

Monday, July 29

Join us for our Annual Glenn Roberts Elks Golf Classic, now in its 28th year!



Sponsor, donate, volunteer and/or play! For more information contact Sonya at 319.351.5665. n

IOWA CITY HOSPICE
1526 Sycamore St
Iowa City, IA 52240

Heart & Home

A quarterly publication from



Issue 2 • May 2024



From our CEO: **Our Past Informs our Future**

Welcome! This quarter's newsletter is also our annual report for 2023. It was a good year. We reached thousands of people and provided outstanding compassionate care. While we did a lot to be proud of, we had no chance to rest on our laurels: we heard challenging news from the State of Iowa and other funders that their priorities have changed and we will no longer receive their financial support.

We turned to our donors and you really came through! We surpassed our goal for our Annual Appeal, and received significant support to continue our VNA Homemaker Program. We are so grateful!

But since sustainability is essential to our mission, we also had to make difficult decisions. We took a hard look at all of our programs, where we make the most difference to our patients, and what we do best.

What we excel at, and the most vital services to our patients, are hospice and home health care. To sustain these priorities, we've put our community clinic programs, including flu vaccination clinics, on hold. We're consolidating, and living within our means.

VNA and Iowa City Hospice are coming home. And we're leaving the door open for the future.

Great Hospice Care Takes Teamwork

When your hospice care comes from Iowa City Hospice, an "interdisciplinary team" supports you. That means skilled health care professionals, each working at the top of their license, combine their expertise to plan, provide, and evaluate care and services.

All of our interdisciplinary teams include a physician, a registered nurse, a licensed social worker, and a spiritual counselor. We may also include the patient's attending physician, trained volunteers, certified hospice aides, bereavement counselors, music therapists, pharmacists, additional nurses, and other experienced therapists.

Every Iowa City Hospice interdisciplinary team works together to develop a written plan of care, and meets weekly to manage every plan of care for every patient. The primary nurse assigned as the patient's case manager coordinates the plan's care and services.

This team approach ensures that we can effectively address numerous issues from multiple perspectives and bring the best possible holistic and compassionate care to our patients and caregivers.

VNA NeuroRestorative Program Helps Regain Neurological Function

Traumatic brain injury, stroke, Parkinson's disease, and other neurological disorders can have devastating effects on patient function. It's stressful for both patients and caregivers as things that were once simple can seem impossible.

VNA's new NeuroRestorative Program focuses on the positive, bringing skilled therapists together to use their specific expertise to improve function and help patients live life to its fullest where it matters most – in their homes.

Patients and caregivers gain skill and confidence as occupational, physical, and speech therapy join to address issues like making toileting and bathing easier, compensating for cognitive changes, improving communication, and promoting steadier standing, walking, and movement.

Best of all, the care comes to the patient, which eases the strain of leaving home. For more information, visit vnaic.org, or call our office at 319-337-9686.

VNA NeuroRestorative Program Team:



Corrigan Goldsmith, OTR/L
VNA Occupational Therapist
Certified Brain Injury Specialist



David Harper, DPT
VNA Physical Therapist



Laura Farley, MS CCC-SLP
VNA Speech Therapist

follow us on facebook!

We share something almost every day! Sometimes it's useful tidbits like news you can use and caregiving tips. Sometimes it's fun stuff like shout-outs to our awesome employees, high fives for new achievements, and photos of office celebrations. Sometimes it's information about upcoming events and fundraisers (and shameless shilling for your support). Whatever it may be, it's always fresh and entertaining!



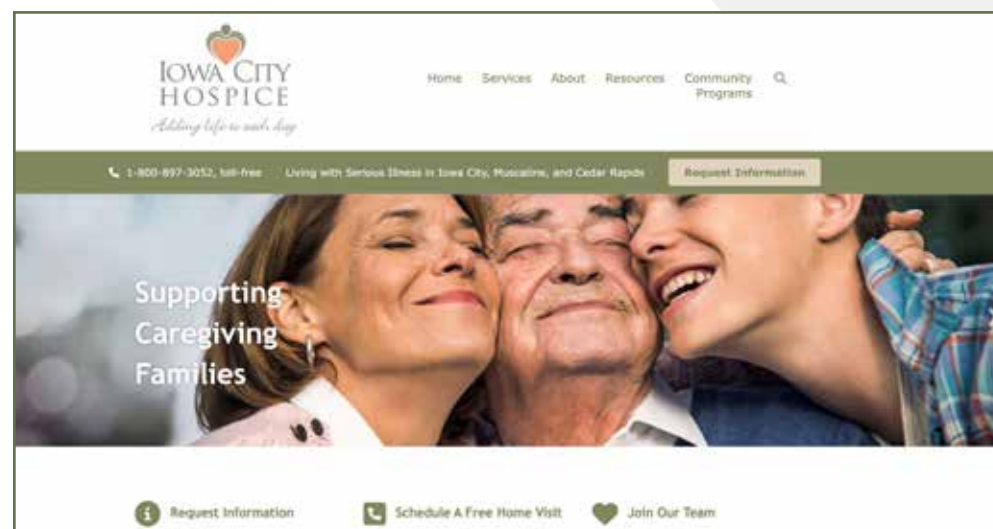
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Free Caregiving Resources at your Fingertips, 24/7!

We are delighted to provide an outstanding free resource to our community: seriousillness.org/iowacity. This website is packed with information and advice about caring for people with serious illness. You'll find disease-specific topics, time-saving tips, safety-enhancing resources and updated links to much more. You can even sign up for a monthly e-newsletter. We hope you'll take a look!



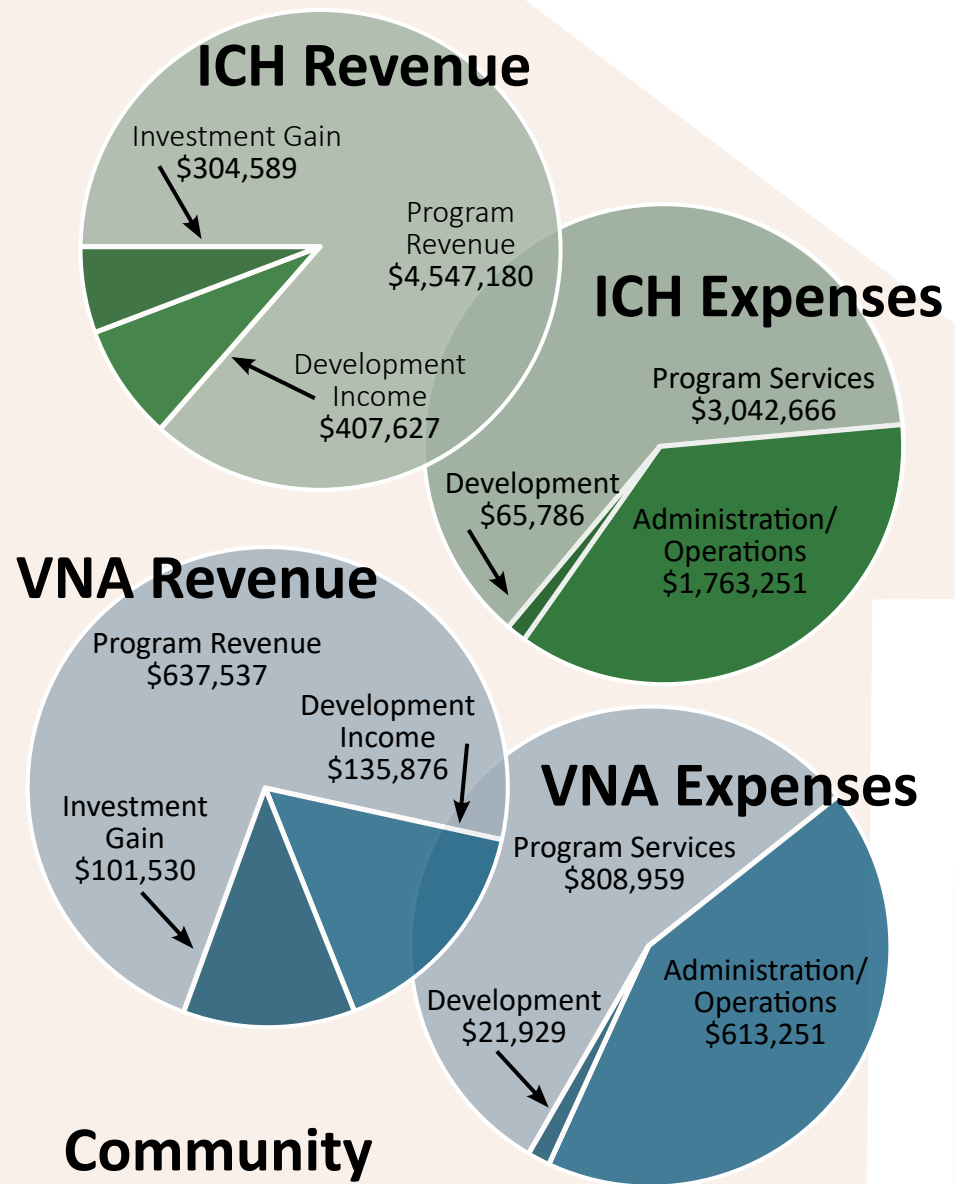
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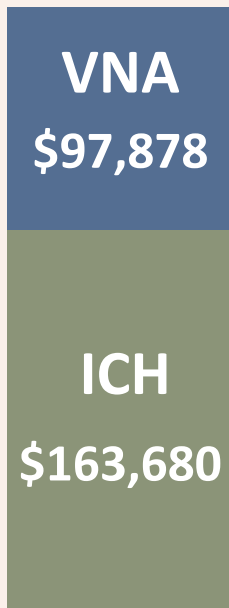
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319-337-9686
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1526 Sycamore St • Iowa City, IA 52240
319.351.5665
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2023 By The Numbers

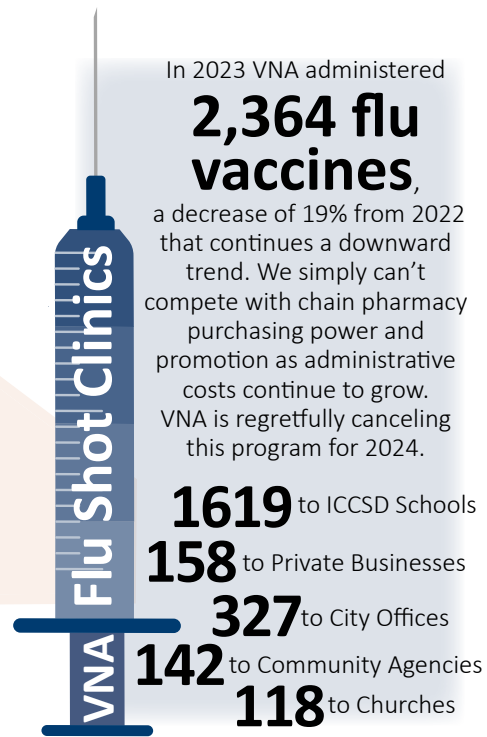


Community Service



We frequently accept patients with no insurance, or coverage that falls short of expenses. VNA and ICH support as many of these patients as we possibly can while remaining fiscally responsible and sustainable. We also provide popular services like homemaking and music therapy that are rarely reimbursed at all.

Total:
\$261,558



Who Are Our Patients?

In 2023, ICH and VNA together admitted **531 new patients** to home health and/or hospice care

269 identified as **female**

262 identified as **male**

These patients ranged from **7 to 106 years old**

They came from every corner of our seven-county service area:

- Amana • Cedar Rapids • Columbus Junction • Conesville • Coralville • Durant
- Ely • Fairfax • Hills • Homestead
- Iowa City • Kalona • Lisbon • Lone Tree
- Mechanicsville • Mt. Vernon • Muscatine • North English • North Liberty
- Oxford • Riverside • Robins • Solon
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