



## From the Mailbag

Thank you again for your support throughout my Grandmother's decline and passing this past August. Your staff was a God send to my family, especially Rev Mel and Mary. Please continue the great work you are doing and have a wonderful holiday season.

God Bless.

*Amanda Braddock*

Thank you all for your amazing support of my mom, Ellie Damm, as she passed from this place to the next. Your compassion, attention to the need of myself and my siblings as well as to my mom were so powerful that it is difficult to put into words. Christie, Tiffany, Sara, Sharon, Terri, Judy, Kristi, Wendy, Jackie and Doreen are amazing and Stein is so lucky to have them. Thank you so much for the work you do.

*Paula Damm*



## It's Your Life: Quality of Living on Your Own Terms

"I wish we knew." These are words that are said too often when families are put in the difficult position of deciding on care for a loved one who is unable to speak for him or herself. It could be your mother or father who suffers from Alzheimer's, a brother or sister at the end stages of cancer, or an aunt or uncle who is dealing with heart disease. Many people have never had conversations with their loved ones about their wishes for care...leaving them with no road map to guide them.

Stein Hospice CEO, Jan Bucholz, is committed to having nurses and social workers become experts in facilitating these critical conversations to guide healthcare decisions. This commitment has been translated into an educational endeavor to provide specialized training to develop advance care planning skills. Over the past two years, more than 40 staff members have completed the two day training program to be certified as Respecting Choices® advance care facilitators. On February 4th and 13th, 2014, the Advance Care Planning Facilitator Program is being offered to provide twenty more staff members the opportunity to achieve certification. This will increase our ability to help those in the community with this important document.

Since 2000, Respecting Choices®, which operates from Gundersen Health System in Wisconsin, has assisted other organizations:

- Design a process that helps busy professionals do the right thing for clients in need.
- Educate professionals and clients alike that the advance care planning is an ongoing process of communication in the routine of patient-centered care.

One of the greatest misconceptions about advance care planning (ACP) is that it is a static process — a one-time event. Attempting to plan for all possibilities in a single document or at a single point in time is both impossible and unnecessary.

*Choices, continued on page 7*

If you would like assistance with advance care planning, please contact Gretchen Franklin, Director of Social Work at [gfranklin@steinhospice.org](mailto:gfranklin@steinhospice.org), or Laura Conley, LSW MSW at [lconley@steinhospice.org](mailto:lconley@steinhospice.org) or call 800-625-5269. If you would like to schedule a community education program about advance care planning, contact Beth Frank at [bfrank@steinhospice.org](mailto:bfrank@steinhospice.org).

#### MEDICAL DIRECTORS

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Andrew Ache, MD  
Reagan Bristol, DO  
Christina Canfield, MD  
Dennis Furlong, DO  
Todd Keller, MD

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

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John Gerber, RN, BS, *Nursing Director*  
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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

##### 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  
*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*

##### Tiffin

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

##### Lorain

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

##### Port Clinton

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

##### Ohio Veterans Home

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

##### Ohio Veterans Home

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

#### IN TOUCH IS PUBLISHED BY:

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Jan Bucholz,  
Chief Executive Officer

# Message from Chief Executive Officer

## New Years Resolution

The beginning of each year often spurs our interest in resolving to accomplish new goals. A particularly difficult but rewarding goal can involve gathering our loved ones together to have discussions about what is important to us. An important component of this conversation involves what we want ..... or don't want ..... if our life span is limited and we are unable to make decisions for ourselves.

Gathering together for these conversations is always a good thing. It is often surprising to experience the new level of closeness that can result from putting into words what we believe those who love us just innately know. These conversations can serve as a vehicle to share stories that can become a part of family lore and are treasured and passed on to future generations. There are formulas to these conversations that make it easier to start the process. A good place to start is to complete our advanced directives. This document gets the basics out of the way that includes designating our power of attorney for health care decisions as well as stipulating how we want decisions to be made in certain circumstances.

Other vehicles for framing our discussions about end of life decisions include the 5 Wishes document and even completing an Ethical Will. There is no wrong way to approach these conversations, the only important factor is that you actually have them. Ultimately, this process leads to your own peace of mind and assures those you love that the decisions they may have to make reflect your wishes. It is a gift to everyone.

If you need any assistance with having this conversation call 800-625-5269.

With love and respect,

[www.steinhospice.org](http://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](mailto: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](http://www.steinhospice.org).

# We Salute Our Veterans

## We Honor Veterans in many ways...

Paul was one of my patients who had been receiving care at an area facility. Recently, I stopped to visit him and to honor him for his military service to America. During one of our earlier visits, Paul had told me that he liked Budweiser. After I presented him with his military blanket, badge of honor and certificate of appreciation, I mentioned to him that this would be a good time for a "Bud." His eyes got big, he grinned and said yeah! Well...one thing led to another, so after the facility nurse obtained the order from his doc, and his chaplain made a beer run, and his Hospice nurse mixed the brew with thick-it, our Navy Vet was spoon fed his drink. What a sight! He smiled and licked his chops obviously enjoying every sip. I don't know who enjoyed it more! (And I don't even drink).



Paul soon closed his eyes and I had a prayer while he squeezed my hand tightly. Sometimes spiritual care is given and received in large doses but today it was in small sips.

Cheers!

Pastor Dave Gowen, Chaplain Stein Hospice

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## Veteran Resources

- If you're an Ohio veteran, take the time to contact your county veterans service office and find out what federal and state benefits for which you may be eligible. Regardless of when you served, you're likely to have earned some benefits. Find your county veterans service office on the map at: <http://dvs.ohio.gov/>
- The VA has launched a pilot dental program to offer veterans already enrolled in VA health care, who currently have no service-connected dental problems, the opportunity to enroll in a dental insurance program at premiums ranging up to \$53 a month. Find out more at: <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2495>
- If you're a veteran who's looking for a job, check out the site at the link below. Register to have your resume seen by employers, and see what's available to apply for....if you're an employer, register your company and see what you can do to hire veterans: <http://www.ohiomeansveteranjobs.com/>

## 125 years of "Serving Those Who Served."

November 19, 2013, was a day of celebration at the Ohio Veterans Home - Sandusky. The 19th marked 125 years of "Serving Those Who Served."

The celebration was conducted in the Great Room and led by OVH Resident, Larry "Dutch" Shultz. The OVH Color Guard presented the colors while the National Anthem was sung by Brenda Hurley-Shank, Stein Hospice Chaplain. Proclamations and congratulatory remarks were given on behalf of Governor John Kasich, U.S. Senator Sherrod Brown, Congresswoman Marcy Kaptur, Ohio Senator Randy Gardner, Sandusky City Commissioner Wesley Poole and Stein Hospice CEO Jan Bucholz. Audience members were treated to a historical presentation designed by Lucas Grimm and presented by Michael McKinney, DVS Director of Communication.



*Rick Hatcher on left,  
Naomi Twine far right,  
Sandusky City Commissioner  
Wesley Poole in middle.*

# Join Us for Island Days 2014

We are bringing the Lake Erie Islands to Downtown Sandusky on January 10-11, 2014. We'll start the weekend with Alex Bevan performing at Water St. Bar & Grill on Friday evening from 7 p.m. - 10 p.m. There will be a \$5 cover for the concert.

On Saturday, Colin Dussault and the Blues Project will be performing at Cabana Jack's from 2 p.m. - 5 p.m. There will be a \$5 cover for the concert. After listening to Colin, come on down to the State Theatre State Room for a Happy Hour from 5 p.m. - 7 p.m. featuring Brandy Alexanders from the Village Pump on Kelley's Island, Lobster Bisque from the Boardwalk and pizza from Cameo Pizza, both from Put-in-Bay. Entertainment will be provided by Sand Town. We will have a silent auction with island items, including gift certificates, wine and Round House buckets. All of the proceeds from these events will directly benefit the patients of Stein Hospice.

The State Theatre will be hosting a concert that evening, Parrots of the Caribbean. This concert will benefit the children's program at the State.



## Valentine's Day 2014

We'll be partnering with Mad River Harley Davidson once again for Hogs n Kisses. The dinner will be on Friday, February 14th from 6:30 - 11:00 p.m. We will have dinner by Chef Cesare Avallone from Zinc Brasserie in Sandusky. Other activities include a silent auction, a photo booth, motorcycle simulator, a DJ and dance floor. Tickets are \$75/person and on sale at [www.steinhospice.org](http://www.steinhospice.org), by calling 800-625-5269 or available at Mad River Harley Davidson.





### 2013 Senior Fest

Stein participated in the Lorain County office on aging's 2013 Senior Fest. Several hundred seniors and community members came out to the Elyria Midway Mall to learn about resources available to our Lorain county Seniors.



### Ottawa County Resource Fair

Cold weather couldn't stop the community to be a part of the Resource Fair at the Ottawa County Fair grounds...foods, music and fun.



### Stein Patient Receives Congressional Gold Medal

Winfield Finch, Sr. received a Congressional Gold Medal recently at the Ohio Veterans Home, where he currently resides. Mr. Finch was a Montford Point Marine. While white Marine candidates trained at Parris Island in South Carolina or Camp Pendleton in California, approximately 20,000 African American recruits trained at Montford Point Camp. In 1948, President Harry S. Truman signed an order ending segregation in the military. In 2011, legislators in Washington voted to award the medals to the surviving Montford Point Marines for their service to our country.



### Caregiver's Day Off Willow's at Bellevue Dec 10th

JoAnne Didion guided participants through the finger Labyrinth while sharing the history and benefits of the Labyrinth. Anne Davis provided soothing hand massages while sharing Stein's Complimentary Care Services and their benefits to patients along with caregivers. Guests took a Guided Imagery journey with Jake Hayden.



# Volunteer Opportunities

A New Year is beginning and so are opportunities for our Stein Hospice Volunteers.

We are excited to offer a Labyrinth class with Mary Anne Mayle, Licensed Independent Social Worker with Stein Hospice. The term Labyrinth means a path with purpose; a meditative walk. For most of us, there is a strong desire to see order in the chaos around us. We seek to find answers, and even to find questions. We want to slow down the pace of our lives, allowing us to simply be present within ourselves.

The Labyrinth is made up of three components: a journey from the entrance to the center, time in the center, and a journey back to the starting point. Some people bring a question, a problem, or even something that is weighing on them to the journey of the Labyrinth. Some walk it in gratitude, in celebration, or in honor of positive things in their life. Some come simply to experience the walk, and focus on quieting themselves. Once in the center of the Labyrinth, time is spent contemplating whatever is in the heart and soul of the walker, or simply being quiet and present within one's self. On the return journey, time is spent reflecting on all that has taken place through the previous parts of the path.

The experience can be different each time a person walks the Labyrinth. It is a sacred tool that can be used for stress reduction, spiritual reflection, healing, finding balance, problem-solving, meditation, and prayer. It can bring about feelings of wholeness by helping to open the mind and the soul.

This class will be held on Tuesday, February 18 from 1:00 - 3:00 p.m. in the Community Room at Firelands Regional

Medical Center South Campus, 1912 Hayes Avenue, Sandusky. This class is available to current Stein Hospice volunteers. Registration is required by contacting Sue Laeng at 1-800-625-5269 no later than Friday, February 14.

## Calling all Bakers and Cooks: Another Way to Volunteer at Stein Hospice

If you like to spend time in the kitchen, we have a volunteer opportunity for you. The Stein Care Center is always in need of salads, soups, side dishes, casseroles, and desserts. Simply call, 1-800-625-5269 and ask for Mary Alice Schaffner in the Volunteer Department. Let her know the day that you can prepare a dish and deliver it to the Care Center.

These dishes will be used to feed the families and friends of our patients. Many times family members spend long hours with their loved ones and at times they are at the Care Center around the clock. What a wonderful feeling it is to know that you have provided nourishment and comfort to people who are going through a difficult time.

The time spent preparing the dishes can be counted as volunteer time. Log sheets will be available in the Stein Care Center kitchen.

## Volunteer at the Mall

Sandusky Mall is having an Expo on Saturday, January 11, 2014 from 10:00 a.m. - 4:00 p.m. Stein Hospice will have a table set up there and we are looking for volunteers willing to take 2 hour shifts to hand out brochures and answer questions about volunteering. If you enjoy being around people and are looking for a great excuse to go to the mall, please call Gail Shatzer at 1-800-625-5269.

## Veterans Needed to Volunteer for Veteran Patients at the Ohio Veterans Home

Our Veteran patients are searching for peace as they travel on life's final journey. We, at Stein Hospice, believe you can help them find it.

If you are interested in attending LifeCourse™ volunteer classes, so you can make a difference in another Veteran's life, please let us know. Classes are held twice a week, 3 hours each, for 3 weeks. Classes are free and refreshments will be served.

The next class is January 7 & 9; 21 & 23; 28 & 30 from 9 a.m. - 12 p.m. at the Ohio Veterans Home.

This three week course explores the feelings and philosophies of the death and dying process. It covers such topics as Introduction and Philosophy of Hospice; Veteran Issues at End of Life; Comfort Care; Hands on Care; Communications Skills; Veteran Culture; Spirituality and Bereavement.

For more information please call Stein Hospice at 419-625-5269.

# Calendar of Events



## January



### Island Days Downtown Sandusky

Friday, Jan. 10. 7 p.m. to 10 p.m., Alex Bevan, Water St. Bar & Grill, \$5

Saturday, Jan. 11, 2 p.m. to 5 p.m., Colin Dussault and the Blues Project, Cabana Jacks, \$5;

Saturday, Jan. 11, Happy Hour 5 p.m. to 7 p.m., Sandusky State Theatre, featuring Brandy Alexanders from the Village Pump on Kelley's Island, Lobster Bisque from the Boardwalk and pizza from Cameo Pizza;

Saturday evening, Jan. 11, Parrots of the Caribbean concert, Sandusky State Theatre

### LifeCourse™

Tuesday, Jan. 7, Thursday, Jan. 9

Tuesday, Jan. 21, Thursday, Jan. 23

Tuesday, Jan. 28, Thursday, Jan. 30  
9 a.m. to 12 p.m.

Ohio Veterans Home,  
Sandusky

Volunteers must complete this 3-week (18-hour) course. To register contact the Volunteer Department, 800-625-5269, [volunteers@steinhospice.org](mailto:volunteers@steinhospice.org)

### Open Labyrinth Walk

Monday, Jan. 13

4 p.m. to 7 p.m.

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

## February

### Open Labyrinth Walk

Monday, Feb. 10

4 p.m. to 7 p.m.

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



### Valentine's Day Hogs & Kisses Dinner

Friday, Feb. 14

6:30 p.m. to 11 p.m.

Mad River Harley-Davidson  
5136 Milan Road, Sandusky

\$75 per person (tickets available at [www.steinhospice.org](http://www.steinhospice.org) or by calling 800-625-5269)

Meal prepared by Zinc Brasserie Chef/Owner Cesare Avallone.



## Choices, continued from front cover

Respecting Choices® approach to advance care planning helps provide for:

- Comfort and dignity during end-of-life care and decision making.
- The patient's participation in decisions regarding their care, treatment, or services before and at the end-of-life.

With facilitator training, participants view the big picture. The goal of training is to have nurses and social workers help members of our community make informed healthcare decisions, and to ensure these decisions are honored.



## TAI CHI

Tai Chi can help your overall health, and is generally safe for people of all ages, and levels of fitness.

Tai Chi is low impact and places minimal stress on muscles and joints.

- Reduces anxiety and depression
- Improves sleep quality
- Improves balance and coordination
- Lowers blood pressure
- Improves cardiovascular fitness
- Stress reduction
- Improves physical functioning
- Helps relieve insomnia

Every Tuesday and Friday

8:30 a.m. - 9:30 a.m.

Community Center  
FRMC South Campus

Cost: FREE

Instructors: Gwen Bihun  
& Jack Hubbard



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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](mailto: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, any age.
- **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 women who have experienced a loss and face self-confidence issues.
- **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.