you share how this has grown to become such an important cause in our communities?

A I attribute our success to the worthiness of the cause and the quality of our volunteers and sponsors. The Healing Patch has served so many people in Blair, Cambria and surrounding counties that its reputation has spread; when we mention that Patched Together supports the Healing Patch, more often than not, people know of someone who has received services. Additionally, our Patched Together volunteers are some of the most selfless, dedicated and skilled people with whom I've ever had the privilege of serving. These people don't do this work for the credit or recognition, but because of their belief that the Healing Patch's services MUST remain available to any kid or family who needs them. Many of us are also volunteers for the Healing Patch as well.

Q How is Patched Together's support of the Healing Patch used? Why is it so important?

A Healing Patch services are completely free to families, so 100% of the funds we raise past expenses are donated to the Healing Patch to provide services. Our volunteers are committed to making sure that any child who experiences the loss of a loved one will NEVER have to feel that they are all alone. Statistics show that children who experience loss earlier in life are more susceptible to high-risk life styles, including alcohol/drug abuse and other self-destructive behavior. By giving young people access to the types of intervention offered by the Healing Patch, we can help them build a brighter and more well-adjusted future.



GIVINGcomfort

"TOUCHING HEARTS" - STATE COLLEGE WOMAN REACHES OUT THROUGH HER GRIEF

"You can do this crappy, or you can get something good out of it," shares Betty Neshturek of State College (pictured at left), reflecting on her journey through grief after her husband Frank passed away in February 2014. "What I wanted to do is make a difference."

A JOURNEY OF LOVE AND LOSS

After dating while at State College High School, Frank and Betty pursued their futures independently until they reconnected at their 25-year reunion, when Betty discovered that Frank had carried her picture with him throughout their years apart.

The couple eloped a short time later and spent the next 15 years enjoying life to the fullest. In that time, Frank was diagnosed with liver cancer and underwent a liver transplant. Three years later, Betty, an experienced nurse, knew Frank's condition had changed dramatically.

"His physicians wanted to contact the transplant team, but I knew he wouldn't make it," Betty explains. "He was discharged, and I said, 'We need hospice.'" The family chose Home Nursing Agency Hospice, and within the same day, he was admitted and had all of the supplies, like a bed and oxygen condenser, in place. Frank remained comfortable at home, where he passed away 10 days later.

"Hospice made my life a lot easier in that time, and I know it did for Frank, too," Betty shares. "I want to give back to help (HNA) give back."

AN OPPORTUNITY TO "TOUCH HEARTS"

After experiencing the care and comfort of HNA Hospice and being paired with Agency volunteer KC Sheeler (pictured at right), Betty recognized that her time of grief presented an opportunity to help others. She put her years of quilting experience to work to construct 60 quilts with encouraging sentiments and unique fabrics – ranging from princesses to military to breast cancer designs – that would be meaningful for the patients who would receive them.

"This is a project she wanted to do," KC says. "I encouraged her to do it for herself and others. Betty said she wants to touch someone's heart. She has captured many hearts!"

DO YOU WANT TO "TOUCH A HEART"?

You may not be a quilter, but if you desire to make a difference in someone's life, we welcome you to use your skills and talents to help others. Please contact our volunteer coordinators at 1.800.445.6262 or learn more about how you can get involved at www.homenursingagency.com.

GIVINGhelp

THE HEART TO STAY HOME

AGENCY NURSES TEACH HUNTINGDON MAN TO MANAGE HEART FAILURE AT HOME

At age 74, Eugene Garber has always called Huntingdon County home. Keeping him safely at home – instead of in the hospital – is the goal for the Home Nursing Agency Home Health team.

Eugene was referred to Home Nursing Agency after two recent hospitalizations for worsening of his congestive heart failure symptoms such as fluid build-up that makes it difficult for him to breathe. His nurses, including RN Case Manager Rexann Chamberlain, are teaching Eugene to manage his condition at home, where he wants to be.

“The nurses helped me make sure I was doing my medications right,” Eugene explained. In addition to medication management, the team secured a new digital scale with Mission Grant funding, thanks to YOUR support of the Home Nursing Agency Foundation. The new scale will be vital for Eugene’s ability to maintain his health at home.

“He will weigh himself every day,” Rexann explains. “If he notices an increase, which usually means that fluid is starting to build up, he can call us any time. We will come out to evaluate him and then work with his physician to make any changes like adjusting his medications.” Those changes can address symptoms early and help Eugene avoid another trip to the hospital.



The Agency’s clinical experts help patients like Eugene learn how to manage chronic conditions, such as congestive heart failure, chronic obstructive pulmonary disorder (COPD) and diabetes, through proper medications and nutrition. As patients take charge of their health, they also become aware of small changes, like weight gain for heart failure, that help them take preventative action before their symptoms get much worse.

“I appreciate the help,” Eugene says. “I have had a good experience with Home Nursing Agency, and all my nurses are nice!”

Eugene Garber of Huntingdon stands on his new digital scale with his RN Case Manager Rexann Chamberlain, who has taught him the importance of weighing himself daily to monitor his chronic condition of congestive heart failure.



A CALLING TO HELP: VOLUNTEERING TIME TO HELP OTHERS

Leah Leiden knew that she could help others. So, more than 10 years ago, she took the step to make a call.

Having heard of Home Nursing Agency’s Adult Center for Exceptional Learning (ACEL) through her friends, Leah reached out to see how she could help at the program for individuals with physical and intellectual disabilities.

“The first time I called, I said I wanted to help out, so I came and got started as a volunteer,” Leah explains. While at the center, she spends time with the clients and handles vital housekeeping jobs that keep the center running smoothly, such as washing dishes, doing laundry and vacuuming.

“Instead of staying at home and doing nothing, I like to come and help,” Leah shares. Along with the satisfaction of knowing she has made a difference, she enjoys interacting with the clients and staff. “I have really good friends here at ACEL. It feels great to help!”

Leah and other volunteers are vital to Home Nursing Agency, as they impact the lives of clients and patients in a special way beyond the clinical care provided by employees. The Agency welcomes volunteers in many roles! If you have a desire to make a difference by working directly with clients, patients and caregivers; helping behind-the-scenes with clerical duties or providing direction and input as a Board or Committee Member, call our volunteer coordinators at 1.800.445.6262 or visit www.homenursingagency.com.

GIVINGwellness

THE JOURNEY OF TRANSFORMATION

NEW PROGRAM HELPS ALTOONA WOMAN ACHIEVE MENTAL AND PHYSICAL HEALTH GOALS

One step at a time...

For Valerie Scott, her journey to wellness was just that – one step at a time, one goal at a time – as she has been transforming her physical and mental health since the beginning of the year.

As a client of Home Nursing Agency’s Behavioral Health Services since 2012, Valerie overcame alcohol and drug addiction but knew that she had other mental health issues, along with physical ailments such as climbing blood sugar and struggles with weight.

Identified as a candidate for the Agency’s new wellness coaching project, Val had her first meeting with Wellness Nurse Brenda Servello and her Resource Coordinator Jamie Kivitz in January.

“Once I saw what I could do, I was encouraged... now I take care of myself.”

“In our first meeting she could hardly stay awake,” Brenda recalls. “I accompanied Val to a doctor’s appointment after that, and we worked with her physician to identify that one of her medications was causing severe drowsiness. After

changing her medication, she was able to start making the positive changes she wanted.”

Val and Jamie worked together as Val set her first goal – to lose two pounds a week for five weeks. She started by making one small change to drink water instead of her usual soda and iced tea. Meeting that first goal gave Val the momentum to continue on her path to better health.

“Once I saw what I could do, I was encouraged to eat fruits and vegetables, check my insulin and take my meds correctly,” Val shares. “I was so excited to wear jeans again! I never used to put makeup on or fix my hair. I just didn’t care. Now I take care of myself.”

Val’s change in attitude has been noticed, especially by Jamie.

“As her wellness coach, I get to guide and encourage her along the way, and then celebrate her achievements,” Jamie explains. “I’ve noticed so much more confidence, and she has become more self-sufficient as a result. She used to call me every day asking for my help with something. Now I hardly hear from her!”

Through her newfound confidence, Val is becoming more independent each day, using the bus rather than relying on Jamie and others to take her places, taking control of her budget and bills and helping her husband to make his health a priority.

Back in January, the thought of trying to lose 40 pounds would have been too overwhelming for Val to even consider. Reflecting back, Val realizes how much she has been able to accomplish one small goal at a time.

“I feel so much better about myself and more confident,” she shares. “If you want to get better and achieve more, you have to make time for it!”

Through a new wellness coaching program and the help of her Resource Coordinator Jamie Kivitz (at right), Valerie Scott of Altoona has taken control of both her mental and physical health. Reaching various goals, such as losing weight and managing her medications properly, has given Valerie the confidence to become more self-sufficient. Rather than relying on others to take her places, Valerie now uses the bus to get her groceries and run other errands.



GIVING *thanks*

EVERY DOLLAR MAKES A DIFFERENCE

DONORS REACH OUT TO HELP OTHERS

For more than 47 years, Home Nursing Agency has depended upon the generosity of community partners – individuals, businesses, local governments and organizations – to help ensure that our mission of providing care and services for those in need will continue.

Charitable dollars are necessary to help care for individuals and families who have limited resources, and support many of the Agency's community-valued services like the Healing Patch children's grief program and bereavement support groups for adults and families – both of which are offered free of charge.

Every dollar truly helps so many. Every gift truly has a story.

The following donations were received July 1, 2014 through June 30, 2015. We apologize for any errors or omissions to this list. Every effort is made to assure that proper information is recorded. Please call Carol Galioto at 1.800.992.2554 to make us aware of any corrections or changes.

Thank you to the following donors who have helped make a difference in the lives of our neighbors.

COMMUNITY PARTNERS - BUSINESS/ ORGANIZATIONS

AFSCME Local #3155
Allan Hancock Agency, Inc.
Allegheny Lutheran Social Ministries
Allegheny Township
Altoona City Authority
Altoona Hospital Nurses Alumnae Assn.
Altoona Pipe & Steel Co.
Altoona UCSC Employees
American Legion Auxillary Post 556
Austin's Texas Hot Dogs, Inc.
Barnes and Noble College Booksellers, LLC
BASF Corporation
Beale Township
Bedford Township
Bedford Valley Assembly of God
Belfast Township
Bellefonte Emergency Medical Services
Bethel Township
Blair County Chamber Foundation, Inc.
Blair Surgical Associates, PC
Blair Tower Resident's Council

Blair Township
Blue Mountain Hardwood Flooring
Brady Township Supervisors
Bratton Township
Broad Avenue United Methodist Church
Broad Top Township
Brush Creek Township
Buddy Celebration
Burgmeier's Hauling, Inc.
Carolina Easter-Vail, Inc.
Cassville Borough
Catharine Township
Catholic War Veterans Post 1691
Central PA Cardiology, LLC
Central Pennsylvania Community Foundation
Centre County United Way
Centre Foundation
Centre Hall Borough
Cesare Battisti Mutual Benefit Assn.
Chief Logan High School - Class of 1964
Chris' Hallmark Shop
City Beverage of Altoona, Inc.
Coaldale Borough
Colerain Township
Colonial Press, LLC
Conemaugh Township

Cornerstone Advisors Asset Management, Inc.
Cove Republican Club
Curtin Township
D. R. Eriksen Water Well & Pump Services
Dairy Farmers of America
Daisytown Borough
Dean Township
Delta Care Rx
Delta Health Technologies, LLC
Dept. of Public Assistance, Bedford County
Derry Twnshp Board of Supervisors
Dick's Homecare, Inc.
Dorman's Jewelers
Drenning Leasing Co., Inc.
Dublin Township, Hustontown
Dublin Township, Shade Gap
Dutch Hill Chocolates
East St. Clair Township
Ehrenfeld Borough
Employees' Benefit Assn, Penn State University
Energex American, Inc.
Estate of Mildred Port
Estate of Raymond W. Shields
Everett High School - Class of 1954
Everett High School - Class of 1957

Family Services Inc.
First Church of Brethren
First Commonwealth Advisors
First United Methodist Church
First United Methodist Church - Unity Sunday School Class
FOREVER Media
Franklin Township
Frankstown Township
Frederick's Lock & Key, Inc.
Freedom Township
Friends of the Embassy Theatre, Inc.
Gazette Printers
Gittings Private Investigations, Inc.
Grace United Methodist Church
Greater Beneficial Union, Dist. 45
Greg and Cathy Griffith Family Foundation
Gulf Oil
Gulich Township
H & R Block Employees
Habitat for Humanity
Haines Township
Heidleberg Country Club of Blair County
Heritage Baptist Church
Holiday Pools & Spas
Holland Brothers, Inc.
Home Health Resource
Hometown Bank of Pennsylvania
Hopewell Area Sportsmens Assn.
Hub City Model A Club
Huntingdon Horsemen
Imler's Poultry
Inco Beverage, Inc.
InFaith Community Foundation
Investment Savings Bank
Jarden Plastic Solutions
Jones Funeral Home
Juniata Township
Juniper Village at State College
Keller Engineers, Inc.
Kopp Drug, Inc.
L. B. Morris Coke Fund
Labor Specialties, Inc.
Leighty's Farm Market, Inc.
Letterkenny Township
Levine Engineering, LLC
Liberty Township
Licking Creek Township
Lincoln Township
Logan Township
Lone Pine Camp
M & T Bank, Corporate Office
Marklesburg Borough
Martin Oil Company
Martinsburg Area Community Fund
McLanahan Corporation
Mercedes Benz of State College
Metal Craft Impression Die, Inc.
Michael F. Dillard Auction Company, LLC

Mifflin County Savings Bank
Millheim Borough
Millheim Fire Company No. 1
MLR Partnership
Morris Township
Mount Nittany Health
Mt. Rock Commons Resident Assn.
Napier Township
New Enterprise Stone and Lime Co., Inc.
New Look Uniform Shop, Inc.
New Pig Corporation
North Woodbury Township
Northern Bedford County - Class of 1968
Northern Virginia Criminal Justice Academy
Okonak, Ciocca & Lechner, P.C.
PA State Corrections Officers Assn.
Panache Hair Studio
Patched Together, Inc.
Peak Media of Pennsylvania, LLC
Penn State Applied Research Lab.
Penn Township
Port Family Foundation
Porter Township
Providence Presbyterian Church (U.S.A.)
Quality Services
Quemahoning Township
R Tire Shop
Raystown Beverage, Inc.
Raystown Country Pool League
Reilly, Creppage & Co., Inc.
Restek Corporation
Roaring Spring Water
Robert D. Heath Funeral Home, Inc.
Rockhill Borough Council
Ronald McDonald House Charities of Mid-Penn Region, Inc.
S & T Bank
S.A.L. Squadron Post 245
Saint Francis University
Sentinel Services, Inc.
Sheetz, Inc.
Shirley Township
Sigma Technologies, LTD
Singer Brook Farms
Snyder Township
Solutionz, LLC
Sons of the American Legion
Sorge Funeral Home, Inc.
St. Mark's United Methodist Church Havice Valley United
St. Paul Evangelical Lutheran Church
St. Paul's United Church of Christ Sunday School
St. Peter's Lutheran Church
Standing Stone Post 1754 VFW
Still-A-Running-Hunting Club

Taylor Township
Tea Merchant 101
Tell Township
The Greater Altoona Jewish Federation
The Hershey Company
The Hite Company
The Lakemont Partnership
The Park Country Club of Buffalo, Inc.
The Pechter Foundation
The Ward Foundation
Three Springs Borough
Todd Township
Top Hat Chimney Sweeps, Inc.
Top to Bottom Interiors, Inc.
Township of South Woodbury
Tunnelhill Borough
Tuscarora Township
Union Township, Huntingdon
Union Township, Warfordsburg
United Steel Workers, Local 308
United Way of Allegheny County
United Way of Blair County
United Way of Greater Philadelphia and Southern New Jersey
United Way of the Laurel Highlands
United Way of Summit County
University Orthopedics Center
UPMC Health Plan
US Airways Accounts Payable
Valley Rural Electric Cooperative, Inc.
W.R. Straw/All-Chem Distributors, Inc.
Wal Mart Distribution Center 6047
Walker Township
Warriors Mark Township
Wells Township
West Granville Township Fire Co.
West Providence Township
West Taylor Township
White Springs Repair
Windy Hill Village
Wood Township
Woodbury Borough
Woodbury Township, Williamsburg
Woodbury Township, Woodbury
Woodcock Valley Sportsmens Assn.
WPS, Inc.
Yerty Auto Service, Inc.

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