



VNA OF
CAPE COD

The Visitor

MEMBER CAPE COD HEALTHCARE

SUMMER 2026

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**We hope you enjoy
the latest issue of The
VNA Visitor. For
questions and
inquiries, please reach
out to (508)-957-7737**



A NOTE FROM OUR CEO

America has a big birthday this summer. Our 250th birthday. The VNA celebrates its 110th birthday this year. And for those in need of trivia for family game night, Barnstable County holds the 58th spot out of the 3,244 US Counties for “oldest demographic.” Thus, in the top 2% of “oldest” with a median age of 56.1 (compare to Plymouth County’s median age 43.4 and Bristol County’s 41). Per the 2024 census, 35% of the people who live year-round on Cape Cod are 65 years of age or older.

As the VNA enters so many homes on the Cape and Islands, this data comes as no surprise. So, as we think about it there’s a one in three chance that at least one of our close neighbors is an elder. A 2024 U.S. News survey reported that 95% of elder respondents consider aging in place an important goal. This is a goal with some inherent challenges, especially if one is an elder living alone, something our VNA sees far too often.



So, what’s a neighbor to do? Per a 2025 Pew Research report only 25% of respondents said they know their neighbors. As we celebrate the nation’s 250th and take a look back at the document our Founding Fathers pulled together, we become aware that they envisioned civic virtue as an essential element to a healthy nation. One small step toward our founding father’s intent, a healthy nation and a healthy community might be as basic as a jaunt across a neighbor’s lawn, or even a chat over the fence (picture Wilson talking to Tim on the old sitcom Home Improvement). So, here’s to a summer of ‘hey neighbor’ and Happy Birthday America, careful blowing out all those candles!



HEMOCARE - WHO, WHAT, WHEN, WHERE & WHY?

Who?

Home health care is for individuals who need skilled medical care or rehabilitation services at home. This may include people recovering from surgery, managing a chronic illness, healing after an injury, or experiencing changes in mobility or overall health.

What?

Our Home Health team provides skilled nursing, physical therapy, occupational therapy, speech therapy, medical social work, and home health aide services. Care is tailored to each patient's unique needs and goals.

When?

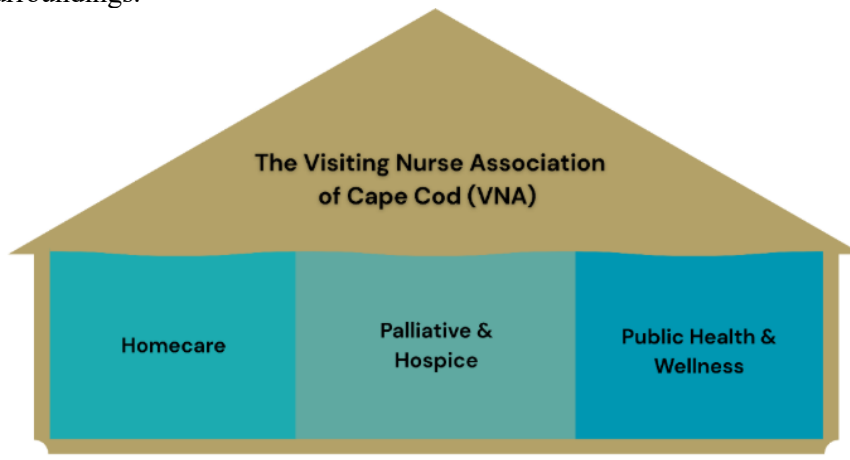
Home health services are typically recommended following a hospitalization, surgery, illness, or when a healthcare provider determines that additional support is needed to safely recover at home.

Where?

Care is delivered wherever patients call home. Whether it's a year-round residence, seasonal home, or assisted living setting, our clinicians bring expert care directly to the patient.

Why?

Because home is often the best place to heal. Home health care promotes independence, improves safety, supports recovery, and helps patients manage their health while remaining in familiar surroundings.



HOSPICE CARE - WHO, WHAT, WHEN, WHERE & WHY?

Who?

Hospice care is for individuals facing a life-limiting illness who have chosen to focus on comfort, quality of life, and symptom management rather than curative treatment. Hospice also provides support for family members and caregivers throughout the journey.

What?

Hospice care is a team-based approach that includes nursing care, social work, spiritual support, aides, bereavement services, and volunteer support. The goal is to address physical, emotional, and spiritual needs while ensuring comfort and dignity.

When?

Hospice may be appropriate when a patient's illness is no longer responding to curative treatments or when the burdens of treatment outweigh the benefits. Early hospice involvement often allows patients and families to receive the greatest level of support.

Where?

Hospice care is provided wherever a patient calls home, including private residences, assisted living communities, nursing facilities, and other care settings.

Why?

Hospice focuses on helping patients live as fully and comfortably as possible while providing guidance and support to loved ones. By managing symptoms, honoring personal wishes, and offering compassionate care, hospice helps patients and families make the most of the time they have together.

PUBLIC HEALTH PARTNERING FOR PREVENTION

The VNA Public Health team is proud to partner with Impact Melanoma on their "No Sun for Babies" initiative, a prevention-focused education program designed to help families protect infants from the harmful effects of ultraviolet (UV) radiation.

Melanoma is a serious form of skin cancer that develops when pigment-producing cells in the skin begin to grow uncontrollably.

Through this program, our Maternal Child Health team provides educational materials and sun safety packages to new parents and caregivers. These resources emphasize the importance of limiting direct sun exposure, using protective clothing and hats, seeking shade, and practicing safe sun habits from birth.

