

For Friends and
Supporters of
Hospice
& Palliative
Care, Inc.
Serving Oneida,
Herkimer and
Eastern Madison
Counties



Home Comings



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The Hospice Tradition Continues

The Hospice & Palliative Care, Inc. Development Council is continuing its annual "Light Up A Life" tradition again this year with **Chairperson Melva Max** returning for her seventh year coordinating an event that lights up our area and our hearts. Melva and her husband Dr. Ted Max, have been loyal supporters of Hospice Care, Inc. for many years.



Dr. Ted Max & Melva Max, Chairperson



Holiday Tree Locations

Sangertown New Hartford

Sunday, November 12 —
Saturday, December 28

AmeriCU Black River Blvd and Griffiss Park, Rome and Commercial Drive, New Hartford

Monday, November 27 —
Friday, December 22

Oneida Savings Bank Oneida

Monday, November 27 —
Friday, December 22

Oneida Savings Bank Hamilton

Monday, November 27 —
Friday, December 22

Kinney Drugs Old Forge

Thursday, November 30 —
Sunday, December 10

Little Falls Antique Ctr Little Falls

Sunday, November 26 —
Wednesday, December 20

WAL★MART Herkimer

Friday, December 1 —
Saturday, December 23



Vic Vettors

WKTU News Channel 2



Jim Wasielewski

AmeriCU



John Emery

WAL★MART SuperCenter



Kathy Ross

Children's Author

During the holiday season many people search for meaningful ways to remember their loved ones who have passed away. Hospice & Palliative Care provides people with the opportunity to do that, this and every holiday season.

The "Light Up A Life" tradition continues at **Sangertown Square Mall**, New Hartford; **AmeriCU Credit Union locations** at Black River Boulevard, Griffiss Park in Rome and Commercial Drive in New Hartford; **Oneida Savings Bank**, in Oneida and Hamilton; **Little Falls Antiques Center**, Little Falls; **WAL★MART SuperCenter**, Herkimer; and **Kinney Drugs**, Old Forge.

The "Light Up A Life" fundraiser is also a tradition among many individuals and businesses who sponsor the event, coordinate tree locations or volunteer their time to staff the tree locations. Family members often volunteer together, and businesses take time out of their busy schedules to allow employees to give back to their communities. It's a time for all of us to slow down during the chaotic holiday season and remember the people and memories that make our lives so special. *If you are interested in volunteering at one of our tree locations please contact the Development Office at 315-735-6487 x 250.*

"Light Up A Life" is made possible by the generous support of Excellus Blue Cross/BlueShield of Utica-Watertown, Cathedral Corporation, PJ Geen and WIBX. Their support along with this year's **Honorary Chairpersons — Vic Vettors, WKTU NewsChannel 2; Jim Wasielewski, AmeriCU; John Emery, WAL★MART SuperCenter and Kathy Ross, Children's Author**, ensure our success. To join our corporate sponsors and chairpersons in supporting "Light Up A Life", please visit one of our tree locations during our designated dates, or return the enclosed donation card on page 3.

"I feel very strongly about Hospice and how it provides dignity, support and care for the terminally ill. I will do anything to promote utilization of Hospice. It's one of Central New York's greatest treasures."
— Dr. Ted Max

"Light Up A Life"

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Hospice — Not a Place, But a Face

Throughout our lives, all of us encounter difficult and challenging situations. Most of us can remember someone who helped during those times – a parent, a neighbor, a teacher, even a stranger who became a friend. The recollections of these “faces of caring” bring comfort and calm in the midst of crisis.

Since 1977, Hospice & Palliative Care, Inc. has been welcomed into thousands of homes, bringing dignity to patients, their families and caregivers during one of life's most important journeys.

Hospice care is like no other: it goes beyond the management of physical needs by caring for the patient as a whole while tending to the patient's support system of family and friends. A team of physicians, nurses, social workers, spiritual counselors, home care staff and specially trained volunteers is committed to providing integrated care to address the needs, wishes and beliefs of the patient and their caregivers.

Hospice is a face, not a place, and Hospice & Palliative Care, Inc. is your provider of hospice services in Oneida, Herkimer and Eastern Madison counties.

And our service to your community continues to grow:

In the first nine months of 2006, the number of people who have chosen Hospice & Palliative Care, Inc. to serve their hospice needs increased by nearly 25% compared to 2005. Our nearly two-hundred volunteers contributed over 10,000 hours in the first eight months of 2006 to meet the direct, indirect and administrative needs of the organization, an 8% increase over 2005. **The Siegenthaler Center** four-bed hospice residence facility, now in its second year of operation, continues to exceed expectations and is over 80% occupied most months. The Siegenthaler Center is a suitable alternative for hospice patients and their families whose medical conditions or care giving needs do not allow them to remain in their homes. We are particularly pleased with the success of the **What About Me? Grief within the Classroom** program, located within several Utica City Schools, that provides individual and group support as well as family home visits for those children who are dealing with a multitude of loss issues such as death, illness, divorce, and parental incarceration. This grant funded program has served over 200 children annually.



Glenn Beville, Executive Director

This is by no means a complete list of the important work and accomplishments that Hospice & Palliative Care, Inc. has achieved, and without the ongoing community commitment and support from individuals like you, such accomplishments would not be possible. Thank you to all that contribute to the success of Hospice & Palliative Care, Inc. through your volunteer services, your direct financial support and your financial support of community organizations that support hospice. We could not have the impact we have in the communities we serve without you.

I am also pleased to note that **November is National Hospice and Palliative Care Month**. This month, professionals and volunteers work to raise awareness of this invaluable system of care. Those who provide hospice and palliative care offer pain and symptom control, dignity, and spiritual and emotional care for both dying persons and their loved ones when a cure is not possible.

Some facts about hospice care you may not know:

For twenty-five years, hospice has been a fully covered benefit under Medicare. Hospice is also covered by Medicaid, most private insurance plans, HMOs and other managed care organizations. Hospice and palliative care can take place in a variety of settings, including private homes, hospitals, nursing homes and assisted living facilities. Hospice and palliative care is an option for those with illnesses other than cancer, including heart conditions, Alzheimer's and emphysema. Professionally-trained staff help to facilitate communication between family members about advance care planning, end-of-life wishes and decision making. Studies have shown that hospice and palliative care directly addresses the concerns that many people

Hospice and palliative care puts a “face” on quality end-of-life care – the faces of nurses, doctors, social workers, spiritual caregivers, homecare aides and volunteers who provide services and support to families during one of life's most challenging times.

have about dying, which include being in pain and being a burden on family. The majority of families whose loved one was cared for by hospice overwhelmingly support their decision to choose hospice care; the most common statement heard is, “we wish we had chosen hospice sooner.” Hospice and palliative care puts a “face” on quality end-of-life care – the faces of nurses, doctors, social workers, spiritual caregivers, homecare aides and volunteers who provide services and support to families during one of life's most challenging times. — Sincerely, Glenn

A Good Man Died and Gardens Are Reborn

—By Diane Reilly, Hospice Volunteer

What does one do when going through profound grief? One healing option is to get on one's knees in the dirt, dig holes and plant flowers. That is how two gardens at Hospice came back to life four years ago, and this is the story of how that came to be.

I was utterly despondent after the death of my beloved husband, George, and in the first spring after his passing I received a phone call from our devoted Hospice nurse, Navaz, who was concerned that my grief was consuming me. While conversing, I expressed my worry about not having the interest, desire or energy to plant flowers at home as I had for years. She half-jokingly suggested that someone should really do something with the long-neglected gardens at Hospice. We continued to chat, and her caring comforted and warmed me.

A few days later, my friend and neighbor, Olga Waters, and I went to Hospice to look at the gardens. I asked her, a long-time gardener, if she felt I was capable of making them pretty once again. She shook her head and said, "You don't know what you are getting yourself into, but I will help you." And so it began. She patiently and lovingly guided me through the transformation of the garden plots, purchasing countless perennials and helping devise a strategy for the project. I couldn't have done it without her.



This year we have improved two new sections, and again Olga encouraged and assisted me in the process. She never ceased thinking about ways to make the gardens more lovely, and in the process she made sure that I was never idle. She was, and continues to be, an invaluable mentor. Another partner in the gardening project has been my sister, Christine, who has painted many rocks with flowers of varied colors which are randomly placed in the garden, adding a sense of whimsy.

I have named one of the gardens "Honor to the Nurses" because it is adjacent to the staff entrance. The other garden I have named "The St. George Memorial Garden." (My family always thought my husband was a Saint for having been married to me for almost 33 years.) In that garden each year in the spring I hide one of his golf clubs and a ball in a shrub. When I am working there, especially in the evening, I feel his loving presence and a sense of serenity as well.

As you can see, the gardens have been a labor of love for me. I am happy to have created a small piece of beauty for Hospice, and I do it with deep gratitude for what they did for me and what they continue to do so expertly and tenderly each day for our community.

(Editor's Note: The gardens ARE gorgeous, and you are invited to admire them at any time...provided there is no snow cover!)



"Light Up A Life" DONATION CARD

PLEASE PRINT CLEARLY AND INCLUDE ALL INFORMATION

[] \$100 [] \$50 [] \$25 [] \$10 [] other \$ _____ [] In Memory Of or [] In Honor Of:

Gift From (Your Name): _____

Street: _____

City/State: _____ Zip: _____

[] No acknowledgement is necessary [] Please send an acknowledgement to the person listed below:

Name: _____

Street: _____

City/State: _____ Zip: _____

**Please return to Hospice – LUAL
4277 Middle Settlement Road, New Hartford, NY 13413**

Please place my personalized tag on a Holiday Tree located at:

[] Sangertown Square Mall, New Hartford

[] AmeriCU Credit Union

____ Black River Blvd., Rome

____ Griffiss Park, Rome

____ Commercial Drive, New Hartford

[] Oneida Savings Bank, Oneida

[] Oneida Savings Bank, Hamilton

[] Kinney Drugs, Old Forge

[] Wal-Mart, Herkimer

[] Little Falls Antique Center, Little Falls

Memorial Gifts To Hospice

Many contributors help Hospice provide its excellent and essential services to patients and their families in our community through memorial gifts. Memorial gifts offer a meaningful expression of one's sympathy, love and respect when remembering family members and friends. We're particularly grateful to those who designate Hospice as beneficiary of memorials encouraging donations be made in memory of their loved one. Appropriate notification and acknowledgement of all memorial gifts is sent to both the family and the donor. Unrestricted gifts of this kind help Hospice continue to provide special care and support to patients with advanced illness and their families.

This feature lists memorial gifts made to Hospice. Space limitations permit only donations of \$25 or more between January 1, 2006 – June 30, 2006 in memory of those listed below, whether the individual was under the care of Hospice or not. To the family and friends of those remembered, we express our condolences. If there is an error or omission, call the Hospice Finance Dept. at (315) 735-6484.

Note: Donations made to the Siegenthaler Center, the Annual Appeal, the Telethon or Light Up A Life are not included in this list.

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Jan Squadrito, Senior Program Officer for The Community Foundation of Herkimer & Oneida Counties, Inc. presents a check for a one-year grant of \$20,000 to Hospice & Palliative Care, Inc. Executive Director Glenn Beville and Judy Tastor, Social Worker for the **What About Me? Grief Within the Classroom** program.

Grants supporting this program were also received from Bank of America, the Lorraine McDermott Fund, United Way of Greater Utica Area, Utica Safe Schools/Healthy Students and the WAL *MART Distribution Center.

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Glenn Beville, Hospice & Palliative Care Executive Director accepts a check for \$2,605 from the Clinton Fish & Game Club's 3rd Annual Charity Event. Presenting the check to Mr. Beville (from left to right) are Bruce Wellman, David Cruger, Al Leone, Al Paniccia and Ray Majka.

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Chris & Virginia Kelly
Mackie Kernan
Alice G. Pender O'Shea

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Wilda Miller
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How to Help a Grieving Friend During the Holidays

From the National Hospice and Palliative Care Organization and Hospice & Palliative Care, Inc., New Hartford, N.Y.

10 Practical Ways That You Can Offer Help and Support



The holidays, especially the first ones after a loved one's death, can be especially difficult for a person who is grieving. Friends and family members may be unsure how to act or what to say to support their grieving loved one during the holidays.

In general, the best way to help those who are grieving during the holidays is to let them know you care. They need to be remembered, and they need to know their loved ones are remembered, too. Local hospice grief counselors emphasize that friends and family members should never be afraid of saying or doing the wrong thing, because making an effort and showing concern will be appreciated.

Here are some tips that grieving people have shared:

- ❄ Be supportive of the way your friend chooses to celebrate the holidays. Some may wish to follow traditions; others may choose to change their rituals.
- ❄ Offer to help with tangible tasks such as baking, cleaning, or decorating. Seemingly simple tasks can be overwhelming while dealing with grief.
- ❄ Invite the person to attend a religious service with you and your family.
- ❄ Offer to help with holiday shopping or share your favorite catalogs or on-line shopping sites.
- ❄ Invite your friend to your home for the holidays. Inquire if your friend is interested in volunteering with you during the holiday season. Doing something for someone else, such as helping at a soup kitchen or working with children, may help him or her feel better about the holidays.
- ❄ Make a donation in memory of your friend's loved one, as a reminder that his or her special person is not forgotten.
- ❄ Remember to avoid telling your friend that he or she should be "over it;" grief is an individual process and there are no right or wrong ways to grieve.
- ❄ If your friend wants to talk about the deceased loved one or feelings associated with the loss, LISTEN. Don't worry about being conversational.... just listen.
- ❄ Remind the person you are thinking of him or her and the loved one who died. Cards, phone calls and visits are great ways to stay in touch.
- ❄ Many people are not aware that their community hospice is a valuable resource that can help people who are struggling with grief and loss. Hospice & Palliative Care, Inc. provides bereavement support to the families we serve for 13 months. We also offer services to other members of the community as well.
- ❄ Our bereavement support groups are available to anyone whether or not they received hospice services prior to the patient's death.
- ❄ Hospice & Palliative Care, Inc. is offering a support group called "**Help for the Holidays**" to help people cope with the holidays. It starts **Wednesday, November 29th and will meet four Wednesdays in a row from 6:00-7:30 p.m.** at Hospice & Palliative Care, Inc., 4277 Middle Settlement Rd., New Hartford.

Hospice is a philosophy of care for patients with life-limiting illnesses. A team of professionals and trained volunteers offer care and comfort to patients and their families when a cure is no longer possible. Fully covered by Medicare and most insurance companies, hospice services are available at home or in a facility such as a nursing home or at the Siegenthaler Center.

**More information is available by calling
315-735-6484 or 1-800-317-5661
or at www.hospicecareinc.org**

FROM THE OFFICE OF MAJOR & PLANNED GIFTS

— Frederic "Fritz" Barns, Major & Planned Gifts Officer

2007 Volunteer Training

A Friend In Florida



Rev. P. Arthur Brindisi with his wife, Norma

The geographic diversity represented by the many supporters of Hospice and Palliative Care, Inc. is a source of never-ending amazement and affirmation for the dedicated and compassionate professionals who provide Hospice's services in our community each day.

These out-of-town devotees have a very personal connection to Hospice. Most have lived here most of their lives and have relatives and friends to which they are affectionately bound. These roots cannot be obliterated by mere far away distances.

One such friend to Hospice and to the greater central New York community is **The Reverend P. Arthur Brindisi, honorably retired pastor of historic Westminster Presbyterian Church in downtown Utica.** For more than half a century he has been intimately involved here with his large congregation, his community and his family. One of his civic pursuits was serving as head of the City of Utica's Human Rights Commission. There he worked with Hospice's former executive director, Pi Gentile, who was also his neighbor in South Utica.

In December 1988, Rev. Brindisi observed the compassionate ministry of Hospice to his wife, Viola, a patient during the Christmas season.

Rev. Brindisi for almost two decades served as a Trustee of the Community Foundation of Herkimer and Oneida Counties, Inc. For that reason it seemed natural that he would choose to establish an endowed fund at the Foundation that would provide annual gifts for the general support of Hospice's caring work.

It was about five years ago that Rev. Brindisi with his wife, Norma, decided to divide their leisure living between Utica and Leesburg, Florida. Hospice extends sincere thanks to Rev. Brindisi for his many years of spiritual and philanthropic service to central New York, and particularly to Hospice.

WHAT'S IN YOUR LEGACY?

With all due apologies to Capital One for appropriating their advertising tag line, it does pose a question worthy of contemplation. With so many ways to make a large gift to Hospice, some conventional, others more creative, you have the opportunity to enrich Hospice's programs, secure your legacy and, perhaps, realize income and/or estate tax benefits along the way.

PENSION PROTECTION ACT OF 2006

On August 17, 2006, President Bush signed the Pension Protection Act of 2006 into law, thereby providing individuals with the unique opportunity to make a lifetime charitable gift free of tax obligations. If you are 70^{1/2} or older, if your gift does not total more than \$100,000 in any year, and if you are so inclined, you may qualify to make a gift from your IRA to Hospice. **For more information on IRA gifts or any planned gift opportunity, please contact Fritz Barns at (315) 735-6487, ext. 234, or email to fbarns@hospicecareinc.org.**

Volunteer work at Hospice & Palliative Care, Inc. is one of the best jobs anyone can do. It's not about where you live, how old you are, your educational background or what you have or don't have. We provide the training you need; you provide yourself and your time. Volunteers provide support in hundreds of different ways. Call today for a personal interview, and we will explore how you can become part of the Hospice team.

Call Kate Doran, Volunteer Services Supervisor at 735-6487 ext. 240 or email to kdoran@hospicecareinc.org



2007 VOLUNTEER TRAINING CLASS MEETS ONCE A WEEK FOR 6 WEEKS

<u>Location</u>	<u>Day</u>	<u>Training Dates</u>
New Hartford	Tuesday	Feb.13-Mar. 20
<u>Time</u>		Pre-Register By
1:00-4:00 pm		February 5
<u>Location</u>	<u>Day</u>	<u>Training Dates</u>
New Hartford	Thursday	Feb. 15- Mar.22
<u>Time</u>		Pre-Register By
6:15-9:15 pm		February 5
<u>Location</u>	<u>Day</u>	<u>Training Dates</u>
Herkimer	Tuesday	May 1-June 5
<u>Time</u>		Pre-Register By
6:15-9:15 pm		April 23
<u>Location</u>	<u>Day</u>	<u>Training Dates</u>
Oneida	Thursday	May 3-June 7
<u>Time</u>		Pre-Register By
6:15-9:15 pm		April 23
<u>Location</u>	<u>Day</u>	<u>Training Dates</u>
Rome	Tuesday	Sept.25-Oct.30
<u>Time</u>		Pre-Register By
1:00-4:00 pm		September 17

Volunteer Training 2007

Save These Dates



SUPPORT THE HOSPICE TELETHON

Wednesday, December 6, 2006 • 6 am –8 pm
on WKTV News Channel 2

Tune in and make a pledge. Remember your loved one in a special way.

Hospice & Palliative Care, Inc. is planning the 2006 Telethon to air on WKTV News Channel 2 on Wednesday, December 6, 2006 from 6 a.m. to 8 p.m.

DURING THE TELETHON — Local Phone 792-7368 • Toll Free 1-800-448-7728

OR WEEKDAYS BETWEEN 8am and 4pm call 315-735-6487, ext. 250

2006 Event

We are pleased to offer you a distinguished and unique way to honor your loved one's memory. During the telethon from 7p.m.–8p.m. we will air a series of memorials. For a donation of \$100 or more, you can submit a photograph of your special loved one to be aired during a special memorial segment of the telethon. The memorial segments are a series of photographs set to music. Each photograph is individualized with your loved one's name, their date of birth and their date of death.

We urge you to take advantage of this opportunity— what a wonderful way to remember your loved one! Your photograph must be an individual, close-up photograph no smaller than 2"x 3" and no larger than 3"x 4".

Please send your donation and a photograph of your loved one by Friday, December 3, 2006. Remember to print your loved one's name, date of birth, and date of death on the back of your photo along with your address so that we may return your photo to you. Donations are deductible to the fullest extent allowed by law.

2007 Events

20th Annual Epicurean Delight

Sunday, March 11, 2007 • 6:00 – 9:00 pm. • Hart's Hill Inn, Whitesboro

**Hospice & Palliative
Care Golf Tournament**

Friday, June 29, 2007

Valley View Country Club
Utica

**Jennie Pickett
Memorial**

Golf Tournament

Saturday, July 14, 2007

Maplecrest Golf Course
Frankfort

**Big Moose Classic
Golf Tournament**

Friday, August 10, 2007

Inlet Golf Course
Inlet

For more information, please call the Hospice & Palliative Care, Inc. Development Office at 735-6487 ext. 249.



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ADDRESS SERVICE REQUESTED