



From the Mailbag

I just want to express my deep gratitude for the wonderful care you provided to my father, Harold, and for everything you did to assist us through that difficult time.

Everyone we encountered – aides, nurses, chaplains, volunteers, were absolutely wonderful and were a great comfort to Dad and to us.

You are all very special people and I'm so thankful for your care, hugs, prayers and songs.

Diane

We don't know where to begin to thank you for all your attention to detail. Holding our hearts so gently as we made our way through this difficult time. Thank you all so very much.

*Our Sincere gratitude.
The Jean Kromer Family*

Walking with Intention

Since Stein Hospice's inception, the agency has been helping patients and families walk life's final journey. Stein has a labyrinth program intended to help everyone walk whatever journey they are on.

A labyrinth is an ancient tool used for healing, prayer, problem-solving and stress reduction. It is non-denominational, inter-generational and cross-cultural.

Think of it as a pattern with a purpose, said JoAnn Didion, a member of the palliative medicine team who has been heading up the program. 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.

"The only decision you need to make on this labyrinth is to start. It is designed to help you find your way," JoAnn said. Stein's portable labyrinth will be used in



several ways. The labyrinth will be open for walking on the second Monday of each month, from 4 p.m. to 7 p.m. at Firelands South Campus Community Room. JoAnn or another Stein representative will be on hand to answer questions. Training programs are held throughout the year. Check the calendar at www.steinhospice.org for the open walk schedule and training programs.

JoAnn can also bring the labyrinth program
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Where can I walk a Labyrinth?

Firelands Regional Medical Center - South Campus - Community Room - Ground Floor
1912 Hayes Ave, Sandusky, Ohio 44870
2nd Monday of the month from 4-7pm
JoAnn Didion, LISW, 419-625-5269

Huron Community Prayer Path and Labyrinth
930 South Main Street (behind Zion Lutheran Church)
Huron, Ohio 44839
Open dawn to dusk
Mark Reddaway, 419-366-1352

Mary Sue Young Memorial Labyrinth (BGSU-Firelands)
1 University Circle Huron, Ohio 44839
Kevin Young, 419-366-3846
www.youtube.com/user/mrkayakevin?feature=mhum

Our Lady of The Pines Retreat Center
1250 Tiffin Street Fremont, Ohio 43420
Sr. Gloria Auer, RSM, 419-332-6522
www.pinesretreat.org

United Way in Ottawa County Sutton Center
1854 E. Perry Port Clinton, Ohio 43452
Christine Galvin, 419-734-6645
www.unitedwayottawacounty.org

Norma Stark Memorial Labyrinth
3455 W. So. Boundary
Perrysburg, Ohio 43551

How can I locate a Labyrinth?
<http://labyrinthlocator.com>

Labyrinth items are available at the Encore Shop, 126 Columbus Ave, Sandusky

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James Preston, DO
Andrew Ache, MD
Reagan Bristol, DO
Christina Canfield, MD
Dennis Furlong, DO
Todd Keller, MD
Lynn Chrismer, MD

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

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Tamara Zuillhof, *Chief Operating Officer*
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Ann Davis, LPN. LMT, *Comfort Care 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

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

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

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.



Jan Bucholz,
Chief Executive Officer

Message from Chief Executive Officer

For many of us, talking to our loved ones about end-of-life decisions is not an easy conversation. We may shy away from the discussion because we don't want to think about our own mortality, believe we are many years away from dying or have a fear of death. Regardless of the reason, it is a necessary conversation we should all have. Doing so will ensure that we die on our own terms, according to our own beliefs and values. Just as importantly, making such decisions before we die makes a difficult and emotional time less stressful for our loved ones.

Healthcare Decisions Day, which this year is April 16, was established to inspire, educate & empower the public and healthcare providers about the importance of advance care planning. This is a wonderful opportunity for you and your loved ones to begin the discussion about end-of-life issues.

Where do I want to die, at home or in a medical facility? What kind of medical treatment do I want? What kind of funeral services do I want? Where do I want to be buried? Do I want to be cremated? These are just a few of the topics to be explored once you begin your conversation. The answers to these questions will help you in preparing a Living Will, which specifies your wishes regarding medical treatment, particularly the refusal of life-prolonging medication when death is imminent, and a Health Care Power of Attorney, which allows you to appoint someone you trust to act on your behalf and make decisions regarding your medical treatment if you are unable to do so.

Please don't delay in making these decisions. Talk to your family members. The conversation may be difficult at first, but the peace of mind it will give you and your loved ones will be invaluable.

With love and respect,



Are You Traveling Without a Map?

A Layperson's Guide to Advance Care Planning

Katherine Brandt, MS, Vice President, Consumer and Caregiver Services, National Hospice and Palliative Care Organization

Advance care planning is like planning a road trip to an unfamiliar destination. If you're like many people, once you have your destination in mind you begin mapping the route you will take to get there. Some people consult AAA or Google Maps to help them chart their course. Other people talk to friends and family members about their experiences regarding their previous trips.

While people approach mapping their route in differing ways, very few people would expect to arrive at their destination safely and comfortably without having a well-thought out map in hand before hitting the road. Yet only 30% of Americans have a living will, a map detailing where they want their health care to "go" in the future should they become unable to voice their wishes.

Map Your Journey

A living will charts the course for your health care, letting your family and health care providers know what procedures and treatments you would want provided to you – and under what conditions. If you're one of the 70% of Americans without a living will, it's best not to wait to chart the course for your future health care. Without a map, your health care journey is out of your hands and may not take you in a direction you're comfortable with.

What if you have a sudden, serious illness or accident and you're unable to breathe on your own, would you want a tube to be placed in your throat to push air into and out of your lungs? If you are diagnosed with an illness that your doctor thinks is incurable and likely to shorten your life significantly, do you want the focus of your care to be on

National Healthcare Decision Day is April 16th

A presentation at The Commons at Providence Villas on March 26th will focus on the Living Will and Healthcare Power of Attorney Ohio documents.

keeping you comfortable and pain free? Or do you want a combination of life-extending care and comfort care? A living will, like a route marked on a map, indicates which direction you'd like to take at each fork in the road. It's your journey – you decide which roads you want to take and when.

Choose a Back-up Driver

A health care power of attorney or health care proxy designation form, the second type of advance directive, allows you to choose someone you trust to "drive" (take charge of your health care decisions) in case you are unable to make those decisions yourself. You might want to pick a family member or friend who is comfortable talking to doctors.

If you don't decide who can "drive" and you end up unconscious you might end up being taken on a health care journey that is contrary to your values, wishes, and choices. Choose someone you trust to be your back-up driver so that when unexpected road blocks appear along your health care journey, your back-up driver is able to choose a detour that is in keeping with your values, wishes, and choices. Your health care journey may involve traveling long distances, so prepare your back-up driver by reviewing your map with and allowing them to ask questions so they are prepared when it is their turn to drive.

Walking

continued from cover

to your church, community, civic, school or youth group. All that is needed is a space big enough to accommodate a 24-foot diameter canvas and a willingness to be open to a new experience.

"There is no right or wrong way to walk a labyrinth. The only rule is to have an open mind and an open heart," JoAnn said. JoAnn knew very little about labyrinths the first time she stepped on one in April 2009. "It was one of the most profound experiences of my life," she said, explaining how it quieted her mind and put her in touch with what was really going on inside.

Since then, JoAnn has been on a mission to learn as much as she can about labyrinths and develop Stein's program. She was an apprentice under Rev. Dr. Lauren Artress, with Grace Cathedral in San Francisco, and has been a certified facilitator for the past 5 years.

She encourages walkers to think of whatever occurs on the labyrinth as a metaphor. JoAnn shares the story of a woman who walked to the center, but instead of following the path out, just walked off. The woman realized that she had been doing the same thing most of her life - starting projects but never completing them. She returned to the labyrinth to complete the walk, and in the process gained insight on how to move forward in her life.

The labyrinth is going to lead you to where you need to be," JoAnn said. "It's always giving you messages."



Stein C.A.R.E.S.

Stein C.A.R.E.S. program is designed to provide an extra comforting touch, to relieve symptoms and support patient and family centered care. Stein C.A.R.E.S. stands for

- C** care for our patients
- A** assisting our patient families
- R** renew our mission statement and core values
- E** empowering our leaders
- S** serving our community

STNA and LPN Special training in comfort measures, beginning with:



Massage and Reflexology

Special attention to bathing/grooming/ skin care

Positioning for comfort, transfer techniques

Meal assistance, help eating, socialization skills during a meal

"When Death is Near" - comforting non-pharmacologic interventions

Spirituality, what to say and how to say it, respecting boundaries



Lunch with Santa at Petitti Garden Center, Avon

On December 23rd, Stein Hospice hosted Lunch with Santa for children in Lorain County. About 25 children enjoyed a hot dog lunch, story time, a holiday craft and one last visit with "the man in the big red suit." Also in attendance were elves on loan from Firelands High School. They helped serve lunch, read stories and were extra hands around the craft table. Thank you to Petitti Garden Center for partnering with Stein Hospice to provide this fun afternoon for boys and girls in Lorain County.



Check presentation

Employees of Bechtel Power Corporation donate their Safety Award check to Stein Hospice to support services provided in Ottawa County. Left to right: Darren Ochier, Tyrone Robertson, Dave Gowen, Ben Walden, Tresa Reece, Gilberto Herevia, Kat Colatruglio, Tamara Zuilhof, Bob Drake, Dick Miller, Kewt Manten



Island Days – January 10-11, downtown Sandusky

Even in the midst of the Polar Vortex, we celebrated the islands with Island Days in downtown Sandusky. Once again, Alex Bevan played to a full house at Water St. Bar & Grille on Friday evening. On Saturday afternoon, Colin Dussault and the Blues Project performed at Cabana Jacks. And on Saturday evening everyone delighted in the sounds of Sand Town while sipping on Brandy Alexander's from the Village Pump during the happy hour at the State Theatre. Guests were also able to enjoy pizza from Cameo, sub sandwiches from Jimmy John's and strawberry shots and margaritas. Thank you to all the downtown Sandusky and island businesses that helped make this event a success.

Bead Making Party at Ohio Veterans Home, Sandusky



Terry Kaufman from the American Legion giving a buddy a set of beads.

Paws Up – 'Helping Heroes'

Stein Hospice and the Volunteer Department received some very exciting news. Our Paws Up (Pet Therapy) program is the proud recipient of Petco's "Helping Heroes" fundraising event. Here is a portion of the letter we received:

We are very honored to present your organization with the enclosed check representing a portion of the proceeds from our Helping Heroes fundraiser. The Petco Foundation and Natural Balance, together with all of our Petco store partners, raised funds to support the work of service animals throughout the country. In addition, Petco associates educated customers about how service animals enrich and improve the quality of life for their human handlers and the people with whom they share their life. This fundraiser was well-received by Petco and Natural Balance customers, and we are very happy to have you share in their generosity.

We hope this donation will help your organization to fulfill your mission. We are thankful that we are able to provide this assistance to support your organization's good work.

Thank you to everyone in your organization for enhancing the lives of animals and the people who love them.

*Best Regards,
Susanne Kogut
Executive Director
Petco Foundation*

Stein Hospice and the Paws Up volunteers will be at PetCo in Sandusky on Saturday, February 15, from Noon until 4:00 to celebrate Valentine's Day. Please bring your pet for an afternoon of fun activities, and support Stein Hospice and Petco.

We are always looking for volunteers for our Paws Up program. If you know of someone who may be interested, please have them contact Pam Meek, Stein Hospice Volunteer Facilitator.

Volunteer Focus

Millie McCready

For Millie McCready, retirement means remembering what's important in life.

"You need to stay involved with people and help others, because you don't know when you're going to need help," the Perkins Township grandmother says.

For the past two years, Millie has been helping Stein Hospice in a myriad of ways. She visits patients in their homes, area nursing homes and the Care Center, works one day a week at Stein's resale shop, Encore, and helps out with golf outings and other special events. In September, she was a guest speaker at Stein's volunteer training class, explaining why she decided to become a hospice volunteer.

About 20 years ago her father died under hospice care in the Columbus area. She was busy at the time working for Erie County in Human Resources, then in customer service at RR Donnelley in Willard. When she finally had some free time, a newspaper article that Stein was looking for volunteers jarred her memory. "That was such a good thing, and I thought I should give back," she says.

She's learned to keep an open mind when visiting patients, regardless of their age, diagnosis or family situation. "Everyone is different, I've met young 80-year-olds and old 75-year-olds," she says, adding, "I often learn about the patients after they die and I read their obituary."

She's recruited friends to join Stein's volunteer department, even her husband Larry. Once a week Larry helps out as a mail courier, and delivers balloons to patients on their birthday.

Millie keeps busy with lots of other activities too. She is a quilter and gardener and active in several clubs, including her church, St. Paul Lutheran Church. She spent a week this summer at "quilt" camp in South Amherst with her two grandchildren – she has seven in all.



Volunteer Opportunities

What is LifeCourse™?

Specialized training, for patient and non-patient volunteers, that explains the hospice philosophy, and equips volunteers to be comfortable reaching out to those who are making their final journey in life.

Where:

Stein Hospice Lorain County
4000 Oberlin Avenue
Lorain, OH

When:

March 10, 13, 18, 20, 24, 27
9:00am-Noon

Where:

The Bellevue Hospital
1400 W. Main Street
Bellevue, OH

When:

March 10, 13, 18, 20, 24, 27
5:30pm-8:30pm

Contact: Pam Meek, Volunteer Facilitator, 800-625-5269,
PMeek@steinhospice.org

Calendar of Events

March

Care of the Alzheimer/ Dementia Patient

Tues. March 4th, 1 - 3pm
ElderCollege at Firelands College

Open Labyrinth Walk

Mon. March 10th, 4 - 7pm
Firelands Regional Medical Center
South Campus - Community Room

LifeCourse™

March 10th, 13th, 18th, 20th, 24th, 27th
9am - Noon
Stein Hospice Lorain County
4000 Oberlin Avenue, Lorain
or
March 10th, 13th, 18th, 20th, 24th, 27th
5:30 - 8:30pm
The Bellevue Hospital
1400 W. Main Street, Bellevue



Basic Wound Care

Wed. March 19th, 7:30am & 10am
The Bellevue Hospital (Burson Room)



A Soldier Always

Thurs. March 20th, Noon - 1pm
St. Vincent Medical Center, Toledo

Reiki Level III

Fri. March 14th, 8:30am - 4pm
Stein Hospice
1200 Sycamore Line, Sandusky
Community Reiki Class

Reiki Level I

Thurs March 27th, 8:30 - 11:30am
Stein Hospice
1200 Sycamore Line, Sandusky
Scheduled for Stein staff

Reiki Level I

Fri. March 28th, 8:30am - 4pm
or
Sat. March 29th, 8:30am - 4pm
Stein Hospice
1200 Sycamore Line, Sandusky
Community Reiki Class

April



Annual Memorial Service

Sun. April 6th, 2 - 5pm
Ernsthausen Performing Arts Center
Norwalk High School
350 Shady Lane Drive, Norwalk
Sun. April 13th, 2 - 5pm
Ohio Veterans Home, Sandusky
Great Room of Veterans Hall
Sun. April 27th, 2 - 5pm
Ottawa County
Annual memorial service honors
those who died in 2013.

Open Labyrinth Walk

Mon. April 14th, 4 - 7pm
Firelands Regional Medical Center
South Campus - Community Room

Save the Date...



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 - there is 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. Look for more information and registration soon 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. To enter the tournament, boats will need to be at the Casino dock to start and each boat is \$100. More information will be coming soon at www.steinhospice.org.



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1200 Sycamore Line
Sandusky, Ohio 44870

ph. 419-625-5269
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

**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.