

HOSPICE OF JEFFERSON COUNTY

NEWSLETTER/FALL 2019

THE HEALING GARDEN

I CANNOT SAY EXACTLY HOW NATURE EXERTS ITS CALMING AND ORGANIZING EFFECTS ON OUR BRAINS, BUT I HAVE SEEN IN MY PATIENTS THE RESTORATIVE AND HEALING POWERS OF NATURE AND GARDENS... IN MANY CASES, GARDENS AND NATURE ARE MORE POWERFUL THAN ANY MEDICATION. OLIVER SACKS (2019)

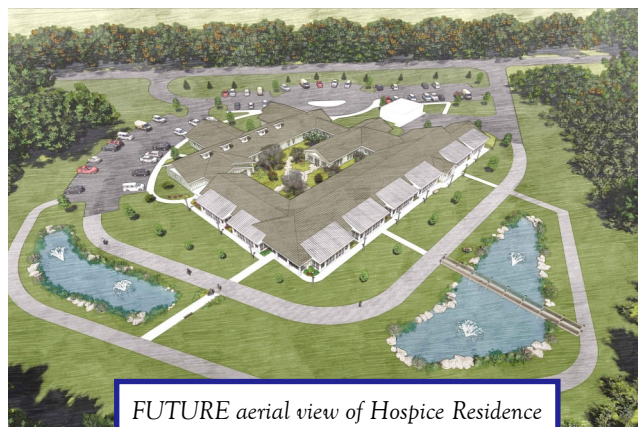
We are fortunate at the Hospice Residence to be surrounded by a natural open landscape, a pond, fountain, the Bannister Bridge, and the Mary Macsherry Reflection Garden. This special environment invites patients and families to go outside, take a walk, sit on a bench and observe the birds, deer and other wildlife that wander in from the woods and wetlands and to just enjoy the beauty and tranquility. Being a part of nature helps reduce pain, discomfort and distress.



CURRENT aerial view of Hospice Residence

Our patients and their families cherish the environment we have created here at the Hospice Residence. A recent comment by a family member captures this. "Perfectly peaceful experience, felt very cared for as the family and mom felt at ease in the beautiful surroundings."

Hospice of Jefferson County, Inc. is an organization committed to excellence and is always striving to improve and add elements that benefit patients, families and staff. Because we embrace gardens and nature as part of our mission to provide compassionate care, our proposed Residence Expansion includes a Courtyard Healing Garden. It will provide an additional dedicated environment of tranquility, peace, and serenity or a place to host summer concerts or family gatherings.



FUTURE aerial view of Hospice Residence

IN THIS ISSUE

- THE HEALING GARDEN
- A MESSAGE FROM OUR CEO
- THE HEALING GARDEN (CONTINUED)
- WHEN I AM AMONG THE TREES
- MEET FRAN
- BEREAVEMENT
- FROM OUR FOUNDATION
- HOSPICE SPONSORS/EVENTS



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A MESSAGE FROM OUR CEO

Many of you have already heard that Hospice is planning to expand our Residence in response to the growing need. As regulated by the State of New York, the number of Residence beds (single rooms) permitted is 16. When our current building was constructed, only 8 beds were allowed. We routinely find the need for more than 8 beds and have made the commitment to expand to the currently allowed number of beds. A significant, but important, part of this expansion project is the ability to expand within our five-acre campus. The site work required to make this happen is a significant part of the project cost. The result, however, is a transformed campus that provides 16 rooms and a center courtyard-healing garden.

Designing the healing garden is a most rewarding project. Robin Hoffman, landscape architect and professor at State University of New York's College of Environmental Science and Forestry, is donating her time and expertise to lead this effort. Robin's second year graduate students worked with us throughout the year to develop design ideas; they benefited from the real-life client experience, and we benefited from their collective creativity. One of these students, Elena Juodisius, volunteered to continue with this project until its completion. We are very pleased to have her as a member of our Garden Committee. Also joining this project is Dani Baker, co-owner of Cross-Island Farms. Dani brings a wealth of knowledge about developing gardens, and we are grateful for her skill and expertise. An article about the Courtyard Healing Garden is found in this newsletter. We are so fortunate to have the support of Robin and Dani who know first-hand what a difference gardens make in the lives of our patients and families.

Thank you for your support of Hospice of Jefferson County. We are so grateful for your contribution to our annual Hope Appeal.

Best wishes for a joyful and meaningful Holiday,

Diana

Diana Woodhouse, CEO

dwoodhouse@jeffersonhospice.org

315-788.7323



When I Am Among The Trees

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.

I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.

Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.

And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."

Mary Oliver

BEREAVEMENT SERVICES

Hospice of Jefferson County offers a wide range of bereavement services to assist families and friends following the loss of a loved one. Our support groups are open to anyone in the community. Bereavement is a personal experience, which no two people process the same.

Bereavement Evening Support Group- Third Tuesday of every month at Hospice from 5:30PM to 7:00PM.

Bereavement Day Support Group- First Tuesday of every month from 11:00AM to Noon at Hospice.

Bereavement Luncheon-The first Tuesday of every month, call Hospice for rotating restaurant location.

Annual Memorial Service- Each year Hospice of Jefferson County holds a memorial service remembering loved ones lost in the past year. All family and friends are welcome to attend.

Over the Rainbow Children's Day Camp- Summer day camp for children ages 6-12 involves learning coping skills while having fun with a group of peers.

Holiday Remembrance- Children are invited to come together in honor of their loved one to remember them through various holiday themed activities.

*Please contact Hospice:
315.788.7323*

*bereavement@jeffersonhospice.org
www.jeffersonhospice.org
for more information on
bereavement services.*

MEET FRAN SPRINGER, DIRECTOR OF FINANCE



Fran is the newest addition to our staff. She loves the amazing staff at Hospice of Jefferson County and couldn't wait to join the team. She admires how much they give back to the community.

She grew up in Adams and has stayed in the area since graduating high school. She has a wonderful husband, amazing daughter and four wonderful step sons. She has a Master of Science in

Accounting and recently started her Master of Health Administration program this summer.

In her spare time she enjoys spending time with her family, bowling, hiking, or reading a good book.



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Attend one of our events.
Have a good time while
supporting a great
organization!

Save The Date

November 29- December 23-
Memory Tree- Salmon Run Mall by
Dick's Sporting Goods

February 29- Cinderella Ball-
Thousand Islands Harbor Hotel,
Clayton, NY

A special thank you to Coughlin Printing for donating a portion of the printing cost.

1398 Gotham Street, Watertown, NY 13601 - 315.788.7323 - www.jeffersonhospice.org

FROM OUR FOUNDATION

THANK YOU. Your generosity allows Hospice of Jefferson County to serve patients with a life-limiting illness and their families.



Team Key Bank enjoying a beautiful day of golf at Ives Hill Country Club all to support Hospice

THANK YOU. We are extremely grateful for the support we receive from our community.

A SPECIAL THANK YOU TO THE
IVES HILL COUNTRY CLUB FOR DONATING
ALL CLUB & FOOD EXPENSES ASSOCIATED
WITH THE HOSPICE GOLF TOURNAMENT.



Congratulations to Team Tiger and Peter Hrabchak for raising the most money for Hospice.



The Pike Crusaders heading out for a day of golf at the 2019 Swing for Hospice Golf Tournament.



Junior Division sailors meeting before setting sail for the 2019 Hospice Regatta. They raised over \$3,600 for Hospice.

Thank you to Pond Pit BBQ &
Jodi's Dairy Bar for supporting
Hospice's Christmas in July Party



Henderson/ Henderson Harbor Committee donating from their Spring Fling event.

NYSCOPBA giving Hospice their annual donation.



To learn more about our Hospice events or other ways to support our organization and the services we provide to the community contact: Kaetlyn Martel, Director of Community Relations kmartel@jeffersonhospice.org - 315.788.7323

THE HEALING GARDEN (CONTINUED)

GARDENS REDUCE STRESS AND PROMOTE A SENSE OF WELL-BEING. THIS LEADS TO MEASURABLE PSYCHOLOGICAL, PHYSIOLOGICAL, AND BEHAVIORAL BENEFITS, SUCH AS REDUCED ANXIETY, SADNESS, AND OTHER NEGATIVE MOODS, LOWER BLOOD PRESSURE AND IMPROVED IMMUNE FUNCTIONING, AND BETTER COMPLIANCE WITH TREATMENT PROTOCOL. – UNIVERSITY OF MINNESOTA (2016)

A commitment to our mission has grown into an amazing project for our garden committee. They took our ideas and are making them a reality. The commitment to design and develop the future Courtyard Healing Garden by Robin Hoffman, Ph.D., Dani Baker, Elena Juodisius, and the staff here at Hospice is truly remarkable. Robin Hoffman and her graduate landscape architecture class at State University of New York College of Environmental Science and Forestry have worked hard to incorporate the key elements we feel our patients, families and staff need: space that is easily accessible, provision of both shade and sunshine, flowing water, plants of all sizes, shapes and colors that change with the seasons, fruit bushes and trees, open space that will accommodate beds and wheelchairs, and soft ambient light at night.



Gardens remind us of the patterns in life and the natural stages of growth. They comfort the soul with the knowledge that all things, all beings, follow a natural pattern of growth, decline and rebirth. We are so grateful for the support from our Garden Committee and the community that will soon make this garden a reality.



SUNY ESF students present Healing Garden designs

Many thanks to our Board Members, volunteers and staff.

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