



HOSPICE OF JEFFERSON COUNTY

NEWSLETTER/FALL 2020



STRONGER TOGETHER: HOSPICE DURING COVID

A Message of Hope and Perseverance in 2020

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be. Because during these times, hope will be the very thing that carries you through. - Nickki Banas

I know we've all said this: "If we'd only known last year at this time what was ahead of us in 2020....". But, isn't that what every day is like? We do not know what even the next minute will bring, but we go forward each day doing what needs to be done. Our Hospice Motto: *Make Every Day Matter* could not be a better guide during these uncertain times. The most beloved holidays are on the horizon, yet we are unsure how to celebrate them this year. Gatherings with relatives locally or from other states may be impossible, though there will be many 'Zoom' gatherings that will allow us to connect. I urge all of you to *Make Every Day Matter* by staying connected with those we love and with our larger community that supports us.

Hope is an important attitude to keep us going and is one of our guiding values at Hospice. Business leaders often say "Hope is not a strategy", but hope fosters strength and resiliency. A recent Wall Street Journal article about the power of Hope noted that people with higher levels of hope have better coping skills, are better at problem-solving and have stronger relationships. Dr. Anthony Scioli, Keene State College, calls hope a *PPE-a Personal Protective Emotion*. Hope is not a substitute for planning and action, but it is a part of being positive about those plans. Hope changes as our lives change. Hope endures even during times of significant challenges. As we end this year and begin another, our collective hope is for a COVID vaccine that is effective and universally available.

One constant amid uncertain times is the outstanding care that we at Hospice provide the community, in our patient's homes and at the Residence. And what we need and hope for is that you will remember us, and the work our dedicated staff and volunteers perform day in and day out. As you plan your year-end donations, please note that there are additional tax opportunities available for this year only. An article about the CARES Act found later in the newsletter will provide additional information to guide you. As always, we are grateful for your generosity.

Best wishes for a safe and healthy holiday season.

Diana

Diana Woodhouse



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Hospice of Jefferson County Announces #1 Quality Rating in New York State

Yes, that is right! Hospice of Jefferson County has the top ranked quality scores of all hospices in the state of New York. This ranking comes from the compilation of scores from 2 separate evaluation processes both of which are overseen by the Center for Medicare and Medicaid Services (CMS). The Health Information System (HIS) measures care delivered on 7 measures. The other evaluation, the Family Satisfaction Score is derived from the Family Satisfaction Survey mailed and tabulated by a third party vendor to each family after the death of the patient. This overall quality ranking validates the fulfillment of our mission statement that calls us *"To provide expert and compassionate, comprehensive care and services to individuals and their loved ones experiencing life-limiting illness and loss."*

"I am so proud of our team for the exceptional care they provide every day," said Andrea Paratore, RN, CHPN, Director of Patient Care. "Our mission is the core of what we do and we will continue to provide expert, compassionate, and comprehensive care and services to individuals and their loved ones who we serve."

Our mission statement of providing expert and compassionate care drives everything we do," said Diana Woodhouse, Ph.D., RN, CEO. "Our interdisciplinary staff which includes our volunteers work together to plan care that meets the needs of patients and families; they go above and beyond 24 hours a day to make sure that excellent care is delivered. Excellence is the benchmark, and they meet that benchmark consistently. I am extraordinarily proud to work with each of them."

Maureen Cean, President of the Hospice Board of Directors said, "This high accolade only confirms what the community already knows - that Hospice care is the best quality care for our family members as they navigate their end of life journey."

Providing this level of quality takes effort and commitment on the part of all staff members. Hospice staff members are superstars and deserve accolades of praise and recognition.



PARALLEL PERSPECTIVE: HOSPICE HOME CARE AND RESIDENCE NURSES

Andrea Paratore, RN
Director, Patient Care



Theresa Hayman, RN
Residence Manager

1. What is the number one quality of a hospice nurse?

Resilience. As the Hospice nurse walks alongside so many during their end of life journey, we MUST be able to adapt effectively to adversity, deal with difficult circumstances, find strength to have hard conversations, have the ability to quickly pick ourselves up, manage our thoughts, regulate our emotions, achieve work-life balance, be mentally tough and creatively overcome challenges. Our resilience is tested daily.

2. In one word, describe the impact that working with Hospice patients has had on your life.

Rewarding.

3. What do you find most fascinating about your job?

Every day there are new challenges. I never stop learning and growing as a nursing professional.

4. What would you like our community to know about Hospice?

Hospice is more about living than dying. It is about *Making Every Day Matter*. And this is not a one person job! We have incredible internal support but also rely heavily on the external support from our community.

5. Are there any misconceptions about Hospice?

Too many. We are constantly educating people to dispel myths about Hospice. I think the most important thing to understand is that you do not have to be “actively dying” or “bedridden” or “on your death bed” to receive the many benefits of Hospice care. Our goal is to keep you as “functional as possible, for as long as possible” while you navigate the final months of your life-limiting illness. Hospice care truly is a beautiful experience.

6. What is the first thing you say to a patient and their family when they enter Hospice care?

This is do-able.

1. What is the number one quality of a hospice nurse?

Compassion. Hospice nurses are innately compassionate which culminates in the desire to alleviate another's suffering. Coupled with a high level of expert nursing care, compassion is the key to a highly effective Hospice nurse.

2. In one word, describe the impact that working with Hospice patients has had on your life.

Appreciation.

3. What do you find most fascinating about your job?

Helping patients and their families find peace and comfort during a very difficult transition in their lives. Finding a way to help them *Make Every Day Matter* as they navigate this time together.

4. What would you like our community to know about Hospice?

We have an 8 bed Residence that is staffed by RNs and LPNs who provide expert care to those facing their end of life journey. We are one of eleven Medicare certified Hospice residences in New York State.

5. Are there any misconceptions about Hospice?

There are many misconceptions about Hospice. Hospice care is about overall comfort intervention that manages both physical and psychological discomfort and distress. Many people believe that we hasten the end of life while, in fact, it is our goal to keep the patient as calm, relaxed and contented as possible to give them more quality time with their family.

6. What is the first thing you say to a patient and their family when they enter Hospice care?

Welcome, we are here to make your life easier and allow you to be a family member vs. a caregiver. We want you to continue to make memories while we care for your family member.



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

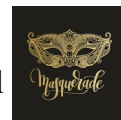


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2021 Save The Date

April 17— Hospice Ball,
1000 Islands Harbor Hotel



June— Spring Fling, Henderson
Harbor, NY

August 6 & 7— Hospice Charity
Cup Regatta, Crescent Yacht Club,
Chaumont, NY

August 14 – Dick Guyette Golf
Tournament, Cedars Golf Course

August 14 – Hospice Hustle,
Henderson Harbor

September 17 – Swing for Hospice
Golf Tournament, Ives Hill

October— Hospice Harvest Festival,
Henderson Harbor, NY

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

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Charitable Giving in 2020

The Coronavirus Aid, Relief, and Economic Security (CARES) Act was signed into law in March. This law created a stimulus package for nonprofit organizations. One of the provision established new deduction options for charitable giving.

A new deduction is available for those who do not itemize their deductions. Up to \$300 per taxpayer (\$600 for a married couple) is allowed. This will reduce the donor's adjusted gross income and thereby reduce taxable income.

A new charitable deduction limit was also established for individuals and corporations that itemize their deductions. Individuals can deduct donations up to 100% (was 60%) of their 2020 average gross income, and corporations may deduct up to 25% (was 10%) of taxable income. These new deductions rules apply to gifts to public charities, expanding the previous rules that allowed gifts to private foundations.

Please consider using these new provisions this year: they will probably not be available in 2021. For questions or to discuss how your gift can help Hospice, contact your financial advisor or Diana Woodhouse, CEO.



Jefferson County Stronger Together: Marching Into 2021

The Hospice *Stronger Together* campaign is *stronger* than ever. **Thank you** to everyone who supported our campaign's message of hope, compassion and strength during a very difficult year. Our mission to encourage our community to stay strong and healthy will continue into 2021.

We have t-shirts, polos, sweatshirts, caps and more. Youth sizes available too. Thank you for Making Every Day Matter for our patients and their loved ones.

Order your Jefferson County Stronger Together apparel today! Go to: jeffersonhospice.org or call Hospice (315) 788-7323.



Join us as we unite for we are Stronger Together!

