

## **What is the speakers Bureau?**

*The VNA has many individuals with experience and expertise on a wide variety of topics. Our nurses, social workers, hospice chaplain and others from the VNA Family of Services will speak at your group meeting or event, providing information on home health care services and health related topics.*

## **How do we schedule a speaker?**

*Call the VNA at 724-463-6340 and ask for the Coordinator of Community Education, or email [jstewart@vnaindianacounty.com](mailto:jstewart@vnaindianacounty.com)*

## **How long is the presentation?**

*Usually about 20 to 30 minutes followed by a 10 to 15 minute question and answer session. Our staff can serve on panel discussions or will fit topics and the length programs to suit your needs.*

## **How much notice is required?**

*We ask you to request a speaker three weeks ahead of your event, however special arrangements can be made.*

## **Is there fee involved??**

*The speaker is offered at no charge. Should you wish to make a donation, your gift will help to provide services to individuals based on need rather than financial resources.*

# **VNA Speakers Bureau**

*A free service for our  
local community*



**Visiting Nurse Association of  
Indiana County  
850 Hospital Road  
Suite 3000  
Indiana, Pa 15701  
724-463-6340  
Fax: 724-463-3307  
email:  
[jstewart@vnaindianacounty.com](mailto:jstewart@vnaindianacounty.com)**

**[www.vnaindianacounty.com](http://www.vnaindianacounty.com)**



**Visiting Nurse Association  
OF INDIANA COUNTY**

*Compassionate Care Right At Home.*

*The following is a partial list of topics offered by presenters of the VNA Speakers Bureau. If you have interest in a health related topic not listed here please call and discuss your interests with us.*

***Advance Directives -Five Wishes***

***Aging in place***

*(how to understand what you need, finding and utilizing community resources)*

***Asthma***

***Arthritis***

***Alzheimer's Disease***

***Bereavement***

***Caregiving***

***Childhood Obesity***

***Chronic Obstructive Pulmonary Disease***

***Compliance***

***Congestive Heart Failure***

***Death and Dying***

***Depression***

***Diabetes***

***Discharge Planning***

*(to Improve transition home)*

***Emergency Preparedness***

***Exercise for the Elderly***

***Exercise for children and adolescents***

***Family Conflicts with Caregiving***

***Geriatric Care Management***

***Grief***

***HANDWASHING***

***Healthy Living***

***Heart Disease***

***Home Health Care***

***Hospice Care***

***Hyperthermia (Heat Stroke)***

***Hypothermia***

***Hospitalization***

***Incontinence***

***Influenza***

***Infection Control***

***Long distance Caregiving***

***Lyme disease***

***Managing your Symptoms***

***Medication Management***

***MRSA***

*(the truth behind the headlines)*

***Nutrition***

***Osteoarthritis/Osteoporosis***

***Ostomy Care***

***Pain Management***

***Post-partum Care***

***Safety in the Home***

***Sleep problems in the elderly***

***Stress Management***

***Stroke***

***Spirituality at End of Life***

***The Sandwich Generation***

***Swallowing Difficulties***

***Teamwork to improve outcomes***

***Tele-health monitoring***

***Understanding Medicare plans***

***Vaccines for adults***

***VNA Extended Care Services***

***Winter Blues***

*(Seasonal Affective Disorder)*

***Speaker information:***

*Alicia Pearce RN -Coordinator of Client Services  
VNA Extended Home Care*

*Kim Ondrizek RN, MSN  
Hospice Education  
Program Development Supervisor*

*Tom Spiker-VNA Family Hospice  
Bereavement Coordinator  
Spiritual Counselor*

*June Stewart RN -VNA Coordinator  
of Community Education*

*The VNA of Indiana County is located in the Medical Arts Building at 850 Hospital Road on the Indiana Regional Medical Center Campus. We provide the full range of home health and hospice services with a focus to serve our friends and neighbors right here in the Indiana County community.*

*For more information about our Speakers Bureau or our home health care services call 724-463-6340 or [jstewart@vnaindianacounty.com](mailto:jstewart@vnaindianacounty.com)*