

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



Home Coming

Vol. 5 • Spring/Summer 2008
www.hospicecareinc.org



The Butterfly Release Celebrations!

The Butterfly Release Celebrations ~ Two Events!

Wednesday, August 6, 2008
at 6:00 p.m.

(rain date Thursday, August 7th)

at
Hospice & Palliative
Care, Inc.

4277 Middle Settlement Road
New Hartford, NY 13413

Sponsored by the Hospice & Palliative Care
Development Council



Wednesday, August 20, 2008
at 6:00 p.m.

(rain date Thursday, August 21st)

at
Herkimer County
Community College

100 Reservoir Road
Herkimer, NY 13350

Sponsored by the Herkimer County
Hospice Foundation

Butterfly Release

A life-affirming expression of hope and peace, our Butterfly Release Celebrations are a unique opportunity to honor or memorialize loved ones by sponsoring a butterfly in their name. Their release signifies freedom and happiness. The highlight of the Butterfly Release will be the individual release and flight of hundreds of Monarch butterflies accompanied by live music and followed by refreshments on the beautiful grounds of Hospice & Palliative Care and Herkimer Community College.

Sponsorship is \$25 per butterfly or five for \$100.

To ensure acknowledgement of your loved one in our program, all butterfly orders must be received by July 30th. If you are not able to attend the Butterfly Release Celebration we will be happy to release your butterflies for you. To sponsor butterflies you can complete and return the enclosed envelope or **contact the Hospice & Palliative Care, Inc. Development Office at (315) 735-6487 ext. 249.**

(We have ensured that proper protocols are followed for the release of the butterflies through the assistance of the NYS Department of Agriculture and Cornell Cooperative Extension.)

The proceeds from the August 6th Butterfly Release will be used to support Children's Bereavement programs at Hospice including children's and teen support groups, individual counseling, the *What About Me?: Grief in the Classroom* program, children's remembrance services and children's bereavement literature. These programs are for children who have experienced the loss of a parent, sibling, grand-parent, friend or classmate.

Also, proceeds from the August 20th Herkimer County Butterfly Release will benefit the Herkimer County Hospice Foundation and their efforts to support hospice services in Herkimer County.



A Message from the Executive Director



Glenn Beville
Executive Director

"I would like to thank you for the warm and tender care that you provided to our mother during her illness, we are truly grateful for your service..." began a letter we recently received.

In our 31 years of service, the families of Hospice & Palliative Care patients have discovered that we can make a real difference in the comfort and quality of life for their loved ones. The Hospice care team provides physical, emotional and spiritual support to meet the needs of each individual. Family members also receive support and caregiver training.

Each day last year, we cared for 85 patients and families and provided over 30,000 days of patient care. At Hospice & Palliative Care, we know that each day is a gift. For our patients, that can mean more precious time to spend with their families, and more time to strengthen or even mend relationships.

Many people still believe that entering hospice care means there is no tomorrow. However, our patients and their families, and friends of Hospice & Palliative Care come to realize that hospice is really about living. Thank you for helping us to share this message throughout the community.

As we work to enrich the lives of those in our care, reaching out to everyone in need, we are ever mindful that you make it all possible through your generous support. We are deeply grateful to you.

Glenn Beville
Executive Director

Director's Message

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**Hospice & Palliative Care, Inc.
is truly grateful to the following foundations and United Ways
whose 2007 grants have been a tremendous support to the hospice mission:**

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Hospice & Palliative Care, Inc. Volunteer of the Year ~ Mary Ellen DeCarlo

Mary Ellen exemplifies the definition of the word "excellence." A volunteer for Hospice & Palliative Care, Inc. since 1999, she has consistently demonstrated her willingness to assist our patients, their families, and bereaved, as well as the staff of our organization.

Because of her own serious health issues and life experience, she has a special empathy for the challenges faced by our patients and their families. First and foremost a patient/family volunteer, Mary Ellen has provided respite, practical and emotional support for numerous families over the years. Assigned to one of our home patients, she assisted the patient's wife with shopping and transportation. When the patient could no longer be cared for at home and entered a local nursing home, Mary Ellen would drive the patient's wife to see him several times a week. Because the patient's wife did not drive, Mary Ellen also assisted her with grocery shopping and medical appointments. The couple's only daughter lived many hours away, and she would frequently speak with Mary Ellen by phone for updates on both of her parents.

Perhaps Mary Ellen's most challenging assignment was providing respite and support to one of her neighbors who was a close friend as well. Mary Ellen was able to balance her professional relationship as a Hospice volunteer and her personal relationship with this patient in a delicate and graceful manner. Mary Ellen was honored that her friend wanted her to be her volunteer and gave the patient and her family the gift of her extensive hospice experience.

Mary Ellen is always available to support our nursing home patients and their families. One particular patient truly touched her heart. This young mother had been a patient in an area nursing home for many years due to a debilitating genetic disease. When this patient's condition began to change, Hospice volunteers were asked to provide the gift of presence by sitting with her while she took her afternoon nap. Mary Ellen was part of a team of volunteers who provided this respite for nearly a year. This was an excellent example of the way Hospice partners with nursing homes.

A few years ago, Patient Case Manager, Kathy Cook, was seeking a dependable volunteer who could assist in the Nursing Department on a weekly basis. We happened to mention this request to Mary Ellen at a time when she did not have a patient assignment, and she agreed to try it out and see if she liked it – she did!



Mary Ellen DeCarlo accepting award from Glenn Beville, Executive Director

The tasks she performs in the Nursing Department are vital to the efficient management of the interdisciplinary group meetings. Mary Ellen is responsible for first preparing, and after the weekly interdisciplinary group meeting, filing the minutes and mailing copies to each patient's physician. Perhaps, more importantly, she is outgoing, warm, open and has a wonderful sense of humor. She is considerate of others and is unobtrusive when she needs to be, all invaluable assets for someone working in the (sometimes hectic) Nursing Department.

When the Siegenthaler Center, a four-bed hospice residence, opened in 2005, Mary Ellen was one of the first volunteers to offer volunteer assistance that contributes over 4,000 hours each year to the Center. A person who freely admits she likes variety in her volunteer work, she has become a member of our "Baker's Dozen," a group of volunteers who bring baked goods daily to the Center. Our patients love the fact that they can offer hospitality and refreshments to their visitors just as they did when they were at home.

Mary Ellen is a familiar face in the community as well. She always signs up to volunteer at our "Light Up A Life" fundraiser at Sangertown Mall. Her friendly, courteous and cheerful manner delights all who visit the booth. She often finds time in her busy schedule to staff a table at community health fairs or other outreach opportunities.

Mary Ellen's commitment comes from a desire to "give back" for all she received when her father and stepmother were hospice patients. When circumstances prevent her from volunteering, she keeps everyone at Hospice in her prayers and stays in touch through her children. On one visit to the emergency room, while lying on a stretcher, Mary Ellen's concern was not on her own health, but on instructing her son to contact us. She was concerned about her volunteer responsibilities and wanted to be sure we were notified immediately.

We are truly grateful to Mary Ellen and all of our wonderful volunteers for sharing the gifts of their time and talents with our staff, patients and their families.

Volunteer Training

For information on the upcoming fall volunteer training dates for Herkimer, New Hartford and Oneida contact **Kate Doran, Volunteer Services Supervisor** at 735-6487 ext.240 or 1-800-317-5661. You can also email Kate at KDORAN@HOSPICECAREINC.ORG. Classes meet once a week and carpooling is available.

Why I Serve on the Hospice & Palliative Care Board of Directors



Marietta vonBernuth
President 2007-2008

The Hospice movement and its philosophy always appealed to me but when my mother became terminally ill, I learned first hand what a difference hospice care makes. Deeply grateful, I willingly accepted an invitation a year later to serve on the Development Council, which eventually led to a position on the board.

I quickly learned that Hospice attracts a remarkable group of people, whether it's staff, volunteers, or board members. Working with and getting to know these people has been inspiring, interesting and fun. In becoming familiar with the services Hospice offers the community -- and the way the community supports Hospice -- I've gained a lesson in civics and economics, as well as health care.

But the heart of my attachment to Hospice is my firm belief that the organization performs an invaluable service, one that I am proud to be associated with.



Denise Rouillier
Treasurer 2007-2008

I am honored to serve as a board member for Hospice & Palliative Care, Inc. As you know, Hospice strives to provide compassionate end-of-life care to its patients and families, and I am pleased to support such an amazing organization by volunteering my time. I learned first-hand about hospice services when my own family used Hospice for my grandmother and my father. In a close-knit community like ours, nothing is more important to me than staying involved.



Joan Murphy
Vice President 2007-2008

Life is Precious...every moment of it, from birth until death! Just as people consider it an honor to be a part of the birthing process, the same is true of the dying process! It has been an awesome challenge off and on over the years, from its inception until the present, to have had some small part in the development of the Hospice movement in the local area. In that time I have held many roles, but at present I am Vice President of the HPCI Board of Directors.

Those of us on the Board appreciate that having a philosophy is not enough, but that it takes motivation, love, professional expertise, human, economic and environmental resources in order that goals can be actualized. I feel an accountability for that process. If everything goes as planned, we make a statement by example, to the whole world that life has value and meaning until a person's last breath is taken. This is no ordinary organization, and it has been wonderful being a part of it all!



Deborah Benson
Secretary 2007-2008

As a Registered Nurse, I am proud to serve as Secretary for the Hospice & Palliative Care, Inc. Board of Directors. I am also the chairperson of the Quality Management Committee that oversees the quality process improvement program. I accepted this position because of my first-hand knowledge of the compassionate care Hospice provides to patients and families.

H P C I

Hospice & Palliative Care Volunteers Honored

Hospice & Palliative Care Volunteers Honored

The Oneida County Office for Aging and Continuing Care staff and members of the Advisory Long Term Care Council has awarded the Volunteers of Hospice & Palliative Care as the recipient of the Older American Award, "**Outstanding Contribution by an Organization**".

"It is our pleasure to grant your organization this award, as you are truly an excellent role model for other organizations in the community", stated Philomenia Amodio. The Volunteers of Hospice & Palliative Care were honored at an awards ceremony on Monday, May 12, 2008.

Golden Paper Clip Award Winners...



Rose Mazzei



June Read

Volunteer Rookie of the Year...



Karen Skaradek

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 July 1, 2007 – December 31, 2007 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, please contact the Development Office at (315) 735-6487 ext. 249. Note: Donations made to the Annual Appeal, Butterfly Release, the Telethon or Light Up A Life are not included in this list.

In Memory of Leonard W. Adams
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Caruso McLean & Co Inc.
Charles T. Sitrin Health
Care Center
Mark & Ceila Domser
James & Ann Kirkpatrick
Paul & Sandra Mancuso

In Memory of**Charles W. Zbytniewski**

Robert S. Lalli

In Memory of**Elizabeth Zielinski**

Patricia Z. Burlleigh
John & Carol Ferguson
Mr. & Mrs. Wayne
& Alicia Ferguson
Ray & Debbie Kirley
Network For Good
Paul V. & Elizabeth O'Brien
Ann Pedersen
Frank & Rosanne Pelli
Rosa Pumilia
Richard J. Stastny
Butch & Pat Strong
George & Mary Jane Turner
Tyco Healthcare/Kendall
Cheri Zielinski

In Memory of Edward W. Ziobro

Thomas B. & Barbara Jones

In Memory of Paul Zogby

Chris S. Zogby

Bradley Clifford Caine Fund

Mr. & Mrs. Robert Caine
Rev. & Mrs. John Ekman
Ms. Kristen Ekman
Kevin & Debbie O'Leary
Linda Peck

A FAMILY'S LOVE OF MUSIC AND A GIFT THAT WILL KEEP ON GIVING

Sound System Fills Siegenthaler Center with Glorious Music

For a few brief days in February of 2006, the staff and volunteers of the Siegenthaler Center were privileged to care for **Mary McLaughlin Hasler** and her family during their last days together. Never an easy time, Mary's family was nonetheless grateful for the high quality and attentive care that she received at the Center. Mary's daughter, Mollie Crumrine, would later remember what a blessing it was to have a comfortable place where out-of-town and in-town family members could congregate, be together, share reminiscences and comfort each other. Mary's grandson, Peter Quimby, would later relate his gratitude for the responsiveness of the nurses and other caregivers who made Mary's comfort their number one priority.

Mary lived a full life, missing her 93rd birthday by just a few days. She always took great joy from her family, from nature and her gardens and from music and the arts. Mary instilled these passions in her family. Not surprisingly, she also instilled many other values, including her generous spirit. Several months after Mary's passing, Mollie, Peter and Peter's wife, Laurie, approached Hospice to express their interest in making a gift that would benefit future residents of the Siegenthaler Center while honoring Mary's memory in a way that would earn Mary's smiling approval.

Early discussions centered on landscaping and Mary's love of gardening, but another benefactor had recently made a generous gift that left little or no landscaping undone. Undaunted, Mary's family switched their focus to her love of music. Hearing this, Executive Director Glenn Beville and Siegenthaler Center Supervisor Ruth Kimball suggested a system that could play music selected individually by patients in their suites. Individually selected music could also be played in the Personal Care Room and in the Courtyard, while speakers in the hallway, kitchen and Family Room would play communal music. Mollie, Peter and Laurie loved the idea, knowing that Mary would approve.

Mary, in fact, was an accomplished soprano soloist herself, having studied voice in New York City following her graduation from junior college. While preferring classical music,



Executive Director Glenn Beville (l) meets with (l-r) Mollie Crumrine, Timothy Quimby and Peter Quimby in the Family Room of the Siegenthaler Center to preview the sound system that they donated.

Mary also appreciated and enjoyed the various musical styles that were popular during her lifetime. Fittingly, Mollie, Peter and Laurie's gift in Mary's memory will allow everyone to listen to the music of their choice.

Perhaps the inscription that Mary's family selected for the memorial plaque best conveys the happiness and satisfaction that they hope their gift will bring Siegenthaler Center patients and their families for many years to come:

**For Heights and Depths
No Words Can Reach,
Music is the Soul's
Own Speech**
- Anonymous

NOTE: Hospice is profoundly grateful to Mary McLaughlin Hasler's family for their generous gift that enriches the environment and patient care in the Siegenthaler Center. For information on how you might make a contribution to the Siegenthaler Center that is meaningful to you and your family, please contact Fritz Barns at (315) 735-6487, ext. 234.

EXPRESSING GRATITUDE

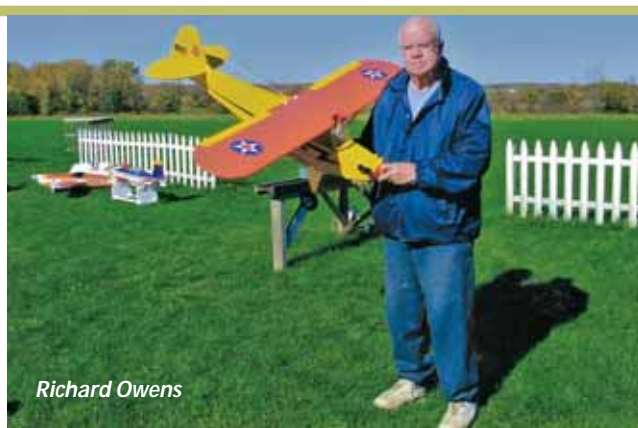
To all the Staff and Volunteers at the Siegenthaler Center,

The Owens' Family want to thank you so much for the care you gave my husband (and Dad), Richard during his stay at your facility.

Our minds were at ease, during this difficult time, knowing the quality of care and compassion he was receiving from all of you.

Sincerely,

Barbara Owens, Nancy, Kristin & Rick



Richard Owens

Hospice Bereavement Counselors

Hospice & Palliative Care, Inc. provides grief support to families and friends for 13 months after a patient dies. Our services help individuals understand and cope with the loss of a loved one. One reason we offer bereavement support is because so often society does not understand and support those who are grieving. The process of grieving can be as exhausting, confusing, and overwhelming as that of caring for a dying loved one. Our goal is to help ease that process and support our families as they go through their grief.

Our bereavement counselors are individuals who have been trained to help people in the unique process of grieving. Some of the services they offer include education about the grief process, help in stress management, education about regaining normal sleep patterns, strategies for helping oneself grieve and go on with life at the same time.

What can bereavement counselors do?

They...

- ... accept your grief for what it is, a reaction to the trauma of loss, no matter how long ago the death occurred.
- ... respect that you are trying in your own way to come to terms with your grief.
- ... listen to you, even if you need to tell the same story over

In addition to bereavement counseling, the following bereavement services are available. For further information, or to arrange for support services or counseling, please contact Hospice & Palliative Care, Inc. at 735-6484 or 1-800-317-5661 and ask to speak to a bereavement counselor.

Bereavement Support Groups – These groups provide a safe place for those touched by loss to obtain information and support. Hospice offers a wide variety of specialized support groups. Please contact Hospice for a current list of available support groups and their exact meeting times.

What About Me? – A seven session art therapy group for children (ages 5-12) to learn about and cope with grief in a healthy way. *Starts Monday, September 22, 2008 and meets from 4:14-5:45 p.m. for seven (7) Mondays in a row. A monthly group is also offered.*

Teens Grieve, Too – A five week session group for teens (13-18) to learn about and cope with grief in a healthy way. *Starts Tuesday, September 23, 2008, from 4:15-5:45 p.m. for five (5) Tuesdays in a row. A monthly group is also offered.*

Passages – A six week session group for any adult who has experienced the death of a loved one.

Adult Parental Loss – A six week session group for adults who have had a mother or father die.

Journey Together – A social group to encourage the bereaved to reconnect back into their own lives.

Share – For parents who have experienced the death of a baby through SIDS, still birth miscarriage, neonatal death up to one year.

Hospice Walkers – It's healthy, helps reduce stress and provides an easy way for people to connect with others. Even if you don't want to walk, the coffee and conversation is great!

and over.

- ... want to hear about the person who died, what s/he was like, the good things and the bad things.
- ... will be with you as you sort through all the mixed thoughts and feelings you have.
- ... can help you to let go of the pain of loss without letting go of the person.
- ... can be with you as you develop a new relationship with your loved one, a continuing bond that preserves the meaning of your relationship.
- ... can share suggestions from other people on what has helped them in their grief.
- ... can discuss things to do to get through the day and through the night.
- ... can help you plan for difficult days such as birthdays, holidays, and anniversaries.
- ... can encourage you to take care of yourself physically, medically, emotionally, and spiritually.
- ... can help you as you develop new roles and routines.
- ... can come to your home or meet with you in our office.

This group meets several times a week at the Sangertown Mall and Herkimer County Community College.

Holiday Support Group – This professionally led group focuses on coping with some of the unique challenges that the bereaved face at holiday times.

ADDITIONAL BEREAVEMENT SERVICES OFFERED

A Celebration of Life: Remembrance Services – Several times a year, Hospice holds a community-wide remembrance service to honor the memory of our loved ones. These non-denominational services are a mixture of uplifting music, readings and remembrances our loved ones. In addition, an annual Siegenthaler Center Remembrance Service is held the first week in April and an annual Children's Remembrance Service is held the first week in June.

Bereavement Volunteers – Specially trained volunteers can provide support and a listening ear for those who are grieving.

Bereavement Mailings – Five times a year Hospice families will receive our Bereavement Newsletter, which provides information about grief and ideas on healthy ways to cope.

Children's W.A.M. Camp – A day camp for children who have experienced the death of a loved one.

Memory Makers – A scrapbooking group for any adult who has experienced the death of a loved one. *Meets Wednesdays from 6:30-8:30 p.m. for six (6) Wednesdays in a row.* Call for Fall 2008 start-up dates. This is a wonderful way to create a lasting memory of your loved one.

Waterville Passages – For any bereaved adult who has experienced the death of a loved one. *Meetings are held the third Tuesday of every month at 1:00 p.m.* at the Waterville Public Library Program Room, 206 White Street, Waterville.

Save This Date

Please join us for an evening with
Elizabeth Gilbert

– Author of *Eat, Pray, Love*
on
Thursday
August 14, 2008
at 7:00 p.m.



MVCC Theatre
located in the MVCC Information Technology Building
1101 Sherman Drive, Utica

Eat, Pray, Love

NEW YORK TIMES

#1 on the NYT Paperback / Nonfiction List for over a year!

American Booksellers Association
Acclaimed Best Seller

#1 on the Booksense Paperback / Nonfiction List for over a year!

TIME MAGAZINE

Named One of Time Magazine's 2008 World's 100 Most Influential People!

Featured Author on the Oprah Winfrey Show

The evening will feature a talk followed by Q & A
\$100 per person – Lower Level VIP Seating followed by a VIP Reception
with Elizabeth Gilbert

\$40 per person – Lower Level Seating

\$25 per person – Balcony Seating

For an invitation, please call

Fritz Barns at 315-735-6487 ext. 234 or e-mail: fbarns@hospicecareinc.org



4277 Middle Settlement Road
New Hartford, New York 13413
ADDRESS SERVICE REQUESTED