

# *HOSPICE OF JEFFERSON COUNTY*

## *NEWSLETTER/WINTER 2023*

# Change, Growth & Celebration Hospice 2023



It's been quite a year, and we have much to be thankful for. Since the completion of our expansion project in May 2023, we have been caring for more patients than ever here at the Hospice Residence. Anna Patterson, our new CEO, is settling in, and our agenda for 2024 is beginning to take shape. Everyone at Hospice is grateful for the fantastic support from our donors, sponsors, and community members. Thank you for genuinely Making Every Day Matter.



1398 Gotham Street, Watertown, NY 13601 ~ 315.788.7323 ~ [www.jeffersonhospice.org](http://www.jeffersonhospice.org)



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## A MESSAGE FROM OUR CEO

I am honored and excited to have joined the Hospice team as CEO and have received such a warm welcome from the Hospice Operations and Foundation Boards, leadership team, and staff. I look forward to guiding this wonderful organization in providing expert end-of-life care to the community for many years.

As I enter my fourth month as CEO, I would like to share my thoughts about opportunities for the future. I plan to continue the Hospice mission and advance our strategic plan. The focus will be positioning Hospice for growth, stability, and sustainability. Hospice is blessed to have completed the Room With A View expansion project in 2023. This project has given Hospice four new in-patient rooms to allow end-of-life care to be given to a total of 12 patients who are not able to secure 24-hour caregiving at home. This is an excellent and much-needed addition to our beautiful 5-acre campus, the only Hospice Residence north of Utica.

We look forward to 2024 as we roll out a new education marketing plan to provide patients and their families with essential information as they navigate end-of-life care. We hope to answer questions and dispel myths and misconceptions about hospice care so that, when needed, the community can make informed decisions as they move forward to **Making Every Day Matter** in this next phase of their lives.

Everyone here at Hospice thanks you for your continued support and interest in Hospice of Jefferson County. I wish you a peaceful and happy holiday season and a healthy and bright new year.

Regards,

[apatterson@jeffersonhospice.org](mailto:apatterson@jeffersonhospice.org) 315-788-7323



Anna Patterson,



*In Loving Memory*



*Dr. Robert Kasulke*

1949-2023

Major General, Army Reserves  
Hospice Medical Director

Guiding light, mentor  
and friend.

## Grieving Through the Holidays

What is supposed to be the most “wonderful time of the year” can feel anything but for those actively grieving. Once steeped in traditions and togetherness, the holidays may be a magnified reminder of what no longer is. Though you cannot always predict how you will feel in certain situations, preparing for challenges, complicated feelings, and conversations can make navigating grief during the holiday a bit easier.



Janetta Brown, BSW  
Bereavement Supervisor

### *The Three C's for Holiday Grief*

**CHOOSE:** You have choices this holiday season. You can decide what you want to be part of, whom you want to be with, and where you celebrate.

**COMMUNICATE:** Discuss your holiday choices with others, especially with those affected by them. Communicating beforehand can eliminate confusion and stress.

**COMPROMISE:** There is no right or wrong way to grieve. It is important to leave room for compromise during the holidays. Find suitable compromises if there are differing ideas on new traditions and help promote new rituals of togetherness.

Bring the memory of your loved one into the celebration of this holiday season by creating new traditions or honoring their memory: Display their favorite decorations, sing their favorite songs, cooking/baking a beloved recipe, light a candle during holiday activities. But most of all surrounding yourself with people you love and who also loved them. Experience the joyous moments that may arise through grief.



Welcome aboard! (left to right) Heidi, Cindy, Andree, Patti, Susie, John, and Esther. (Deb and Joyce not pictured.)

### *Welcome New Volunteers!*

A new volunteer class has just graduated, and we are so excited for you to meet our newest team members. By January, our Director of Volunteers, Nancy Morrow, will assign them to the residence for training and integrate them into the mix. Hospice volunteers are the heart and soul of our organization. Consider volunteering today!



Nancy Morrow, Director of Volunteers

For more information email Nancy Morrow at [nancy@jeffersonhospice.org](mailto:nancy@jeffersonhospice.org)

As we head into 2024, our principal marketing campaign will answer the questions or statements we often hear surrounding Hospice care. We hope to shed light on many of these myths and misconceptions. Our culture often teaches us to deny or resist mortality.

#### **FACT:**

Most doctors wait for the patient or family to initiate the hospice conversation. Letting your family and doctor 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.**



*Ask about hospice.*

[jeffersonhospice.org](http://jeffersonhospice.org)

The simple act of having a courageous conversation about dying can profoundly impact us and our families.

Stay tuned this year as we answer many questions and set the record straight about Hospice care. If you have a question regarding Hospice Services, don't hesitate to contact us.

Let's work together to start a meaningful and courageous conversation as we raise awareness about high-quality care for people living with serious and life-limiting illnesses.

#### **MYTH:**

If it's time for Hospice, my doctor will talk with me about it.

Kathy Arendt, Director of Marketing  
& Community Relations



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](mailto:karendt@jeffersonhospice.org) - 315.788.7323



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up-to-date on all Hospice events.



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### 2024 Hospice Events

March - **Indoor Cornhole Tournament**  
Watertown, NY

June 8th - **Hospice Hustle**  
Eligibility 5k and Walk  
Henderson, NY

September 14<sup>th</sup> - **Hospice Gala**  
Clayton, NY

Nov 29<sup>th</sup> - Dec 19<sup>th</sup> - **Memory Tree**  
Salmon Run Mall, Watertown, NY

December 19<sup>th</sup> - **Tree Lighting & Memorial**, Hospice Residence  
Watertown, NY

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