

HOSPICE OF JEFFERSON COUNTY

NEWSLETTER/SPRING 2018

GIVING BACK

Many families ask how they can give back to Hospice for the wonderful care their loved one received. Although this is not expected, here are some ways to give back to Hospice.

Testimonials: Share your Hospice story with people in the community. Telling others about the wonderful care a neighbor, co-worker or friend received from Hospice can help another person transition to Hospice care.



Planned Giving: When the time comes to complete your will, please remember Hospice of Jefferson County when making your giving decisions. Leaving a legacy gift, no matter the size, is a great way to be remembered and to help a community organization.

Commemorative Paver or ForEvergreen Tree: Honor the memory of your loved one with a commemorative paver on our grounds or a place on our ForEvergreen Tree. The money donated for these items supports the care we provide to our current and future patients.

Host a Fundraiser: Many groups choose to host a fundraising event to support Hospice. This is another wonderful way to give back. You can honor your loved one, share your passion for Hospice, and raise funds to support our programs.

Volunteer: Receive the satisfaction of knowing your efforts contribute to individuals in your community who need your help in their final journey. Hospice volunteers are an integral part of our team who enhance lives of terminally ill patients and their families. Hospice is not about letting go, it's about living and loving...as we say Make Every Day Matter.



Director of Volunteers: Nancy Morrow
Volunteers: Emma Waite and Jan Henderson

Please contact our office 315.788.7323 or visit our web site jeffersonhospice.org for more information on ways to support Hospice.

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A MESSAGE FROM OUR CEO

Hospice cares for both the individual and their family. Our comprehensive services are delivered by a multidisciplinary team of trained professionals. A key criterion for hospice care is the acknowledgement that treatments intended to cure and control disease progression are deemed no longer effective along with physician recommendation to discontinue curative treatment.

Hospice care and treatments aim at controlling symptoms and increasing quality of life and may be initiated at home, in the Hospice Residence, or at a nursing home. Our Hospice Residence continues to be a much needed option for those who do not desire or cannot have hospice care delivered in their home. BCA Architects and Engineers has designed an expansion from our current 8 bedrooms to 16 bedrooms to meet this growing demand. We are now in the process of securing funding to build this new patient centered wing and I am excited to share the blueprints for this expansion along with funding and naming opportunities.

In addition to the Residence expansion, we are positioned to meet another critical community need. For individuals who do not meet Hospice service criteria but still have significant disease and treatment side-effects, a new palliative care service will soon be available in our community. *Jefferson County Palliative Care* will employ a Nurse Practitioner and a Licensed Clinical Social Worker to lead this crucial service. Persons cared for under this service will still be treated for their underlying disease and the side effects that interfere with normal daily activities. Hospice continues to identify patients every day who fit this category and, until now, has not been able to help them. The Northern New York Community Foundation, Samaritan Medical Center and the Hospice Foundation of Jefferson County, Inc. have contributed tremendous support for this program. We are very pleased to be part of and initiate this important new healthcare service.

I welcome a conversation with anyone seeking additional information and ways you might provide support toward the realization of these two new ventures. Have a wonderful spring and summer filled with everything that makes the North Country the best place to live!

Diana Woodhouse, CEO

dwoodhouse@jeffersonhospice.org

315.788.7323

WHAT IS PALLIATIVE CARE?

Palliative care is specialized supportive care for people living with a serious illness. It focuses on providing relief from the symptoms and stresses of an illness and its treatments. The goal is to improve quality of life for both the patient and the family. Palliative care is provided by a team of professionals who work with a patient's doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.

What does the palliative care team do?

- Relieve your symptoms and distress
- Help you better understand your disease and diagnosis
- Help clarify your treatment goals and options
- Understand and support your ability to cope with your illness
- Help you make medical decisions
- Coordinate with your other doctors



What is the difference between Hospice and Palliative Care?

Hospice Care is for people with a life-limiting illness who have decided to no longer receive curative treatment and have an expected life prognosis of 6 months or less.

Palliative Care is for people with chronic or progressive illness who may still be receiving curative treatments – it does not require a limited prognosis.

Although the criteria to be enrolled in hospice and palliative care differ; both services manage symptoms and help keep one comfortable.

5 Common Goals of Both Hospice and Palliative Care

- Provide relief from pain and symptoms to improve the quality of life.
- Treat the whole person – physically, emotionally, and spiritually – providing a holistic approach to care.
- Encourage and engage patient and family in planning their own care.
- Help patients live as actively as possible.
- Offer supportive care to the family and caregivers.

MEET THERESA HAYMAN, RN-RESIDENCE MANAGER



I am very excited to be part of the wonderful team at Hospice of Jefferson County. My new role as Residence Manager allows me the opportunity to assure that the care provided in the Residence is at the highest quality possible. It is an honor and a privilege to work so closely with such a compassionate and competent interdisciplinary group.

I graduated from JCC in May of 1996 with an Associate Degree in Nursing. My nursing career has focused on long term care, and I have held both staff and management positions at SKH and at Heartland of Eaton in Eaton, Ohio. I look forward to being a part of the future development of Hospice of Jefferson County.

I am married and have 3 boys, 1 step daughter and 2 grand daughters.



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Attend one of our events.
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Save The Date

June 3 – Broadway Bound
Competition, First Presbyterian
Church
June 15 – Hospice Spring Fling,
Hilton Garden Inn
August 3&4– Hospice Charity Cup
Regatta, Henderson Harbor Yacht
Club
August 11– Dick Guyette Golf
Tournament– Cedars Golf Course
August 11– Hospice Hustle,
Henderson Harbor
September 14– Swing for Hospice
Golf Tournament, Ives Hill
September 15– American Legion
Riders Motorcycle Run, starts at FX
Caprara Harley-Davidson
October– Hospice Wing Ding

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.



2018 Hospice Cinderella Ball — Thank you to Am Fund for coordinating and running our amazing trip auction and to Sarissa Melissa Photography for capturing highlights of the evening!

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



Excellus BlueCross BlueShield presenting Hospice with an award for our Five Wishes Initiative.



Broadway Bound Competition students sing with Ted Keegan at his annual Christmas Concert for Hospice, December 2017

NYSCOPBA donating from a fundraiser they had for Hospice.



American Legion Riders Post 832 donating from their guitar raffle for Hospice.

The Coal Docks donating to Hospice from the Pjs & Pancakes fundraiser.



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

I AM NOT GONE

*I am not gone –
I have simply changed my form
You will find me
In the coolness of a raindrop
And in leaves that brighten the autumn ground
You will hear my voice
In the whisper of a falling stream
And feel my touch
When the warmth of the sun meets your skin
My soul will travel to you
In the flight of a seagull
And you will see my smile
In a fresh summer flower
I am the energy that fills your spirit
When you witness the beauty of nature
We are called together
When you remember a time we shared
For I exist within those thoughts
Whenever your heart is touched
You are receiving the gift of my love
And every time you cherish me
My soul is blessed. -Susan Meyer*

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.

Left Behind by Suicide Group- Meets monthly at Hospice. Contact our office for more information.

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 KAETLYN MARTEL, FOUNDATION ASSISTANT



Growing up in Alaska, while spending wonderful summers exploring the Thousand Islands, fueled my appreciation for the North Country, jump-started my love of travel, and taught me the value of staying connected to those I love. All three of these things came together when, after working for non-profit organizations at the University of Alabama, I realized I could continue to do work I loved and move to a place full of family and fond memories. Through personal and professional exploration of Hospice of Jefferson County and

the services it provides, I have come to believe fully in our mission and our services. It is a priceless blessing to have support that allows families to spend their final days together and on their own terms. Hospice provides this support, and I am proud to provide my knowledge and passion to Hospice. It is such an honor to work for an agency where every day truly matters.

Many thanks to our board members, volunteers and staff.