

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

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STEIN HOSPICE

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

LOCATIONS

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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

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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 services are available every other month by appointment.

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. These services are comfort touch, life review, aroma service and music and guided imagery.

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.

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

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.





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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