On Thursday, January 31st, 2019 UR Medicine Home Care celebrated their roots by kicking off the 100th anniversary of the organization formerly known as Visiting Nurse Service. The breakfast event was held at the Sarah Flaum Atrium and included members of UR Medicine Home Care, representatives from URMC and elected public officials including Monroe County Executive Cheryl Dinolfo and New York State Senator Joseph Robach.

The program was led by UR Medicine Home Care’s President and CEO, Jane Shukitis, as she gave a brief history about the organization. Jane said, “It was wonderful to welcome so many people from our board, staff, URMC colleagues and elected officials to join us to celebrate the kick-off of our 100-year anniversary. We have a lot to celebrate as we reflect with pride on 100 years of caring.”

“...we reflect with pride on 100 years of caring.”
– Jane Shukitis
UR Medicine Home Care
President and CEO

**UR Medicine 100th Anniversary!**

On Thursday, January 31st, 2019 UR Medicine Home Care celebrated their roots by kicking off the 100th anniversary of the organization formerly known as Visiting Nurse Service. The breakfast event was held at the Sarah Flaum Atrium and included members of UR Medicine Home Care, representatives from URMC and elected public officials including Monroe County Executive Cheryl Dinolfo and New York State Senator Joseph Robach.

The program was led by UR Medicine Home Care’s President and CEO, Jane Shukitis, as she gave a brief history about the organization. Jane said, “It was wonderful to welcome so many people from our board, staff, URMC colleagues and elected officials to join us to celebrate the kick-off of our 100-year anniversary. We have a lot to celebrate as we reflect with pride on 100 years of caring.”

**INSIDE:**

- **Meals On Wheels, 60 Years Strong!**
  --page 3

- **Personal Emergency Response System**
  --page 4

- **Staff Spotlight:**
  New Director Hired - Welcome Jan August
  --page 6

continued on page 5
Dear Friends and Colleagues,

100 years ago a very special organization was born to provide nursing care to children and families in their homes during a serious flu epidemic. It was originally called the Public Health Nurse Association. In 1940 the name was changed to Visiting Nurse Service of Rochester and Monroe County – or VNS. Today we are UR Medicine Home Care. We have had three names over our 100 year history – but we remain the same great organization with a fundamental mission of taking great care of people in their homes.

As we celebrate 100 years of caring in 2019, it is with tremendous pride in our people and enthusiasm for our future that I write this letter to share the significant accomplishments of 2018 and exciting plans for 2019 at UR Medicine Home Care. Today more than ever we can celebrate the transformational success of the past several years… and look forward with confidence to what lies ahead.

Over the last several years the outstanding team at UR Medicine Home Care has worked tirelessly to get us to a place where we could take on the future with confidence. I am delighted to report that in 2018 we finally began to see the results of this transformational work. We ended 2018 more than $1Million better than our budget, and $3M better than 2017. We are projecting with confidence a favorable operating margin in 2019.

Here are a few accomplishments worth noting:

• We applied and received approval from New York State to consolidate the Rochester and Finger Lakes Certified Agencies and Hospice programs.

• We created a new company: UR Medicine Home Care, Community Services Inc. as the parent for our non-regulated programs (Meals On Wheels, Assistive Technology).

• We created a second new company for URMHC Foundation with a dedicated Board of Directors. We are delighted that Fran Weisberg is serving as the Board Chair.

One of the most important and exciting new initiatives in 2019 will be the “re-birth” of a pediatric home care service. In 1919 VNS was founded largely on the need to care for children - so in many ways we are returning to our roots. I am excited that UR Medicine Home Care is partnering with Golisano Children’s hospital and the URMC pediatric providers to create a comprehensive pediatric home care service. Our vision is to become the regional leader for excellence in holistic pediatric care across all sites of service… taking the excellence of the Children’s Hospital and extending it to the home.

Throughout the 100th anniversary year of Visiting Nurse Service, now UR Medicine Home Care, we will have many special events to celebrate - culminating with a Century of Caring Gala on Saturday, November 9, 2019 at The Wintergarden. It will be a lovely venue for a great event - so please mark your calendars now and plan on joining the celebration.

As we reflect back on 100 years of caring, celebrate the transformational work of the recent years, and look with excitement to continued on page 6

Employee Spotlight
Lisa Pilato, RN, BSN
Director Hospice and Palliative Care

In a few sentences tell us about your previous work experience:
I began my nursing career in critical care in the Cardio-thoracic ICU step-down at RGH. Wanting to care for patients in the community setting led me to enter the field of home care, where I specialized in stroke and neuro-degenerative disorders. With a passion for leadership, I moved into another field of community nursing- care of individuals with Intellectual and Developmental Disabilities – where I supervised nurses and paraprofessionals in group home settings. Eventually in Jan of 2014, I came back to my home care roots and joined the mission at URMHC as Manager of the Managed Long Term Care program. In 2017, I became Director of Hospice and Palliative Care

Why Hospice? The shared philosophy of providing comfort and mitigating suffering for patients and families physically, emotionally, and spiritually at end-of-life has drawn me to hospice. Coming to this program as Director provides me the opportunity to lead a dedicated and compassionate team that truly strives to exemplify best-practice and highest quality care for patients and families. It is the ultimate dream realized and I am proud to be a part of such a selfless field of practice that serves people at the most important and sensitive time in their lives.

Family: Husband Leonard (38 years), five adult children, and six grandchildren

Pastimes: Camping, writing, sewing, doll making, painting, my dog

Favorite Quote: If you have to choose between being kind and being right, chose being kind and you will always be right.

What keeps you motivated? Family, faith, the desire to continually learn

Favorite Book or TV Show: The Hobbit and Lord of the Rings

Accomplishments/Awards/Accolades:
• Completing Master’s degree in Health Care Management at University of Rochester School of Nursing.

Awards:
• Michelle Unger Excellence in Leadership Award University of Rochester School of Nursing
• St. John Fisher College Trustee’s Ranking Scholar Award
• St. John Fisher College Dept. of Nursing Highest Undergrad RN BSN GPA Award
**A Message from Jane Shukitis**
continued from page 2

*a great future… we are grateful and proud of the people who have made it happen. More than ever, we embrace our mission of providing this community with comprehensive health care at home delivered with compassion and integrity. Thank you for your continued support.*

Jan August
President and CEO

---

**Staff Spotlight**

**New Director Hired**

**Please welcome Jan August**

UR Medicine Home Care is pleased to announce that Jan August will be joining our team as the Director of the UR Medicine Home Care Foundation. Jan comes to us from the United Way of Greater Rochester, where she has overseen their Tocqueville Society, which consists of their leadership annual donors, as well as the Women’s Leadership Council.

“I am thrilled to join an organization whose mission is strong and relevant and whose leadership and staff are dedicated to that mission. UR Medicine Home Care has been helping heal individuals and families for 100 years. I look forward to working with the team to propel UR Medicine Home Care into its next century of service to our community.”

We are excited to Jan on board as we celebrate the 100th anniversary of UR Medicine Home Care in 2019. Please join us in welcoming her!

---

**ATHENA Award**

Each year the Rochester Chamber of Commerce, in partnership with the Women’s Council, hosts the ATHENA Award program. The ATHENA award honors women in the community who strive towards the highest level of professional accomplishment. The nominees must excel in their chosen fields, devote time and energy to their communities in a meaningful way, and also open doors so that others may follow in their path.

Our CEO, Jane Shukitis was nominated to receive this year’s award because of her unyielding efforts and leadership here at URMHC and within the Rochester community.

---

**Meals On Wheels**

**60 Years Strong!**

**Delivering smiles one meal at a time**

2018 was quite a year for Meals On Wheels. MOW celebrated serving the community of Monroe County for 60 years and delivered our 11 millionth meal! To get to 11 million meals we had a lot of help from donors, funders and volunteers who graciously gave more than three million hours of their time!

In April we hosted a 60th luncheon celebration – filling the room with past and current donors, volunteers, folks from Monroe County Office for the Aging, and United Way – all who had a part in making 60 years happen!

Throughout the year we were invited on TV eight different times – two of which were on 13WHAM for Many Voices, Many Visions and United Way Wednesdays, on the radio four times and two articles in the D & C – all helping us to get the good word out about Meals On Wheels and that we are 60 years strong!

Also in 2018 Doyle Subaru chose us for the third year in a row to be their Hometown Charity of Choice for the Subaru Share the Love campaign – what a great community partner Doyle Subaru has been.

In the Fall of 2018 the Webster United Church of Christ started a Pet Food Pantry. They are now collecting and storing pet food for us – this partnership will allow us to expand our Pet Food program from serving only participants in the city with pets to the whole county by the end of 2019!

As you can see we had quite an exciting year but it didn’t end there. We got some much needed new equipment to help us do our good work – a new Volunteer Training video, and a way past due Volunteer Data base – which helps us to accurately track and keep up with over 1,800 volunteers who help us throughout the year, 30 new hot boxes and 50 more to come in 2019, and 104 hot box covers – everything funded by grants and private donors!

So as you can tell Meals On Wheels had an amazing 2018 and we look forward to another amazing year with UR Medicine Home Care celebrating 100 years this year!
The danger of permanent disability rises dramatically each minute a stroke victim is left unattended.

The peace of mind it gives family caregivers and the patient who wears the button is very impactful. Margaret Wiant, caregiver for John Kozlowski recently said “It is important for my brother and I to keep my father, who is medically frail, living in his own home where he is happiest. Although we try our best to be with him 24/7, there are times when he needs to be at home alone and knowing that he is safe and has a means of getting emergency help relieves a lot of stress for us. It allows him to remain at home with dignity, and my brother and I the ability to be able to work without the worry of him being unable to get help. I don’t know what we would do without that needed back-up support.”

URMHC currently provides service in seven counties and can be installed within 24 hours. Some of the features that our devices have are:

- 24/7 emergency monitoring service
- Easy to set up and operate
- Necklace and wrist band pendants are waterproof design for use in the shower
- When button is pressed subscriber’s latest position coordinates are sent to our Response Center

Eighty eight year old pendent wearer John Kozlowski recommends you choose PERS. “If you want to be happy living at home just as you’ve always done then you should consider getting a PERS. At my age it is easy to have a sudden fall or medical emergency that could threaten your health and independence. It also makes my kids worry less about me.” he notes.

Lori Champ, PERS program manager tells us, “The well trained personal response professionals bring skill and compassion to every call. They contact you using a two-way voice connection and they carefully handle every call to make sure subscribers get help quickly and efficiently. If you have an emergency, a push of our button brings help immediately. Your loved ones and/or designated key-holders are contacted and staff stays on the line until help arrives.

URMHC clinicians value the program because they know their patients continue to be cared for when they are not with them. If you would like more information about how you can get a PERS for you or your loved call Lori Champ at 585.274.4186 or email at Lori_Shamp@URMC.Rochester.edu.

“If you want to be happy living at home just as you’ve always done then you should consider getting a PERS” — John Kozlowski

UR Medicine 100th Anniversary! continued from page 1

Visiting Nurse Service began as the Public Health Nursing Association as a result of the flu epidemic in 1918. The organization was officially created in 1919, later changing the name to Visiting Nurse Service in 1940. Over the past 100 years, Visiting Nurse Service, now UR Medicine Home Care, services have grown beyond nursing. Currently, they offer skilled nursing, rehabilitation, home health aide care, palliative care, assistive technology, telehealth, hospice, bereavement, Meals On Wheels and much more.

In 2013, recognizing a need for quality care in the Finger Lakes, Visiting Nurse Service affiliated with Finger Lakes Visiting Nurse Service expanding coverage from one county to seven. The agency rebranded in 2015 becoming UR Medicine Home Care, creating closer direct ties to University of Rochester Medical Center and working in better partnership with the URMC system.