

# In Touch

July-August 2014



July 7-11 Camp Good Grief at Lakeview Park in Port Clinton

July 10 Labyrinth Program 2:30 – 4PM at the Gardens of Westlake

July 13 Sporting Clay Shoot at WR Hunt Club 7AM – 3 PM

July 14 Open Labyrinth Walk at FRMC South Campus 4 – 7 PM

July 16 Senior Day Bingo at the Ottawa County Fair 1 – 3 PM

July 18 Reiki Level III at Sycamore Line Office 8 AM – 5 PM

July 21 – 25 Camp Good Grief at Veterans Memorial Park in Norwalk

August 4 – 8 Camp Good Grief at West Park in Elyria

August 6 Senior Day at the Attica Fair 9 AM – 3 PM

August 11 Open Labyrinth Walk at FRMC South Campus 4 – 7 PM

August 19 – 20 Sandusky County Fair

August 23 Pet Expo Surf's Up Park, Sandusky 8 AM – 4PM

August 27 Stein Hospice Charity Golf Classic at Eagle Creek Golf Course, Norwalk 1 PM shotgun start

# Warriors take on Relay Challenge in Support of Stein Hospice

Six very enthusiastic, dedicated and okay slightly crazy individuals have gathered together as a relay team. These self-proclaimed "Wicked Ohio Warriors," WOW for short are taking on a nearly 200 mile run. But that's not all, in order to make this event even more rewarding, they have decided to make it a FUNdraiser! 75% of all donations raised by the Warriors will raise a substantial amount to benefit Stein Hospice.

The Warriors are taking on the Washington Course part of the Ragnar Relay Series. With a route that will take the Warriors from the town of Cumberland. Maryland through historic towns and sites, heading east through thick forest trails and scenic paths. Around nightfall, the Warriors will run through the quiet streets of many charming historic Civil Warera towns, ultimately finishing the course within the shadows of the Washington Monument and the Lincoln Memorial. Along that course, each member of the Warriors has their own memory to carry with them during their run, a memory of how Stein Hospice helped someone special in their life.

As to why this particular event, well, maybe because Stein Hospice also uses a team approach. A team of dedicated doctors, nurses, social workers, chaplains and volunteers provide pain and symptom management, emotional and spiritual support while together striving toward the goal of giving each individual and their family the best moments possible.

Why donate to Stein Hospice? Well, we are turning that explanation over to the ladies themselves.



Ellen Nagy

I don't have a direct connection to Stein, but in the past year I've lost my father-in-law to cancer (Hospice of NW Ohio) and my husband. I've seen what nurses do and what comfort and compassion they bring to patients and families. Running with this team has provided me with emotional support and an outlet for grief. I run for organ donation awareness and for children with special needs too, but more importantly, I run because I can and others can't.

Warriors, continued on page 7

### MEDICAL DIRECTORS

James Preston, DO Andrew Ache, MD Reagan Bristol, DO Christina Canfield, MD Dennis Furlong, DO Lynn Chrismer, MD Michael McHenry, MD Edward Radatz, DO Larry Robinson, DO Sara Graham, DO Todd Williams, MD

### MANAGEMENT

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John Gerber, RN, BS, Nursing Director Beth Frank, MBA, BSN, CPHQ, Quality and Education Director Franklin Swinehart, LNHA, Inpatient Services Director Susan Figula, RN, CHPN, Market Development Director Rev. M. Webster Maughan, Staff Development Director JoAnn Didion, LISW-S, Practice Manager

### **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

#### Stein South

100 Liming Farm Road Mount Orab, Ohio 45154

#### EMAIL

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

### IN TOUCH IS PUBLISHED BY:

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### 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 every two months and is also available online at www.steinhospice.org.

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100 Madison St. Tiffin, Ohio 44883 419-447-0475

Lorain 4000 Oberlin Ave., Suite 4 Lorain, Ohio 44053 440-282-3939

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# Message from Chief Executive Officer

Jan Bucholz, Chief Executive Officer

# This is a hard article to write. The first quarter of 2014 saw a significant loss of revenue that put Stein Hospice on a dangerous path. While we have worked for several years to cut costs in non-patient related matters we were losing ground fast. The solution that would preserve Stein's service model and keep us financially able to be there for all who need us in the future would come at a cost. That cost translated into a need to layoff 32 staff members from across the organization. This was the most heartbreaking decision that I, as Chief Executive Officer, have ever needed to make.

The background that led to this point started in 2009 when every hospice in our country began to deal with yearly cut backs in reimbursement from Medicare. Last year, the 2% cut caused by the sequestration was made permanent. While, this was not good news for hospice, we were aware of the cuts and were able to prepare for them. We know more cuts are coming.

And we will prepare for these cuts also.

What Stein Hospice did not anticipate was the dramatic shift in length of stay of our hospice patients. Since the beginning of this year, almost 68% of the people we admit to hospice services die within the first 2 weeks. While there is a lot of good that Stein can do for people who come to us very late in their disease process, this short length of stay affects us in a unique way. We are serving more people – but we serve them for a shorter period of time which translates into a drop in the overall number of people we serve on a daily basis. In this case, the number of people we serve has decreased by 17%.

In response to this drop in number of people we serve, Stein Hospice began to experience financial losses. We worked to cut costs. Every cost center that did not affect patient care was examined ... and squeezed. We looked at our contracts, and negotiated the best terms possible and management accepted a significant pay cut. But it wasn't enough to stem the financial losses we were experiencing. We had to face the fact that we had more staff than we needed ... more staff than we could afford. Priorities were set - First, Stein must maintain the level of service to our patients and families for which we are known. Second, we had to assure that Stein was financially able to weather the financial cuts and to be here for anyone in need of our service for generations to come. In order to achieve these two priorities, we faced the inescapable need to lay off 12 % of our staff. The worst part of staff layoffs was the effect on our staff and families. Stein employees are universally, among the best trained, most compassionate, skilled people you could ever find ... anywhere. People who are loved by their colleagues as well as our patients and families. The worst part of this is knowing how hard this decision is on the affected staff. There was no choice. However, it did lead to a third priority: stabilize and bring as many of our staff back as we can.

The decisions we made were necessary to stabilize our organization and make it possible for us to assure our community that we will continue to be there when we are needed now..... and in the future.

Thank you for your generosity and support.

With Love and respect,

Jan

# We Salute Our Veterans

# Stein Hospice Veteran Health and Information Fair Camp Perry Conference Center

Fair Organizer, Julie McCormick was pleased with the turnout for the first year in Ottawa County. "The event was held at the Ohio Veterans Home in Sandusky but we were presented with a great opportunity to bring to Ottawa County important information about veterans benefits and organizations who exist to provide veterans the help they need" said Ms. McCormick.

The fair was supported through a grant from the Ottawa County Community Foundation and in the Red Sponsor category, Neidecker, LeVeck & Crosser Funeral Home Port Clinton, Peninsula, Oak Harbor & Elmore Genoa. In the White Sponsor category by Bowling Green State University, WSOS Community Action, Hall & Wylkan, Certified Elder Law Attorney and in the Blue Sponsor category by Ottawa County Veterans Service Office, Trainco Truck Driving Schools, VFW Ohio Charities, VFW Post 3313 and the Visiting Angels.



Dick Stein of Port Clinton, a Navy Veteran in the Korean War, was honored by fellow veteran and Stein Hospice staff member Ron Brooks at the Veteran Health and Information Fair, as his wife Rosella looks on.



Teresa Lopez from the US Department of Veterans Affairs discusses VA programs with Chuck DeVore from Bolte Realty.



Speaker Dr John Schupp talks with fair participants.

# **Georgetown Memorial Service**

15 year old Sydney Michael sang for the service. Sydney is the Granddaughter of one of past patients Wendell "Gene" Michael. There were 45 people who attended the memorial service.







# Stein Hospice Choir

Stein Hospice Choir began as part of a national "network of a cappella choirs of primarily women's voices: a community whose mission is to sing for and with those at the thresholds of life." The lyrics are generally short and sung in rounds, chants, lullabies, hymns, spirituals or choral music. Singers visit the bedside usually in small groups of two or three. The choir does not give performances, but views their singing as a comfort/ spiritual type of service.

Stein's Choir members have been singing at the bedside at the Stein Care Center, patients' private homes, hospitals, care facilities and Ohio Veterans Home since November, 2009. Currently, there are 20 volunteers in this a cappella choir.

Choir volunteers come from several different counties that are served by Stein Hospice, including Erie, Lorain, Huron, Seneca, and Ottawa. Some members are actively employed while others have retired and they represent a variety of professions including STNAs, registered nurses, administrators, coordinators, music teachers, kindergarten and grade school teachers, bank officer, retail manager, school secretary, and case worker. Most members are available to sing year round, while others travel during the winter months to Florida and Arizona but stay in touch through email or join other threshold choirs in their visiting area.

Reading music, playing an instrument, or formal vocal training are not required to be a member of the choir—carrying a tune and blending one's voice with others are the musical requirements. Some volunteers read music while others do not. Most volunteers have some experience with singing, including fond memories of singing with sisters and family members, participating in elementary and high school choirs, performing in musicals and college, community and church choirs, or playing piano and band instruments.



Volunteers have found their way to this choir through Stein's Life Course, a personal invitation from another choir member, by reading an article about the choir in local newspapers, or through personal experience of the Choir singing at the bedside of a loved one.

According to almost every choir member asked, the effect of singing at the bedside brings a sense of peace, calmness, comfort, and quietness to them and they observe the same effect in patients and family members. "The singing creates melodic memories and visuals of the loved one enjoying the music...being moved by the songs...that seems to be calming for family and provide a tool they can bring back by singing or humming when remembering."

Individuals interested in becoming a volunteer and interviewing for the choir, can email steinhospice@ steinhospice.org or call 419-625-5269 or 800-625-5269. Stein Hospice provides an 18-hour volunteer training program LifeCourse<sup>™</sup> for anyone wishing to become a volunteer.

# **Palliative Care Clinic**

Stein Palliative Medicine is an interdisciplinary collaborative service to promote comfort and relieve suffering in patients with serious advanced illness. The team consists of physicians, nurse practitioners, and a social worker- all working together to provide resources and recommendations for patients and families.

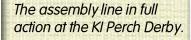
Palliative Medicine is a consultative service by appointment only. Office hours are Monday thru Friday 9am-5pm. Patients are seen in the Palliative out-patient clinic, located on the third floor of Firelands Regional Medical Center – South Campus.

Palliative Medicine is covered by most insurances and the patient is simply responsible for the co-pays and deductibles that they would pay for any other doctor appointment.

As experts in pain and symptom management, we are working diligently to be available as an oncological palliative support team for the cancer patients of our community.

# **Stein Hospice Perch Derby**







# Senior Center Health Fair



NAUN ARES

Hungry Participants at the great buffet provided by the generous folks at the Caddy Shack. Thanks to all the Shack crew and Lynn and Bret for leading the way!

Stein Hospice staff at Erie County Senior Center Health Fair

# Camp Good Grief, Osborn Park



Coach has words with ref.

Photographs courtesy of Jamie Speer - 1826 Photography.







Diamond the "dragon" brightens a princess's day.

Volunteers prep for Dress-up Day.

# Upcoming Summer Events

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# Warriors, continued from cover



# Nickee Linder

I wanted to be able to repay Stein Hospice for the care they provided to my grandmother more than ten years ago and most recently for my dear friend Anne. The staff is so compassionate, kind and caring! This amazing organization is there to provide services to anyone that needs it, regardless of their ability to pay. Helping raise money so that Stein Hospice can continue to provide their services to many is my main focus for this relay. I will run 'til I can't run anymore, if it means someone can receive the care they deserve during their last days here on earth. Stein Hospice is truly "Angels in the darkest moments"!



## Sharon Powell

My Dad spent his last 12 days on earth at the Stein Hospice inpatient facility. Not only did my Dad receive excellent care during that time, but what actually impressed me the most was how they took care of the family. I wasn't expecting that. There were some very trying times and there was always somebody there to help. We took turns spending the night with him so he was never alone and we didn't have to worry about meals or anything else. I will always have a special place in my heart for Stein Hospice.



# Kim Swartz

I have been very fortunate with my loved ones and have not had any personal experience with Stein Hospice. I am also very fortunate to know an amazing group of women who not only run but genuinely care and support each other. I am running for the camaraderie of the group, the challenge of the race, and the support of a compassionate organization.



## Keri Vela

Running for a cause makes this race so much more rewarding. Not only will Ragnar be a test of endurance, strength and mental toughness but it will feel great to know that as a team we will be giving back to OUR community.



# Anne Libben

Aside from enjoying running, doing this run with the proceeds benefitting Stein hospice holds a special place in my heart. Almost exactly 5 years ago, ten days before my 30th birthday, my grandma passed away from lung cancer! While she did not live in this area the hospice nurse assigned to her was one of the most compassionate and caring people I have ever met. She knew exactly what to say or what not to say right when we needed it most! To me hospice is a God send to anyone who has a terminally ill family member!!

Please consider supporting us as we relay for Stein Hospice! Every gift Stein Hospice receives enhances the care given to patients and their families. A grieving child, a family in crisis over the loss of a loved one, someone who needs additional assistance are all helped by the generosity of people like you. Supporting our efforts is easy ... http://www.wickedohiowarriors. myevent.com. Should you have any questions regarding a donation to support the Warriors, please contact Amy Skolnik, Outreach Director at 1-800-625-5269.

THANK YOU in advance for your support!!

Wicked Ohio Warriors (W.O.W.)



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# 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 Hope Seavers, Bereavement Care Liaison 800-625-5269 or hseavers@steinhospice.org \*Participants purchase their meal.

## Adult Support Groups:

- Serenity Seekers: for the loss of any adult loved one.
- Healing Hearts: for graduates of Serenity Seekers.
- Compassionate Friends: for adults who have experienced the loss of a child.
- 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.
- Tiffin 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.