



Visiting  
Nurse and  
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**Press contact:**

Karen Breehey

Visiting Nurse and Community Health, Inc.

781-643-6090 X1204

[KBreehey@TheVisitingNurses.com](mailto:KBreehey@TheVisitingNurses.com)

## Visiting Nurse and Community Health Receives Telehealth Grant from East Cambridge Savings Bank

**ARLINGTON, MA – June 14, 2010** – Visiting Nurse and Community Health, Inc. (VNCH) has been awarded a \$3,700 grant from East Cambridge Savings Bank. The grant is in support of VNCH's Telehealth Program, which monitors the home healthcare agency's Congestive Heart Failure (CHF) and Chronic Obstructive Pulmonary Disease (COPD) patients, significantly decreasing ER visits and hospitalizations. VNCH is based in Arlington and serving 22 communities in eastern Massachusetts.

According to Christine Dixon, the home health care agency's Chief Executive Officer, "East Cambridge Savings Bank has earned a reputation for giving back to the communities it serves, and this grant is a prime example of their commitment. ECSB's acknowledgement of our mission – to provide the highest quality home health care to the patients entrusted to us – is crucial as VNCH updates and expands our Telehealth Program to successfully monitor and safeguard our ever-increasing number of CHF and COPD patients."

The goal of VNCH's Telehealth Program is to prevent disruptive and costly hospitalizations and emergency room visits through remote monitoring of homebound patients' blood pressure, heart rate, weight, oxygen level, and temperature. This telehealth application allows us to detect subtle deviations in clinical status and intervene in the early stages of possible health threats, thereby addressing patients' needs before they escalate, and minimizing the need for more complex, higher-cost care.

Each telehealth patient is monitored 7 days a week by our registered nurses, who work in partnership with a primary care physician. The patient's VNCH-assigned primary care nurse is responsible for his/her cardiac assessment, medication teaching, and any other healthcare needs he/she may have. Additionally, VNCH's telehealth nurse performs a daily review of all information obtained from monitored patients. Any fluctuations result in a phone call to the patient to check on his/her status, and a follow-up call to the patient's primary care nurse and/or physician, as indicated by the situation.

### **About VNCH**

For over 110 years, VNCH, a 501(c)(3) non-profit, has been acknowledged as the preeminent home health care provider in eastern Massachusetts. It has a deep-rooted tradition of providing its patients and the communities it serves with compassionate, quality home care, and unparalleled health care expertise. VNCH's response to questions and concerns is immediate and knowledgeable, and its medical technology is state-of-the-art. To underscore its commitment to quality health care, VNCH has had the distinction of being ranked in the Top 25% of home health care providers nationwide since 2006. To learn more about VNCH, visit the agency's website at [www.TheVisitingNurses.com](http://www.TheVisitingNurses.com).

VNCH serves the following communities: Arlington, Bedford, Belmont, Billerica, Burlington, Cambridge, Carlisle, Concord, Everett, Lexington, Lincoln, Malden, Medford, Melrose, Somerville, Stoneham, Wakefield, Waltham, Watertown, Wilmington, Winchester, and Woburn.

### **About East Cambridge Savings Bank**

East Cambridge Savings Bank is committed to being the best bank in its market measured in terms of customer satisfaction. East Cambridge Savings Bank, with \$800 million in assets, is a mutual savings bank established by Massachusetts Charter in 1854, and provides both businesses and individuals with a full line of banking services. The Bank is headquartered in Cambridge, MA, with additional offices in Arlington, Belmont, Medford, Somerville, and Waltham, MA, and an educational training facility at Cambridge Rindge and Latin School, Cambridge, MA. Member FDIC; Member DIF. Visit [www.ecsb.com](http://www.ecsb.com), or call 866.354.ECSB (3272) for more information.

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