



From the Mailbag

Russ and Susan Wumer would like to thank everyone for the care their mother, Clare Steinberger received in hospice. "She respected the care you gave our father in 2008. She enjoyed the hours she volunteered on the unit and at the office. We as her family appreciate the care and compassion that she was given for 11 days until she joined her eternal life."

A short note of thanks for your most recent compassion and understanding as my mother and I navigated some health issues with a short stay patient Frank Robare. We arrived on Tuesday and Frank unexpectedly but peacefully passed on Thursday morning. It had happened much quicker than anticipated but we are both very thankful for your assistance, love and compassion in ensuring Frank was comfortable and at peace. The ending could have been much more difficult for all of us if we had attempted to bring him home; when we walked through your doors we felt truly blessed. We are sure you are told this often, but THANK YOU for what you do.

Regards,
Jamie Hubans



Consider the Conversation Movie shown throughout November for Hospice month

"This film is an intimate story about the American struggle with communication and preparation for end of life," says co-producer Michael Bernhagen, who is also Director of Community Engagement with Rainbow Hospice Care in Jefferson, Wisconsin.

Bernhagen and partner Terry Kaldhusdal interviewed more than 100 doctors, caregivers, experts and people at the end of their lives for "Consider the Conversation." The goal was not to provide an answer and advocate for a particular solution, and certainly it isn't a film about physician assisted suicide. Rather, the aim was to help viewers ask the right questions and make informed decisions for themselves at the end of their lives.

"When it's your time to die, where would you like to be and with whom?" Bernhagen says. "What kind of care would you want? Why is hope not the same as having a plan? What does quality of life mean to you? What matters most to you at the end of life, how would you like to live at the end of your life?"

November 10th, 6 – 8 pm

Ida Rupp Library
310 Madison St, Port Clinton

November 13th, 6:30 – 8:30 pm

Firelands Regional Medical Center
South Campus Community Room,
1912 Hayes Ave., Sandusky

November 17th, 6:30 – 8:30 pm

Wesleyan Village
807 West Ave., Elyria

November 18th, 6:30 – 8:30 pm

Fisher Titus Learning Center
350 Shady Lane Dr., Norwalk

November 19th, 6:30 – 8:30 pm

Wesleyan Meadows
5400 Meadow Lane Ct., Elyria

November 20th, 6:30 – 8:30 pm

Terra State Community College
Neeley Conference & Hospitality
Center, 2830 Napoleon Rd, Fremont

Ultimately, it's up to each individual to decide what makes for a "good death," says Kelly Andrew, director of development for the Milwaukee area's Horizon Home Care and Hospice. She says it's a fundamental

continued on Page 3

MEDICAL DIRECTORS

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

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

MANAGEMENT

Jan Bucholz, MBA, MSN, RN, CHC, *Chief Executive Officer*
Tamara Zuilhof, *Chief Operating Officer*
Barb Metcalf, RN, CHPN, *Chief Compliance Officer*
Rick Hatcher, MBA, *Chief Business Development Officer*
Jane Bruck, *Finance Director*
Allison Burroughs, PHR, *Human Resources Director*
Gretchen Franklin, LISW-S, *Social Services Director*
Samantha Bechtel, LISW-S, CTS, GC-C, *Chief Clinical Support Operations Officer*
Beth Frank, MBA, BSN, CPHQ, *Quality and Education Director*
Franklin Swinehart, LNHA, *Inpatient Services Director*
Susan Figula, RN, CHPN, *Market Development Director*
Rev. M. Webster Maughan, *Staff Development Director*
Amy Skolnik, *Outreach Director*
Lynne Raditz, RN, *Director of Intake*
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

Stein South
100 Liming Farm Road
Mount Orab, Ohio 45154
937-444-2766

EMAIL

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

IN TOUCH IS PUBLISHED BY:

Stein Hospice
419-625-5269, 1-800-625-5269
FAX 419-625-5761



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

Because I love you.

Most of us have either experienced the angst of having to make end of life decisions for people we love or we know someone who has had such an experience. Even when we know someone well, there can be uncertainty about what that person would or would not want should a critical health event occur while they were incapacitated or unable to speak for themselves. The result of such an event can have a crippling effect on us for years to come as we question and second guess every decision we made.

The solution is simple. Have a conversation...a detailed conversation about our wishes concerning the end of our lives with the people who will be responsible for making decisions should we be unable to participate ourselves. Engaging in a conversation about our wishes at the end of our lives can bring not only peace for ourselves but can comfort the people who love us because they will know the decisions they make reflect what we would want. These are difficult discussions. The hardest part is how to start. Stein Hospice can help. First, Stein is offering the opportunity to view the movie, "Consider the Conversation" (locations and times listed on first page of this publication). This movie assists in the development of questions and clarify what we want for ourselves and those we love at the end of life. Secondly, Stein Hospice staff can help guide and facilitate these conversations. You are not alone. We will provide the support and skill you need. Lastly, Stein Hospice offers classes not only on end of life discussions, but also on related topics including the upcoming Hope for the Holidays that help us approach special events after we have suffered a significant loss.

The most important thing to remember is that engaging in a thorough discussion about our wishes at the end of life is a gift to the people we love. A gift given because we love them.

With Love and Respect,

For Your Health

Flu and Pneumonia Vaccines 2014

Influenza and pneumococcal vaccines protect against two different diseases, both of which can cause serious illnesses and both diseases involve the lungs. Influenza is the winter virus that can affect even healthy people, causing an illness that is so severe it can result in hospitalization. The pneumococcus germ causes pneumonia and other infections such as in the bloodstream (bacteremia) and lining of the brain (meningitis). People with chronic heart, lung or immune diseases are particularly susceptible. The germ is notorious for causing pneumonia as a complication after a flu infection.

So you can understand why it is so important to be vaccinated to get protection against both influenza and the pneumococcus. Both vaccines are very safe.

Flu Shot Options

Just as they do every year, the Centers for Disease Control and Prevention (CDC) recommends a seasonal flu shot to almost everyone, but it's especially important for seniors who are at higher risk of developing serious flu-related complications. The flu puts more than 200,000 people in the hospital each year, many of whom are seniors.

You need to get a flu shot every year, before flu season starts. To locate a vaccination site that offers these flu shots, visit vaccines.gov and type in your ZIP code. If you're a Medicare beneficiary, Part B will cover 100 percent of the costs of any flu shot, as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays. Private health insurers are also required to cover standard flu shots, however, you'll need to check with your provider to see if they cover the other vaccination options.



Pneumonia Vaccines

The other important vaccinations the CDC recommends to seniors, especially this time of year, are the pneumococcal vaccines for pneumonia. An estimated 900,000 people in the U.S. get pneumococcal pneumonia each year, and it kills around 5,000.

This year, the CDC is recommending that all seniors 65 or older get two separate vaccines, which is a change of decades-old advice. The vaccines are PCV13 and PPSV23. Previously, only PPSV23 was recommended for seniors.

Both vaccines, which are administered just once, work in different ways to provide maximum protection.

If you haven't yet received any pneumococcal vaccine you should get the PCV13 first, followed by PPSV23 six to 12 months later. But, if you've already been vaccinated with PPSV23 you should get PCV13 at least one year later. Check with your doctor to see what you need to do to be protected.

Medicare currently covers only one pneumococcal vaccine per older adult. If you're paying out of pocket, you can expect to pay around \$50 to \$85 for PPSV23 and around \$120 to \$150 for the PCV13.

Continued from Cover

right to determine how we want to be cared for at the end of life - one that she thinks the aging Baby Boomer population will exercise.

"People are not necessarily satisfied with the way we've always done things," she says. "People want change and now's the time to talk about what the ideal end of life experience is, and that's different for everyone."

"It's interesting that more people don't have this conversation before that crisis begins," said Ms. Andrew "I think (the film) is having a wonderful impact on people at least being open to hearing about what's available to

them and how they can prepare for a time that's going to be very difficult no matter what the circumstances for them and probably for their family and loved ones."

While Bernhagen says this is a "significant historical event" in institutionalizing end-of-life care discussions, getting the public to be comfortable with it takes a culture change - which doesn't happen overnight.

Just a few years ago, former Alaskan Governor and vice presidential nominee Sarah Palin used the phrase "death panels" to describe similar discussions between patients

and their physicians, which would have been covered under President Obama's health care reform bill.

"That called a lot of attention to this subject," Bernhagen says. "At the time it was pretty painful, but looking back in retrospect, she gave us a great gift, because it allowed us to kind of think about this issue differently and how it's presented."

Everyone that sees this film says, 'Oh, my husband and I need to talk about this,' or 'You know, I don't quite know what I would want or what my thoughts are on this and I've got to wrestle with that a little bit. Anyone who sees this movie will be changed.

Memorial Bike Ride



Robb Smithson and his mom, Bernadette Ferguson after completing the 45 mile route.

Our own Dr. Preston puts the pedal to the metal, or in this case, the asphalt.



Bob Langenfelder and his wife Laura founded the Memorial Bike Ride in 2013 in honor of Bob's mother, Donna.

Brown County Fair



Stein Hospice float approaches the Courthouse in the Brown County Fair parade through Downtown Georgetown.



Denise Emerson prepared to assist fairgoers at the Brown County Chamber Booth at the fair.



Stein Hospice Social Worker Denise Emerson and Clinical Supervisor Teresa Johnson help fairgoers with the wordsearch puzzle on Senior Day.

Wicked Ohio Warriors



Stein Hospice staff and families participate in Brown County Fair Parade. R-L (walking) Nichole Howser, RN and daughter on float. Sherri Usleaman, STNA, her family, Jill Lang, STNA (standing) enjoy being part of the parade.



Wicked Ohio Warriors fundraising run.

Camp Good Grief



Child decorating an ornament in memory of her grandmother.

Luau



Skip Skolnik bidding on one of the many silent auction prizes.

Nothing like enjoying a little "Island Time" with friends!



Enjoying a lovely afternoon of sun and fun.

Hope for the Holidays

Hope for the Holidays is free workshop to help those who have lost a loved one, cope with the holidays. The workshops, held at 4 different locations, are open to the public and refreshments will be provided. Please RSVP by 10/24/14 to Hope Seavers, Bereavement Care Liaison, at 419-625-5269 or hseavers@steinhospice.org.

Holiday Grief Relief



The holidays without a loved one can be difficult, especially for children. Holiday Grief Relief is a 2 hour workshop that offers grieving children and adolescents tips on how to cope with stress, guilt, sadness and holiday blues. Participants will also learn new ways to remember their loved ones while gaining support from their peers. The workshop is open to the public and will be held 12/18/2014, 5:30pm – 7:30pm, at 1200 Sycamore Line, Sandusky. Dinner will be provided. Please RSVP by 12/17/14 to Hope Seavers, Bereavement Care Liaison, at 419-625-5269 or hseavers@steinhospice.org.

Survey Says...

The Stein Hospice Family Satisfaction Survey rating for Volunteer Services is "Excellent".

Thank you so much to our volunteers. This rating is because of you.



Save the Date!

The Volunteer Holiday Luncheon will be held on Friday, December 12, 2014 beginning at 11:30 am at the Sandusky Yacht Club. It is Stein Hospice's opportunity to thank our volunteers for their service and to celebrate the holidays together. Invitations will be sent to active volunteers in November. Please watch for your invitation in the mail and RSVP by the deadline.

Help Wanted

Volunteer Dining Assistants and Feeders

Some hospice patients want to enjoy regular meals but are unable to feed themselves. Become one of the specially trained dietary volunteers who assist hospice patients enjoy daily meals. Lifecourse and additional training class required. Call Sue Laeng 419-625-5269 for more information.

Encore Shop Donation Volunteers

The Encore shop is the Stein Hospice upscale resale shop at 126 Columbus Avenue in Sandusky. We regularly receive donations of clothing, furniture and other household items. Once the donation is received it has to be checked and prepared for the shop floor. We need volunteers one morning a week to help with this process. For more information call Becky Molinari at 419-502-0019.

Community Outreach Volunteers

Whether you are at a show booth sharing your experience with potential volunteers or participating as part of our team at a Stein Hospice event, you are contributing a valuable service to Stein Hospice and having fun! Join this lively crew of volunteers today. For more information, call Angela Esposito at 419-625-5269.

Paws Up Volunteers

Does your favorite four-legged friend bring a smile to strangers? Is Max or Maggie a good dog who follows directions? If so, consider becoming a Paws Up volunteer and visiting hospice patients. Dog must be at least 1 year old and up-to-date on all vaccinations. Owner and dog must pass the American Kennel Club Canine Good Citizen test, administered by an AKC approved evaluator. Owner must complete the LifeCourse volunteer training class. For more information call Pamela Meek at 419-625-5269.



Calendar of Events

November

Reiki Level II

Friday, Oct. 31st and Saturday, Nov. 1st,
8:30 - 11:30am

Stein Hospice

1200 Sycamore Line, Sandusky

Reiki classes are offered monthly at Stein Hospice by Rachel Berry BSN, RN, Reiki Master. Please contact Rachel at 419-357-8337 if you are interested in learning more about Reiki.

Hope for the Holidays

Sunday, Nov. 2nd, 2 – 4:30pm

Sandusky Yacht Club

or

Tuesday, Nov. 4th, 6:30 – 9pm

Sheri's Coffee House, Norwalk

or

Thursday, Nov. 6th, 5:30 – 8pm

The Bellevue Hospital

or

Sunday, Nov. 9th, 2 – 4:30pm

Magruder Hospital, Conference Room A



Wing Night

Tuesday, Nov. 4th, 5 - 9pm

Brass Pelican, Sandusky

All you can eat wings & beverages, \$20 per person. Sponsored by American Legion Post 83 and VFW Post 2529.

Proceeds to benefit Veteran patients of Stein Hospice. Tickets are available by calling 419-625-5269 or 800-625-5269 or online at steinhospice.org.

Open Labyrinth Walk

Monday, Nov. 10th, 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.

Consider the Conversation

Monday, Nov. 10th, 6 – 8 pm

Ida Rupp Library

310 Madison St, Port Clinton

or

Thursday, Nov. 13th, 6:30 – 8:30 pm

Firelands Regional Medical Center

South Campus Community Room,

1912 Hayes Ave., Sandusky

or

Monday, Nov. 17th, 6:30 – 8:30 pm

Wesleyan Village

807 West Ave., Elyria

or

Tuesday, Nov. 18th, 6:30 – 8:30 pm

Fisher Titus Learning Center

350 Shady Lane Dr., Norwalk

or

Wednesday, Nov. 19th, 6:30 – 8:30 pm

Wesleyan Meadows

5400 Meadow Lane Ct., Elyria

or

Thursday, Nov. 20th, 6:30 – 8:30 pm

Terra State Community College

Neeley Conference & Hospitality Center

2830 Napoleon Rd, Fremont

Senior Fest

Tuesday, Nov. 18th

Midway Mall

Girls' Night Out

Tuesday, Nov. 25th

Kalahari



December

Reiki Level III

Friday, Dec. 5th and Saturday, Dec. 6th,
8:30 - 11:30am

Stein Hospice

1200 Sycamore Line, Sandusky

Light Up a Life

Sunday, Dec. 7th, 4:30 pm

First Presbyterian Church

Jackson and W. Washington Streets

Downtown Sandusky

or

Sunday, Dec. 14th, 4:30 pm

St. Peter Evangelical Lutheran Church

Benedict at Executive, Norwalk

Celebrate your Gift of Life at the

Light Up A Life Service and Tree Lighting

Ceremony. A donation of \$15.00 or

more will light a bulb in memory of a

loved one or to honor someone living

on one of the hospice holiday trees.

Family and Friends are welcome!

Open Labyrinth Walk

Monday, Dec. 8th, 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.

Childrens Holiday Grief Relief Program

Thursday, Dec. 18th, 5:30 - 7:30pm

1200 Sycamore Line, Sandusky

Holiday Grief Relief is a 2 hour

workshop that offers grieving children

and adolescents tips on how to cope

with stress, guilt, sadness and holiday

blues. Please RSVP by Dec. 17th to

Hope Seavers, Bereavement Care

Liaison, at 419-625-5269 or

hseavers@steinhospice.org.



Sandusky Office
1200 Sycamore Line
Sandusky, Ohio 44870

ph. 419-625-5269
fax 419-625-5761

Non-Profit Org.
U.S. Postage
PAID
Sandusky, Ohio
Permit No. 17

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.
- **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.

Brown, Clermont and Adams counties:

- **Healing Hearts Lunch Bunch*:** 5 p.m., third Monday of month, at different restaurants.
- **Current Caregiver:** 3:30 p.m., first Wednesday of month.
- **New Caregiver:** 3 p.m., fourth Wednesday of month.