



VNA OF
CAPE COD

The Visitor

SPRING 2025

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Welcome to the second 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

2025's March Madness is all around us and happens every year when the best college basketball teams play a series of 67 games narrowing the competition to one ultimate champion. Just like in basketball, teamwork is at the heart of what we do at the VNA and our success comes from working together toward a shared goal.

I recently came across a patient's comment that perfectly depicts the end goal for our team: *"I had wonderful treatment from everyone working at the VNA of Cape Cod. The woman taking my call was very professional but also very friendly and helpful. My PT was great. She got me up to stand and walk with my walker and then my cane. She and I were both concerned about my knee which I am still working on with outpatient. My occupational therapist helped me get my shower set up - we removed glass doors, and he was wonderful at showing me how to do things in the kitchen. The Home Health Aide helped me with my shower, hair, creams, etc. The nurse who came in went over medication. And they ALL took my vital signs. They worked as a team to get me to where I now go to outpatient therapy. I am very grateful that the VNA was there when I needed them."*

HOME CARE



The VNA team proudly honoring one of our recent STAR Award recipients, Nora Power, RN

It's hard to believe we've already reached 100 days with our new Electronic Medical Record system, Epic! What once felt new is now essential, giving us seamless access to comprehensive patient information across the system. Epic has transformed our care by providing a complete view of each patient's journey—from doctor visits to ED trips—enhancing efficiency and personalization.

One major benefit? Patients no longer have to repeat their medical history at every step, improving workflow and experience. As we continue to refine our care, medication management remains a top priority. Ensuring every patient's medication list is 100% accurate and accessible across hospitals, doctors, and pharmacies enhances safety and effectiveness.

With Barnstable County's aging population—34% over 65 compared to the state's 18%—home health services are more critical than ever. From our WOCNs providing expert wound care to lymphedema specialists improving quality of life, our team's expertise plays a vital role in helping patients age safely and comfortably at home.

PALLIATIVE & HOSPICE CARE

Our Palliative Care division is dedicated to providing compassionate support to patients and families in our community. With a skilled team of social workers, nurses, and therapists, we offer expert clinical guidance to enhance quality of life. Each patient's care plan is carefully reviewed by a palliative specialist, ensuring personalized support for both our field staff and the families we serve.

Our specialists also play a vital role in quarterly cancer committee meetings, where we assess and address community needs. In our most recent meeting, a survey identified transportation as a major challenge for patients. In response, our social work team is actively working to provide solutions and support during visits. Beyond direct patient care, we are engaging with local physician offices, senior centers, and community organizations to share valuable resources for home health patients. The enthusiastic response from the community reinforces the impact of our efforts, and we look forward to expanding this program to better serve those in need.

Hospice Volunteer "pays it forward" to We Honor Veterans program at McCarthy Care Center



Jerry, a proud Marine veteran of the Korean War era, arrived at McCarthy Care Center (MCC) in June 2022. He was honored with a heartfelt pinning ceremony, where loved ones and MCC staff gathered to celebrate his service. During the ceremony, he received a handmade red, white, and blue quilt, an American flag pin, a star from a decommissioned flag, and a certificate of appreciation.

Jerry's wife of 39 years, Joanne, described the ceremony as deeply emotional and comforting. "If Jerry had been aware, he would have truly appreciated everything," she shared. Moved by the experience, Joanne wanted to pass on the same warmth and support to others. Since 2022, she has crocheted and donated 110 afghans to MCC, ensuring other families feel the same comfort she did.

"I want them to feel what we felt when we received one," Joanne said. Her generosity exemplifies the vital role volunteers play in hospice care. MCC, part of the VNA of Cape Cod Hospice program, participates in the "We Honor Veterans" initiative, a collaboration with the Department of Veterans Affairs to provide compassionate end-of-life care for veterans and their families.

We hope you enjoyed the Spring 2025 issue of The Visitor. For questions and inquiries, please reach out to (508)-957-7737

ODDS & ENDS



Public Health & Wellness

"Falls Presentation" by
Kristen Siminski PT &
Betsy Henderson

Cowboy Caviar Recipe

Ingredients:

- 1 cup canned black beans, drained and rinsed
- 1/4 cup corn kernels (canned, thawed from frozen, or fresh)
- 1/2 tbsp chopped cilantro
- 1/4 tsp minced garlic
- 2 tbsp chopped red onion
- 2 tbsp chopped red pepper
- 1/4 cup salsa
- 3/4 tsp chili powder
- 1/2 tsp cumin
- 3/4 tsp lime juice
- Salt to taste

Instructions:

1. In a medium bowl, combine the drained and rinsed black beans, corn, cilantro, garlic, red onion, bell pepper, salsa, chili powder, cumin, and lime juice. Season to taste with salt.
2. For the best flavor, let the mixture marinate for 20 or more minutes.
3. For a tasteful snack or appetizer, serve in romaine or butter lettuce leaves, or with whole-grain crackers

