

The Good Balance Between Symptom Relief, Well-being, and Quality of Life

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 introduced alternative forms of comfort therapy for hospice patients. These harmonizing therapies can uplift spirits, markedly reduce pain and anxiety and promote a profound peacefulness. Our expanded service collection includes massage, Reiki



Complementary Therapies Being Used in End-of-Life Care

- Acupressure/Acupuncture
- Animal-assisted Therapy
- Art Therapy
- Aromatherapy
- Healing Touch
- Massage
- Music Therapy
- Reflexology
- Reiki

Complementary therapies are becoming increasingly recognized as adjunctive treatments that help manage high stress and a wide array of clinical symptoms.

and touch therapy. These are available to patients as well as their caregivers and family members. Comfort therapy is a powerful tool 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. While we improve the patients experience by providing relaxation and comfort, the integration of touch therapies fosters better and deeper connections with our patients. Our families benefit as they see that their loved ones are in gentle, caring hands.

For hospice patients, massage therapy focuses on alleviating symptoms such as pain, swelling and shortness of breath. The touch of a trained massage therapist can improve circulation, reduce fluid retention, increase energy and enhance sleep. Therapeutic activities through art, massage, Reiki and yoga, help patients and their families communicate feelings, reduce mental stress, relieve anxiety and pain, enhance self-image, say goodbye, and address grief issues.

Our certified and licensed nurses receive special training in comfort measures, and knowledgeable volunteers contribute with therapy



dogs, touch therapy, Reiki and cosmetology services such as manicures and pedicures. Since these services are not required by Ohio's hospice licensure law, or by insurance regulations, they are not included in reimbursement. We are able to provide them only through the generosity of our donors.

While these services are considered alternative or complimentary, we include them as the heart of the hospice experience, playing an essential role in healing and integral to enhancing comfort, soothing the soul and spirit and promoting continuing life expression and opportunity.

If you are interested in donating or volunteering to support these and many other services, contact Marge Basilone for donation opportunities and Gail Shatzer if you would like to volunteer. Both are available by phone at 419-625-5269 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.

MEDICAL DIRECTORS

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Reagan Bristol, DO
Christina Canfield, MD
Dennis Furlong, DO
Lynn Chrismer, MD

Michael McHenry, MD
Charyse McMillion, DO
Edward Radatz, DO
Larry Robinson, DO
Sara Graham, DO
Todd Williams, MD

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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

Ohio Veterans Home
3416 Columbus Ave.
Sandusky, OH 44870
419-625-2454 ext. 1373

Stein Hospice Care Center
Firelands Regional Medical Center South Campus
1912 Hayes Ave., 3rd Floor
Sandusky, Ohio
419-558-4164
1-866-230-7597

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

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

Ohio Veterans Home
2003 Veterans Blvd.
Georgetown, OH 45121
937-378-2900 ext. 2760

EMAIL

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

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www.steinhospice.org

GO GREEN

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Jan Bucholz,
Chief Executive Officer

Message from Chief Executive Officer

Touch has been a key component of traditional medicine since the beginning of civilization. But how much difference does touch really make in a patient's well being? The power of touch became obvious to the Stein Hospice Staff through our experience with one of our patients who was suffering from severe dementia. He was completely non-responsive, and would not talk or make eye contact with anyone. As part of his treatment he was given a massage. Afterwards an aide who was caring for him heard him say, very clearly, "That felt good."

Needless to say, it was a very emotional event for all of us. It also prompted us to begin talking about the power of touch and how it could benefit our patients. We examined how we were touching patients while performing their daily care. We realized that when people become ill, others shy away from touching them for a variety of reasons: they might be afraid of hurting them or afraid of catching their illness. Often when healthcare professionals touch them it's to draw blood, change dressings, or give injections, all of which are uncomfortable and painful. We wanted to incorporate a new way of touching when caring for our patients, one performed with reverence, gentleness, and kindness. To achieve our goal we implemented a new program called Stein C.A.R.E.S., which stands for Care for our patients, Assisting our patients' families, Renewing our mission statement and core values, Empowering our leaders, and Serving our community.

As part of Stein C.A.R.E.S, we offer patients massage therapy, facials, manicures, pedicures and hair styling. Our aides and LPNs are specially trained in ways to position and transfer patients to provide maximum comfort, as well as how to provide bathing, grooming and skin care in a gentle and compassionate manner. They are taught how to offer spiritual guidance without being judgmental or imposing their own beliefs. They learn how to recognize when death is near and how to help patients and their families navigate the death experience.

Stein C.A.R.E.S. has allowed us to provide a more compassionate, gentle and supportive level of care to our patients and families. It has proven to be one of the most important programs we've ever implemented.

With love and respect,

We Salute Our Veterans

A Patient's Wish

January, 2014 was recorded as one of the coldest months in local history. Most of us tried to stay indoors and shuddered at the thought of having to go outside. However, for one of our patients, Mr. John Gattino, a resident at OVH, it would take more than a cold, windy day to keep him inside as his buddies boarded a bus to The Thirsty Pony, an off track betting theatre located right here in Sandusky just a few miles from the Ohio Veterans Home. Small machines resembling a computer monitor are placed at individual desks, allowing patrons to bet on horse racing held at America's top tracks. This is a hobby Mr. Gattino enjoyed earlier in life and he wanted to experience it again.



It all started when the Activities Therapist for Mr. Gattino's unit, Connie Shroyer, scheduled a trip at a betting track close to home so Mr. Gattino could participate. She talked to John Preece, RN from Stein, who is Mr. Gattino's Case Manager, about his interest in attending. Although John was excited about this opportunity for Mr. Gattino, he took his concerns regarding his medical needs to Stein Clinical Supervisor at OVH, Mike Marsh, RN. Together they worked out a successful solution that would enable Mr. Gattino to board the bus and spend a few hours at the track! Jeanette Miller, LSW, Mr. Gattino's social worker from Stein Hospice contacted the staff at the Thirsty Pony,

explaining Mr. Gattino's wishes and possible medical concerns. The staff members encouraged his visit and offered whatever help he needed to enjoy his time there.

As the bus loaded at OVH, the wind blew and the flurries swirled but Mr. Gattino braved it all with a smile on his face as his wheelchair ascended into the bus. Mike Marsh followed closely behind and was there to greet Mr. Gattino at the theatre. He was situated in an area close to the betting window where staff at the Thirsty Pony graciously offered to help him place his bets. "I don't need any help," said Mr. Gattino, "just push me up to those darn machines!" Mike did exactly as Mr. Gattino asked and pushed him to his own monitor. With his left fist full of his spending monies, he used his right hand to point out a particular track on the screen to Mike. "You see," he said as his eyes lit up, "there, that's the Gulf Stream Track, I won big money there years ago, big, big money."

Mike returned to OVH to care for other patients and Kato Thompson, a resident worker at OVH, sat next to Mr. Gattino to help if needed and watched him work his magic. "He knew what he was doing," said Kato, "he didn't win anything, but he sure had a good time!"

A few hours later, Mike returned to the Thirsty Pony to check on Mr. Gattino. As he arrived, they announced the bus would load back up shortly for their return trip to the Ohio Veterans Home. As Mike got him situated back in his room at OVH, Mr. Gattino said with a smile on his face, "That was fun, thanks!"

Veterans Health and Information Fair

Please bring
your DD-214
or Military ID
card if
available.

**Free and Open to all
Military, Veterans,
Family, Friends and
General Public.**

Have your questions answered
and update your knowledge
about current benefits available
to you and your loved ones.

**Wednesday, June 11
10 am – 2 pm**

**Camp Perry
Conference Center
1000 Lawrence Rd.,
Building 600
Port Clinton**

- ★ A pinning ceremony to honor Veterans will be held at 1:00 pm with assistance from the Ottawa
- ★ County Veterans Service Commission
- ★ Health Screenings by Magruder Hospital
- ★ Local, State, Federal and Community Exhibits to benefit Veterans on such issues as jobs, healthcare, education, PTSD Door prizes, refreshments, giveaways



**Dr. John Schupp,
Speaker-10:30 am
"Why Embracing this Era
of Veterans is essential to
the Country"**

Upcoming Stein Hospice Summer Events



Memorial Bike Ride

The 2nd Annual Memorial Bike Ride will be held on Sunday, June 1st, beginning at EHOVE Career Center in Milan, Ohio. The bike ride has something for every rider – a 12-mile, 25-mile and 45-mile course. Registration will begin at 7:00 am, with the 45-mile ride beginning at 8:00 am and the 12 and 25 mile ride at 9:00 am. After finishing the ride, join us back at EHOVE for lunch. Registration is online at www.steinhospice.org.



Kelleys Island Perch Derby

The 15th Annual Kelleys Island Perch Derby will be held Monday, June 2nd. The fishing tournament will begin at 8:00 am and there will be a fish fry at the Caddy Shack that evening, beginning around 6:00 pm. The registration fee is \$100 per boat. Boats will start from the Casino Dock at Kelleys Island at 8:00 am.



25th Annual "Chick" Schaffner Memorial Charity Golf Classic

On Monday, June 16th, golfers will have the opportunity to golf at the Catawba Island Club to benefit Stein Hospice and the American Heart Association. There will be 2 shotgun start times, 8:00 am and 1:00 pm. Contact Stein Hospice for information about the tournament.



Stein Hospice Memorial 5K Run

The Stein Hospice Memorial 5K Run will be held on Saturday, June 21st in downtown Sandusky, sponsored in part by MetalTek – Sandusky International Division. Registration will be from 7:30 – 8:00 am at the Sandusky Bay Pavilion, 705 E. Water St., Sandusky. The race will begin at 8:30 am and the course goes through downtown Sandusky. Any team of 5 or more runners will be able to compete for the Coach Chris Smith Team Trophy. Awards and snacks will be provided at the Pavilion after the race. Pre-registration is \$20 or \$25 race day registration and is available at www.steinhospice.org. Register by June 13 to be guaranteed a T-shirt.



Pirate 5K Run

Monday, June 23rd, there will be pirates running through the streets of Put-in-Bay, Ohio. The 2nd Annual Pirate 5K Run will begin at 9:30 am. Registration will take place at the Reel Bar (formerly Tony's Garage) on Sunday from 6-8 pm and Monday morning from 8:00 – 9:00 am. The race will begin at the city park and the course will take the pirates through town and along the lakeshore. Join us after the race for lunch and awards at the Reel Bar. Pre-registration is \$20 or \$25 race day and is available at www.steinhospice.org. If you would like to participate in both 5Ks, you can register online for \$30. Register by June 16 to be guaranteed a T-shirt. There will also be an award for the best dressed pirate runner.

Stein Hospice Cup/Islands Race Regatta

Saturday, June 28th, the 58th Annual Islands Race Regatta will take place at the Sandusky Sailing Club. New this year, the race will end at Middle Bass Island and the awards will take place at the pavilion at JF Walleyes. For more information and registration is available at <http://www.sanduskysailingclub.com/>.



10th Annual Sporting Clay Shoot

For the 10th year, WR Hunt Club in Clyde, Ohio will be the host of the annual Sporting Clay Shoot and Pig Roast to benefit Stein Hospice. On Sunday, July 13th the event will take place from 8:00 am – 2:00 pm. Registration is \$85/individual or \$340/team of four. Call Stein Hospice for more information or to register at 419-625-5269.



On February 4th, 2014 Stein participated in the Third Annual Community Resource Fair. The goal was to provide information about resources available to the general public, make connections within community organizations and provide volunteer opportunities. We experienced lower attendance due to the pending winter storm, overall the event was a success. If you are interested in Volunteering please contact Pamela Meek 1-800-625-5269.



Guys Skate Night, a new children bereavement event, was open to boys in the community who have experienced the death of a father. Sandusky Skate World generously donated free skating passes and extended their hours to accommodate this new event. Pictured above, Wyatt and Kingston get ready to park their scooters and hit the bounce houses.

A friendship between two boys developed over pizza. Tasavion and James have found support within each other, which is exactly what bereavement events like these are created for.



This Spring Think Encore!

Time to "Think Spring," and that means spring cleaning, a good way to Re-energize your spirit and refresh your home. This spring, as you decide what to shed, "Think Encore."

Our upscale resale shop in downtown Sandusky depends on the generous donations of local residents. Not only are you helping a not-for-profit agency care for terminally ill patients and families, but your old items are reused and recycled, which is also healthy for our environment.

Thinking Spring also leads to thoughts of activities outside. When considering what to do with your time, please consider volunteering at the Encore shop. The Encore shop is nearly a 100% volunteer operation. Stop by and talk to our volunteers and they will tell you what volunteering at Encore has meant to them.

All donations are tax deductible, volunteer hours count toward graduation honors for high school students.

Encore is located at 126 Columbus Ave., across the street from the Sandusky State Theatre. The shop is open Monday through Friday, 11 a.m. to 5 p.m. and Saturday, 11 a.m. to 2 p.m. To arrange for a pickup or for more information call the shop at 419-502-0019.

Consider The Conversation

By Sue Daugherty

Special thanks to the Sandusky Register and Matt Westerhold for allowing us to reprint this article.

Unless it's a matter of immediate danger most of us take time to think about important matters that have permanent consequences. There seems to be one common exception to this truth. That exception applies to the topic of life or death issues.

In our American culture, we find it easy to talk about birth – i.e., the plans in preparation for the baby's arrival, will the baby be born natural or by C-section, will the baby be a boy or a girl, and what to name the baby. So why aren't we as quick to discuss plans when it comes to preparing for our departure?

I had the good fortune of listening to Jan Bucholz, MSN, MBA, RN, CHC CEO of Stein Hospice speak a few years ago and she said something so true... "None of us are going to get out of here alive." ("Here" - meaning "here" on earth.)

As sure as we are born, we too are going to die. Yet this discussion is avoided like the plague. We are more comfortable discussing the issue of constipation, than we are death. Why? Because it's a difficult conversation to have



with someone we love and most of us don't know how to begin this discussion.

It's not pleasant to think of having an incurable illness/condition that makes one live in physical discomfort or in a vegetative state. But you owe it to yourself, and those who love you, to make your wishes known should this be your fate.

Please make an effort to see this thought-provoking documentary "Consider The Conversation." Stein Hospice will make the movie available for interested groups and offer support staff to answer any questions after the movie. Stein Hospice is also looking to bring the movie to theaters or larger venues throughout the area this fall. Should you have questions on this topic or would like more information about scheduling a group viewing, please call Stein Hospice 419-625-5269 or 800-625-5269.

Calendar of Events

May

Open Labyrinth Walk

Mon. May 12th, 4 - 7pm

Firelands Regional Medical Center South Campus - Community Room
Stein Hospice's portable labyrinth is open to all. The labyrinth is a meditative walk that has been used for centuries by people of all cultures for healing, insight and relaxation. People walk at their own pace. A facilitator will be on hand to answer any questions. For more information contact JoAnn Didion, LISW, 419-625-5269.

June



Memorial Bike Ride

Sun. June 1st

EHOVE Career Center
2nd Annual Memorial Bike Ride to benefit Stein Hospice. Enjoy a 12, 25 or 45-mile bike ride, starting and ending at EHOVE Career Center followed by lunch. Cost \$25 or \$30 day of ride. Register by May 27 for a free T-shirt. Registration is at 7am; 45-mile starts at 8am; 12 and 25-mile start at 9am.

Perch Derby

Mon. June 2nd

Caddy Shack, Kelleys Island
Perch dinner 6pm

The 15th Annual Kelleys Island Perch Derby will be held Monday, June 2nd. The fishing tournament will begin at 8am and there will be fish fry at the Caddy Shack that evening, beginning around 6pm. The registration fee is \$100 per boat. Boats will start from the Casino Dock at Kelleys Island at 8am.

Open Labyrinth Walk

Mon. June 9th, 4 - 7pm

Firelands Regional Medical Center South Campus - Community Room
Stein Hospice's portable labyrinth is open to all. The labyrinth is a meditative walk that has been used for centuries by people of all cultures for healing, insight and relaxation. People walk at their own pace. A facilitator will be on hand to answer any questions. For more information contact JoAnn Didion, LISW, 419-625-5269.

Veteran Health & Information Fair

Wed. June 11th, 10am - 2pm

Camp Perry Conference Center, Port Clinton
Free health screenings and many other vendors, information for all Veterans (bring DD214 or Military Card), door prizes and more.

"Chick" Schaffner

Memorial Charity Golf Classic

Mon. June 16th

8am and 1pm shotgun starts

Catawba Island Club
On Monday, June 16th, golfers will have the opportunity to golf at the Catawba Island Club to benefit Stein Hospice and the American Heart Association. There will be 2 shotgun start times, 8am and 1pm. Contact Stein Hospice for information about the tournament.

Memorial 5K Run

Sat. June 21st

Sandusky Bay Pavilion
The 8th Annual Stein Hospice Memorial 5K is through downtown Sandusky and along the shore of Lake Erie. Cost is \$20 or \$25 day of race, which begins at 8:30am. Register by June 13 for a free T-shirt. Consider forming a team of at least five runners and vying for the Coach Chris Smith Team Trophy.

Pirate 5K Run

Mon. June 23rd

DeRivera Park, Put-in-Bay
The 2nd Annual Pirate 5K to benefit Stein Hospice will be held during Pirate Fest 5 at DeRivera Park. Dress like a pirate, as there is an award for the best-dressed pirate runner. Cost is \$20 or \$25 day of the race. Register by June 16 for a free T-shirt. Discount fare on Miller Boat Line for runners.

Stein Hospice Cup/Islands Race Regatta

Sat. June 28th

Sandusky Sailing Club
The 58th Annual Islands Race Regatta will take place at the Sandusky Sailing Club. New this year, the race will end at Middle Bass Island and the awards will take place at the pavilion at JF Walleyes. For more information and registration is available at <http://www.sanduskysailingclub.com/>.

Camp Good Grief

This summer Stein Hospice is offering day camp in five locations for children, ages 5 to 13, who have suffered a loss of any type. The camp runs from 10am to 2pm. Cost is \$10. To register, call Hope Seavers, Bereavement Care Liaison, 800-625-5269 or hseavers@steinhospice.org.

June 16-20: Osborn Park, Huron

June 23-27: Hedges-Boyer, Tiffin

July 7-11: Lakeview Park, Port Clinton

July 21-25: Veteran's Memorial Lake Park, Norwalk

Aug. 4-8: West Park, Elyria

Upcoming Events

Sporting Clay Shoot

Sun. July 13th, 8am - 2pm

WR Hunt Club, Clyde





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Sandusky, Ohio 44870

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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.