



VNA OF
CAPE COD

The Visitor

FALL 2025

IN THIS ISSUE:

- CEO Note
- Home Care
- Palliative & Hospice Care
- Public Health & Wellness

Welcome to the third issue of *The Visitor*, the Visiting Nurse Association of Cape Cod's quarterly newsletter.

This is our way of staying connected with the community—offering transparency, expressing gratitude, and sharing the faces and stories behind our name.

A NOTE FROM OUR CEO



Ann-Marie Peckham, RN, MSN, MBA
President, Visiting Nurse Association of Cape Cod

The VNA will have its 110th birthday in the fiscal year we're about to enter! As fiscal year 2025 ends we have been honored to enter the homes of close to 13,000 Cape and Islands residents. We feel blessed to be welcomed into those homes and strive to make a positive difference in the lives of all who reside within... along with the many community outreach opportunities we have through our public health and wellness division.

In 1916, our ancestor, the Falmouth Nursing Association was founded on the tenets of public health and in most ways, those have not changed, nor have the streets we travel in our work. A heartfelt thank you to all who allow us to enter, to all who choose us to partner, and to our local boards of health and care facilities for supporting us as we work together toward our common goal – as it was 110 years ago so it is today!



Then: Baby Wellness visit in 1924



Now: Baby Wellness Visit in 2025

HEMOCARE

As winter arrives in New England, staying safe and comfortable at home becomes a top priority. Cold weather and icy conditions can present challenges, particularly for patients receiving care at home. Planning ahead is key- keeping extra blankets available, ensuring walkways and steps are clear of snow and ice, and stocking up on medications and groceries can make a big difference when storms disrupt routines. Staying connected with family, caregivers, and emergency resources also helps ensure peace of mind through the season.

HOSPICE & PALLIATIVE CARE

The holiday season is often filled with traditions and gatherings, but for families experiencing hospice care, it can bring unique emotions and challenges. Navigating this time with compassion and intention can help create meaningful moments. Patients and families may find comfort in focusing on what feels most important—whether that means simplifying celebrations, cherishing quiet time together, or honoring a loved one’s wishes. Our team is here to support families through these experiences, offering guidance and presence when it matters most.

This season also offers an opportunity to reflect on the work of our hospice staff, who bring dedication and empathy to each visit. Their ability to listen, comfort, and walk alongside families during tender times is at the heart of our mission. We are deeply grateful for their commitment to ensuring that every patient and family feels supported during the holidays and throughout the year.

We also want to highlight a valuable community resource: our bereavement support groups. Open to anyone grieving the loss of a loved one, these groups provide a safe space for sharing, healing, and connection. We encourage families to reach out and join, knowing they do not have to walk this journey alone.



F A L L
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BARNSTABLE ADULT COMMUNITY CENTER 825 Falmouth Rd, Hyannis 2nd & 4th Wednesdays 1:00 pm to 2:30 pm	SANDWICH CENTER FOR ACTIVE LIVING 70 Quaker Meetinghouse Rd, Sandwich 2nd & 4th Wednesdays 1:00 pm to 2:30 pm
FALMOUTH PUBLIC LIBRARY 300 Main St, Falmouth 1st & 3rd Tuesdays 10:30 am to 12:00 pm	YARMOUTH SENIOR CENTER 528 Forest Rd, W Yarmouth 1st & 3rd Tuesdays 10:00 am to 11:30 am
MASHPEE SENIOR CENTER 26 Frank E Hicks Dr, Mashpee 1st & 3rd Tuesdays 2:30 pm to 4:00 pm	ORLEANS SENIOR CENTER 150 Rock Harbor Rd, Orleans 1st & 3rd Fridays 10:30 am to 12:00 pm
OSTERVILLE VILLAGE LIBRARY 43 Wianno Ave, Osterville 2nd & 4th Tuesdays 1:00 pm to 2:30 pm	OUTER CAPE* Provincetown Senior Center at the Veterans Memorial Community Center 2 Mayflower Street, Provincetown 2nd & 4th Thursdays 2:30 pm to 3:30 pm

* This group rotates locations

[Surviving Grief During the Holiday and Winter Season \(PDF\)](#)

PUBLIC HEALTH & WELLNESS

As we head into the fall and winter months, respiratory illnesses such as flu and COVID are more common. Preparing ahead can help protect you and your loved ones during the busy season.

Tips for staying healthy:

Practice healthy habits:

Wash your hands often, cover coughs & sneezes, and stay home when you’re not feeling well.

Plan ahead: Stock up on tissues, over-the-counter medications, and other essentials before cold and flu season peaks.

Support your immune system: Prioritize sleep, stay active, & eat a balanced diet. By taking a few simple steps, you can lower your risk of illness and help keep our community healthy.

For more information about available vaccines or resources, contact 508-957-7423



Jill Fallon, per diem RN riding her bike to work a vaccine clinic at Rosewood Manor