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VNA Respite Care Needs Volunteers

The Kearsarge Good Day Respite Program, which started in 1994 as a collaborative community effort hosted at the Kearsarge Community Presbyterian Church in New London, became a licensed program of Lake Sunapee Region VNA and Hospice in December 2008. The transition of the program to the VNA, which was fully endorsed by the Good Day Respite Program Advisory Board, was a natural one because the goals of respite care so closely align with the VNA mission.

Respite care is currently offered every Thursday from 10 AM to 3 PM and is facilitated by Cheryl Fogwill, a Licensed Nursing Assistant from the VNA specially trained for this role. The program provides a supportive and safe environment for participants, all of whom suffer from some form of dementia or memory loss. Social interaction, hands-on projects, and special activities are offered and personalized to the needs of those who attend. Respite also provides caregivers of participating individuals with the "time off" that is so essential to their well being.

Volunteers are essential to the pro-

gram and have the opportunity and privilege to learn about the lives of participants and engage them in meaningful conversation and activities. Current volunteers talk about the strong camaraderie among one another. They come from many backgrounds and bring different experiences, but they are all there because they want to help.

Some volunteers participate because they have cared for a family member with memory impairment and others because they simply have a desire to give back to the community. An added benefit is that volunteers go through a comprehensive orientation at the VNA, thereby increasing their overall awareness of the agency and all it does.

One of the goals is to expand the number of days that the Kearsarge Good Day Respite Program is open in order to meet the growing need for this service. That expansion, however, will depend upon the recruitment of additional volunteers. We encourage anyone interested to contact Meg Ames at 526-4077 for more information about a very rewarding volunteer opportunity.

Where friends and fitness meet! Mountainside!

2009 Whitey Joslin Junior Tennis Camp

Ages 9-18 Monday, Wednesday & Friday 11 AM -3:30 PM
Session 1: July 6,8,10 Session 2: July 13, 15, 17

New! Junior Quick Start Tennis Camp

Ages 6-8 Tuesday & Thursday 11 AM-2 PM
Session 1: July 7,9 Session 2: July 14, 16

Call for more information, pricing and registration forms!

Mountainside Racquet & Fitness Center

31 King Hill Rd New London 526-9293 www.mountainsiderfc.com



VNA | Become a Respite Volunteer

Kearsarge Good Day Respite Program

seeks volunteers to be part of a vital program for individuals with memory loss and other forms of dementia and their caregivers/families.

Volunteers:

- are essential to the respite program.
- enjoy strong camaraderie among one another.
- come from many backgrounds and bring varied life experiences.
- participate because they have a desire to give back.
- are needed in order to accommodate a growing need for respite care.
- require no special training.
- are provided with a comprehensive volunteer orientation.

Please contact Meg Ames at

603.526.4077 x233 for more information.



Lake Sunapee Region VNA & HOSPICE

Your Health, Your Home, Our Care

Community Celebration At New London Hospital On Father's Day

All are invited to attend a Community Celebration on Sunday, June 21, from 2 to 4 PM, under a tent on the grounds of New London Hospital facing County Road.

The event celebrates the successful completion of Building Towards the Future, the hospital's \$21 million building and expansion project, which resulted in a 46,000 square foot addition, all new

private patient rooms, and the reuniting of all services on the same campus.

Featured during this celebration will be a steel drum band, face painting, photos with Dad in honor of Fathers Day, strawberry shortcake, and tours of the new building.

Please join us as we extend a "Hats Off" to our community and to all who supported the hospital during this project.

New London Hospital Hosts Sixth Annual Golf Fundraiser

New London Hospital announced plans for its sixth annual golf tournament at one of the country's top-rated, prestigious golf courses, Baker Hill Golf Club, in picturesque Newbury. Golfers are invited to join this charity event on Monday, June 22. Registration begins at 11:30 AM with shotgun start at 1 PM.

"Through this golfing opportunity, New London Hospital provides our supporters and the business community with an afternoon of cheer among friends, and a challenging, top-rated golf course. Also, participation helps support our mission of providing outstanding health care to the communities we serve," said Bruce King, President and CEO of New London Hospital.

Registration includes lunch, awards reception, a round of golf, and prizes. Individual player fee is \$300, with

sponsorship opportunities available at various levels. Online registration and sponsor opportunities are available at NewLondonHospital.org. For a brochure, call 526-5232.

Baker Hill Golf Club is a private course located on approximately 260 acres of beautifully landscaped property in Newbury. The course has spectacular views of Lake Sunapee and the surrounding mountains and was rated by *Golf Digest* as one of the Top 10 private courses in 2005.

One unique aspect to Baker Hill is the layout of the course. The course was strategically designed to follow the natural contour of the land. The course has multiple teeing areas to accommodate all skill levels among men and women and ranges from approximately 5,100 yards from the front tees to about 7,000 yards from the "tips."