

celebrate **GIVING**

Fall 2021 | Issue 11



ONE-ON-ONE: Pediatric Home Connection Meets Children Where They Are

ALSO IN THIS ISSUE: Mercedes Moment Update | Investing through the Home Nursing Agency Foundation | Fidget Blankets for Family Hospice Patients | Bridging the Gap between Home Health and Family Hospice | Healing Patch Snapshots





aligning excellence

A MESSAGE FROM PAULA THOMAS

Welcome to the Fall 2021 issue of *Celebrate Giving!* With so much heaviness surrounding us, it is easy to lose sight of what is good. Every day, I am blessed to hear the stories of those whose lives have been made better because they had the right care at the right time.

I think of the Kost family, whose support through Pediatric Home Connection allows their son Nate to have the best quality of life at home and school – with his nurse Kelly by his side. Another telling example is how UPMC Home Healthcare nurse Nicole St. Clair recently helped her palliative home healthcare patient transition to Family Hospice. With great compassion and tenderness, she walked alongside the patient and family to ensure he could receive the level of care he needed at that time.

One of the unique and heartwarming aspects of home-based care is the opportunity for our team to see patients and clients in their own settings. Our team members can identify the missing resources that can help their patients to achieve desired outcomes, which may be improved health, quality of life, or independence for the future. Sometimes, these unmet needs take the form of basic life necessities like groceries and heat. Additional physical needs may include equipment, such as the scale that Nate Kost’s family uses to regularly monitor his weight.

Other times, the team recognizes simple ways to improve patients’ emotional or mental well-being and improve their quality of life. This was the case when our Family Hospice team noticed the agitation of patients with advanced Alzheimer’s disease. Enlisting the help of Healing Patch sewing volunteers to create fidget blankets, they can offer a tool that occupies patients’ restless hands while calming their minds. These “above and beyond” measures exceed the care that we are paid to provide by insurance companies, and these touches – big and small – are made possible only through YOUR support.

We recognize the contributions that so many businesses and individuals, like J. Mark Moschella and his team at Ravine Industries, Inc., invest through the Home Nursing Agency Foundation. Your generosity enables us to impact people of all ages right here in West Central Pennsylvania. Because of you, we can celebrate the good happening around us each day!

Sincerely,

A handwritten signature in black ink that reads "Paula Thomas". The script is fluid and cursive, with a prominent initial 'P'.

Paula Thomas
President, UPMC Home Healthcare & Family Hospice

HOME NURSING AGENCY FOUNDATION WELCOMES YOUR SUPPORT

Congratulations Robert Slobodnik, 2021 Mercedes Moment Winner!

Robert Slobodnik of Altoona held the winning number – 282 – for Home Nursing Agency Foundation’s 2021 Mercedes Moment fundraiser. Slobodnik was offered the choice of the Mercedes A 220 or \$30,000 cash prize.

In the nineteenth consecutive year, Mercedes Moment raised more than \$89,000 to help support individuals and families who have needs beyond normal circumstances and who may need additional services not covered by insurance. This year, the Home Nursing Agency Foundation has awarded \$171,950 in mission grants to directly impact the lives of Central Pennsylvania residents who are served by UPMC Home Healthcare, Family Hospice, and Home Nursing Agency Community Services.

Mark your calendar and plan to participate in the 20th anniversary of Mercedes Moment on Thursday, May 19, 2022. Tickets will go on sale in February 2022.



WAYS TO HELP

You can make a difference for residents of our Central PA region who receive UPMC Home Healthcare, Family Hospice, or other services by donating to the Home Nursing Agency Foundation.

Return the enclosed envelope with your donation or give online at HomeNursingAgency.com. You can also call the Foundation hotline at 1-855-GIVE-HNA to donate by credit card. For more information about ways you can help, please contact Kim Hesel, Director of Development/ Marketing Communications, 814-947-7024 or khesel@HomeNursingAgency.com.

The official registration and financial information of the Home Nursing Agency Foundation may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement. If you would like to be removed from our mailing list, please contact the Home Nursing Agency Foundation at 1-800-992-2554.

giving fulfillment



Pediatric Home Connection, Home Nursing Agency Foundation Enhance Quality of Life

Like all six-year-olds, Nathan “Nate” Kost has his favorites. Ranking among those are playing kitchen with his Pediatric Home Connection nurse Kelly Maddox.

After Nate and his twin brother Owen were born prematurely in August 2015, life was a blur as Ashley and her husband, Adam, adjusted to life with their two newborns. As the boys grew, it was clear that they were developing differently, and Nate was diagnosed with cerebral palsy at six months of age. Last year, Ashley

decided it was time to get help as she juggled the boys’ virtual pre-school work along with Nate’s care, therapies, and daily life. Ashley worked with Nate’s pediatrician to have him admitted to Pediatric Home Connection through UPMC Home Healthcare of Central Pennsylvania.

“Our Pediatric Home Connection nurse Kelly has very much become part of the inner circle,” Ashley shares. “She’s quickly become a number three for Nate behind me and my husband.”

In addition to playing kitchen, Kelly helps Nate with therapy activities, such as sitting to standing, side stepping, and using his AAC (Alternative Augmentative Communication) talking device. She has learned Nate’s unique communication styles and now acts as his care provider and advocate at school as he and Owen take on kindergarten this year.

“She is able to translate and understand what he needs,” Ashley says. “I’m so thankful that Kelly has been with us and is going to school with Nate. He loves Kelly!”

As preemies, Nate and Owen are both small for their age, usually trending within pounds of one another. When their pediatrician noticed Nate wasn’t gaining weight as quickly, bi-weekly weight checks became necessary to determine whether he would need a feeding tube. Your donations to the Home Nursing Agency Foundation



“ It’s very fulfilling to work with Nate one-on-one in his family environment ”



enabled the purchase of an easy-to-use pet scale that helps the family to track Nate's weight accurately as he cannot stand independently on a traditional scale.

Pediatric Home Connection provides shift-duty care for medically fragile children at home or school so that parents can sleep or work. Each child has specific and specialized needs that require an individualized plan of care implemented by caring and competent staff like Kelly.

"It's very fulfilling to work with Nate one-on-one in his family environment," Kelly says. "I became part of the family. That helps create a bond that makes it more fulfilling to watch him learn, grow, and do new things!"

Pediatric Home Connection cares for patients from birth through age 21 in Bedford, Blair, Cambria, Centre, Clearfield, Franklin, Fulton, Huntingdon, Indiana, Juniata, Mifflin, and Somerset counties. To learn more about services, visit HomeNursingAgency.com or call 814-942-4239.

If you are an LPN who is interested in becoming part of the Pediatric Home Connection team, visit careers.upmc.com and search for "Pediatric Home" to find open positions and apply online.



Page 3 - Pediatric Home Connection patient Nate Kost loves playing kitchen with his nurse Kelly Maddox, who uses the opportunity to help him build his core strength.

Page 4 - Your donations to the Home Nursing Agency Foundation purchased a scale for the Kost family to monitor Nate's weight regularly from home.

Bottom - Pediatric Home Connection nurse Kelly helps her patient Nate as he engages with his AAC (Alternative Augmentative Communication) talking device to operate a play washing machine.



Local Business Owner Invests in Local Community through Home Nursing Agency Foundation

Inspired by the generosity and service he saw in his parents, J. Mark Moschella didn't hesitate when he was asked to join the Home Nursing Agency Foundation Board of Directors in 2017.

"It is great to be part of something special to the local area and helping people in need," he shares. Mark and the other Foundation Board members provide oversight for activities and investments, as well as approving the grants for how donor funds should be distributed for maximum benefit of those served.

Prioritizing his family, God, health, work, and friends, Mark leads his business at Ravine Industries, Inc. and other ventures with a passion for improving the community. By

supplying apparel and promotional needs for the past 20 years, Ravine has helped businesses to elevate their image and maximize their visibility. Through real estate, Mark is helping to enhance the viability of the area surrounding Ravine's office on 7th Avenue in Altoona.

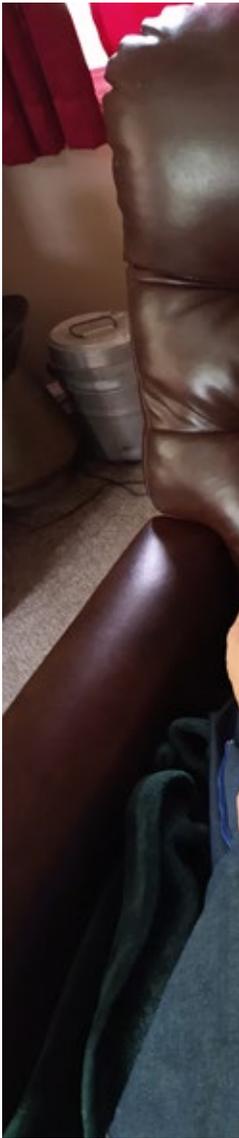
Through the business and personally, Mark consistently supports the Home Nursing Agency Foundation's Mercedes Moment and Decades Club fundraisers, knowing that it's local support that enables the events to be successful.

"I know this cause is supporting others, and I want to be part of raising more money to have greater impact," he shares.

As he looks to the future, he holds the wisdom of his grandfather closely: "What good is money without your health? Without it, you're broke."

Mark lives this wisdom out daily as he takes care of himself and gives through the Home Nursing Agency Foundation to ensure others have access to care and resources for their health. With direction from Mark and other Board members, the Home Nursing Agency Foundation supports people of all ages and stages of life.

To donate to the Home Nursing Agency Foundation, return your donation in the enclosed envelope, visit HomeNursingAgency.com, or call 1-855-GIVE-HNA.



Left - Healing Patch sewing volunteer Janet Smith and her granddaughter Jenna

Right - Family Hospice patient Donna Nielson enjoyed using a fidget apron to keep her hands busy

Family Hospice Provides Fidget Blankets for Restless Patients



Those who have dementia or Alzheimer's disease often display anxiety through restless or agitated behavior. As Family Hospice team members saw patients and caregivers struggling with this, they took action to literally put a tool in the hands of patients.

Chris Watts, Senior Manager, Clinical Operations, started by ordering a fidget apron with funds from your support of the Home Nursing Agency Foundation. Easily draped on a patient's lap, the apron offers tactile and interactive items, such as zippers, buttons, and Velcro. An apron was given to patient Donna Nielson of Huntingdon, who used it consistently before her passing in August 2021.

"She loved the Velcro part of it and zipping/unzipping. It absolutely helped to ease her agitation, and she used it nearly every day," shared her daughter Deborah. "Keeping her hands busy seemed to clear her mind."

Knowing the relief it brought to Donna and Deborah as her primary caregiver, Chris brainstormed ways to get additional fidget blankets, as each apron cost \$22. She sought help from the Healing Patch Children's Grief Program sewing volunteers, and five agreed to take on this project. Each volunteer received various materials to use in making creative activity blankets exclusively for Family Hospice patients.

So far, the volunteers have fashioned 40 custom fidget blankets with various themes. Each one is different, with beads, textured fabrics, shoelaces, clasps, and more. Sewing volunteer Janet Smith and her granddaughter Jenna made a total of 12 blankets and enjoyed planning and making each one unique.

"I was in awe of the workmanship, care, and love the volunteers put into making these blankets," Chris shares. "They are works of art! Our patients will benefit by being able to work with their hands, which in essence is calming and relaxing...this is our goal for their end-of-life care."

To learn more about Family Hospice, visit UPMCHomeHealthcare.com or call 1-800-445-6262.

To share your talents as a Healing Patch sewing volunteer, contact Healing Patch Volunteer Coordinator Shalen Steinbugl at 1-800-445-6262 or steinbuglsm@upmc.edu.

***"Keeping her hands busy
seemed to clear her mind."***



**PALLIATIVE HOME HEALTHCARE
BRIDGES THE GAP
BETWEEN HOME HEALTH
AND FAMILY HOSPICE**

“We have been chasing the cure, rather than the care.”

-Ellen L. Stovall



Cure or comfort? This is the choice facing many patients who live with an advanced illness, such as cancer, heart failure, or lung disease. Those seeking treatment may experience life-disrupting pain and other symptoms, but choosing hospice sometimes feels like giving up hope, creating an impossible choice. But what if they didn't have to choose one over the other?

"Palliative home healthcare is the way to bridge the gap between home health and hospice for eligible patients," explains Clinician Chelsy Scanlan, who oversees the palliative

care program for UPMC Home Healthcare of Central Pennsylvania. Through palliative home healthcare, Chelsy and other trained nurses, including Senior Professional Staff Nurse Nicole St. Clair, can open the door for patients to discuss what is most important to them.

"Our team has become skilled in goals-of-care conversations," Chelsy shares. "Nicole is wonderful in saying, 'I want to know what YOUR goals are so that I can advocate for that.'" Often, patients' goals include quality of life and avoiding hospital and emergency room visits.

"Our palliative patients either don't qualify for hospice or aren't ready for that level of care," Nicole says. "They have a skilled care need and meet home health criteria, but their needs are different than our traditional home health patients. I want to get to know them, develop the relationship, and build their trust in our team. I tell our patients that it's their quality of life, and I want to help them live out what is important to them."

Chelsy, Nicole, and several other nurses have gone through extensive training to guide these

critical conversations and support patients' physical and emotional needs. The palliative nurses provide skilled nursing care and case management through the patient's palliative care team, including therapists, home health aide, social worker, spiritual counselor, and UPMC Home Healthcare of Central PA Medical Director Dr. Amy Swindell. This team joins forces with the patient's physician to help patients access the medications, resources, and care they need when they need it.

"Goals-of-care conversations ensure patients are getting the appropriate care at the appropriate times," Dr. Swindell explains. "We recently had a young man with cancer and significant pain referred to palliative home health. He was able to be transitioned to methadone for better pain control in collaboration with the palliative

"I tell our patients that it's their quality of life, and I want to help them live out what is important to them."

outpatient clinic out of Pittsburgh. We've had many success stories of patients being referred to hospice from palliative home care before I believe they would have been if this care were not involved."

Patients can stabilize and be discharged with the assurance that they can be re-admitted as their diseases progress, and as they need skilled care to address medication changes, appetite, or pain control. When the time is right and it aligns with the patients' wishes, the palliative nurses can help them transition to Family Hospice care.

"Patients often come back to us," Chelsy explains. "We provide that extra layer of compassion in home healthcare. Ideally, we are trying to get patients the most appropriate level of care to fit their needs. This is especially important for those patients who want both treatment and comfort."

To learn more about UPMC Home Healthcare, visit upmchomehealthcare.com or call 1-800-445-6262.

Previous page - Clinician Chelsy Scanlan (left) and Senior Professional Staff Nurse Nicole St. Clair discuss the care plan for a palliative home healthcare patient.



HEALING PATCH **SNAPSHOTS**

The Healing Patch Children's Grief Program has been part of various community outreach events and rounded out the summer with training of new volunteers and preparations for in-person family sessions to resume! To support the free and hope-giving work of the Healing Patch, visit HomeNursingAgency.com. View the latest Healing Patch updates on Facebook at [Facebook.com/HealingPatchChildrensGriefProgram](https://www.facebook.com/HealingPatchChildrensGriefProgram).



1. Welcome to the newest group of Healing Patch volunteers! From left are Steve Tomlinson (Cambria), Sue Shumar (Cambria), Ali Robinson (Blair), Joann Adams (Cambria), Natalie Graham (Blair), Madison Major (Cambria), Shannon Morris (Blair), Sue Burris (Cambria), and Becky Hazenstab (Blair). Katie Whysong (Blair) is not pictured.

2. Melody and Healing Patch participant Jack share their love of Baby Yoda at the first family session at the Cambria center this fall.

3. Volunteer Coordinator/Grief Specialist Shalen Steinbugl shared about the Healing Patch at the Let's

Move Blair County event at Lakemont Park. Participants made stress balls out of balloons and rice and learned about healthy coping skills.

4. Healing Patch Coordinator Melody Ray was one of the authors at The Magic of Reading event held at Lakemont Park.

5. The Healing Patch was honored to have been a part of the Blair County International Overdose Awareness Day event at Trans4mation Church. Melody Ray read her book *Someone I Love Died of a Drug Overdose*, Shalen Steinbugl shared resources and helped children make stress balls, and everyone participated

in a beautiful butterfly release to remember their loved ones. Pictured with them is Healing Patch participant Lavena.

6. The Healing Patch was an important part of the Cambria County Drug Coalition's International Overdose Awareness Day event. Prior Healing Patch member, now volunteer, Cortney Langerholc explained the empty chairs representing the 430 lives lost to addiction since 2016. Prior Healing Patch participant Eden Darity beautifully sang "Dancing in the Sky", and Melody Ray read her children's book. Eden is pictured with Melody.

RECOGNIZING OUR SUPPORTERS

The generosity of community partners – individuals, businesses, local governments, and organizations – helps to ensure that our mission of providing care and services for those in need will continue.

Every dollar matters. Every gift has a story.

The following donations of \$25 or more were received January 1, 2021 - June 30, 2021.

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Estate of Helen M. Frank
Estate of Melva Collary
Estate of Mildred Port
United Way of Allegheny County
United Way of Blair County
United Way of Huntingdon County

*Deceased

We apologize for any errors or omissions to this list.

Every effort is made to assure that proper information is recorded. Please call the Home Nursing Agency Foundation at 1-855-GIVE-HNA to make us aware of any corrections or changes.



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UPMC shall accept referrals and provide services to all persons in need in its defined service area regardless of race, color, religion, sex, age, national origin, creed, limited English proficiency, handicap or disability, ability to pay, ancestry, sexual orientation, diagnosis, infectious disease, or DNR status, if applicable.

upcoming events



CHILDREN'S GRIEF AWARENESS DAY

Thursday, November 18, 2021

Wear blue to show your support for grieving children! Take a photo of yourself, your family, or co-workers, and share it with the Healing Patch Children's Grief Program Facebook page. You can also donate to support the free and hope-giving work of the Healing Patch by visiting HomeNursingAgency.com.



LIGHTS OF LOVE

November 2021 - January 2022

Plan to participate in this interactive holiday giving campaign to honor or remember someone you love. Give online or call 1-855-GIVE-HNA to donate and share a tribute to be posted on the electronic tree.



MERCEDES MOMENT

Thursday, May 19, 2022 (tentative)

A \$100 ticket gives you a chance to win a 2022 Mercedes or \$30,000 cash*. The winner is based on the first 3-digit PA Lottery on Thursday, May 19 at 7:00 p.m. (excludes Wild Ball). Only 1,000 tickets will be sold! Be on the lookout for additional information in early 2022. **If winner chooses car, winner must pay sales tax and title and transfer fees. Price of ticket is not tax deductible. Taxes are not included.*



DECADES CLUB

Saturday, October 8, 2022

Reverse Raffle Drawing & America's Greatest Music to Benefit the Healing Patch Children's Grief Program

Blair County Convention Center, Altoona

Mark your calendar for this casual evening of cash prizes, Raffle Baskets, Silent Auction items, and great music. Tickets are \$100 each and include one chance in the raffle and admission for two for appetizer, dinner, and drinks.