



APPALACHIAN COMMUNITY
Visiting Nurse Association,
Hospice and Health Services, Inc.

ACVNAHHS

Horizons

Summer 2006
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30 Herrold Avenue • Athens, OH 45701

Serving the health care needs of our Appalachian community for 24 years!

Home Health, Hospice, and A Hand at Home

Continuum of Care with ACVNAHHS



Louise Oches with photos of daughter Martha

Martha Oches was born 49 years ago, the youngest of five children, a Down's Syndrome baby with a hole in her heart. Norm and Louise Oches recognized their child's needs and took in stride any challenges they might face. One of Louise's main concerns was that her child not be subjected to the stares or cruelty of others. The family lived in Medina, where the community was inspired to build its own school for special needs children. After her husband's death, Louise moved to Athens County with Martha, to join her son Barry and his family.

Down's Syndrome adults are not normally long-lived, and Louise credits some of Martha's longevity to her habit as a child of hanging from the monkey bars at school. "I really believe all that stretching and exercise helped expand her lungs and heart and give her a longer life," Louise stated. Martha loved to dance. "She told me she had a boyfriend named Neil Diamond. I learned she was playing his albums at school," Louise reminisced.

Her other children encouraged Louise to get a companion for Martha, but it wasn't until Louise was hospitalized for a hernia operation that she called upon the private duty services of Appalachian Community Visiting Nurses, Hospice and Health Services. Louise met with resistance from Martha about baths, but home care aide Janet Rayburn was able to provide bathing assistance

for Martha. Later, while Louise was away, Martha required hospitalization. Daughter-in-law Kate Oches remarked, "Janet was so caring with Martha and such a relief to Louise. But during Janet's stay, Martha developed complications and needed a phlebotomy, a procedure to decrease the amount of blood circulating in her system." After Martha's hospitalization a visiting nurse referral was made.

Janet's attention to details proved invaluable when nurse Kara Schoonover became alarmed by Martha's low blood oxygen readings. It was Janet who confirmed that these levels were quite normal for Martha. "The continuum of care between VNA and private duty allowed for closer monitoring of Martha's health," said Kate, "and made it possible to have consistency of care."

With more trips to the E.R., the family decided that hospice might now be appropriate. For years Louise had prepared herself for Martha's dying. Now the family divided up Martha's care and the hospice team fit right in. Nurses Missy Brown and Pam Bobo made immediate use of comfort pack medications, helping keep Martha comfortable at home. "It was amazing how all the services-VNA, hospice and private duty-dovetailed one to the other," stated Kate. "Good planning is critical, and our family was so grateful to have agency staff on board."

Louise and Kate credit the cardiologist for being really responsive to the treatment needed to give Martha

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**We are Southeastern Ohio's
 primary source for quality home
 care, striving to identify and
 fulfill the healthcare needs of our
 Appalachian community.**

ACVNAHHS photography
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www.acvna.org



(continued from page 1) *Continuum of Care with ACVNAHHS*

additional years of quality life. "Dr. Linkous worked well with VNA and hospice. Everyone was on the same level," said Kate, and Louise agreed. "Having nurses and aides from Appalachian Community gave me such peace of mind. I was relieved to have someone stay with Martha while I was gone, and then to have them there at the end of her life. We could not have done it without the supportive home health staff."

Lynn Brown, wife of client Roger Brown, also complimented agency staff on providing special care to her husband. "Roger has had services from all three programs from Appalachian," she stated. "He had trouble with his heart and we thought he wasn't going to make it. He was in hospice for quite some time when doctors decided to have his pacemaker redone. That operation turned things around, but it meant he was no longer eligible for hospice." VNA nurses continued to care for Roger after his exit from hospice, and now he receives two visits a week from private duty home care aide, Karen Glasser.

It's clear that aide and client have developed a very special bond, not uncommon in home health situations. "Karen is so good for Roger," remarked Lynn Brown. "I help Roger with his baths every day, but when Karen is here, she and Roger laugh and share stories and it makes him feel so much better." Roger Brown agreed. "Karen is a really



"Like a daughter" is how Roger Brown describes his home care aide, Karen Glasser.

special person and like a member of our family. In fact, Lynn and I think of her as our daughter," stated Brown.

Roger and Lynn met in New Jersey after the death of his first wife. Trained as a mechanical engineer, Brown helped design and sell electric clutches and brakes for special equipment. Some of his equipment was used on the diesel powered Love Boat, from the TV series of the same name. The electric clutch helped engage the motor and propeller to work together and power the boat.

A desire to be closer to family brought the couple to Athens, as Lynn's daughter and family reside here. "Roger is close to my daughter and family. The grandkids just make his days!" Lynn said. It is clear that his family bring him enormous joy.

Although doctors never found the source of intestinal problems that have

Schedule of Events for ACVNAHHS

- Sept. 22 Sternwheeler Festival • ACVNAHHS on live remote with WMPO • Middleport, Ohio
- Sept. 28 United Appeal Volunteer Day • 30 Herrold Ave.
- Oct. 21 Harleyween Poker Run, motorcycle raffle • Proceeds to hospice • Call 594-8226 for tickets
- Nov. 5 Memorial Service • 2:00 p.m. • The Plains United Methodist Church
- Nov. 11 Veterans' Day Garden Dedication • 2:00 p.m. • 30 Herrold Ave.
- Nov. 12 Memorial Service • 2:00 p.m. • Emmanuel United Methodist Church • Logan

Continuum of Care with ACVNAHHS

plagued Brown for over 20 years, the pain he is suffering is reflected during large pauses in the conversation. "I take so many medicines that they've affected my thinking so that I sometimes have a difficult time putting it all together," commented Brown. Despite the pain, Brown's

humor rings through every story. When home care aide Glasser mentions Roger's pacemaker surgery, Brown quips, "A pacemaker, stint and a piece of barbed wire; that's what they put inside me." Changing the subject, he focuses on his favorite things, as he points to his wife's good cooking and his love of travel. "I

have a darn good nurse over there," Brown remarked, pointing to his wife. "Lynn has become an expert in caregiving, and the service from the agency is very good, but we couldn't get along without Karen, my home care aide."



VETERANS' DAY CEREMONY

We invite you to visit our Veterans' and Commemorative Gardens at 30 Herrold Ave.

Begun in 2001, the gardens were developed so hospice family and community members could have a special place in which to honor their loved ones. From the beginning, our vision was to create lovely community gardens, providing a place of respite and reflection for all. The inclusion of vibrantly colored ceramic tile benches, built by developmentally disabled artists from Passion Works Studio, sets off the garden. We thank the many volunteers who have helped to make these gardens a place of beauty, and we encourage community members to join in their ownership by adopting a part of the gardens to plant and maintain.

ACVNAHHS hosts two dedication ceremonies each year. Our fall ceremony occurs on Veterans' Day, November 11 at 2:00 p.m. This is a special opportunity to place a brick in honor of one you love. The sale of engraved bricks and trees help support our hospice work and help the gardens grow. Deadline for purchase of bricks for fall ceremony is October 6.



Buy a Brick & Honor a Loved One!

To order a brick, fill out form and return to:
Appalachian Community VNA, Hospice & Health Services
 30 Herrold Ave., Athens, OH 45701 • 740-594-8226

Standard bricks are engraved with up to three lines of text, thirteen spaces each, at a cost of \$100. Larger bricks may be purchased for \$150 and contain up to five lines of text with thirteen spaces each.

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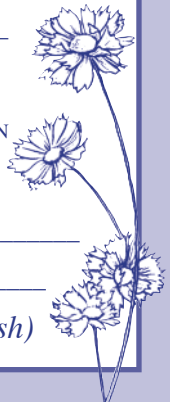
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Samuel Kotts

Paula K. Hesel
Jean Kotts

Stella Lee

Zelma L. Coleman
Grace Williamson

Lucile MacDonald

Christine & Fred Tom

Dr. Siegfried Maier

Jim & Marlene Bruning
Gifford B. Doxsee
Susan & Gerhard Ehrenspeck,
Kirsten & Lisa
Janice & James Gault
Wesley & Alice Peterson
Carl L. Savage
Gary & Kathy Schumacher
Mary T. Sutton
William & Marie-Claire Wrage

Judy Morgan

Vera L. Smith

Brad Neill

The Friends of Brad Neill

Esther Nichols

Joanne Priskey

Martha Lynn Oches

Mary L. Bernard
Lin Crane
James Gerspacher Real Estate
Bernice Koehler
Barry & Kate Oches & Family
Louise Oches
The Voinovich Center for
Leadership & Public Affairs,
Ohio University

Marvin E. Parsons

Phyllis Breen
Dominic J. Chieffo
Cindi Christie
Leona Cibrowski
Pat & Joe Davidson
Joann B. Fokes
Fort Harmar Rifle Club
Maryann & Norman Garber
Kari Gerstenberger
Lori Gingras
James & Dawn Gleason
John & Margaret Goodwin
Youngsun Kim
Christine B. Knisely
Carol Leslie
Julia J. McAfee
Tom & Laurie Munc
Steve Orth
Ohio School Speech Pathology
& Educational Audiology
Coalition (OSSPEAC)
Ohio University Speech &
Language Pathology MA
Students, Class of 2007
Davida Parsons
Larry & Thelma Raines
Joe & Pam Reese
Stephen R. Rizzo, Jr.
Lynne E. Rowan
William & Carol J. Shipley
Paul & Beverly Stacy
Janice M. Wright

Elise Patton

Martin & Jacquie Lindquist

Dennis J. Periat

Henrietta Sterling
Lawrence B. Weis

J. Lowell Rapp

Teresa Rapp

Gussie Reininga

Jean & Ed Charle
Sarah & Jim Cox
Elizabeth & Robert Dakin
Mary Helen Graham
Doris V. Green
Dr. & Mrs. William Huntsman
Anne & Guido Stempel

Julia Remonko

John G. Felix, Sr.
The Local Girls
Rose & Carl Micarelli
Milena Miller
Richard W. Moffitt
Charles O. Pfoutz
Rosanna J. Reeves
Betty Jo Sullivan

Thomas L. Richardson

VFW Washington County
Post 5108

Candy Rinaldi

Natalie Kumel

Bill & Sallie Roberts

Anne Roberts & Wil Chandler

Claire Roller

Shelley R. Conrath

Carol Runser

Karl Runser

Nancy Savage

Carl L. Savage

**Deceased Members of the
St. Paul's Council of Catholic
Women**

Council of Catholic Women,
St. Paul's Catholic Church

Fred Schleicher

Don & Karen Lax

Dale E. Schumacher

Paula K. Hesel
Beverly Schumacher &
Deborah D. Lewis

Bob Sebring

Mrs. Allan Lackey
Marjorie H. Sebring

Ladonna Shumway

Frank Shumway

Orville Skinner

Paula K. Hesel

Dr. Charles W. Smith, Jr.

Ronald & Mary Jane Black
Charles V. & Harriet M. Carlson
Helen & Bill Coffey
Ruth K. Cox
Mr. & Mrs. Richard Essex
Lucille Grubb
Luther & Jeanne Haseley
Marcia & Monroe Johnson
Dave & Betty Lacy
Marylea S. Lombard
Scott & Marjorie Malcom
Richard & Ruth Nostrant
Milton & Zella Ploghoft
William & Mary Rader
Beverly Schumacher
Mark & Rita Snider
James & Suzanne Thompson
Virginia Wreath

Kathleen Steiner

Kate McGuckin

Erma I. Stevens

Mrs. Allan Lackey

Dr. Robert G. Stockmal

Joan Beshara
Rose Chambers
Marilyn L. Clark
Patricia Cue
Shirley Dorman
Barbara & Francesco Gattuso
Lee Gregg
David G. Hendricker
Donald & Mary Kaye Jordan
Diane Kingsley
Dean & Alvi McWilliams
Frank & Lorraine Myers
Joe & Karen Perez
Rich Purdy
William & Mary Rader
Nancy Roe
Arthur & Bonnie Savage
The Schreck, Dean, Janz &
Zettler Families
Dr. & Mrs. Edward Schreck &
Family
Gary & Kathy Schumacher
Lynn Ann Simon
Shauna & Shyler Switzer
Suzanne E. Thompson

Martha A. Stoltzfus

Mrs. Allan Lackey

Jane & Ray Swartzback

Russ & Tate Baird

Tom Sweeney

Tanya Conrath & Matt
Sweeney

Calvin G. Thayer

Mary R. Thayer

Patricia Wagner & Jerry Wagner

Cindy Klinger

Sally Ann Warner

Nancy & John Stinson

Clarence W. Watson

Iona V. Watson

Anna Mae Withem

Linda & Mike Bycofski

*Media Corner*

ACVNAHHS hosts Live From Studio B
on WOUB-AM every first Friday of the month
at 12:30 p.m.

Listen to Appalachian Visiting Nurse and Hospice
jingles on WATH, WEAK, WLGN and WMPO!

Alice Peterson doesn't just do it all – but does it all so well!



Volunteer Alice Peterson

Alice Peterson likes to keep busy with a variety of tasks. That's just one reason that we're so fortunate to have her as an office volunteer at ACVNAHHS. Another big reason is that any task given to Alice is performed with expert efficiency and accuracy. In fact, there are certain jobs that no other volunteer seems to be able to grasp, and others at which even no office staff can match Alice!

Alice's life and work experience testify to her industriousness and energy.

Her clerical career began in high school, when she worked in a real estate office. After graduation, she took a job as assistant secretary to the division manager at Hills Brothers in Chicago, and then, while attending Wheaton College, she worked there as the Zoology Department Secretary. Despite the dual demands of work and school, Alice completed her teaching degree at Wheaton in only three years. After college, Alice and husband Wesley moved to Philadelphia, where he attended graduate school at the University of Pennsylvania. A little nervous at the prospect of teaching school in the city at that time, Alice instead continued her secretarial career, working with a corporate lawyer at ARCO. The first two of Wes and Alice's seven children were born at The Pennsylvania Hospital, the oldest hospital in the U.S.

After Wesley's graduation, he was appointed as assistant professor of zoology at Ohio University, and the

young family moved to Athens. In the following years, though Alice was plenty busy with the daily demands of rearing five sons and two daughters, she traveled with her family throughout the U.S. and Canada as well as many countries in Europe, Asia and South America. They also made mission trips to Kenya, Haiti and Jamaica, and Alice still found time to do part-time work in the office at the First Christian Church and in the Operations Department at Bank One, to do the payroll for Peterson Brothers Construction, her sons' company, and to help out with fund drives for the Red Cross and other non-profit agencies.

Over two years ago, Alice saw a notice for volunteers at ACVNAHHS in Senior Beat, a publication of O'Bleness Memorial Hospital. The notice attracted her, as she'd heard from her brother how helpful hospice services had been when his wife died. Alice has been a blessing to us ever since her arrival, and it's so easy to keep her happy here: just give her plenty to do!