

From the Mailbag

Your nurses are some of the most caring and wonderful people I have met since coming to Norwalk. Going on, makes life much easier knowing I was able to keep my husband Jack at home.

Dorothy Hendrickson

For over six months hospice nurses spent time with Mary Flahive at Parkvue Nursing Home. Their kindness, humor and caring, as well as medical help were important. The last six days they made life easier for her family. We loved the Parkvue staff and the manner of working together with them was gracious and great.

Helen Anderson

Thank you so much for all the wonderful care you gave my dad, Bob Swanson. A day does not go by where I don't go to the phone and start to call him about something little and then realize he is no longer here on earth. I take comfort in knowing his last days were spent in hospice surrounded by his friends, family and all of you.

Annette Renny

Honor Flight Soars onto the Big Screen

Thousands of U.S. Veterans from Ohio and across the country have visited the World War II Memorial in Washington, D.C. for free, thanks to the leadership of an organization called Honor Flight and its many supporters. Now the inspiring story of Honor Flight has been made into a documentary movie, and Stein Hospice is proud to sponsor two showings of the film. The Ohio Veterans Home in Sandusky is hosting the event.

"Honor Flight" will be shown Thursday, April 18 in the Great Room in the Veterans Hall of the Ohio Veterans Home. Show times are 10 a.m. to 12 p.m. and 6 p.m. to 8 p.m.

Tickets are free, but reservations are needed. Call 800-625-5269 or visit www.steinhospice.org to reserve a seat. There is a four-ticket limit. Facilities, schools and other groups interested in attending should contact Julie Yeager, Veteran Services Director, 800-625-5269, jyeager@steinhospice.org.

Refreshments will be served, and representatives from local Honor Flight organizations will be on hand to explain the program and promote future flights.

Stein Hospice works with local Honor Flight organizations in Cleveland and Toledo to transport interested Veterans who are hospice patients. The 24-hour trip, which begins and ends at a regional airport, includes stops at other war memorials.



"The Veterans come home exhausted, but filled with heartwarming memories. Wherever they go that day, they are thanked by strangers and treated like heroes," said Ron Brooks, a Stein Hospice nurse who has accompanied several Stein patients on the trip.

Veterans fly for free, but guardians pay for the trip. For more information, visit www.honorflight.org.

The film chronicles the story of four World War II veterans in Wisconsin who have been touched by Honor Flight. The story of these four men is repeated across the country, as Veterans in their late 80s and 90s overcome obstacles to visit the memorial and volunteers do everything they can to make it happen.

"Many veterans say, with the exception of their wedding day and the birth of their children, the trip is the best day of their life," according to the filmmakers.

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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

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

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

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

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

Lorain
4000 Oberlin Ave., Suite 4
Lorain, Ohio 44053
440-282-3808

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

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

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Jan Bucholz,
Chief Executive Officer

Message from Chief Executive Officer

Stein Hospice's year-old Palliative Medicine program has brought relief to dozens of men and women suffering from pain, shortness of breath, nausea and other symptoms. Unfortunately, many people are still not aware of our program or understand the benefits of palliative medicine.

We are working hard to change that. Denice Day, Physician Services Director, and her team of doctors, nurse practitioners and social workers have been busy the past year meeting with civic groups, nursing homes and medical staffs to educate them about palliative medicine.

Common questions include:

Who should consider palliative medicine?

People who have a serious illness and struggle with uncontrolled pain or symptoms, such as agitation and nausea, should ask their physician to contact us for a consultation.

How is it paid for?

Most insurance plans, including Medicare, Medicaid and private policies, cover palliative medicine. The patient is responsible for co-pays.

Unlike many palliative programs, Stein Hospice brings its services to wherever the patient lives, our philosophy being that it is unfair to ask someone in pain to travel to us. Most of our patients are at home, and, depending on their needs, receive daily, weekly or monthly visits from our team. Stein also maintains a palliative clinic at Firelands Regional Medical Center South Campus. Treatment includes medication, guided imagery, grief counseling and other complementary services.

Some patients stay under our care for months, others leave the program after a short time because their symptom is under control, while others turn to hospice because their illness has progressed. Whatever the case, the patient's family doctor or specialist oversees the patient's care.

Palliative medicine is one of the fastest growing fields in health care, primarily for two reasons: more Americans are living with serious and chronic illnesses that cause pain; and palliative treatment works.

A recent study published in *The Gerontologist* found that long-term care patients who received palliative care had significantly fewer emergency room visits and episodes of depression. Other studies show that oncology patients who receive palliative care were significantly less likely to die in the hospital or receive chemotherapy during the last 14 days of life.

Just as we are a leading provider of hospice care, Stein Hospice is at the forefront of this emerging medical specialty. Call our team with questions or to schedule a presentation. We can help.

With love and respect,



We Salute Our Veterans

Rush Webb was in line to become valedictorian at his Virginia high school, but instead dropped out two weeks before graduation to join the U.S. Navy. After World War II, he returned to civilian life, then signed up for a tour of duty with the U.S. Air Force. He also spent a year in South Vietnam with the American Red Cross.



Along with his service to our country, Rush practiced law in Cleveland for many years. (He did get his high school diploma, and attended law school with honors at Washington and Lee University.) He never married, but with nine siblings and dozens of nieces and nephews, had close family ties.

"Uncle Rush was a brilliant fellow and very entertaining," said Betty Goad, of Elyria.

During the last five years Rush struggled with many health problems, and when he was admitted to Stein Hospice in December was mostly unresponsive. But he knew how to communicate using Morse code, so Stein Hospice nurse Ron Brooks lined up a volunteer in the community to help with the translation. Rush, tapping into Ron's hand, was able to assure family he wanted hospice care.



He died Dec. 16 at the age of 88.

Rush also liked to write poetry, and Betty shared several poems at his memorial service.

"To the Spirit of General Patton," written in 1965, Rush writes:

*"Brave Spirit! So mighty and free!
Patton! Oh Patton! We need thee!
Come to us now from death's dark mist,
And stop the world's dangerous list
Towards dullness, fright and conformity,
Brought about by men of timidity."*

Staff Spotlight



RACHEL BERRY

For almost 30 years Rachel Berry has been a member of the Stein Hospice family, first as a volunteer, then as a RN Case Manager and most recently in the Quality and Education department.

Her guiding star, though, has not changed. Rachel believes strongly that holistic care, "total person care" is the heart of hospice. In addition to traditional education topics, she always teaches that non-pharmacologic interventions should be included to enhance traditional medical care.

"By treating the whole person, mind, body and spirit at end of life, we're hoping to support as much closure and emotional and spiritual healing to happen as possible," she said.

Rachel received her nursing degree from Ohio State University, where she also earned another distinction. She was one of five women to join OSU's Marching Band in 1973, the first year the band became co-ed. Rachel played trombone and attended three Rose Bowls with the band.

From the very beginning of her nursing career she was drawn to disciplines that would allow her to provide "total care" to patients, beginning with oncology at OSU and Riverside Hospitals in Columbus. After moving to Huron, she was drawn to hospice and became a Stein Hospice volunteer in 1983 focusing on patient care and grieving families, after experiencing six miscarriages (and the healthy birth of 2 daughters!)

As a volunteer, one of her first patients suffered from extreme anxiety and Rachel, a Reiki Master, introduced her to the ancient healing touch. Reiki helped relieve much of the woman's anxiety. So did Rachel's announcement that she would adopt "Lady," the woman's big black dog. "Lady had been with her for 6 years and finding a home for the dog was her biggest unfinished business," Rachel said.

Rachel attended a 3-hour introduction presentation in Cleveland about an intensive training program called the Sacred Art of Living & Dying, and returned to work excited about the possibility of bringing it to Stein. "Jan Bucholz was incredibly supportive," she said. Stein Hospice became a pilot site and since 2006 more than 150 staff, 50 volunteers and dozens of people in the community have attended the program adding to the quality of care and services we provide to our patients and families.

Rachel gives dozens of presentations each year both to medical and community groups in her education role at Stein. Her favorite topics include "The Sacred Art of Living and Dying, Relaxation Techniques, Reiki, Coma Communication and Care of the Alzheimer/Dementia patient" (For more information about Stein Hospice's extensive Speakers Bureau contact Beth Frank at Stein Hospice.)

Rachel lives in Huron. She has two daughters, Lisa, a high school Spanish teacher in Pittsburgh, and Julie, a social work graduate student at Case Western Reserve University, and a 2-year-old grandson Tyler.



Shop & Support Stein

Do you shop at Krogers and want to earn money for Stein Hospice? All you have to do is enroll your Kroger Plus Card in the store's Community Rewards program. **Even if you have already enrolled your card, you must re-enroll every year after April 1.** Every time you use your Kroger Plus card, a percent of your purchase will go to Stein Hospice.

Thanks to our supporters, Stein Hospice has raised more than \$3,100 from the Kroger Community Rewards Program.

To Enroll:

- Go to www.krogercommunityrewards.com
- Kroger stores in Northern Ohio are listed under Columbus, Ohio
- Click "Create an Account"
- Enter email, password, zip code and favorite store
- You will get a message to check your email inbox
- Click the link in the email, then click on "Edit"
- Enter "Stein Hospice" and hit "save"
- It will take 7-10 days to process your account information.
- Once you are active, "Stein Hospice" will be printed on the bottom of your receipt.

To Re-Enroll:

- Click "Sign In"
- Put in your e-mail and password (if you forgot the password, click "Forgot your password")
- Find Stein Hospice by typing in Stein. Click "Search"
- Make sure that you click on the circle to the left of your organization so that it is highlighted.
- Click "Select Your Organizations"
- Click "Save Changes"



Cleaning For A Cause

Spring cleaning is not just a way to brighten your home, you can also add a glow to Stein Hospice by donating gently used items to our upscale resale shop.

Encore in downtown Sandusky depends on the generous donations of local residents. All proceeds from the shop support our mission of providing services for terminally ill patients and families, regardless of their ability to pay. Plus the items are reused and recycled, which supports a healthy environment.

The second floor of the shop now has a section set aside for furniture. Shoppers are always looking for gently used couches, chairs, tables, bedroom sets and lamps. We pick up furniture at no charge.

Also on the second floor are Christmas decorations and wedding and evening gowns, other popular items with shoppers. We also need jewelry donations, including fine and costume.

All donations are tax deductible.

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.

Looking For Special Event Volunteers

Stein Hospice's fundraising calendar is packed with many summer activities, including golf outings, 5K races and other events held throughout the year.

Now we need a cadre of committed volunteers to ensure our events are successful.

Responsibilities include registering participants, baking, selling raffle tickets, soliciting donations and more. Special events are held throughout our service area. Shift times vary, and depending on the event are scheduled during the day, evenings or weekends.

Joining our special events team is simple. Volunteers must attend a 1-hour presentation and be fingerprinted. Men and women of all ages, 18 and older, are welcome.

For more information or to sign up as a special events volunteer, contact Angie Esposito at 800-625-5269 or aesposito@steinhospice.org.



A Lasting Letter

Sandusky Library patrons learned how to write a legacy letter for their loved ones from Katherine Hall, a Stein Hospice grief counselor. The letter contains memories, beliefs, life lessons and more. If your group would like a presentation about ethical wills or other topics, contact our Speakers Bureau.



Scrapbooking for Stein

St. Paul High School seniors Marissa Allen and Sydney Reed turned their senior project into a fundraiser for Stein Hospice. They raised more than \$200 by sponsoring an afternoon of scrapbooking. The girls said they wanted to help Stein Hospice because the agency was so helpful to their families when loved ones died.



Hogs-n-Kisses

Thanks to Dave and Cindy Brink and all our biker friends who joined us on Valentine's Day for a fun evening at Mad River Harley- Davidson. Also thanks to Great Lakes Brewing Co., Kirk Miller Floral Designs, True Innovations, Chef Cesare Avallone, Wendy Kromer, Chef Mike Edwards and his Culinary Arts students at EHOVE and volunteers from the Mad River HOG chapter.

Spa Day at Twilight Gardens

Stein Hospice STNAs Ed Aaron and Maria Morris, right, and Stephanie Schmitz, cosmetologist, spent Valentine's Day "pampering" Twilight Gardens residents with manicures, pedicures, hand massages, facials and haircuts. Stein sponsors Spa Day at various facilities throughout the year.



Georgetown presentation

Attorney Elizabeth Durnell from Cooper, Adel and Associates in Wilmington, discussed estate taxes and other legal issues of interest to senior citizens at the Ohio Veterans Home in Georgetown. About two dozen people attended the February presentation.



Musical memories

Stein Hospice patient Betty Graves recently entertained residents and staff at Edgewood Manor in Port Clinton. For many years Betty was choir director at Ebenezer Baptist Church in Sandusky, but had not played piano in a long time. She now lives in Port Clinton with her son, William, and plans to return to the nursing home for an encore performance.

Volunteer Focus

Who:

Renee Rider is an activity assistant at Autumn Aegis Nursing Home in Lorain and a licensed STNA. She has two grown sons. Raymond is stationed in Japan with the U.S. Navy, and Ryan is a U.S. Air Force Veteran, now Reservists. Renee lives in Vermilion.

Why she volunteers:

In the past eight years, Renee's husband, mother and father were all hospice patients. "My husband was a hospice patient for about a month and it was really comforting as a spouse to know there was someone I could always call," she said. After the last death two years ago, Renee decided to combine her fondness for working with the elderly with her love of hospice and become a volunteer.

What she's learned:

One of her patients lived at a nursing home, and Renee often met other members of the Stein team during her visits. That support was critical, Renee said. "Hospice made her extremely comfortable. It just conferred what I already knew about hospice," she said.



When she's not with a Stein Hospice patient:

Renee is a co-facilitator of a grief support group at her church, Harbourtown Community Church in Vermilion. She enjoys spending time with her 10 siblings and boyfriend, and loves to read and watch movies.

Volunteer Appreciation Luncheon

We will be mailing a personal invitation to all volunteers, but mark your calendar for Friday, April 26 at the Sandusky Yacht Club. "Together We Soar" is the theme of this year's luncheon to celebrate all of our remarkable volunteers during National Volunteer Week.

Pillows for our Patients



A group of volunteers worked for several months cutting, tying and stuffing 1,000 comfort pillows and bundling them with a silk ribbon to a book entitled *My Life's Reflection, A Life Review Workbook*, written by Stein Hospice employees Samantha Bechtel and Alicia Bogard. A book and comfort pillow set is being given to every patient at admission along with a letter from CEO Jan Bucholz.

Thanks to (front row) Paul Smith, Susan Carpenter, (back row) Mark Claes, Cheryl Pawlowski and (not pictured) Marty Willis, Mary Ann Widmer, Betty Yingling, Katie Stovall, Don and Karen Ebner and Stein Hospice employee Kathy Failor.

Calendar of Events

March

Open Labyrinth Walk

Monday, March 11

4 p.m. to 7 p.m.

Community Room, Firelands Regional Medical Center, South Campus, Sandusky



Reiki II

Friday, March 15 or Saturday, March 16
8:30 a.m. to 4 p.m.

1200 Sycamore Line, Sandusky

Cost \$75. Contact Rachel Berry, rberry@steinhospice.org, 419-625-5269

April

Annual Memorial Service

In honor of those who died in 2012. After the service, refreshments will be served. If you would like to make an individual memory canvas, bring 1-2 photos (5x7 or smaller) and/or a memento of a loved one.

To register contact Hope Seavers, 800-625-5269, hseavers@steinhospice.org
All services begin at 2 p.m.

Sunday, April 7

Ernsthausen Performing Arts Center
350 Shady Lane Dr., Norwalk

Sunday, April 14

Ohio Veterans Home Great Room
3416 Columbus Ave., Sandusky

Sunday, April 21

Ohio Veterans Home Hospice Unit
2003 Veterans Blvd., Georgetown

Sunday, April 28

Magruder Hospital Conference Center
615 Fulton St., Port Clinton

Open Labyrinth Walk

Monday, April 8

4 p.m. to 7 p.m.

Community Room, Firelands Regional Medical Center, South Campus, Sandusky

"Honor Flight" movie screening

Thursday, April 18

10 a.m. to 12 p.m. and 6 p.m. to 8 p.m.

Great Room, Veterans Hall, Ohio Veterans Home, Sandusky

Tickets free, but registration needed.

Call 800-625-5269 or visit www.steinhospice.org

Reiki III

Friday, April 19 or Saturday, April 20
8:30 a.m. to 4 p.m.

1200 Sycamore Line, Sandusky

Cost \$75. Contact Rachel Berry, rberry@steinhospice.org, 419-625-5269

Coming Up



If you are caring for a loved one, please join us on Saturday, May 4 for an afternoon of support and information.

"Caregiving for the Caregiver" includes a talk by Carrie Scheufler, who cared for her husband Tom, diagnosed with Parkinson's disease and dementia, and a presentation on how to give a hand massage. The event will be held at Stein Hospice, 1200 Sycamore Line, Sandusky, from 2 p.m. to 4 p.m. Light refreshments. For reservations contact Stein at 800-625-5269, steinhospice@steinhospice.org

Celebrate Women Fashion Show will be held Sunday, May 5, at Jackalope Lakeside in downtown Lorain. The 1 p.m. to 4 p.m. event includes a buffet of hors d'oeuvres and desserts. Consider bringing your mother or daughter to celebrate Mother's Day. Cost is \$25, \$15 for children 8 and under. For tickets call 800-625-5269 or visit www.steinhospice.org.

The next **LifeCourse™** volunteer training class will be held in May at two locations: Firelands Presbyterian Church, 2626 E. Harbor Rd., Port Clinton and Mercy Willard Hospital, 1100 Neal Zick Rd., Willard. The Port Clinton class runs 5:30 p.m. to 8:30 pm. on May 6, 8, 13, 15, 20 and 22, and the Willard class is 9 a.m. to 12 p.m. on May 7, 9, 14, 16, 21 and 23. To register, contact the volunteer department, 800-625-5269, volunteer@steinhospice.org.

Support For Grieving Moms

A new support group for mothers grieving the death of a son or daughter begins in March at two locations. M.O.M.S. (Mothers on Mourning & Sharing) is open to all mothers, regardless of the age of the deceased child or when the death occurred.

The group will meet weekly for six weeks beginning: Monday, March 18 at Firelands Regional Medical Center, South Campus, 3rd floor, 1912 Hayes Ave, and Wednesday, March 20 at Stein's Lorain office, 4000 Oberlin Ave., Suite 4, just north of Tower Blvd. Both groups run from 5:30 p.m. until 7 p.m. and will be facilitated by Sandi Dixon, grief counselor.

M.O.M.S. is free and open to all, but registration is required. Contact Hope Seavers, Bereavement Care Liaison, 800-625-5269, hseavers@steinhospice.org.



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fax 419-625-5761

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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

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.
- **A New Dawn:** for adult survivors of divorce.
- **A New Day:** for graduates of A New Dawn.
- **With the Guys:** for adult 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.
- **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 Berry's Restaurant 15 W. Main St., Norwalk.

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.