



HOSPICE OF JEFFERSON COUNTY

NEWSLETTER/FALL 2021



2021: WHAT'S ON THE HORIZON FOR HOSPICE

Vision Becomes Reality: Hospice Looks to Break Ground for Residence Expansion in 2022 *A Room With A View*

We are pleased to announce that our revised Residence Expansion project is moving ahead with great speed. To reduce the cost, the scope of the project is now four new patient rooms, instead of eight. This was done in response to the realization that state grant funding would not be available in light of the tremendous cost of the COVID-19 pandemic. The four new patient rooms will be similar to the current residence rooms. There will be additional acoustics in this wing to care for a wider range of symptomatic patients, improving the serenity and privacy of the environment for all patients and families.



As the pandemic expanded in Jefferson and other North Country counties, it became clear that we need to be prepared to care for patients with serious airborne infections, while safeguarding others in the facility. We have redesigned the expansion to include enhanced ventilation systems with increased filtration and ionization treatment. In addition, two rooms will have the capability to be converted to negative pressure rooms to enhance infection control. This expands our ability to support community residents and to advance the community's ability to mitigate and manage COVID-19.

In addition to adding four additional patient rooms, this project includes expanded space for patients, families and staff. A room for recreational therapy, a solarium, a family room with refreshment area and TV, as well as a small meditation space will be added for patients and families. A second nurses station, a nurses lounge, and improved storage will be added for the staff. A healing garden, accessible from several interior locations, will enhance the current serenity of the landscape. The walking path around the pond will be resurfaced with stamped concrete for easier wheel chair access and mobility. The Macsherry Reflection Garden will be moved to improve access so more patients can enjoy its beauty. Additional parking spaces will be added at the front of the building as required by state regulations.

A comprehensive expansion campaign is well underway! The total cost of this project is \$2.4 million. To date, \$1 million has been donated or pledged during the silent phase of this campaign. Contributors include the Northern New York Community Foundation, Watertown Savings Bank, our Hospice Foundation along with many other corporate and private members of the community. In addition, we have applied for and are awaiting news from several grant opportunities. Find out in this newsletter how you can donate to this vital project that will expand and enhance our ability to safely and expertly care for patients facing their end of life journey.

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A MESSAGE FROM OUR CEO

After the challenges and uncertainties of the past year, I am happy to share good news with you!

First and foremost, we made it through the height of the pandemic without any interruption of service at the Residence or in patients' homes. Our stringent infection control policies and procedures, and the cooperation of families and visitors made this possible. Throughout, families have been able to spend precious time in the Residence with loved ones, and our home care staff remained available when needed. All stayed healthy, and I am grateful to our phenomenal staff members, and to the families who made that possible. Special thanks, too, to River Hospital for sending a team to vaccinate our staff on site.

Because of COVID, fund raising during 2020 was nearly impossible. The good news on that front is that Kathy Arendt, Director of Marketing and Community Relations, continues to work on new (and safe) ways for community fundraising activities. With the support of many sponsors, we offered an exciting alternative to our traditional golf outing which sold out by the end of June. The Masquerade Ball to be held in September will be a wonderful way to end the summer.

More good news. We are finally moving forward with the Residence Expansion project, which we put 'on hold' when a NY State Transformation Grant we planned to seek became unavailable as state resources were redirected to combat COVID. It became clear that we would need a new strategy.

The first step was to reduce cost and change the scope of the project to four patient rooms, instead of eight. This eliminated extensive site work and decreased the overall cost by \$1 million dollars to the current \$2.4 million estimate. BCA Architects & Engineers redesigned the addition, keeping the new family and staff spaces. All new rooms will include added acoustics and enhanced ventilation with filtration and ionization, to allow us to admit patients with dementia behaviors and/or airborne infections.

Our Hospice and Foundation Boards revamped the Expansion funding strategy. The new design, and funding opportunities, are detailed in this newsletter. We are committed to making this happen, as the demand for residential care is exceeding our ability to meet it. I hope that you share our commitment; all contributions are welcome and will help us reach our goal of opening the new rooms by Fall of 2022. I welcome the opportunity to share details of the expansion plan, answer questions, or discuss how your donation will make a difference – please feel free to call me.

Thank you for supporting Hospice of Jefferson County.

Best regards,

Diana

Diana Woodhouse, CEO, dwoodhouse@jeffersonhospice.org
315.788.7323



Diana K. Woodhouse, Ph.D., RN

PARALLEL PERSPECTIVE: DIFFERENT PATHS OF THE SAME JOURNEY

Anna Rascoe, RN
Home Care Services



Rachael Golas, LMSW
Social Work Supervisor

What is the most rewarding aspect of your job?

Providing comfort care to patients and their families at the end of life.

Is there a little known fact about hospice care that you would like to highlight?

We allow you to take an active part in your care with the help of your doctor, Hospice nurse and social worker. We help patients to live their best lives every day during this important life transition.

What is one piece of advice you would share with Hospice patients and families?

Have patience and be good to yourselves. Every patient's and family member's experience is different. It is an important fact to remember. Find comfort in knowing you are valued by your loved one, and there is great value in being there for each other during this meaningful journey.

List three things you need to be successful in your job.

Compassion; Empathy; Good time management skills

What do you say to individuals who are hesitant about being on Hospice service?

We are here to help patients and their families when a decision has been made that curative treatment is no longer warranted and/or desired. We are here to ensure that your symptoms are well managed at home or in the Residence. We provide psychosocial support when dealing with terminal prognosis, family dynamics and everything this journey may include. A lot of people are misinformed about hospice and medications. We never start any medications until symptoms warrant and will always confer with our patient, their family and doctor regarding their level of comfort.



What is the most rewarding aspect of your job?

To hear people's life stories while helping them through this important stage of their lives. I help work through unique family dynamics and structures, and this teaches me so much during a patient's end of life journey. Although situations can be uncomfortable and hard to talk about, it is rewarding to be able to assist people through those emotions and feelings with their loved ones. It is important to have tough conversations with those you care about.

Is there a little known fact about hospice care that you would like to highlight?

I have patients who continue to enjoy their hobbies each day—like skiing, painting or going to dinner with friends. Our goal is to encourage patients to be as functional as possible for as long as they can. A hospice patient does not have to be “homebound,” in fact we encourage our patients to get out and do the things they enjoy each day for as long as they are comfortable doing so.

What is one piece of advice you would share with Hospice patients and families?

It is important for your family to know your wishes and then update them as appropriate. When you make your wishes known to your family, they truly understand what your wishes are for this stage of your life. Complete a Health Care Proxy, Power of Attorney, Five Wishes and other end of life documents that will record your individual desires.

List three things you need to be successful in your job.

Patience; Flexibility; Empathy

What do you say to individuals who are hesitant about being on Hospice service?

If you are hesitant about hospice, ask us to come to your home and do an informational visit. Most families share that they wish they had called hospice sooner. Many people are misinformed about hospice and the care we provide. People are often relieved after making the decision to come onto hospice. Our goals are patient centered, focusing on what the patient's goals are and what is important to them.



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Thank You to Our Sponsors

Premier Level

Ives Hill Country Club

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WWNY/7News
Watertown Daily Times

Go to the Hospice Website to stay
up-to-date on all Hospice events.



Like us on Facebook!



Save The Date

2021

September 11 – Hospice Ball, Harbor Hotel, Clayton

October 2 – Hospice Harvest Festival, Henderson Harbor

Nov 27 - Dec 22 – Memory Tree, Salmon Run Mall, Watertown

December 22 – Memory Tree Lighting & Memorial, Hospice Residence

New for Events on the Horizon

*Hospice Events Currently on the Calendar for 2022
Stay Tuned!*

2022

March – Maple on the Menu

April – Ultimate Golf Packages II

August – Pirate Regatta

August – Poker Paddle Run

August – Hospice Hustle

September – Hospice Ball

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

How You Can Help The Hospice Vision Become Reality A Room With A View



Exterior view of the new Hospice Solarium and Walkway



Interior view of Hospice Solarium and inner Healing Garden

We are well on our way to making this vision become a reality! Hoping to raise \$1.4 million over the upcoming year, everyone at Hospice is excited to begin the next phase of this capital project.

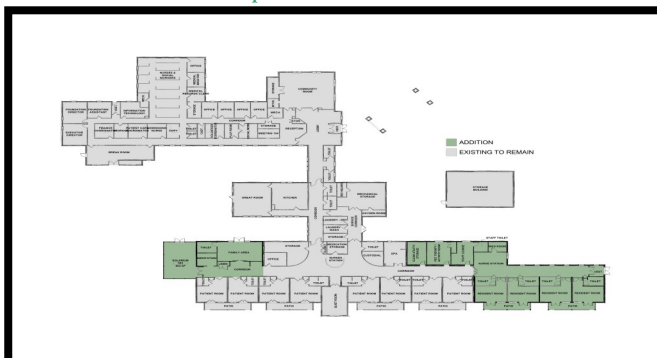
The total cost of this project is estimated at \$2.4 million and includes the new patient care wing, new support spaces, landscaping, furnishings and some limited renovations to the current facility. The cost of building materials continues to escalate due to tariffs and COVID-19 production declines. Since our original estimates, the cost of materials has increased by approximately 8%. Fundraising during the COVID-19 Pandemic has been very challenging and combined with escalating costs, any funding opportunities are immensely important.

We are now asking the entire community to join in supporting this effort. All pledges and contributions will be gratefully received and recognized. Whether the gift is through a one-time donation, a pledge over one or more years, or a gift as part of a planned giving program, there are opportunities for everyone to support this vital work.

Support at all gift levels are welcome. All gifts will be acknowledged on a "Wall of Thanks" to be displayed in the new wing. Please help by making a gift at any level. A few naming opportunities remain available ranging from \$15,000 to \$100,000. The right opportunity for you and your family can be discussed with Diana Woodhouse, Hospice CEO. Your generosity and commitment will make sure Residence Hospice Care is available when members of our community are in need of it.

*Hospice of Jefferson County is here to care for our community now and in the future.
Please help us Make Every Day Matter by turning this vision into reality.*

Expansion Floor Plan



Interior Resident Room



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

Hospice Golf Packages - The Ultimate Event

A very special thank you

to our Ultimate Golf Package Sponsors!



CAVALLARIO'S
STEAK HOUSE



BODYARMOR
Sports Drink



This could not have been done without you.

250

golf packages sold!

\$31,250

donated to Hospice

Thank you to everyone who purchased an
Ultimate Hospice golf package!



Make Every Day Matter

jeffersonhospice.org



With 250 packages sold, the Ultimate Hospice Golf package was a huge success! Thank you to everyone who purchased a package and a very special thank you to our wonderful sponsors.

Everyone who purchased a package is eligible to win the 75" flat screen TV with sound bar donated by Big Apple Music. The winner will be drawn at the Hospice Ball on September 11th at the Thousand Island Harbor Hotel. You do not need to be present to win but we hope you join us at the Ball. We have a wonderful evening planned. Check out the information below to find out more about the Hospice Masquerade Ball in September.

Introducing

Memories of Love

Custom Jewelry Collection

by

Perrywinkle's & Hospice

September 2021

Perrywinkle's Custom Jewelry designers and Hospice of Jefferson County have partnered to offer unique custom jewelry, the *Memories of Love Collection*.

Jewelry gives life and meaning to the family stories we tell, through this jewelry line, we can help to make the memory of loved ones live forever in several outstanding pieces exclusively made by Perrywinkle's for Hospice. From bar necklaces to our lovely Forget-Me-Not earrings, there is a wide range of pieces to choose from. Estate jewelry can also be bought for gold or remade into a preferred design.

Our amazing Hospice nursing staff will take an impression of loved one's fingerprints to be placed in a locket or custom piece or incorporate a symbol of love to a design of choice.

More information will be available in late September 2021. Call Kathy Arendt, 315.788.7323, for details.

Please join our honorary chairs

DR. AND MRS. JOSEPH WETTERHAHN

AT THE 7TH ANNUAL

HOSPICE BALL

MASQUERADE: A NIGHT TO REMEMBER

September 11, 2021 · 6 pm - 11 pm

GRAND BALL ROOM • HARBOR HOTEL

ALL PROCEEDS BENEFIT HOSPICE OF JEFFERSON COUNTY

Make Every Day
Matter Award

Honoring

Mabel B. Walker

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