MOVING FORWARD

2015 ANNUAL REPORT

VISITING NURSE ASSOCIATION | EASTER SEALS NEBRASKA
Healthcare today is being redefined. Outcomes are critical as all healthcare providers are under pressure to change the way we deliver care. It affects every aspect of our work from clinical to financial to operational. Our future depends on what we do now, what our patients achieve today, and how our patients say we did today. Our business must be strategic, innovative and open to change in order to benefit in this ever-changing world.

We have been trusted by this community for 120 years because of the work we do for our patients and partners. We put them first. What do people want in a healthcare provider? They want to be valued and respected. They require care and companionship. They want to experience great and dependable service, with responsive outcomes. And they need their care to be affordable.

VNA has always had a focus on and a commitment to quality care. Today we are working with our partners and funders to develop new ways to improve the patient experience and improve the health of our community while reducing the per capita cost of healthcare. With cost being an issue, and the incentive for reasonably priced care increasing, physicians and hospitals are realizing that in-home healthcare provides the most effective solution to achieving great patient outcomes while decreasing avoidable hospital readmissions. We are ready for their referrals and are working through process improvements to produce better outcomes for all.

VNA is unique because we serve the whole community — those in need and those with great resources. With such a challenge as this, we are proud to participate and collaborate with thought leaders within our community to improve healthcare where we live, work and play. We pride ourselves on innovation and achieving better outcomes, and we are able to do this thanks to our strong partner organizations.

Our staff is expert at working through challenges to best serve the population, while looking into the future with a vision of how healthcare will be delivered next. We are ready to lead, and we’re ready to partner. We are thankful to those who take this journey alongside us, and are always looking for more.

Are you in?

James C. Summerfelt
President and CEO
THE UNITED WAY OF THE MIDLANDS’ mission is to impact poverty, focusing the efforts of many to help our neighbors stay strong. Access to healthcare is an important basic need provided to those living or at risk of poverty. Thanks to the generosity of donors, VNA is able to offer programs that serve the Metro area’s most vulnerable residents.

The importance of healthcare access goes above and beyond the care individuals receive; healthcare is part of a multi-faceted system of helping individuals in our community reach economic stability and independence.

VNA’s team of 400 healthcare professionals and caregivers is dedicated to providing the highest quality in-home care to the residents of Omaha and Council Bluffs — regardless of their ability to pay. In the Omaha Council Bluffs metro, it is estimated that 10.7 percent have no health insurance of any kind. That’s more than 93,000 of our neighbors.

VNA is at the forefront of public health and family services for the most vulnerable in the area by providing programs that serve the public health, home health and hospice needs of at-risk families throughout Nebraska and western Iowa. Currently, VNA provides access to healthcare across the spectrum from infants to older adults. The barriers to those without health insurance can be overwhelming, and without help, can have devastating consequences. A United Way community health task force found many barriers associated with accessing healthcare services:

- 38.5 percent of respondents reported they had delayed physical healthcare
- 42.7 percent had delayed dental healthcare
- 19.7 percent had delayed addressing mental health needs

“Changes in healthcare, specifically the Affordable Care Act, have provided both an opportunity and a challenge for VNA and others in the field by providing the ability to serve more individuals while at the same time receiving less than 100 percent reimbursement from Medicaid,” said Forsberg. “Right now, we remain focused on working with our community partners to identify ways to improve and measure successful outcomes in our collective efforts to increase access to healthcare.”

VNA will be there, right alongside them.

Shawna Forsberg
President and CEO, United Way of the Midlands

"This is a community-wide issue, but the community is at the table to fix it. VNA is a critical partner. Healthcare access, prevention and education are important elements for future success."

EVERYONE IS DOING
Considered the area’s “safety net” healthcare provider, VNA utilizes an evidence-based approach to care for those whom other service providers have refused or are unable to serve due to language or health literacy issues, complexity of care needed, or inability to pay. In 2015, more than 41,000 lives were impacted through VNA’s community programs.

VNA offers a framework not seen elsewhere in the community. Utilizing the expertise of both nurses and social workers, along with other support such as lactation consultants, families have access to necessary community resources in a way that encourages independence, improves self-sufficiency, increases their support system, and offers the best chance for positive long-term success.

**FAMILY SERVICES**

The impact of VNA’s family services was great in 2015, serving more than 4,200 individuals. Our evidence-based programs (programs that are based on rigorous scientific studies that show conclusively an approach is effective) saw steady growth, including our home visitation programs Nurse Family Partnership® and Healthy Families America, seeing 18 percent and 73 percent growth, respectively.

Nurse-Family Partnership introduces vulnerable, first-time parents, who enroll prior to their 28th week of pregnancy, to caring maternal and child health nurses. This important, high quality program allows nurses to support first-time moms to have a healthy pregnancy, become knowledgeable and responsible parents, and provide their babies with the best possible start in life. Evidence shows families enrolled in programs like this spend less time on welfare, get jobs earlier, receive better test scores and are less likely to use alcohol or drugs.

In partnership with OneWorld Community Health Centers, Healthy Families America (HFA) is a voluntary, no cost service offered to Douglas County’s most vulnerable young pregnant women and women with infants. HFA nurses and family support workers see the families until the child’s third birthday, aiming to improve the health, social, behavioral, economic, and educational outcomes.

**BREAST CANCER ASSISTANCE PROGRAM**

One in eight women will develop invasive breast cancer over the course of her lifetime. VNA has provided the Breast Cancer Patient Assistance Program, serving individuals undergoing treatment with financial assistance and resources to cover basic cost of living expenses, such as rent or mortgage, transportation costs, groceries, prescriptions and child care, so the patient can focus on healing and recovery. With support from funders, including Susan G. Komen Nebraska, Project Pink’d Inc, and individual contributors, this statewide program served 158 people in 2015. Since the start of the program in 2010, more than 500 women, ages 27-92, have used this service in 55 counties across Nebraska and nine counties in Iowa.

**COOKING MATTERS**

VNA partnered with Share Our Strength in 2003 to bring Cooking Matters to the Omaha metro area. Cooking Matters offers six evidence-based, specialized nutrition courses for adults, parents, kids, teens, families and childcare professionals.

These programs take a cooking-centered approach to nutrition and household budgeting. Each class includes hands-on meal preparation led by a chef who teaches participants that cooking healthy foods can be simple, enjoyable, delicious, and affordable. The courses cover basic nutrition, food safety and food budgeting so that participants are able to plan and prepare low-cost nutritious meals for themselves and their families.

Additionally, Cooking Matters offers a special Cooking Matters at the Store program that provides nutrition and budgeting skills through a guided grocery store tour. These programs continue to be successful, as Cooking Matters saw a 22 percent increase in participants in the programs in 2015.
IMPROVING THE HEALTH OF THE COMMUNITY, TOGETHER

As the world of healthcare evolves, VNA’s partner relationships continue to grow and strengthen. Communication has become ever so important, and streamlining care for the good of the patient is a priority.

The vision of the Nebraska Health Network is to improve the health of the community by delivering high-quality, affordable and accessible healthcare. As VNA looks into our future, we expect this partnership will grow, especially as new revenue streams for the physicians are created. A transition away from the traditional fee-for-service model of payment will move towards one that rewards physicians for retaining quality outcomes while lowering costs. Home health is a good option for these physicians as they prioritize achieving quality outcomes at a lower cost.

“I suspect VNA will experience an increase in business when physicians realize what they are being penalized for,” said Dr. Michael Romano, CMO, Nebraska Health Network. Physicians will realize that home health and system management may be the solution.

And now, more than ever, we can improve health in our community by being so much more proactive in managing health behaviors. Providers were never reimbursed for this kind of proactive education before. But times are changing and partners, like Nebraska Health Network, are realizing it’s time we move to a more proactive model, beyond the immediate medical needs of the patients.

“We need to recognize our patients’ needs beyond their medical needs,” Dr. Romano explains. “When you get down to it, so much of the lifestyle and environment has a big impact on the patient’s overall health. We need community partners to help us recognize this.”

“What better way to see how they live than to go into their home and do a comprehensive assessment of their needs. What do they need beyond healthcare?”

Dr. Michael Romano
Chief Medical Officer, Nebraska Health Network

The VNA team has always been very good at engaging its patients, focusing on what is important to them, and putting it in their language. In order to gain patients’ confidence, we must communicate outcomes that are important to them. And in the end, it is our goal to produce those great outcomes.
SHAPING OUR FUTURE TODAY

VNA has always had a focus on, and commitment to, quality care. And now, more than ever, the outcomes of our care are measured and reported. This public reporting is a key driver for improving health care quality by supporting consumer choice and incentivizing provider quality improvement. These outcomes will impact whether or not a patient chooses VNA as their post acute care provider. And these outcomes will impact our financial reimbursement. Standards of care are going up. VNA is working to achieve better patient outcomes and a better patient experience.

“"We are working constantly to look at our processes and do what needs to be done for continuous improvement.”
Bridget Young
COO, VNA

We are one of nine states participating in a pilot project with the Centers for Medicare and Medicaid Services to evaluate Value Based Purchasing.

Driven by Triple Aim, a framework to optimize health system performance, our goal is to:
• Improve the patient experience of care (including quality and satisfaction)
• Reduce the per capita cost of healthcare
• Improve the health of populations
To achieve these goals, we are working on process improvements to give patients better care, at a better value, to lead to better health. We are thinking differently, we are strategic, innovative and open to change. As an organization, our processes are becoming even more efficient.

Some of our changes are as simple as empowering our teams to arrange their own scheduling. Or using technology more efficiently. There are also training, evaluation, and structure changes.

“Our staff is totally engaged,” Young adds. “VNA keeps striving, growing, improving and achieving.”

REDEFINING THE

VNA MISSION
Delivering community-based care that provides peace of mind, quality of life, and independence.

VNA VISION
Improve the life and health of people in our community.

VNA VALUES
Compassion
We believe in an environment that is healing, caring, positive, spiritual, dynamic and adaptable.

Attitude
We believe that each person must demonstrate a high level of ethical behavior in all interactions with others.

Respect
We believe in having a diverse workforce that is highly skilled, motivated, respectful of one another, professional in appearance, and ambassadors to the community.

Excellence
We believe in a creative team focused on providing exceptional quality care to our patients and clients.
COMPLETE CARE IN THE HOME

VNA’s complete line of services addresses every in-home care need—we are proud of our ability to support our patients, no matter how their needs change. Since 1896, our services have expanded in scope, number and complexity.

HOME CARE

VNA’s 120-year track record of success in serving those who benefit from in-home care continued in 2015 with a very good year. Our home health visits were up by 11 percent, with growth in referrals and Medicare volume.

HOSPICE

Hospice care is appropriate at the time a loved one’s illness no longer responds to cure-oriented treatment, and the focus shifts to providing compassion, comfort and quality of life through the end of life. Hospice admissions were up by 9 percent in 2015. A collaborative program with Nebraska Medicine to provide general inpatient care was initiated to bring hospice to patients no longer seeking curative care.

Volunteers are invaluable to both our hospice team and our patients by offering companionship, caregiver relief, as well as office and clerical work. In 2015, 44 hospice volunteers provided more than 1,000 direct and indirect patient care hours.

Following a death of a VNA hospice patient, grief support services are available to family members for a period of 13 months. During 2015, 574 families received bereavement support. These families receive regular communications from VNA, are offered grief support groups and are invited to a memorial service. More than 250 family members attended these memorial services in 2015.

COMPANION CARE

VNA has provided Companion Care services for 10 years, supporting our clients’ independence as needs exist or when patients transition out of home care service. VNA Companion Care hours also increased by 14 percent in 2015.

- Companion Care 3,604
- Personal Care Attendant 25,954
- Home Health Aide 16,625
- Total 46,183

BEYOND THE HOME

VNA’s developing channels continue to grow. 2015 was a great year for VNA and our partnership with Fremont Health, with revenues more than doubling to $421,383.

VNA’s outpatient clinic, Healing Motion Physical Therapy, saw growth in visit volume (15 percent) and the number of referring physicians (51 percent).

INFUSION PHARMACY

Onsite at headquarters, VNA has access to state-of-the-art IV therapy and pharmacy services to be able to provide infusion therapy to our patients in the comfort of home. By having the pharmacy on site, we are able to increase our efficiencies and coordination of care for home care and hospice patients.

OUTCOMES AND CUSTOMER SATISFACTION

Customer satisfaction continues to be a focus. VNA utilizes a third party benchmarking company to evaluate outcomes based on the clinical patient data. As part of 2015’s Quality Improvement Program, VNA established several “champion teams” focused on improving specific performance outcomes that would also be included in CMS’ five-star rating report. We will continue to evaluate performance measures and outcomes at least on a monthly basis.
TAKING ON DISABILITY TOGETHER

Easterseals exists nationwide to provide people with disabilities the best services and the best opportunities in life.

“The definition of disability itself is broader, going beyond the physical to include emotional, intellectual, social and educational issues,” explains Randy Rutta, president and CEO of Easterseals National.

Because of this changing landscape, nationally Easterseals is focused on how best to move forward, making sure the organization is robust, modern, relevant and essential for the next 100 years.

This is the time to be bold… not for us, but for the communities we serve.

Easterseals has evolved. “In 2016, Easterseals national is launching a new, revitalized brand that has been almost two years in the making,” Rutta explains.

The new tagline, “Taking on disability together” speaks to Easterseals’ collaborative work across our community — a brief distillation of our purpose statement.

One thing that Easterseals isn’t changing is who it supports… or how it makes a difference. Across the nation, Easterseals remains the vital resource for children and adults living with disabilities, veterans, caregivers and families.

“The reality is, the brand you’ll see is more than just a logo and a new flashy color,” Rutta continued. “It’s a banner to lead us forward, address the changing environment and marketplace, and translate disruption into opportunities for phenomenal growth. This is Easterseals’ moment to reintroduce ourselves to the American public as the indispensible resource for people and families living with disabilities.”

Over the next year, you’ll notice these changes happening to the brand at home, with Easterseals Nebraska.

“Disabilities have become increasingly complex in the 21st century.”
Randy Rutta
President and CEO, Easterseals National

IT’S BEEN A PHENOMENAL YEAR AT EASTERSEALS NEBRASKA.

We’ve grown Camp Eagle and respite safety, programming and processes, and have moved our camp respite location from Lancaster to Sarpy County. The year-round respite program engaged new participants that attended Easterseals events multiple times.

We provided AgrAbility service to Nebraska farmers and ranchers under four different funders in 2015 which included the University of Nebraska-Extension, Nebraska Vocational Rehabilitation (VR), Nebraska Commission for the Blind and Visually Impaired and the Monsanto Corporation.

The comprehensiveness of assistive technology assessments (due to increased severity of disabilities served) nearly doubled the plan values of Nebraska AgrAbility in 2015.

For Workforce Development, 2015 was the year of “pilot” activity and increased collaboration with our Nebraska VR partner for benefits analysis, planning and support for the two post-employment service areas. These areas continue to roll out successfully to serve more Nebraska VR clients and are being incorporated into standard service delivery in 2016.

ACROSS THE COMMUNITY.
A member-owned, not-for-profit company, Blue Cross and Blue Shield of Nebraska’s mission is to lead the way in supporting patient-focused care. “Any partner that can help us work toward the vision for a healthcare world without confusion, and that adds good years to people’s lives, is a partner we want to have,” said Steve Martin, CEO of Blue Cross and Blue Shield of Nebraska. He adds VNA’s long history of a high standard of caring for people in their own surroundings makes us an important partner for Blue Cross and Blue Shield of Nebraska.

Providing the best possible care in the patient’s home instead of at the doctor’s office or hospital is more comfortable and much less complicated for the customer. The use of home health technology is not only more convenient for the patient at home, but can identify potential health issues in advance of a scheduled visit to the physician.

In addition to monitoring our patients’ high standard of care, managing the overall cost of care is important. Choosing less expensive healthcare will be good for the community as a whole. We spend twice as much on healthcare as any industrialized nation.

Beyond cost incentives, seeing a patient at home has other benefits. You are able to get a truer picture of their struggles, and can provide a better assessment of what needs to be done to help them.

“VNA has a great team in place,” Martin said. He adds that the rest of the system doesn’t have the incentives in place to use it to the fullest potential, not quite yet.

Together with our partners, achieving customer satisfaction is our number one goal. Over the next few years when physicians have additional motivation, and more technology is in place to make it easier for everyone involved, the quality outcomes home care provides will have more and more doctors ordering VNA services.

“The less money we are spending on healthcare, the more we can spend on other things to make our community better.”

Steve Martin
CEO, Blue Cross and Blue Shield of Nebraska
OF BUILDING A TRUSTED AND RELIABLE PARTNER

Two main challenges Nebraska’s legislature faces are access to healthcare and not having enough information to know what policymakers should be focused on.

“It is difficult to monitor health statistics in our state,” Sen. Sara Howard explains.

It is important to not look at healthcare access in our community in a silo, because the ripple effect of this access on our community is great. People who have access to healthcare take fewer sick days from work or school, which is better for our state economically.

“VNA is a trusted partner for policymakers because they are out there in the community and can help identify opportunities,” Sen. Howard explains. “When those areas are identified, VNA helps fill those gaps.”

VNA’s early childhood programs are a perfect example, Howard explains. From Sen. Howard’s perspective, it’s important for the patients to see the nurse as a trusted person, trying to help them stay at home. This is why VNA’s programs are so impactful in our state. We always come to the patient, and that’s unique.

“The public health departments are doing their best to identify needs, but partners like Visiting Nurse Association are vital to help identify our critical areas.”

Senator Sara Howard
Nebraska Health and Human Services Committee

“My role is to be an enabler for VNA to meet their outcomes,” Howard explains. “I want to open doors for VNA, so they can do what needs to be done. Nebraska is doing things no one else is doing, thanks to our innovative providers.”
The first five years of brain development are a critical time, which is why it is so important to have VNA’s expertise in Maternal Child Health at the table with us in Pottawattamie County,” said Patricia Russmann, executive director of Promise Partners. Russmann’s organization oversees state and local initiatives in Pottawattamie County to effectively address the needs of children and families, with a mission to empower a caring community that promises the well-being of every child.

Promise Partners studies many statistics, including the teen pregnancy rate, knowing that young, first-time moms are more vulnerable. Pottawattamie County has a high rate of children below the poverty level and a high rate of single parent families, which makes them more vulnerable as well. Many area families are underemployed or unemployed, with no benefits.

Partners like VNA become the safety net to help these children be born healthy, providing parents with access to resources, health information and services to support their children.

VNA is the Public Health Department in Pottawattamie County. This role is so important, especially to get education about health in the community. Encouraging preventative care is critical.

VNA’s expertise in maternal child health includes immunizations, teaching healthy habits, prenatal care and breastfeeding. Our home visitation programs in Pottawattamie County vary from evidence-based Nurse Family Partnership, to Project WIN (Welcoming Infants into Neighborhoods) — the variety is important because there is not one single model that works for everyone.

In May 2012, The Pew Center on the States reported in The Case for Home Visiting that the highest quality home visiting programs produce positive outcomes. These programs yield savings up to $5.70 per taxpayer dollar spent in reduced mental health and criminal justice costs, decreased dependence on welfare, and increased participant employment. Mothers in home visiting programs are more likely to deliver healthy babies, are less likely to be involved with the criminal justice system, and their children are less likely to suffer from abuse and neglect (MacMillan 2009; Wiggins 2005; Paulsell 2011).
It’s Wednesday morning at 8:30 a.m. The VNA Cardiac team is together — divided into a north and south team — working together as a unit, playing off each others’ strengths, to plan for the week with the best interest of patients in mind. The focus is providing the patients with the highest level of care possible. The Cardiac team is looking more formally at process improvements to best improve outcomes that lead to higher satisfaction for both the patient and employees.

“We all have strong skill sets,” explained Michele Reil, RN, Case Manager, VNA Cardiac team. “By being able to use our staff in a more efficient way, and putting experts where experts belong, we’re noticing higher satisfaction.”

Process improvements from something as simple as having a calendar sent out first thing in the morning, to constant communication, to handling their own schedules has helped immensely. And not only for the nurses. There is a better continuity of care with the patients — they know who will be at their home — which gives them peace of mind, and higher satisfaction.

It’s efficient because we’re working together with the same set of nurses. This consistency is helpful for the patients and decreases the stress on the team. And most importantly, we found an improvement on our key outcome measures.
JOIN US
Each year, thousands of people in our community come together to support VNA. Whether they attend one of our events, offer a financial gift, or are a volunteer who donates valuable hours to help others in our community, VNA is only able to be the safety net to those who benefit from our community-based services because of generous support.

VOLUNTEERS
Our volunteers work with us on everything from hospice to office work and special events. Our Cooking Matters volunteers are growing as opportunities for Cooking Matters grow. In 2015, volunteers contributed 2,124 hours of work, a monetary equivalent of $47,031.

ART & SOUP
More than 1,000 people supported the 18th Annual Art & Soup event in February. The $140,000 raised at this annual event benefits the shelter nurse program, providing care to nearly half of Omaha and Council Bluffs’ homeless men, women and children every year. VNA could not be the safety net to these individuals who do not have the means to pay for their healthcare without the generous support of the community.

The support at Art & Soup went beyond ticket sales. In 2015, Art & Soup featured original artwork from 45 area artists who donated a minimum of half of their proceeds to VNA. Additionally, 19 of Omaha and Council Bluffs’ finest restaurants created an original soup recipe to sample at the event.

2015 GRANT FUNDERS
Alan & Marcia Baer Foundation
Children’s Hospital & Medical Center
CJ Foundation for SIDS
Dr. C.C. and Mabel L. Criss Memorial Foundation
Early Childhood Services
Entertainment Industry Foundation
Every Woman Matters Foundation Fund
Farm Credit Services of America
Gordon and Betty Moore Foundation
Iowa Department of Public Health
Knights of Columbus Council 3019
Lozier Foundation
Mutual of Omaha Foundation
NE Work Incentives Initiative
Nebraska VR
Peter Kiewit Foundation
PhRMA
Project Pink’d
Promise Partners
Richard Brooke Foundation
Robert Wood Johnson Foundation
Share Our Strength
The Sherwood Foundation
Social Security Administration
State of Nebraska Department of Health and Human Services
Susan G. Komen Nebraska
The Enrichment Foundation
The Fred & Sally Bekins Foundation
The Harper Family Foundation
The Hawks Foundation
The Jim and Shirley Young Family Foundation
The Leroy Thom Jean Thom and T L Foundation
United Way of the Midlands
USDA
VR AgrAbility
William and Ruth Scott Family Foundation
VNA 2015
CONSOLIDATED FINANCIALS

HIGHER REVENUES IN 2015 WERE DRIVEN PRIMARILY BY HIGHER REFERRAL VOLUMES.

REVENUE AND SUPPORT
Patient Charges and Contracts  21,629,975
Restricted Grants and Contributions  1,803,928
Other Contributions   2,342,806
United Way of the Midlands  876,683
Non-Operating Income   326,632
Total Revenue  $ 26,980,024

* Intercompany revenue excluded
** Interest / other NOT INCLUDED

FUNDING SOURCES *
POTTAWATTAMIE COUNTY **
Medicaid  84,467
Insurance/Private Pay  83,471
United Way of the Midlands  199,493
Contracts  336,667
Federal, State and Community Grants   477,487
Community Donors and Foundations   78,034
Total  $1,259,619

OMAHA ** (INCLUDES VNAM, HS, FND & ESN)
Medicare  10,534,545
Medicaid  1,917,255
Insurance  5,915,289
Private Pay  1,806,420
United Way of the Midlands  677,190
Contracts  951,861
Federal, State and Community Grants   1,326,441
Special Events  776,072
Community Donors and Foundations   2,088,700
Total  $25,393,773

TOTAL FUNDING  $26,653,392

** Interest / other NOT INCLUDED

EXPENSES
Home Care Services  9,782,128
Hospice Services  3,606,001
Pharmacy Services  1,378,269
Healing Motion Services  276,752
Fremont Health  178,583
Health Services & Pottawattamie County Home Care Services  550,873
Contract and Private Pay Expenses  1,504,655
Family Support Services  3,427,819
General and Administrative  3,906,499
Fundraising  468,450
Easter Seals Nebraska  1,268,486
Total Expenses  $ 26,406,435