

Four Ways Hospice Can Help

The vast majority of Americans say what they want at the end of life is to die in their own homes, as comfortable and pain-free as possible. The hospice philosophy is about making sure that a patient's death experience reflects their wishes. Here are four ways that hospice helps to deliver this:

1



Hospice gives you **comfort**. Hospices are experts at managing life-limiting illness. The hospice team ensures that medication, therapies and treatments all support a care plan that is centered on the patient's goals. And hospice services can be offered wherever the patient calls home, allowing friends and family to visit freely — something they might not be able to do in a hospital ICU setting.

2



Hospice gives you **peace**. Beyond physical relief, hospice strives to help patients and families find emotional and spiritual comfort during what is often a very traumatic time. Hospice organizations are able to provide families with counselors, therapists, spiritual care advisors and bereavement professionals who can best support their struggles with death and grieving. These services are part of the hospice benefit, covered by Medicare, Medicaid or most private insurances.

3



Hospice gives caregivers guidance. Most families are not prepared to face the death of a loved one. In addition to caring for patients, hospice also offers services for families and loved ones that provide emotional **support** and advice to help family members become confident caregivers and adjust to the future with grief support for up to a year.

4



Hospice gives you more. Be it more joy, more love, or more quality of life in general, the goal of hospice is to offer patients the ability to enjoy the time they have remaining, and create meaningful memories for their families. Hospice offers more **moments** of life.

Learn more at www.MomentsofLife.org

STEIN PHYSICIANS

James Preston, DO – Medical Director
Reagan Bristol, DO
Christina Canfield, MD
Michael McHenry, MD
Edward Radatz, DO
Larry Robinson, DO
Todd Williams, MD

SENIOR MANAGEMENT

Jan Bucholz, MBA, MSN, RN, CHC, Chief Executive Officer
Tamara Zuillhof, Chief Operating Officer
Barb Metcalf, BSN, Chief Compliance Officer
Jane Bruck, Finance Director
Allison Burroughs, SHRM-CP, PHR, Human Resources Director
Samantha Bechtel, MSSA, LISW-S, ACHP-SW, GC-C,
Chief Clinical Support Officer
Beth Frank, MBA, BSN, CPHQ, Quality and Education Director
Michael Marsh, RN, Director of Nursing

STEIN HOSPICE

Mission Statement: To provide comfort, compassion and support during life's final journey.

LOCATIONS

Administrative Office

Sandusky
1200 Sycamore Line
Sandusky, Ohio 44870
419-625-5269
1-800-625-5269

Norwalk

257 Benedict Ave., Suite B
Norwalk, Ohio 44857
419-663-3222

Please note, this is the correct address for our Norwalk office. It is currently listed incorrectly in the Yellow Pages phone book and online at yp.com and 411.com

Port Clinton

1848 E. Harbor Road
Port Clinton, Ohio 43452
419-732-1787

EMAIL

Volunteer info: volunteers@steinhospice.org
Donor/event info: development@steinhospice.org
Referrals/questions: referralcenter@steinhospice.org
All other inquiries: steinhospice@steinhospice.org

IN TOUCH IS PUBLISHED BY:

Stein Hospice
419-625-5269, 1-800-625-5269
FAX 419-625-5761



www.steinhospice.org

GO GREEN

Help Stein Hospice save money and care for the environment by receiving "In Touch" electronically. Just send an email to newsletter@steinhospice.org and include both your email and mailing address. We will not distribute your email address or use it for any other purpose. "In Touch" is published quarterly and is also available online at www.steinhospice.org.

Alternative forms of comfort therapy

At Stein Hospice we are committed to enriching the lives of our patients and their family members in ways that address the physical, emotional and spiritual aspects of their life experiences. We understand that response to treatment or therapy is individual and what works for some might not be as effective for others. For this reason, we have chosen to introduce alternative forms of comfort therapy for hospice patients. These harmonizing therapies can uplift spirits, markedly reduce pain and anxiety and promote peacefulness. Our expanded service collection includes Guided Imagery, Reiki and Comfort Touch. These are available to patients as well as caregivers and family members.

Comfort therapy is powerful in helping people with life-threatening illnesses and their families cope with a wide array of experiences, thoughts and emotions. We find these complementary therapies to be a natural extension of the care which hospice already provides. We improve the patients experience by providing relaxation and comfort. Our families benefit as they see that their loved ones are in gentle, caring hands. For hospice patients, comfort touch focuses on alleviating symptoms such as pain, swelling and shortness of breath. These services can encourage better sleep. Therapeutic activities through art, comfort touch, Reiki, Labyrinth and life review, help patients and their families communicate feelings, reduce mental stress, relieve anxiety and pain, and address grief issues.

Our certified and licensed physicians and nurses receive special training in comfort measures, and knowledgeable volunteers contribute with additional complementary services being used in end-of-life care. Some of these services are:

- Acupressure/Acupuncture • Animal-assisted Therapy
- Aroma Services • Art Therapy • Comfort Touch • Music Therapy
- Reiki and Reiki dogs • Guided Imagery • Healing Touch

These services are not required by Ohio's hospice licensure law, or by insurance regulations. These services are also not included in reimbursement. We are able to provide them only through the generosity of our donors. While these services are considered alternative or complementary, we include them as they often play an essential role in enhancing comfort, soothing the soul and spirit.

If you are interested in donating or volunteering to support these and many other services, contact Marge Basilone for donation opportunities and Amanda Michaels if you would like to volunteer. Both are available by phone at 800-625-5269 or visit our website at www.steinhospice.org. Our heartfelt gratitude to the many donors, community partners and volunteers who support our mission to provide comfort, compassion and support during life's final journey.

A woman with blonde hair, wearing a black long-sleeved top, a white lace vest, and black pants, is walking on a large purple labyrinth pattern on a light-colored floor. She is looking down at the path. The labyrinth is a complex, winding path that leads to a central circle and then back out to the edges. The woman is currently in the middle of the path, having just entered a loop.

Walk With Intention

Since Stein Hospice's inception, the agency has been helping patients and families walk life's final journey. Stein has recently had two staff members successfully complete the coursework to be a trained facilitator. Christa Bronner, Bereavement Counselor, and Gretchen Franklin, Director of Complementary Services, will utilize this training to expand the labyrinth offering in the communities we serve. A labyrinth program is intended to help everyone walk whatever journey they are on. A labyrinth is a tool used for healing, prayer, problem-solving and stress reduction. It is non-denominational, inter-generational and cross-cultural. Unlike a maze, a labyrinth has only one entrance, which leads to a middle circle, and one exit. Walking on the path quiets the mind while engaging the body in a natural rhythm. "It is a pattern with a purpose," said Gretchen Franklin, Director of Complementary Services. "The only decision you need to make with a labyrinth is to start. It is designed to help you find your way." If you or your organization is interested in learning more about the labyrinth or scheduling a walk at your facility, please contact Gretchen or Christa at 800-625-5269.

"It is a pattern with a purpose. The only decision you need to make with a labyrinth is to start. It is designed to help you find your way."

Gretchen Franklin
Director of Complementary Services

Stein Hospice

invites you to the *34th Annual*
Light Up A Life

in memory of a loved one
or to honor someone living.

A donation of \$15.00 or more
will light a bulb on one of the
Hospice Holiday Trees in
Washington Park, Downtown Sandusky or
St. Peter Evangelical Lutheran Church, Norwalk.

Celebrate your Gift of Life at the

Light Up A Life

Service and Tree Lighting Ceremony.
Dinner Reception to Follow Each Service.
Family and Friends are Welcome!

Sunday, December 2, 2018

4:30 p.m.

First Presbyterian Church

Jackson and W. Washington Streets

Downtown Sandusky

Sunday, December 9, 2018

4:30 p.m.

St. Peter Evangelical Lutheran Church

Benedict at Executive

Norwalk

Proceeds from this event will directly benefit
terminally ill patients and their families in
Erie, Huron, Lorain, Ottawa, Sandusky, Seneca and surrounding counties.



Join Stein Hospice in our local
MyHospice campaign.

MyHospice

A Program that Works. A Benefit that Matters.

Living life to the fullest is what hospice care is all about.

When a cure isn't possible, hospice offers a person-centered approach to treatment that includes expert medical care, comprehensive pain management, and emotional and spiritual support - most often provided in your home. Living life to the fullest, up to the final moment is what hospice care is all about.

*"When you think of Hospice Care,
what is the first word that comes to your mind?"*

Share YOUR "My Hospice,
My _____."
photos with us.

Share your memorable photos of living life to the fullest!
Include your very own "MyHospice word"



We encourage you to share to our social media pages
using the hashtags: #myhospice and #steinhospice

Photos and words can be sent to sbrossia@steinhospice.org

National Hospice and Palliative Care Month - November 2018

MyHospiceCampaign.org

steinhospice.org

NATIONAL HOSPICE & PALLIATIVE CARE MONTH

With November being National Hospice and Palliative Care Month,
now is the perfect time to inspire hope. Every gift we receive
enhances the care we are able to give our patients and their families.

A small donation will make a big difference.

Please visit steinhospice.org/donate to learn more.



Calendar of Events

November

Hope for the Holidays

Date: Sunday, November 4, 2018
Location: Sandusky Yacht Club
Time: 2-4:30 PM

Hope for the Holidays

Date: Tuesday, November 6, 2018
Location: Huron County Chamber of Commerce
Time: 6-8:30 PM

Veteran Presentation Lake Pointe

Date: Tuesday, November 6, 2018
Location: 3364 Kolbe Road, Lorain, Ohio
Time: 10-10:45 AM

Veteran Presentation Bellevue Care Center

Date: Tuesday, November 6, 2018
Location: 1 Audrich Square, Bellevue, Ohio
Time: 2-3 PM

Veteran Presentation Willard Senior Center

Date: Tuesday, November 6, 2018
Location: 315 E. Tiffin St., Willard, Ohio
Time: 2-3 PM

Veteran Presentation Willard High School

Date: Wednesday, November 7, 2018
Location: 1 Flashes Ave., Willard, Ohio
Time: 9:30-11:30 AM

Veteran Presentation Heritage Village of Clyde

Date: Wednesday, November 7, 2018
Location: 700 Helen St., Clyde, Ohio
Time: 10-11 AM

Veteran Presentation Blossom Healthcare

Date: Wednesday, November 7, 2018
Location: 370 E. Howard St., Willard, Ohio
Time: 1:30-2 PM

Veteran Presentation Gaymont

Date: Wednesday, November 7, 2018
Location: 66 Norwood Ave., Norwalk, Ohio
Time: 2-3 PM

Veteran Presentation Portland Place

Date: Wednesday, November 7, 2018
Location: 3808 Venice Road, Sandusky, Ohio
Time: 2-2:30 PM

Veteran Presentation Genoa Senior Center

Date: Wednesday, November 7, 2018
Location: 514 Main St., Genoa, Ohio
Time: 12-12:30 PM

Veteran Presentation Willows of Bellevue

Date: Thursday, November 8, 2018
Location: 101 Auxiliary Drive, Bellevue, Ohio
Time: 10-11 AM

Veteran Presentation Edgewood Manor

Date: Thursday, November 8, 2018
Location: 1330 Fulton St., Port Clinton, Ohio
Time: 10-11 AM

Veteran Presentation Mill Manor

Date: Thursday, November 8, 2018
Location: 983 Exchange St., Vermilion, Ohio
Time: 1:30-2 PM

Veteran Presentation Kingston of Vermilion (Home)

Date: Thursday, November 8, 2018
Location: 4210 Telegraph Lane, Vermilion, Ohio
Time: 2-3 PM

Veteran Presentation Kingston of Vermilion Asst.

Date: Thursday, November 8, 2018
Location: 6010 W. Lake Road, Vermilion, Ohio
Time: 3:30-4:30 PM

Veteran Presentation Bethesda Care Center

Date: Thursday, November 8, 2018
Location: 600 N. Brush St., Fremont, Ohio
Time: 10:30-11:30 AM

Hope for the Holidays

Date: Thursday, November 8, 2018
Location: The Bellevue Hospital
Time: 6-8:30 PM

Veteran Presentation Elmore Senior Center

Date: Thursday, November 8, 2018
Location: 19225 Witty Road, Elmore, Ohio
Time: 12-12:30 PM

Veteran Presentation Erie County Senior Center

Date: Friday, November 9, 2018
Location: 620 E. Water St., Sandusky, Ohio
Time: 11:30 AM-12:30 PM

Veteran Presentation Wesleyan Village

Date: Friday, November 9, 2018
Location: 807 W. Ave., Elyria, Ohio
Time: 11 AM-12 PM

Veteran Presentation Valley View

Date: Friday, November 9, 2018
Location: 1247 N. River Road, Fremont, Ohio
Time: 9:30-10:30 AM

Veteran Presentation Norwalk Memorial Home

Date: Friday, November 9, 2018
Location: 272 Benedict Ave., Norwalk, Ohio
Time: 2-3 PM

Veteran Presentation Autumnwood Care Center

Date: Friday, November 9, 2018
Location: 6700 H-18, Tiffin, Ohio
Time: 2:30-3:30 PM

Veteran Presentation Admiral's Pointe

Date: Friday, November 9, 2018
Location: 1920 Cleveland Road, Huron, Ohio
Time: 3-4 PM

Veteran's Fair at The Bellevue Hospital

Date: Friday, November 9, 2018
Location: 1400 W. Main St., Bellevue
Time: 11 AM - 4 PM

Hope for the Holidays

Date: Sunday, November 11, 2018
Location: Magruder Hospital
Time: 2-4:30 PM

Veteran Presentation Parkvue Nursing Home

Date: Monday, November 12, 2018
Location: 3800 Boardwalk Blvd., Sandusky, Ohio
Time: 10-10:45 AM

Veterans Presentation Parkvue Asst. Living

Date: Monday, November 12, 2018
Location: 3800 Boardwalk Blvd., Sandusky, Ohio
Time: 11 AM - 12 PM

Veterans Presentation Providence Care Center

Date: Monday, November 12, 2018
Location: 2025 Hayes Ave., Sandusky, Ohio
Time: 1:30-2:30 PM

Veteran Presentation Laurels of New London

Date: Monday, November 12, 2018
Location: 204 W. Main St., New London, Ohio
Time: 2:30-3:30 PM

Veteran Presentation Meadows of Osborn Park

Date: Monday, November 12, 2018
Location: 3916 Perkins Ave., Huron, Ohio
Time: 2:30-3:30 PM

Veteran Pinning

Date: Monday, November 12, 2018
Location: 1050 Neal Zick Road, Willard, Ohio
Time: 2:30-3:30 PM

Veteran Presentation View Point Apartments

Date: Tuesday, November 13, 2018
Location: 215 E. Shoreline Drive, Sandusky, Ohio
Time: 12:30-1:30 PM



Calendar of Events

Veteran Presentation Harbor View Apartments

Date: Tuesday, November 13, 2018
Location: Harborview Apartments, 115 Franklin St.
Time: 2-3 PM

Veteran Presentation Danbury Senior Center

Date: Tuesday, November 13, 2018
Location: 8470 E. Harbor Road, Marblehead, Ohio
Time: 5-6 PM

Veteran Presentation Fremont Senior Center

Date: Friday, November 16, 2018
Location: 600 W. State St., Fremont, Ohio
Time: 10:30-11:30 AM

Reiki III

Date: Saturday, November 17, 2018
Location: South Campus Conference Room
Time: 8:30 AM-4:30 PM

Wings for Warriors

Date: Sunday, November 18, 2018
Location: AMVETS Post 17, 307 Putnam St., Sandusky, Ohio
Time: 12-4 PM. \$20 pre-sale. All you can consume wings and beverages.

Veteran Presentation Oak Harbor Senior Center

Date: Monday, November 19, 2018
Location: 8180 W. State Oak Harbor, Ohio
Time: 12-1 PM

Cookies and Tea

Date: Monday, November 19, 2018
Location: New England Club in Anderson Township
Time: 3-4 PM

Veteran Presentation Port Clinton Senior Center

Date: Tuesday, November 20, 2018
Location: 320 E. Third St., Port Clinton, Ohio
Time: 12-1 PM

Erie County Mobile Meals

Date: Wednesday, November 21, 2018
Location: Erie County Senior Center, 620 E. Water St.
Time: 10:15-11:15 AM

Firelands Festival of Lights Auction

Date: Saturday, November 24, 2018
Location: Sawmill Creek Conference Center
Time: 7 PM

Ottawa County Health and Social Concerns

Date: Monday, November 26, 2018
Location: Agriculture Center
Time: 9:30-10:30 AM

Veteran Presentation Gibsonburg Senior Center

Date: Monday, November 26, 2018
Location: 100 Meadow Lane, Gibsonburg, Ohio
Time: 10:45-11:45 AM

Advance Directives

Date: Thursday, November 29, 2018
Location: Berlin Heights Public Library
Time: 6:30-7:30 PM

December

Light Up A Life (First Presbyterian Church)

Date: Sunday, December 2, 2018
Location: Jackson and W. Washington Streets, Sandusky, Ohio
Time: 4:30-7 PM

Decorate Christmas Cookies

Date: Tuesday, December 4, 2018
Location: Huron County Senior Center, 130 Shady Lane, Huron, Ohio
Time: 11:30 AM-12:30 PM

Senior Resources Advisory Meetings

Date: Wednesday, December 5, 2018
Location: Ottawa Senior Resources, 8180 W. St. 163, Oak Harbor, Ohio
Time: 10 AM-12 PM

Senior Resources Open House

Date: Friday, December 7, 2018
Location: Ottawa County Fairgrounds, 8180 W. St. 163, Oak Harbor, Ohio
Time: 11 AM-2 PM

Light Up A Life (St. Peter Evangelical Lutheran Church)

Date: Sunday, December 9, 2018
Location: Benedict at Executive, Norwalk, Ohio
Time: 4:30-7 PM

Decorate Christmas Cookies

Date: Monday, December 10, 2018
Location: Oak Harbor Senior Center, 8180 W. St., Oak Harbor, Ohio
Time: 12-1 PM

Decorate Christmas Cookies

Date: Tuesday, December 11, 2018
Location: Danbury Senior Center, 8470 E. Harbor Road, Marblehead, Ohio
Time: 5-6 PM

Decorate Christmas Cookies

Date: Wednesday, December 12, 2018
Location: Harbor View Apartments, 115 Franklin St., Sandusky, Ohio
Time: 2-3 PM

Decorate Christmas Cookies

Date: Monday, December 17, 2018
Location: Gibsonburg Senior Center, 100 Meadow Lane, Gibsonburg, Ohio
Time: 10:45-11:45 AM

Cookies and Tea

Date: Monday, December 17, 2018
Location: New England Club in Anderson Township
Time: 3-4 PM

Decorate Christmas Cookies

Date: Tuesday, December 18, 2018
Location: Port Clinton Senior Center, 320 E. Third St., Port Clinton, Ohio
Time: 12-1 PM

Decorate Christmas Cookies

Date: Tuesday, December 18, 2018
Location: Danbury Senior Center, 8470 E. Harbor Road, Marblehead, Ohio
Time: 5-6:30 PM

Decorate Christmas Cookies

Date: Wednesday, December 19, 2018
Location: Erie County Senior Center, 620 E. Water St., Sandusky, Ohio
Time: 12-1 PM

Decorate Christmas Cookies

Date: Thursday, December 20, 2018
Location: Elmore Senior Center, 19225 Witty Road, Elmore, Ohio
Time: 12-1 PM

Children's Grief Relief Program

Date: Thursday, December 20, 2018
Location: Sycamore Line Team Room
Time: 5:30-7:30 PM

Decorate Christmas Cookies

Date: Friday, December 21, 2018
Location: Genoa Senior Center, 514 Main St., Genoa, Ohio
Time: 12-1 PM

January

Island Bash with Wally and the Beaves

Date: Saturday, January 13, 2019
Location: Barrel House Saloon, 101 East Shoreline Drive, Sandusky, Ohio
Time: 7-10:30 PM. \$20 limited tickets, check steinhospice.org to purchase.





Sandusky Office
1200 Sycamore Line
Sandusky, Ohio 44870

ph. 419-625-5269
fax 419-625-5761

Non-Profit Org.
U.S. Postage
PAID
Sandusky, Ohio
Permit No. 17

SUPPORT GROUPS

All groups are free and available to anyone in the community whether or not they have had previous involvement with Stein Hospice. For more information contact Kathy Failor, Bereavement Care Liaison 800-625-5269 or kfailor@steinhospice.org

Adult Support Groups:

- **Serenity Seekers:** for the loss of any adult loved one.
- **Healing Hearts:** for graduates of Serenity Seekers.
- **MOMS:** for mothers who have experienced the death of a child, of any age (childhood to adulthood).
- **A New Dawn:** for adult survivors of divorce.
- **A New Day:** for graduates of A New Dawn.
- **With the Guys:** for men who have lost a loved one.
- **Rain's End:** for adults who have lost a loved one through suicide.
- **Clear Skies:** for graduates of Rain's End.
- **Angel Warriors:** for adult women who have lost a loved one and have challenges with self-esteem.
- **M.I.S.S. You:** for parents who are grieving loss through miscarriage, infant death and stillbirth.
- **In It Together:** for families who have a loved one in the military and deployed. Contact Kim Gentzel, 419-750-0642.

Adult Social Event Groups:

- **Bunch for Lunch:** Potluck 12 p.m., first Monday of month, at Stein Hospice, 1200 Sycamore Line.
- **Sandusky Yacht Club Lunch Bunch*:** 12 p.m., third Wednesday of month. 529 E. Water St., Sandusky.

- **Huggers and Munchers*:** 5 p.m., second Tuesday of month, at different restaurants.
- **Healing Hearts Lunch Bunch*:** 12 p.m., first Wednesday of month, at different restaurants.

Children and Adolescent Support Groups:

- **Recovery Riders:** for children ages 7-12 who have lost a loved one through death.
- **R.U.O.K:** for adolescents ages 13-18 who have lost a loved one through death.
- **Tough Cookies:** for children ages 7-12 who have had a loss through separation/divorce, a temporary or permanent placement out of their home or parents/ caretakers who have been incarcerated.
- **Next Step:** for adolescents ages 13-18 who have had a loss through separation/divorce, a temporary or permanent placement out of their home or parents/ caretakers who have been incarcerated.
- **Club USA:** for children ages 7-12 who have a loved one in the military who has been deployed.
- **Camp Good Grief:** a weeklong summer day camp for children ages 5-13, held in several local parks.

**Participants purchase their meal.*