

VNA/Hospice Recognized by Village of Islamorada

Islamorada, Village of Islands recently presented Visiting Nurse Association and Hospice of the Florida Keys (VNA/Hospice) with a proclamation celebrating that VNA/Hospice has remained the longest locally operated and only non-profit provider of home health and hospice care serving all residents of Monroe County.

VNA/Hospice has grown to be many families' choice in providing dedicated and compassionate home health and hospice care for their loved ones. 2014 marks a tremendous milestone for the organization as they celebrate three strong decades of providing health-care to Keys residents. The latest data from the Department of Labor shows the demand for home care services continues to grow as America's baby boomers are entering their golden years. During the past two years VNA/ Hospice cared for approximately 2000 patients aged 50 and over, and their families.

"While home health and hospice care each provide different services at different points in a patient's life, they both are designed



(L-R): Judith Cooley, CPA, VNA/ Hospice Board Treasurer, Vice Mayor Deb Gillis, VNA/Hospice COO Kathleen Ryzoc.

to give state-of-the-art medical care in the comfort of a patient's own home," said VNA/Hospice Chief Operating Officer Kathleen Ryzoc. "Home health services can help a patient recover from surgery or other illnesses and get a person back on the road to recovery. Hospice care can add more life to someone's remaining days through symptom control."

Topping off the celebration, VNA/Hospice recently received a perfect score from the Agency for Health Care Administration (ACHA) "Our score on these reviews is an incredible demonstration of the hard work and commitment of our clinical staff in the field, our clinical managers and directors," said VNA/Hospice President and CEO Jody Gross.



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Do It or Die

The writing is on the wall folks. Society is going to continue to squeeze you until you quit smoking or you die penniless.

This month, it has been 1 year since I quit smoking. It is a miracle! I LOVED smoking and thought that someday some young handsome paramedics would come to my house and find me dead in my bed, blue tongue hanging out, eyes crusted over, covered in my own feces smelling like piss and smoke because I had gurgled out my last bloody breath as I smoked myself to death.... my pack of cigarettes next to a full ashtray of burned up butts. Burn holes scarring the bed and wooden furniture. After they removed my bloated, maggot-infested body, hopefully a crew would arrive at my house

to clean BEFORE my family arrived. Open the windows please! The walls, the carpet, the curtains, the windows all covered with brownish yellow cigarette filth. My treasured family heirlooms diminished in value by the yellow stain and stench of the filth of nicotine. What a legacy for my child to find.

A stinky old person... is that how you want people to remember you?

The nice thing about smoking is that your sense of smell is greatly reduced by your cancer-causing habit. You cannot even smell yourself when you smoke! When you quit the habit, "Whoa Nellie" you can smell EVERYTHING!

The rewards of quitting are greater than at any other time in history.

- That operation is not as risky, and then you will heal much faster.
- Your sense of taste will return.

- People will hug you again.
- Your lungs will immediately begin to regenerate.
- You will save thousands of dollars on health insurance each year.
- You can get a better job. Many companies are not hiring smokers due to the extra cost of health insurance. They lose time and productivity from people taking a smoke break. And some poor sap has to work along next to your stinky ass.

I smoked 2 packs a day for 40 years. I tried the patch, the gum, the pills, hypnosis, the slim e-cigarettes, you name it, nothing worked. Then along came Keys Vapors next to the Dollar Tree in Key Largo. "Why not try it?" I said.

WELL, IT WORKED! With the vapor wand I was able to wean myself off nicotine by adjusting the amount in the



e-liquid. If I can do it anyone can. So far I have saved \$2,400 on just cigarettes alone. I have not been sick once since I switched to vapor and I just saved a fortune on health insurance. Keys Vapors has a huge supply of e-liquids and different e-cigarettes to choose from. If you are serious about quitting stay away from stores that sell tobacco products, it is too big a temptation. Stop by Keys Vapors today and surround yourself with successful quitters.

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