## HOSPICE NEWS

### WINTER 2011

### Volunteers Find An Unexpected Silver Lining

When Bob Stirk and Hope Telovsky Stirk discovered Hospice of Orleans, it would have been inconceivable to either of them what the future would hold. Seventeen years ago, when Bob's wife Elaine was diagnosed with cancer, the concept of Hospice in Orleans County was in its infancy. In desperation, Bob as the primary caregiver turned to Hospice, but neither the medical services or the complicated equipment she required at that time were available. Following his wife's passing, Bob was so grateful for the bereavement support program, he knew that he wanted to make a difference for the agency that was there for him during his darkest hours.



For Hope, her time of need came in 1996, when her husband John suffered a sudden stroke, which resulted in 24 hour care. John was then admitted into Hospice care at a local hospital where the Hospice staff was able to provide care and support to both John and Hope. "The Hospice staff was so supportive in the days and weeks that followed, especially the bereavement group, which ultimately became a part of my life."

Going forward with their lives, each independently dedicated a few hours weekly, as a Hospice volunteer. Bob's maintenance skills were such that he could do any job required. He continues to erect the Hospice Tree of Lights and canopies for special events. Each spring time he delivers "sunshine" in the form of the beautiful Hospice bouquets and is an invaluable volunteer at the many annual fundraising events. Hope may be found collating the Hospice newsletter, selling tickets for special events and baking cookies. Together, with more than 130 members of the community they make up the Hospice Volunteer team.

Their own personal experiences and needs drew them to Hospice of Orleans where eventually a friendship began. Now ten years later, love has blossomed and in October 2010 they were united in marriage. Congratulations, Bob and Hope, we count our blessings to have two such caring and wonderful volunteers as part of our team. We all send our love and prayers for a long and happy life together.

### 20 Reasons to Volunteer

- 1. Help others
- 6. Strengthen your resume
- 2. Make a difference 7. Improve your community
- 3. Find purpose
- 8. Develop new skills
- 4. Reduce stress 5. Meet new people 10. Support an important cause 15. Make new friends
- 9. Feel involved
- 11. Discover new ideas
- 12. Develop new interests 17. Feel better about yourself
- 13. Be a part of a team
- 14. Have fun
- 18. Support those in need
- 19. Brighten the lives of others

16. Share your skills with others

20. Lower your blood pressure

### A TRIBUTE TO FRANK B. HOUSEL, JR. 1919 – 2010



To the staff of Hospice, he was known as a very dear friend, an advocate for the creation of a residential hospice program and avid supporter of the mission of Hospice. As a long time resident of the area, he was well known in his community for his generosity, cheery disposition and infectious smile.

In 2008 the Hospice of Orleans Cornerstone Society was established, naming Frank as the first inductee. He was cited for "the example he has set through his staunch advocacy and major contributions during his lifetime". In accepting the award, Mr. Housel said he was fortunate to be blessed with good health and many friends.

He will always be remembered with great affection by the staff and volunteers of Hospice.

#### MEET THE HOSPICE STAFF

**As the demand for services grows, so does the team!** We are pleased to welcome the following administrative staff.

**Joel Allen** as Finance Director, brings a lifetime of financial experience to the position. He is a lifelong and active member of the community.

**Terri Jordan** as Accounts Payable/Receivable Specialist is responsible specifically for all patient related finances as well as lending support to the financial director.

**Joanne Johnson**, former administrator, retired RN and long time community resident, brings a wealth of clinical experience to her role of Admissions Coordinator.

We also welcome to our clinical team **Terry Johnson**, **Jeniavee Brown**, **Donna Coble and Freddie Stangland**. Collectively, they bring many years of experience in their role as nurses and we are happy to count them as members of this very caring team.

We also recognize the rest of our Hospice Team and thank them for all that they do for our community.

Dr. Brenda Bierdeman Chris Fancher Sheila Plummer Lindsay Chambers Mary Anne Fischer Will Reynolds Billie Condoluci Cora Goyette Aleka Schmidt Gary Condoluci Flo Johnston Thomas Wenhold Lisa Delamarter Louise Monagan Kathryn Whipple Ken Degnan Donna Morse Betsy Wilder

"Words cannot express our gratitude for the wonderful care you provided our Mother during the past year. Not only were you taking care of Mom, but you were there for all of us, too. If anyone were to ask about the care Hospice provides, we all would sing your praises. You truly care about people. From the bottom of our hearts... Thank you".

#### NATIONAL HOSPICE MONTH

Each November, we take the opportunity to recognize the dedicated professionals, volunteers and family caregivers, all who play a key role in providing care and support to those suffering from a life threatening illness.

Our Annual Open House gives the community an opportunity to come and meet Hospice staff and volunteers and learn more about the concept and work of Hospice. It is a time when we are able to further educate the community about the many services available to families and patients and to thank all of those who so selflessly give to make a difference, one life at a time.

In order to be more readily identifiable in the community, staff may now be seen wearing a uniform. This decision, together with the sale of Hospice bracelets and silicone wrist bands is part of an ongoing marketing plan to educate the community and encourage anyone to come and talk about Hospice. A special thank you goes to Lynn Bensley of Express Fitness - Albion and Janice Buckner of A Kut Above — Medina, both of whom designated a store front window for additional Hospice month promotion.

If you would like more information about any aspect of Hospice, or would just like to visit, there is always someone available.

Why not stop in and have a cup of coffee with us!

### A BLESSING IN DISGUISE - OUR SERIOUS ILLNESS WEBSITE

"Dad requires a lot of help and Mom is exhausted. I try to pitch in, but I don't always know what to do or say. I need a place to find out basic information, like how to keep Dad comfortable or what to do when he doesn't want to eat. I'm not sure what we need to do legally to get things in order and sometimes I just need help understanding my own emotions... I know there are programs available for families in our situation but I'm just not sure how to find them."

Does any of this sound familiar? If so, you've come to the right place! We have created this website to help the seriously ill and their families learn how to live as comfortably as they can within the confines of their disease. Whether you need tips on handling the medical and physical aspects of care, are concerned about emotional or spiritual issues, or simply want to know about important legal and financial decisions, seriousillness.org/orleans is the place to turn. We even have a listing of local, state and national programs that offer services and support.

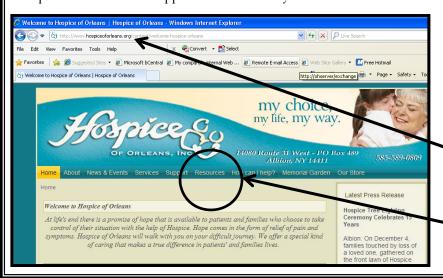
It's true. Caring for an ailing family member can be one of the saddest and most difficult times in a family's history together. Yet, it can also be one of a family's most fulfilling, meaningful and intimate experiences. A lot of love and even laughter can be shared as the patient and family learn to live fully now while

"The great tragedy of life is not death, but what dies within us while we live." -Norman Cousins

In the context of serious illness, one's greatest fear is that the condition will be fatal. The challenge of terminal illness is to learn to live with dying, to find purpose and meaning even in the face of a limited future. Without purpose, one risks the death of emotions while you are still alive. Even if a condition is incurable, it is possible to have hope. It is simply the definition of hope that must change. At times when our focus of hope changes, we begin to have a renewed sense of appreciation of life and its simple pleasures. As one learns to live with dying, you are given the opportunity to become more fully alive in the present moment. In reality, this is the best lesson for all of us, no matter how long we expect to live!!

preparing for tomorrow. It's a balancing act, to be sure. But with education and support, you can enhance the quality of all the time you have left together, whether it's years, months, weeks, or days.

If you have any questions or need help, please do not hesitate to call us at 585-589-0809 or email <a href="mailto:info@hospiceoforleans.org">info@hospiceoforleans.org</a>. We'd be honored to help. This website is sponsored by <a href="mailto:Hospiceoforleans">Hospice of Orleans</a>, providing compassionate care and support to the seriously ill and their families since 1994.



# Accessing the Serious Illness Website is Easy!

Log on to the Hospice of Orleans website at www.hospiceoforleans.org

Click the Resources Tab

### THOUGHTS FROM THE DEVELOPMENT DIRECTOR - CORA GOYETTE

People frequently suggest to me that it must be "so sad to work for Hospice" and are very surprised when I tell them that it is exactly the opposite.

When someone is diagnosed with a life threatening illness, to witness them receive the support of Hospice is so uplifting, because I **know** the positive impact our services have on both the patient and family's lives.

Even at that time, they do not realize just what a difference we can make and this is reinforced by so many letters that I receive and all invariably contain this one sentence. "If only we had known about Hospice sooner." As another year unfolds, I reflect upon the positive difference that we have been able to make in the lives of more than 100 families. For some patients, it may be support for months and for others a few days, but each individual has made a conscious choice about how they live the remainder of their life with the support of Hospice services.

For some, it has been the encouragement and ability to take a long awaited trip, for others confined to their own homes, the provision of special equipment. Maybe it was a thanksgiving meal, a bouquet of flowers, medications, an air conditioner for the hot summer months or special bed linen. I remember an occasion when staff provided a bird house and feeder for a home bound bird watcher. The patient was able to enjoy nature directly from their bed. It was the opportunity to spend quality time with friends and loved ones. The ability to satisfy those needs is what makes Hospice services so special and uplifting for me.

Of course, none of this would be possible without the extraordinary support from you, our community. The 2009 Annual Appeal raised \$15,522. Grants in the amount of \$26,745 were received from local Service Organizations and Foundations to fund our Transitions, Bereavement and Alternative Therapy programs and memorial donations totaled over \$50,000.

I am constantly reminded of the profound words spoken by Dame Cecily Saunders, the founder of the Hospice movement. "You do not have to cure to heal." Maybe now you can appreciate why working for Hospice is so uplifting for me.

### COMMUNITY SUPPORTS HOSPICE YARD SALE

Great weather, an army of volunteers and countless hours of collecting, sorting and pricing resulted in the most successful yard sale.

Thank you to the community members who turned out their treasures and those who purchased them, \$3,000 was raised to help provide crucial services to hospice. It was truly a community effort to make a difference one life at a time.

### BROWN'S 5K RACE & MEMORY WALK – A HUGE SUCCESS!!!

On a perfect Fall day families walked in honor of loved ones, athletes put their skills to the test and others just enjoyed the occasion.

With a record number of participants the 14<sup>th</sup> annual event raised \$3,375.

A special thank you to Brown's, the Albion Rotary and all of the community sponsors.



### TIMES FOR REMEMBRANCE

### Hospice Tree Lighting Ceremony Celebrates 15 Years!

In December 1995, Hospice held its first Light a Life ceremony. That tree was donated by Pat Bielicki and the Rev. Nancy Torpey led the gathering, accompanied by Tom Brown of the Rochester Scottish Pipe Band.

Every year since then, a similar service has been held, offering the community an opportunity to celebrate the lives of loved ones. While this is not primarily a fund raiser, the sale of special ornaments raises on average \$5,000 annually.

On December 4<sup>th</sup> continuing with the tradition, members of the community, families and friends gathered on the front lawn of Hospice offices to share in the 15<sup>th</sup> Annual Tree Lighting ceremony. The Grand Fir was donated by John and Anne Hovanesian and was adorned with lights, ribbons and special memorial ornaments from family members and friends. A short ceremony, accompanied by bagpiper Jake Allen, was led by the Rev. James Maxwell a member of the Hospice Board, where special prayers were offered.







After the tree lighting, staff and family members enjoyed a winter reception, generously provided by Hospice volunteers. A special thank you goes to Gerry and Carol Culhane, Bob Stirk, and to the many, many people who have supported this special celebration over the last 15 years. Whether your contribution was a donation, as a volunteer or through the purchase of ornaments, we thank you and wish you all a peaceful and healthy New Year.

### Hospice Memorial Service

*No happy time is gone if it leaves a special memory.......* words noted on a key chain which was presented to all who attended the recent Hospice memorial service.

As family and friends gathered at Christ Episcopal Church, recently departed loved ones were remembered through music and words in a service led by Ken Degnan, Hospice Spiritual Coordinator accompanied by Aleka Schmidt, Music Therapist. Following readings by family members, names were read and special memorial candles were lit.



"This occasion is also very special for Hospice staff, as it offers them the opportunity to reconnect with families who they had the privilege of serving" stated Chris Fancher, Hospice Social Worker.

At this special time of year, Hospice extends love and prayers to more than 100 families for whom they have been able to make a difference in their time of need.

### Brighten Someone's Day and Support Hospice



Monday, February 28<sup>th</sup> through Fríday, March 4<sup>th</sup>

Available at the Hospice Office and the following locations all week unless specified:

<u>Albion</u>

Apollo Restaurant ACE Hardware

Arnold Gregory Complex (Friday)

Bloom's Flower Shop

Country Lane Vet Services

Fischer's Newsroom First Niagara Bank

Homestead Wild Flowers

Mark's Pizzeria

Save A Lot (Friday)

Tiny Shoes Daycare

Village House Restaurant

**Brockport** 

Brockport Federal Credit Union

Lakeside Memorial Hospital (Thursday)

**Holley** 

JP's Farm Market

Sam's Diner

Stockham Lumber

<u>Lyndonville</u>

EZ Shop

M&T Bank

Pennysaver Markets

Signature Styles

**Medina** 

A Kut Above

Apple Blossom Florist

Bank of Castile

Beauty Fair

The Booke Shoppe

Case-Nic Cookies

Creekside Floral and Design

Country Club Restaurant

Country Club Restaurant

Medina Memorial Hospital (Wed. & Thurs.)

Rosenkrans Pharmacy

Mark's Pizzeria

Vision 2000

Wild Flowers Natural Foods

### \$7 per Bouquet

Advanced orders are suggested by February 11<sup>th</sup>.

We are happy to deliver orders of five or more bouquets.

Please call the Hospice Office at 589-0809 for more information.

### $\mathbf{C}$ O M G E V E N T S S P R G & S u M M E R

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### WINE TASTING BENEFIT - APRIL 15 THRU APRIL 30TH

### ANNUAL MEETING & VOLUNTEER LUNCHEON APRIL 28<sup>TH</sup>

The 2011 Annual Meeting and Volunteer Recognition Luncheon will be at St Peter's Evangelical Lutheran Church.



Zambistro will be catering a full hot buffet lunch.

### DUCKS AHOY JULY 4<sup>TH</sup>

Sponsored by the Lyndonville Lions Club and Sigma, LLC

A far

A family fun day
with great
cash prizes!

### GOLF TOURNAMENT JULY 27<sup>TH</sup>

Join us in the 15<sup>th</sup> Annual Scramble at Hickory Ridge Golf and Country Club in Holley.

> Steak Dinner & Chinese Auction Public Welcome!



### HISTORIC HOME & GARDEN TOUR AUGUST 6<sup>TH</sup>

"Step Back in Time"

Listen to Parlor Music!



Afternoon Tea in the Courtyard!

The Pillars

#### 2010 ANNUAL APPEAL - FROM A GRATEFUL FAMILY MEMBER

"My father Donald was a wonderful father, with much pride and gratitude for the kindness of others. He was diagnosed with mesothelioma in 2008 when my husband Mark was fighting for his life with colon cancer. They were each other's support and inspiration and Mark was under Hospice care in Erie County. Mark passed away on Hospice in July 2009. Dad was doing okay until the winter and was hopeful that two weeks in Florida with lots of golf would help. Sadly it was not to be and he was hospitalized with a sad prognosis. We approached Dad with the idea of Hospice care. He was not too thrilled, but knowing the great care Mark had received, he decided to accept.

In enters Sheila, Dad's Hospice of Orleans nurse. She was a breath of fresh air for him, he so looked forward to her visits and those of Chris Fancher. These ladies were so supportive of Dad, understood his concerns and were always honest with him. Both provided much more than their job description specified. They did their job but Dad's true love with both of them was their conversation. His sense of humor was like none other and Sheila "got it". They would sit on the porch and laugh until tears came to their eyes. While the care Dad received meant a lot to him and Mom, it meant so much more to my sister, Rebecca and me. Living more than a couple of hours away, knowing that he was being well cared for, put us both at ease.

Dad passed away at home exactly one year after the passing of my husband. Sadly, I was not with him when he took his last breath. Because of Hospice, I was able to enjoy many times with Dad because you were giving him quality care and you were helping him to live the best for as long as he could. Dad truly lived to the end. He was making jokes, wanting an occasional sip of wine and just being himself. I thought that the Hospice experience I had with Erie County would be superior to what Dad would get. I am very happy to say that the two most important men in my life received extraordinary care, making Hospice in any county, an organization to be proud of. Thank you, Hospice for making my Dad's life worth living, right up to the end". Jill Finkley

The 2009 annual appeal raised \$15,522, enabling us to continue to provide a truly critical service during the most difficult of times – the loss of a loved one. Our goal, with your help is to exceed last year's appeal total.

Thank you from the bottom of our hearts.

- 1	he	Hospice	Staff	
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I would like to support the 2010 Hospice of Orleans Annual Appeal.				
Please CHARGE my contribution of \$  □ Visa □ Mastercard				
Card NoExpiration Date				
Name as it appears on card				
Your signature				

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