



Visiting Nurse Association
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VISITING NURSE ASSOCIATION OF CENTRAL JERSEY **PROGRAMS & SERVICES**

1-800-VNA-3330
(1-800-862-3330)
www.VNACJ.org

Bereavement Groups

The Bereavement Support Groups provide a comforting, supportive environment that allows the participants the opportunity to bond, share feelings and learn techniques for dealing with grief. Support groups are offered to adults who have lost a loved one, adults who have lost parents as well as children's bereavement support.

Contact: Rosemarie Reilly, MA, Certified Bereavement Counselor, 732-493-2220, ext. 4641

Cancer Education and Early Detection (CEED)

This cancer screening and education program is available to uninsured, indigent residents of Monmouth County. Eligible clients receive colorectal, cervical, breast and prostate cancer screenings. Screening services and follow-up testing, such as mammograms and colonoscopies, is provided at various sites throughout the county, including community health centers, hospitals, physician offices, free clinics, radiology facilities and laboratories. Community outreach is another facet of the program.

Contact: Deborah Bailey RN, Ph.D., Manager Community Health Education and Wellness, 732-224-6905

Child and Parent Program (CAPP)

VNACJ community health nurses make home visits to families, providing assessment and intervention, which includes referrals to appropriate community resources. Anticipatory guidance includes information on growth, development and parenting skills, with the goal of promoting healthy childhood outcomes.

Contact: Kathleen McConnell, RN, MPH, Vice President Affiliate Operations, 732-224-6742

Children's Day

A free grief support day open to children ages 6-12 who have experienced the death of a significant person. The program provides a day of meaningful, uplifting activities and positive reflection in a caring environment. The day is designed to encourage the children to express their feelings, share memories and enjoy themselves. Specially trained counselors are available to support and guide the children throughout the day.

Contact: Rosemarie Reilly, MA, Bereavement Coordinator, 732-493-2220, ext. 4641

Community Health, Education and Wellness (CHEW)

CHEW is the agency's public health outreach program. The program includes a speaker's bureau, health fairs, occupational health services for employers, public health and immunization programs. Services are provided to schools and day care centers. A number of public health programs, including communicable disease prevention and health education, are provided in collaboration with area health departments.

Contact: Deborah Bailey RN, Ph.D., Manager Community Health Education and Wellness, 732-224-6905

Community Health Nursing

Community health nurses address the health care needs of individual patients, families and the larger community. They base their plan of care on a comprehensive assessment of needs, which includes consideration of physical, emotional, social and spiritual well being. Nursing interventions include vital sign monitoring, wound care, ostomy management, medication monitoring, nutritional instruction and much more. The nurse coordinates a full range of care for the patient, including VNACJ services and the resources of other community agencies.

Contact: Marjorie Forgang, RN, MSN, Chief Nursing Officer, 732-695-4652

Community Mantoux and Hepatitis B Programs

Tuberculosis screening and Hepatitis B immunization is provided for schools, corporations and public agencies.

Contact: Deborah Bailey RN, Ph.D., Manager Community Health Education and Wellness, 732-224-6905

Community Resources for People with Disabilities Waiver (CRPD)

Asbury Park, North Brunswick, Essex Valley Offices

This waiver is designed to provide services to clients who otherwise would be unable to live in the community and would probably be in a nursing home or institution. Services include case management, environmental/vehicle modifications, community transitional services and personal emergency response systems (PERS). Individuals meeting special clinical criteria can receive private duty nursing services of up to 16 hours per day.

Contact: Barbara Smith, RN, BSN Manager Community Care Alternatives, 732-502-5122

Daycare Health Record Audit and Consultation and Speech Therapy

Public Health Nurses provide immunization audits to promote age-appropriate immunizations in daycare centers, as well as child health consultation. Speech therapy is provided to those toddlers attending daycare that demonstrate delayed speech.

Contact: Kathleen McConnell, RN, MPH, Vice President Affiliate Operations, 732-224-6742

Early Intervention Program (EIP)

EIP provides direct service to children birth to 3 years of age that are eligible based on a Developmental Evaluation. The services include developmental intervention, speech therapy, occupational therapy, physical therapy and social work.

Contact: Mary Remhoff, RN, MSN, Manager Special Child Health, 732-224-6887

Geriatric Care Management

The purpose of this program is the development, advancement, and promotion of humane and dignified social, psychological, and health care for the elderly and their families through assessment, counseling, treatment, and the delivery of services by qualified providers. Certified Geriatric Care Managers, who are also nurses or social workers, develop a care plan that links and coordinates assistance from service providers and family and friends. This enables consumers with chronic functional and/or cognitive limitations to obtain the highest level of independence consistent with their capacity and their preferences for care.

Contact: Marge Dishon, RN, MS, CMC, Clinical Director, 732-528-2009

Global Options (GO) for Long-Term Care

Asbury Park, North Brunswick, Essex Valley Offices

Effective January 1, 2009, The Department of Health and Senior Services (DHSS) received approval from the U.S. Centers for Medicare and Medicaid Services to consolidate three Medicaid-supported home and community-based service programs operated by DHSS into a single program known as Global Options (GO) for Long Term Care. This waiver is for individuals 65 years and older or between the ages of 21-64 deemed disabled by the Social Security Administration (SSA). Services include the following:

- Case Management
- Assisted Living/Adult Family Care
- Attendant Care
- Caregiver/Participant Training
- Chore Service
- Environmental Accessibility Adaptations
- Home Based Supportive Care
- Home-Delivered Meal Service
- Personal Emergency Response Systems (PERS)
- Respite Care
- Special Medical Equipment and Supplies
- Social Adult Day Care
- Transition Services and Transitional Care Management
- Transportation

Contact: Barbara Smith, RN, BSN, Manager Community Care Alternatives, 732-502-5122

Healthy Families Program/TIP Program

This is a voluntary home visitation program for first time mothers living in Long Branch, Perth Amboy, Asbury Park and the surrounding communities. Trained Family Support Workers (FSW) visit expectant women in their homes during pregnancy, or up to 3 months of the birth of the infant; in addition, parents who are receiving welfare cash benefits may be enrolled in HF/TIP until the baby turns twelve months old. The FSW visits weekly at first then decrease their visits as the babies age and continue with family until the child reaches age 3. The FSW provide education on parenting through the use of a structured curriculum and assessment tools. They offer mothers and their families' resources to help meet their needs, encourage further education, job training and opportunities, as well as help with managing difficulties with housing, transportation, etc. The FSW build on the family's strengths and encourage achievement of their goals. The Healthy Families Program provides healthy parent-child interaction, knowledge of

child development, home health and safety practices, and provides linkages to community resources to improve families self sufficiency.

Contact: Lisa Revels, Supervisor Healthy Families, 732-502-5157

Maura O'Hara, Supervisor Healthy Families, 732-502-5156

Home Health Aide Services

The home health aide, an integral part of the VNACJ home health team, is trained to assist patients with a variety of tasks under the supervision and direction of the patient's nurse. Services may include baths, preparation of meals, change of bed linens, and assistance with rehabilitation programs.

Contact: Kathleen McConnell, RN, MPH, Vice President Affiliate Operations, 732-224-6742

Hospice Care

The Hospice Program provides family-centered care to address the special needs of individuals who have been diagnosed as terminally ill. The hospice team is comprised of nurses, home health aides, therapists, clergy, physicians, social workers and volunteers. Hospice care and support are provided for patients and their families in homes, assisted living facilities and nursing homes. Families are also offered continued bereavement support for 13 months following the death of their loved one. Bereavement support and groups for children and adults are also offered to the community by specially trained hospice staff.

Contact: Loretta Spoltore, Vice President Hospice and Palliative Care, 732-493-2220

Medical Social Work

Medical social workers intervene when a crisis strikes, provide therapeutic counseling and support for caregivers, and act as advocates for their clients. With their extensive knowledge of community resources, they are able to advise patients and their families on locating services.

Contact: Marjorie Forgang, RN, MSN, Chief Nursing Officer, 732-695-4652

Mobile Outreach Clinic Program (MOCP)

Health care services are provided to residents of boarding homes, rooming houses, hotels, motels, shelters, and to those who visit soup kitchens and drop-in sites. Services include nursing assessment, health promotion, individual and group health education, and home health aide services. Care is provided at more than 60 locations in Monmouth and Middlesex counties.

Contact: Lisa Goodridge, Administrative Manager of Community Programs, 732-224-6723

Monmouth Cancer Coalition

The Monmouth Cancer Coalition is sponsored by the NJ Department of Health and Senior Services, Office of Cancer Control and Prevention, with the VNACJ as grant recipient, for the purpose of implementing the NJ Comprehensive Cancer Control and Prevention Plan at the county level.

Contact: Theresa L. Beck, RN, MPA, Chief Mission Officer, Vice President, Community Initiatives, 732-224-6992

Nurse-Family Partnership (NFP)

This program is an intensive nurse home visitation program for first time mothers. The Nurse-Family Partnership program is voluntary and its approach is supported by over 30 years of research data demonstrating significant outcomes in reducing child abuse and neglect, improved pregnancy outcomes, and improved self sufficiency of the family. VNACJ partnered with the United Way of Central Jersey in providing NFP in Middlesex County and Franklin Township, the second NFP site in NJ. In 2007, VNACJ was awarded a direct grant from the Department of Children and Families to initiate NFP services in Monmouth County, NJ. Women are enrolled prenatally before the 28th week of gestation and the families are followed through the child's second birthday. The Nurse Home Visitors receive intensive training and follow visit guidelines and a structured curriculum to help achieve goals.

Contact: Denise Andino, Supervisor Nurse-Family Partnership, 732-768-1905

Palliative Care

Staff provides palliative care services for patients who have chronic diseases in their homes and in nursing homes and assisted living facilities. Their special expertise assists patients and families in dealing with physical, psychosocial and spiritual issues.

Contact: Loretta Spoltore, Vice President Hospice and Palliative Care, 732-493-2220

Personal Care

Personal Care provides private pay certified home health aide (CHHA) services including 24 hour live in and hourly options. In addition, skilled nursing care can be provided by Registered nurses or Licensed practical nurses as needed for transitions from hospital to home or long term care facilities. Long term care insurances are also accepted.

Contact: Kathleen McConnell, RN, MPH, Vice President Affiliate Operations, 732-224-6742

Physical and Occupational Therapy

Licensed physical and occupational therapists treat patients recovering from injury, joint replacement, stroke and other debilitating conditions. The focus is on regaining strength, mobility and independence in daily activities.

Contact: Martin Karsh, PT, Manager Direct Therapy, 732-219-7434

Prenatal Services

Prenatal services are provided at the Community Health Centers in Asbury Park, Keyport and Red Bank.

Contact: Matthew Nye, RN-BC, MSN, OCN, Director of Nursing CHC, 732-774-3919
Rosann Fiasconaro, RN, 732-774-3905

Primary Care - (Community Health Centers)

Comprehensive primary care is provided at the Community Health Centers in Asbury Park, Keyport, Red Bank and Keansburg. This family-focused "first line" care emphasizes health education and wellness. Services include physical exams, testing and screenings, immunizations, illness care and wellness services for people of all ages. Care is provided by nurse practitioners and physicians, who are assisted by community health nurses. The centers are Federally Qualified Health Centers (FQHC) and receive 330 funding from the US Health Resources and Services Administration (HRSA).

Contact: Gary Linington, Executive Director, 732-502-5151

Darlene Rice, Practice Manager, 732-776-3921

Senior Wellness Program

This health promotion program is provided for adults over age 50 at Middlesex and Monmouth County sites such as senior housing, municipal buildings, senior clubs and nutrition sites. Community health nurses provide biopsychosocial assessment, monitor vital signs, perform hearing and vascular screenings, conduct medication review, and provide education in nutrition, disease prevention and control of chronic conditions. Group education is provided on topics such as cholesterol, hypertension, diabetes and lifestyle management.

Contact: Deborah Bailey RN, Ph.D., Manager Community Health Education and Wellness, 732-224-6905

School-Based Health Services

VNACJ services to schools include the provision of substitute school nurses. They provide immunization record review, heights and weights, scoliosis screening, hearing and vision testing, and TB testing. VNACJ also provides substitute school nursing, as needed, to public or private schools in our service area.

VNACJ also provides Advanced Practice Nurses in Keansburg, Red Bank, Asbury Park, Woodbridge, and Carteret schools. They provide primary care services with the goal to keep kids in school. These services include screening, wellness visits, sports physicals, immunizations, health education, and diagnosis and treatment of acute and chronic childhood illness, such as ear infections, conjunctivitis, and hypertension.

Contact: Theresa L. Beck, RN, MPA, Chief Mission Officer, Vice President, Community Initiatives, 732-224-6992

School-Based Youth Services Program (SBYSP)

The New Jersey School Based Youth Services Program (SBYSP) was started in 1987 to help young people navigate their adolescent years, finish their education, obtain skills leading to employment or continuing education, and graduate healthy and drug free.

The major services are:

- Mental health and family services
- Healthy young development
- Access to primary and preventative health services
- Substance abuse counseling
- Employment services
- Pregnancy prevention programs

Learning support services
Family involvement
Referrals to community based services
Recreation

The program is located in the Asbury Park High School and provides services to student's grades 8th-12th. The SBYSP in Asbury Park is referred to as the "Spot" and is open to students from 7:30am-4:00pm.

Contact: Phyllis Ledbetter, M.Ed, 732-776-2638 ext: 2633

Special Child Health Services (SCHS)

Case management services are provided for children from birth to age 21 with special health and developmental problems. Case managers coordinate multiple services and guide families through the health care delivery system. The team provides expanded service coordination for the developmentally disabled birth to age 3 population in Monmouth County. SCHS also serves as a single point of entry for early intervention services. Case managers help families navigate through the multiple systems the families need to access for their children, including health insurance, state and federal funding and education.

Contact: Mary Remhoff, Manager Special Child Health, 732-224-8887

Specialized Services

VNACJ Specialized Services meets the needs of adult and pediatric home care patients who require intravenous and enteral (feeding) therapies. In addition, they serve as a resource for professional staff. Whether the need is for chemotherapy, intravenous antibiotics, post-organ-transplant care, or nutritional support, the Specialized Services nurse can coordinate and provide this high-tech therapy in the comfort of the patient's own home.

Contact: Ellynn Kahle, RN, Manager Specialized Care/MCH, 732-224-6906

Speech Screening and Therapy

This program provides speech services for children in DYFS-sponsored day care centers. The goal is to give children the skills necessary to succeed in school.

Contact: Kathleen McConnell, RN, MPH, Vice President Affiliate Operations, 732-224-6742

Speech and Language Therapy

Specially trained speech/language pathologists evaluate and remediate disorders of speech, language and swallowing. A complete speech/language evaluation may include hearing tests, audiological evaluation and an assessment for physical impairment.

Contact: Martin Karsh, PT, Manager Direct Therapy, 732-219-7434

Traumatic Brain Injury (TBI) Waiver

Asbury Park, North Brunswick, Essex Valley Offices

This waiver serves people between the ages of 21-64 who have survived a brain injury after the age of 21. People in the program receive services including case management, structured day program, personal care assistant, community residential services, transportation, respite care, and cognitive therapy.

Contact: Barbara Smith, RN, BSN, Manager Community Care Alternatives, 732-502-5122

Traumatic Brain Injury Fund

Asbury Park, North Brunswick Offices

The fund receives its revenue from a \$0.50 motor vehicle surcharge. The purpose of the Traumatic Brain Injury (TBI) Fund is to offer New Jersey residents who have survived a traumatic brain injury the opportunity to obtain services and supports they need to live in the community. Fund pays for supports and services that foster independence and maximize quality of life. This fund is used when insurance, personal resources and/or public programs are unavailable to meet the needs of the applicant. Fund recipients must: Provide medical documentation of brain injury; have liquid assets of less than \$100,000 and be a resident of NJ for at least 90 consecutive days.

Contact: Dana Holbrook, BSW, MSW, 732-502-5100

VNACJ Connect – Telehealth In-Home Monitoring

For adults who live at home but have an acute or chronic illness, our *VNACJ Connect* program provides in the home telehealth clinical monitoring to ensure that a patient's health is staying just the way it should between nursing or physician visits. Through the use of the Viterion TeleHealth Monitoring System, patients can measure blood pressure, blood oxygen, record weight, and blood glucose. The information is instantly transmitted through the phone line to VNACJ for daily review via bluetooth technology. Vital signs can be taken as often as necessary each day, carefully monitoring for any irregularities. Telehealth monitoring has been shown to be effective for patients with congestive heart failure to reduce ER visits and re-hospitalizations, improve quality of life and disease outcomes, promote independence and enhance patient compliance and knowledge.

Contact: Christine Feuker, RN, BSN, Telehealth Manager, 732-224-6955

VNACJ Watch – Lifeline Emergency Response Solution

Lifeline is a medical alert service designed to reduce the risk of living alone. Worn as a pendant or bracelet, Lifeline allows seniors to maintain independence while providing peace of mind to loved ones. In the event of a fall or emergency, help is available at the push of a button. Trained professionals are standing by 24-hours, 365 days a year.

Contact: Jorge Vela, Program Manager, 732-224-6722

Edward Juliano, Program Coordinator, 732-219-7497

Volunteer Program

Adult volunteers are recruited and trained to assist in the Hospice Program. Volunteers offer companionship for the patient, provide respite for caregivers, and run errands. Hospice volunteers are also recruited to assist with office work, reassurance calling, the bereavement program and craft projects for patients. Volunteers are also recruited to assist with office work throughout the agency and to help with special events.

Contact: Pauline DePalma, BSW, Manager of Volunteers, 732-224-6933

Women, Infants and Children Supplemental Nutrition Program (WIC)

WIC is a federally-funded program for pregnant and nursing women and children 0-5 years old. Eligible participants receive nutritional counseling, anemia screening and vouchers for the purchase of selected nutritious foods. Services of a lactation consultant are also offered.

VNACJ administers the WIC Program in Monmouth, Middlesex and parts of Somerset County.

Contact: Robin McRoberts, MS, RD, WIC Program Manager, 732-471-9305

HIV PROGRAMS:

Contact: Barbara Smith, RN, BSN, Manager Community Care Alternatives, 732-502-5122

AIDS Community Care Alternatives Program (ACCAP) Waiver

Asbury Park, North Brunswick, Essex Valley Offices

The ACCAP waiver is a program serving people of any age with AIDS and children up to age 13 who are HIV positive. Additional services include case management, private-duty nursing, personal care assistant service, and hospice care. Individuals must meet financial and medical criteria to be eligible.

Contact: Barbara Smith, RN, BSN, Manager Community Care Alternatives, 732-502-5122

AIDS Resource Center/Information & Referral Line

The AIDS Resource Center and HIV/AIDS Information and Referral Line (warm line) provide services to Monmouth and Ocean counties.

Through this referral line, 1-8000-947-0020, we are able to answer questions related to most aspects of HIV/AIDS. Individuals can also use this line to access the services available at 816 Sunset Avenue, Asbury Park.

Contact: Toni Joyner, 732-502-5100

HIV Treatment Adherence Program

Asbury Park Office

All clients identified as HIV+ can access the treatment adherence program. These clients meet with our treatment adherence nurse in a range of community settings and will assist them to understand their medication regimen. The Treatment Adherence nurse will work closely with HIV service providers to reinforce treatment regimens and provide follow-up identified medical needs.

This program is funded by a Ryan White II grant from the New Jersey State Department of Health and Senior Services, Division of AIDS Prevention and Control.

Contact: Carolyn O'Neill, RN, 732-502-5100

HIV Home Care

Asbury Park, North Brunswick, Essex Valley Offices

The HIV Home Care Program is funded through Ryan White Title II. This program provides case management and comprehensive home care services to clients diagnosed with HIV/AIDS. At least a 30-day NJ residency, limited or no insurance, income and physician certification determine eligibility. Program is available in Camden, Essex, Monmouth, Middlesex, Somerset and Hunterdon counties. All services provided under this program

must have prior authorization from the VNA Case Manager, who is responsible for maintaining a state regulated monthly budget. The program also requires a registered nurse in the home for direct care or for supervision of the licensed practical nurse and/or home health aide in the home.

Contact: Barbara Smith, RN, BSN, Manager Community Care Alternatives, 732-502-5122

HIV/AIDS Case Management

VNACJ has been providing community-based case management in the greater Middlesex County area for the past 8 years. A Ryan White Title I Grant has provided funding from the Middlesex County Department of Human Services for Middlesex, Somerset and Hunterdon counties. Case managers visit clients in their homes, work sites, hospitals, clinics, etc. The goal is to provide access to care and treatment to individuals infected with HIV/AIDS. Clients are seen at least once a month and more frequently when needed. Other services include assistance in accessing substance abuse treatment, housing, medications and referrals to the HIV Home Care Program and ACCAP.

VNACJ community-based case managers have been assisting individuals infected with HIV to access care and treatment services in Monmouth County for 15 years under Ryan White Title II funding. There is a wide range of services available to individuals infected with HIV including but not limited to primary medical care, medication assistance, substance abuse treatment, emergency financial assistance and housing. Case managers also assist individuals in accessing the HIV Home Care and ACCAP programs.

Contact: Barbara Smith, RN, BSN, Manager Community Care Alternatives, 732-502-5122

Intensive Case Management for Hunterdon and Somerset Counties

VNACJ also provides services under the same funding stream from Title I. Services are provided to clients out of care or those who have never received care. Services can include accompanying clients to doctors' offices and to housing resources, daily home visits and linkage to county and state programs. Once a client has been connected to services and the crisis has been normalized, he/she is followed by the community-based case managers. VNACJ has been providing this service since 2004.

Contact: Glenn Wisch, 732-565-4546

Prevention Resource Network (PRN)

Asbury Park Offices

The PRN Program is a community outreach program developed to help prevent/reduce the spread of HIV infection. The program assists individuals to be "safe" in all possible ways. This program is available to all individuals who are at risk for HIV and including those who are HIV+ and at risk for reinfection.

The program reaches its goals by providing one-on-one prevention case management to African American women at risk for HIV, African American and Latino Men who have sex with Men (MSM), and Prevention With Positives (HIV+ clients who are at risk for reinfection). The program also provides community outreach/networking, plus health education risk reduction groups (HE/RR). The Prevention Resource Network is federally funded and those funds are processed and overseen by the New Jersey State Department of

Health and Senior Services, Division of HIV and AIDS services.

Contact: Shannon Hastings, Manager, MSW, LSW, 732-502-5118

“Prevention with Positives” Case Management

This program provides prevention case management to individuals who are HIV positive and covers HIV re-infection issues and health education and risk reduction counseling. The program offers one-on-one case management, and health education and risk reduction group sessions. The Prevention Case Manager compliments the Ryan White Case Manager with more intensive ongoing prevention strategies.

Ryan White Community Based Case Management

The VNACJ presently has two Ryan White community based case managers assisting individuals in Monmouth County. It is the role of these case managers to assist individuals infected with HIV access care and treatment services. There is a wide range of services available to individuals infected with HIV including, but not limited to, primary medical care, medication assistance, substance abuse treatment, emergency financial assistance and housing. These case managers can also assist individuals to access the community care home based programs HIV Home Care and ACCAP.

There are presently five Ryan White funded case managers and one housing coordinator servicing Monmouth and Ocean counties in both community based and clinic based settings. This program is funded by a Ryan White Title II grant from the State Department of Health and Senior Services, Division of AIDS Prevention and Control.

Contact: Carmen Centeno, 732-502-5100

Mehgan Vincent, 732-502-5100

Street and Community Outreach for Positive Education Program (SCOPE)

This program provides outreach to Asbury Park and surrounding towns. The significant aspect of this program is the Tent Events held in various locations throughout the community. This different venue attracts people that would not ordinarily come to an office setting. These community gatherings provide opportunity for screening, testing and education on various health concerns in an informal relaxed atmosphere. Refreshments and local entertainment are provided. HIV testing and one-on-one counseling is available in a completely private and confidential area. This program is supported in part by a NJ AIDS Partnership grant.

Contact: Barbara Smith, RN, BSN, Manager Community Care Alternatives, 732-502-5122

Revised 1/11 - jv