

Donors

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We thank the following donors for contributions made in honor or memory of the following people. Contributions were made between February 2009 and January 2010.

In Honor Of:

Dave Thornton, for his kindness
Pearl Sheridan

In Memory Of:

Antoinette Allesie
Dolores Triana

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Dolores Triana

Community Nursing Services of North East

7 Park Street
North East, PA 16428
814/725/4300

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HEALTHY OUTLOOK

APRIL 2010

 **COMMUNITY
NURSING SERVICES**
of North East

7 Park Street
North East, PA 16428
814/725/4300

Ask for Us by Name

Spring is on the way... and so is Cocoa Mulch!

Let's face it...winter has been tough on us this year! It's great to know that spring is on the way! A sure sign of warmer weather are the truckloads of cocoa mulch that will arrive soon in North East! Community Nursing Services of North East will once again present their popular Cocoa Mulch Sale next month. Orders are being accepted in three easy ways: via the **Cocoa Mulch Hotline at 814-790-0738**; emailing your order to us at **mulch@northeastnurses.com**; or by filling out and mailing the **order form** below.



During the spring of 2009, CNS sold nearly 3,300 bags of cocoa mulch, with profits being used to benefit the agency's programs. Special thanks to Regal Trucking of Ripley, NY, for assisting with transport services, and Arrowhead Winery for providing the pickup location.

Why Cocoa Mulch?

Cocoa Mulch is an excellent choice for your springtime garden projects. The mulch features the outer shell of the cocoa bean and provides many benefits for your soil:

- **Good for your garden.** Cocoa mulch contains protein, which helps in decomposition and stimulates beneficial soil bacteria. It also contains nitrogen, phosphate and potash.
- **No need for additional fertilizers,** and the slow release of nutrients will not burn delicate plants.

- **Goodbye weeds!** Application of cocoa mulch helps reduce weed growth.
- **Delicious smell!** The dark brown color absorbs the heat of the sun and will emit a mild chocolate odor.
- **Goodbye pests!** Cocoa mulch does not attract wood-boring insects.
- **Conserves water.** Cocoa mulch admits and retains water and never becomes soggy.
- **No dust!** Cocoa mulch goes through a sifting process, which reduces dust, increasing the volume of cocoa shells in each bag.

Order Today!

CNSNE will sell the mulch for \$7 per 2-cubic-foot bag. Mulch will be sold on a pre-order basis only, so please fill out the form below and mail it to Community Nursing Services of North East, 7 Park Street, North East, 16428. Orders can also be placed at North East Chamber on South Lake Street. **Orders must be made by Friday, April 16, at 4:30 p.m.** Payment is requested at the time of your order.

Pick-Up Dates

Bags of mulch will be available for pick-up at Arrowhead Winery/Mobilia Fruit Farm, 12073 East Main Road, Route 20, North East, from 8 a.m. to 4 p.m. on the following dates:
**Saturday and Sunday:
April 24 & 25 and May 1 & 2**

**Cocoa Mulch
Hotline!
814-790-0738**

*Simply call, leave your name,
daytime phone number and
number of bags. We'll call you
back to verify your order.*

Ladies, mark your calendar today!

Mobile Mammography Unit Returns to North East

The Regional Cancer Center will present its Eleventh Annual Mobile Mammography Screenings at Community Nursing Services April 6 and 7. The screenings will be held each day from 9 a.m. to 3:30 p.m. and offer North East women the chance to have a mammogram in a convenient location. Funding may be available for women 40+ without insurance. All insurances will be billed if you have medical coverage. Appointments and a doctor's order are required.

The mission of the Regional Cancer Center's Mobile Mammography Program is to provide every woman age 40 and over the opportunity to receive mammogram services and ultimately reduce breast cancer deaths. In addition to the visit in April, the Mobile Mammography Unit will return to North East on September 23 and 24.

Appointments are scheduled by calling
838-9000 or 1-800-477-6647

*This program is supported by a grant from the Pittsburgh Affiliate of
Susan G. Komen for The Cure.*



COUNTRY FAIR

**BRING IN THIS \$10 GIFT CARD
COUPON FOR A**

*when you get your mammogram on The
Regional Cancer Center's Mobile Mammog-
raphy Vehicle. Appointments required.
Offer good only for women 40+ who are
due for their annual mammogram.*

Expiration date December 31, 2010

Yes! I'd like to order some Cocoa Shell Mulch!

Name _____
Address _____
City, State, Zip _____
Telephone _____ Email _____
Number of bags _____ x \$7 per bag = amount enclosed: \$ _____

Please mail your order form and check to:
Mulch Sale, Community Nursing Services of North East, 7 Park Street, North East, PA 16428

Welcome Cheryl Buscemi, RN



Community Nursing Services of North East is pleased to welcome our newest nurse, Cheryl Buscemi, RN. A life-long resident of North East, Cheryl obtained her nursing degree from Villa Maria College, and is currently a student at Edinboro University. Cheryl is no stranger to CNSNE, having worked for the agency in the late 1980s. She subsequently worked in Erie for 20 years, including Admissions Director at Twinbrook Medical Center; Case Management at HealthSouth Rehabilitation Hospital; and nursing positions at Saint Vincent Home Care.

Cheryl is the proud mother of three sons, Peter, Jonathan and Gregory. She is the widow of the late John Buscemi and, with her sons, helps to run Johnny B's, the popular family restaurant John opened in the 1990s. Cheryl is happy to be back in North East working with community neighbors who are in need of home health and hospice services.

Welcome, Cheryl!

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CNSNE on line

Visit www.northeastnurses.com

CNSNE has been working diligently on completing a facelift to our web-site. Just one look and you'll notice the many differences; from the ability to donate on-line to reading about steps you can take to be proactive about your health.



- Be sure to check out the events section for information on support groups
- Meet our featured Staff Member of the Month
- Find explanations of services available or for resources to answer questions regarding home health or Hospice
- Coming soon! Link to our newsletter and even order cocoa mulch online!

What's the difference between your local community home health and hospice agency and other agencies in the area? Take a close look at our website and you'll recognize the home town touch! Visit www.northeastnurses.com

Home Health Survey in January 2010

The Board of Directors and staff are proud to report that once again, an unannounced three-day survey by the PA Department of Health resulted in no citations or deficiencies.

While attempting to write this article I thought I must "sound like a broken record", I've been repeating this same story since 1992. I then laughed quietly to myself, thinking my grandchildren certainly would not understand that saying. They don't even know what a vinyl record looks like... and if I'm saying it's broken, doesn't that mean it needs fixed? So, I'll just stick with the fact. When choosing Community Nursing Services of North East as your home care provider, be assured that you are getting quality professional care that is "just what the doctor ordered".

Elizabeth Brooks, Executive Director

Attention Welch's Employees!

We are thrilled to welcome back our neighbors from Welch's. With the recent move to Highmark as your health insurance provider, Welch's employees are once again able to utilize Community Nursing Services of North East as your home care and hospice provider. Ask for us by name the next time your physician or hospital discharge planner talk about home health care.

Help and support is here

Alzheimer's Support Group Meets Monthly

We are happy to provide a new group experience for those who are struggling to care for a loved one with Alzheimer's Disease. The Alzheimer's Association Affiliated Support Group meets at our offices at 7 Park Street on the fourth Thursday of the month from 3 to 4:30 p.m. Meetings are led by a trained facilitator. The meetings are intended to offer opportunities for families and caregivers who are dealing with this disease, as well as other vascular-related diseases like Parkinson's and strokes. Meetings will help caregivers:

- connect with others with similar challenges
- reduce the feelings of isolation
- learn techniques that can help ease physical and emotional burdens
- share practical ideas and feelings in a supportive settings.

If you are interested in attending the monthly support group meetings, please contact Maggi Hitchcock at 725-4300. The next meeting is scheduled for Thursday, March 25.



Hospice Bereavement Group

The CNSNE Bereavement Support Group is open to anyone who has suffered a significant loss of a loved one. The group meets on the third Thursday of the month from 3 to 5 p.m. at our offices at 7 Park Street, North East. The meetings are free and open to the public, no matter how long ago the loss occurred. Bereavement meetings consist of helpful information regarding the grief process, as well as time for discussion and sharing. Information shared at the meetings will be held in strict confidence, as are all hospice-related services. Please contact Bereavement Coordinator Maggi Hitchcock at 725-4300 for additional information.

Hospice Volunteers Needed



CNSNE is entering our seventh year of providing hospice services to our community. A vital component to our hospice service is the volunteer program. Volunteers are always needed to help our neighbors deal with end-of-life issues.

Volunteering is a rewarding experience for all who participate. The trained hospice volunteer plays an important role on our team of professionals, assisting in humane and compassionate care for terminally ill patients and their families. Volunteers provide supportive companionship, run errands if needed, prepare meals, and take patients on outings when they are able. They often become trusted confidants, alleviating anxiety during stressful times.

The next hospice volunteer training program is planned for this spring. It will provide a wealth of information on becoming a certified hospice volunteer. Please contact Volunteer Coordinator Maggi Hitchcock at 725-4300 to register for our next training program.

National Healthcare Decisions Day

April 16, 2010 is the 3rd annual National Healthcare Decisions Day. The goal of this nationwide initiative is to ensure that all adults with decision-making capacity in America have both the information and the opportunity to communicate and document their future healthcare decisions. For those with internet access, google National Healthcare Decisions Day for a variety of free information and tools to assist with thoughtful reflection on healthcare choices and ideas on how to get involved. For those that would like a printed copy of PA Advance Directives and Living Will, please stop at our office at 7 Park St. in downtown North East.

Carl Karsh

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