



HOSPICE OF JEFFERSON COUNTY

NEWSLETTER/SUMMER 2022



MOVING FORWARD WITH GRATITUDE & COMPASSION

As we move forward with our *Room With a View* expansion project, everyone at Hospice is genuinely grateful for the tremendous support of our community. Thanks to BCA Architects and Engineers and Northern Tier Contracting, our expansion project is off to a great start. The foundation is laid, and a visible structure will soon emerge. The crew from Northern Tier Contracting is highly respectful and compassionate; their work continues with minimum noise and disruption.

We are in the last phase of fundraising to cover the cost of enhancing our ventilation system and adding the capacity for reverse airflow in two of the new rooms, which will allow us to care for a patient with an air-borne infection. The increased safety for staff, patients, and families is critical in these uncertain times. We hope to complete this part of the fundraising campaign by August 2022. A few naming opportunities are still available, but all levels of gifts are welcome. More details are available by contacting Diana Woodhouse or Kathy Arendt.

When gratitude becomes an essential foundation in our lives, miracles start to appear everywhere.

- Emmanuel Dagher

The foundation of our expansion campaign is **gratitude and compassion**. *Thank You* to everyone who supports our mission to care for those individuals and their families during a most sacred part of their life's journey.



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A MESSAGE FROM OUR CEO

- ◇ Please know all of you made my mom's last weeks *Brighter. Happier. More Fun,* and most of all, so much more comfortable and loving. I cannot thank you enough.
- ◇ Words can't convey how grateful we are for the exceptional care you provided for our mother. Your professionalism and dedication to cancer patients and their families are awe-inspiring.
- ◇ Words cannot express how amazing this service and facility were and what it meant to my mother and us during her last days—our deepest gratitude to everyone.
- ◇ The care and compassion the staff offered were priceless. I don't know what we would have done without them!
- ◇ Hospice had a profound positive effect on my family. Dad was so thankful for his visits from the nurses. We will be forever grateful.

These are just a sample of the wonderful letters and cards we receive every day. The overwhelming theme is one of immense gratitude for the care and caring provided by each member of our staff: the nurses, social workers, cooks, and volunteers. The feature article in this newsletter addresses common myths we encounter about hospice care; sadly, these myths prolong suffering and create fear. We hope addressing these myths and misconceptions will dispel them; what happens is reflected in families' positive and grateful comments.

I am professionally proud of the staff at Hospice and grateful for the expert level of care provided every day to every patient and family. They work as a team to address care needs as they arise, and they never disappoint patients, families, or me.

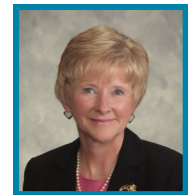
This superb care happens because of the amazing support we receive from our community. Thank you for being part of our team. Drive-by to see the progress on our expansion project. We expect the patient addition to be completed by November and all work complete by year's end. This ambitious schedule will help meet our Residence's continuing demand (and waiting list).

I wish you a wonderful summer filled with family memories, and please remember to "Make Everyday Matter."

Best Regards,

Diana

Diana Woodhouse, CEO, dwoodhouse@jeffersonhospice.org 315-788-7323



Diana K. Woodhouse, Ph.D., RN

"My patient was admitted to Hospice of Jefferson County on Saturday, and the patient's wife describes the nurses Chris and Shawn as truly amazing. They spent several hours with them, and 10 minutes after they left, he died, pain free and peaceful. The wife was full of praise for them, please pass along. Chris had incredible knowledge and competence, and Shawn was able to give exactly the warmth and caring that was needed at the time."

"Thank you for your compassion and expertise."

- Leslie J Kohman, MD, FACS, SUNY Distinguished Service Professor of Surgery, Ambulatory Palliative Care Team, Chief Wellness Officer, Physician Advisor, IMT - Upstate Medical University



MYTHS & MISCONCEPTIONS ABOUT HOSPICE

HOSPICE RN & SOCIAL WORKER ANSWER YOUR QUESTIONS

Hospice Resource Nurse, Andrea Paratore, RN

Hospice Navigator, Nicole Schultz, MSW

Andrea and Nicole have compiled the most asked questions or statements regarding Hospice that they have heard over their many years working for Hospice. If you do not find an answer to your questions here, please don't hesitate to call Nicole Schultz at (315) 788-7323. Hospice of Jefferson County guides families as they navigate this new journey for themselves and their loved ones.

Myth: “Being admitted to Hospice means I will die sooner.” “Once I am admitted to hospice, I have to die.”

Fact: Hospice is care that comforts and supports patients and families when an advanced illness can't be cured. Hospice does not determine when a person dies. However, patients do die shortly after being admitted, but that is sometimes because they waited too long to call Hospice. Patients admitted to Hospice earlier often live longer and have an improved quality of life. The focus shifts from “fighting to stay alive” to “living life to the fullest extent possible.” It takes less energy and changes the focus from a negative outlook to a positive one. It's about living in comfort and dignity for the time one has left. Hospice care is administered anywhere a person calls home or at the Hospice Residence. Patients also can revoke care at any time, and patients that stabilize will be discharged from Hospice service.

Myth: “If it's time for Hospice, my doctor will talk with me about it.” “Who can refer a patient to Hospice?”

Fact: Most doctors wait for the patient or family to initiate the hospice conversation. Completing your advanced directive document early and letting your family know your wishes regarding your end-of-life plan will ensure that you remain in control. Don't wait until you are too sick to talk about what you want. Anyone can refer a patient to Hospice care: the patient, a physician, family member, clergy, friend, caregiver. Anyone can introduce the conversation and start the process.

Myth: “Hospice care is expensive and my family won't be able to afford it.”

Fact: Hospice care is affordable. It is covered by Medicare/Medicaid and most private health insurances. There is a separate room and board fee for patients cared for at the Hospice Residence. Most health insurances don't cover room and board. Medicaid can be applied for or expanded to include room and board. If the patient doesn't qualify for Medicaid, a sliding scale will be used to tailor the charge to each patient.

Myth: “My personal physician will be excluded if I am admitted to Hospice care.”

Fact: A patient's personal physician can choose to be part of the hospice care team. Hospice doctors have extensive training in end-of-life care and work closely with a patient's personal physician to ensure the patient is as comfortable as possible.

Myth: “Morphine prescribed to a Hospice patient causes premature death.”

Fact: Hospice physicians are specifically trained in the use of morphine and prescribe only the dose necessary to alleviate a patient's pain or help them breathe. When administered correctly, morphine helps terminally ill patients enjoy a better quality of life at the end of life.

Myth: “As a Hospice patient, my loved ones and relatives will be kept from participating in care for me.”

Fact: Just the opposite; in fact, they are part of the team. Every patient has an interdisciplinary team that starts with the patient and family: patient, family-caregiver, physician, nurse, social worker, chaplain, hospice aide, bereavement specialist, and volunteer. A plan of care is created that family and loved ones carry out at home to the extent they are willing and able.

Myth: “Hospice is a last resort.”

Fact: When medical treatments can no longer cure a disease, Hospice professionals can do many things to control pain, reduce anxiety, offer spiritual and emotional support, and improve the quality of life for terminally ill people and their families.



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WWNY/7News

Watertown Daily Times

BCA Architects & Engineers

Park Outdoor

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



Like us on Facebook!



Save The Date!

2022

June 25 - Watertown Rapids Event for
Pet Peace of Mind Program

July 28 - Junior Hospice Charity Cup Regatta,
Henderson Harbor Yacht Club

July 30 - Hospice Poker Run at Christmas in
July event, Henderson Harbor

August 6 - Senior Hospice Charity Cup Regatta,
Henderson Harbor Yacht Club

August 13 - Hospice Hustle, Henderson Harbor

August 13 - Golf for Hospice, Lowville

September 10 - Hospice Ball, Clayton

October 1 - Hospice Harvest Festival,
Henderson Harbor

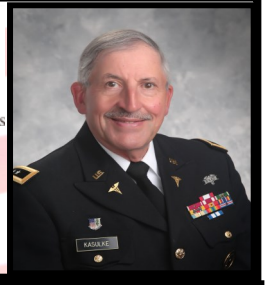
Nov 25 - Dec 21 - Memory Tree, Salmon Run
Mall, Watertown

December 15 - Memory Tree Lighting &
Memorial, Hospice Residence

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

The Hospice We Honor Veterans



Dr. Robert Kasulke



Veterans and their loved ones have unique needs at the end of life. Military training and the culture of stoicism often prevent Veterans from sharing difficult experiences; the Hospice ***We Honor Veterans*** presentations can offer a chance for one veteran to speak with another, sharing a common language and code of conduct. Sharing supports life review and emotional healing.

This program helps the veteran feel they are not alone. Dr. Robert Kasulke, Hospice Medical Director and a veteran, does many presentations for our Hospice patients. First, he speaks with them about their service, shares experiences, and asks the patient about their military history. Next, Dr. Kasulke, along with Hospice Director of Volunteers Nancy Morrow, honors the patient with a ***We Honor Veterans*** certificate, commemorative pin, and specially crafted afghan by Adriene Chesbro from Mannsville. The patient's family is also celebrated with a commemorative caregiver pin honoring their support in caring for their loved one.

**The *We Honor Veterans* program is one of many ways
Hospice of Jefferson County Makes Every Day Matter
for Hospice patients and their loved ones.**

Enclosed is my tax deductible, charitable donation to help Hospice of Jefferson County continue its special care in the community.

___ \$50 ___ \$100 ___ \$200 ___ \$250 ___ \$500 ___ \$1,000 Other \$ ___

Method of payment: ___ Cash ___ Check ___ Charge my donation to *VISA *Mastercard *American Express
Please make checks payable to Hospice Foundation of Jefferson County, Inc.

#: _____ Exp. Date: _____ CVV # _____
3 digit security code from back of card

Name as it appears on card _____

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Authorized Signature: _____

This gift is made *in memory *in honor of _____

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**Please note if your gift is for the Residence Expansion or other Hospice Program or Service.*

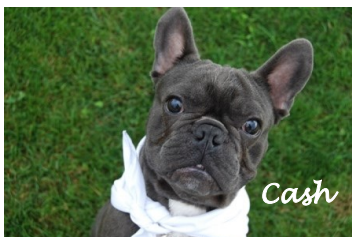
Please mail to: Hospice of Jefferson County, 1398 Gotham Street, Watertown, NY 13601

YOUR GIFT OF ANY AMOUNT IS GREATLY APPRECIATED

THANK YOU FOR YOUR DONATION

ALL CONTRIBUTIONS ARE TAX DEDUCTIBLE AS LIMITED BY LAW

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



Cash

Cash's Corner

Hospice Therapy Dogs & Pet Peace of Mind Mission

"We believe no one should have to give up a pet because they are terminally ill."

As an ambassador of the Hospice *Pet Peace of Mind* program, I wanted to thank you for all the community's support of our therapy dogs and our *Pet Peace of Mind* mission. For many in hospice care, a decline in physical condition impacts a patient's ability to enjoy socializing and maintaining human relationships over time. Pets often fill that relational void as they offer unconditional love, acceptance, comfort, and companionship at a time when it is most needed. *Pet Peace of Mind* enables hospice patients to keep their pets at home throughout their end-of-life journey. The program provides pet food, veterinary care, and other pet care needs at no cost to patients. *Pet Peace of Mind* volunteers are specially trained to provide in-home care assistance when patients need help caring for a pet. The program also helps with re-homing a pet, should the need arise. With this kind and compassionate support, patients can complete their end-of-life journey without worrying about their pet's current or future needs.

Join Cash's Pet Crusaders and help support keeping patients and pets together!

We are happy to accept donations of the following to ensure the viability and sustainability of our program:

🐾 Dog Food 🐾 Cat Food 🐾 Kitty Litter 🐾 Cash Donations

We are always looking for volunteers to help out. For more information contact Nancy Morrow, Director of Volunteers (nancy@jeffersonhospice.org)

Remember you can find me at my daytime job at WineSellers on Arsenal Street in Watertown. WineSellers is a sponsor of our *Pet Peace of Mind* program, where you can find the *Pet Peace of Mind* donation box and receive one of my Cash Coasters with every donation. So come on in and meet my family and me.

Our Hospice therapy dog program is growing, and we could not be happier. Nora and El are in school and working hard. BoSox continues the mission until the pups are ready to lend a helping paw so he can take a much-needed vacation. Thank you, BoSox. You are an inspiration to us and provide an abundance of comfort for Hospice patients.

Make Every Day Matter!



Cash



BoSox and Tom Deuson lead the way for our young pups as they navigate their training with a lot of energy and love. BoSox is the perfect example of this beautiful service that Hospice offers to all patients.

