



*Our Comfort Team, Director Gretchen Franklin and Louise Elsezy*



## Alternative Forms of Comfort Therapy

For past five years, at Stein Hospice we are committed to enriching the lives of our patients and their family members in ways that address the physical, emotional and spiritual aspects of their life experiences. We understand that response to treatment or therapy is individual and what works for some might not be as effective for others. For this reason, we have chosen to use alternative forms of comfort therapy for hospice patients. These harmonizing therapies can uplift spirits, markedly reduce pain and anxiety and promote peacefulness.

Our expanded service collection includes Cosmetology, Guided Imagery, Energy therapies such as Reiki and Healing Touch, Reflexology, and Comfort Touch. Services are available to patients as well as caregivers and family members. Comfort therapy is powerful in helping people with life-threatening illnesses and their families cope with a wide array of experiences, thoughts and emotions. We find these complementary therapies to be a natural extension of the care which hospice already provides. We improve the patients experience by providing relaxation and comfort. Our families benefit as they see that their loved ones are in gentle, caring hands. For hospice patients, comfort touch focuses on alleviating symptoms such as pain, swelling and shortness of breath. These services can encourage better sleep. Therapeutic activities through

art, comfort touch, Reiki, Labyrinth and life review, help patients and their families communicate feelings, reduce mental stress, relieve anxiety and pain, and address grief issues.

Our certified and licensed physicians and nurses receive special training in comfort measures, and knowledgeable volunteers contribute with additional complementary services being used in end-of-life care. Some of these services are: Acupressure/Acupuncture • Animal-assisted Therapy • Aroma Services • Art Services • Comfort Touch • Cosmetology • Labrinyth Walking with Intention Program • Music Services • Reiki • Guided Imagery • Healing Touch • Reflexology.

These services are not required by Ohio's hospice licensure law, or by insurance regulations. These services are also not included in reimbursement. We are able to provide them only through the generosity of our donors. While these services are considered alternative or complementary, we include them as they often play an essential role in enhancing comfort, soothing the soul and spirit. If you are interested in donating or volunteering to support these and many other services, contact Marge Basilone for donation opportunities and Amanda Michaels if you would like to volunteer. Both are available by phone at 800-625-5269.

## STEIN PHYSICIANS

James Preston, DO – Medical Director  
Reagan Bristol, DO  
Nancy Cloak, MD  
Edward Radatz, DO  
Larry Robinson, DO

## SENIOR MANAGEMENT

Jan Bucholz, MBA, MSN, RN, CHC, Chief Executive Officer  
Tamara Zuilhof, Chief Operating Officer  
Barb Metcalf, BSN, Chief Compliance Officer  
Jane Bruck, Finance Director  
Allison Burroughs, SHRM-CP, PHR, Human Resources Director  
Samantha Bechtel, MSSA, LISW-S, ACHP-SW, GC-C,  
Chief Clinical Support Officer  
Beth Frank, MBA, BSN, CPHQ, Quality and Education Director  
Michael Marsh, RN, Director of Nursing

## STEIN HOSPICE

**Mission Statement:** To provide comfort, compassion and support during life's final journey.

## LOCATIONS

### Administrative Office Sandusky

1200 Sycamore Line  
Sandusky, Ohio 44870  
419-625-5269  
1-800-625-5269

### Norwalk

49C Benedict Ave.  
Norwalk, Ohio 44857  
419-663-3222

### Port Clinton

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

## EMAIL

**Volunteer info:** [volunteers@steinhospice.org](mailto:volunteers@steinhospice.org)

**Donor/event info:** [development@steinhospice.org](mailto:development@steinhospice.org)

**Referrals/questions:** [referralcenter@steinhospice.org](mailto:referralcenter@steinhospice.org)

**All other inquiries:** [steinhospice@steinhospice.org](mailto:steinhospice@steinhospice.org)

## IN TOUCH IS PUBLISHED BY:

Stein Hospice  
419-625-5269, 1-800-625-5269  
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[www.steinhospice.org](http://www.steinhospice.org)

## Please Note...

All events listed in this issue of our newsletter may change due to COVID-19. Please visit our Facebook page for the most recent updates.

## 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 quarterly and is also available online at [www.steinhospice.org](http://www.steinhospice.org).



## Eagle Scout Offers Hospice Patients a Little Extra Care



Braxton Berry was a senior from Bellevue High School who wanted to facilitate an Eagle Scout project for Bellevue Troop 203 that really helped those who don't get thought of. "I thought maybe hospice patients could use a little extra care" and I saw they need was out there on Stein's website. Braxton began the seeing project late last fall and completed in June of this year. He made 200 of the comfort pillows that can be warmed up and placed on heart, hands, neck, for extra pampering. Braxton came up to meet our patients and staff when project completed and it was a huge success and put smiles on many patients faces. Braxton did obtain his Eagle Scout after helping Stein and plans on attending Miami university this fall.





# Walk With Intention

A labyrinth program is intended to help everyone walk whatever journey they are on. A labyrinth is a tool used for healing, prayer, problem-solving and stress reduction. It is non-denominational, inter-generational and cross-cultural. 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. "It is a pattern with a purpose," said Gretchen Franklin, Director of Complementary Services. "The only decision you need to make with a labyrinth is to start. It is designed to help you find your way."

Since Stein Hospice's inception, the agency has been helping patients and families walk life's final journey. Stein has recently had two staff members successfully complete the coursework to be a trained facilitator. Christa Bronner, Bereavement Counselor, and Gretchen Franklin, Director of Complementary Services, will utilize this training to expand the labyrinth offering in the communities we serve.

If you or your organization is interested in learning more about the labyrinth or scheduling a walk at your facility, please contact Gretchen or Christa at 800-625-5269. "It is a pattern with a purpose. The only decision you need to make with a labyrinth is to start. It is designed to help you find your way." Gretchen Franklin Director of Complementary Services.





# Encore Shop Sales

## July – Christmas in July

50% off all Christmas items July 14th thru July 25th



## August - Back To School/College Bound Sale

All Furniture 20% off August 1st thru August 8th



## September – Summer Bag Sale

Fill the bag for \$20



*Encore Shop Hours: Tuesday – Saturday 10:00am to 4:00pm  
126 Columbus Avenue, Sandusky*

## Encore Shop Daily Discounts



### TUESDAY

20% off framed artwork and lamps



### WEDNESDAY:

20% off clothing, shoes and purses

### THURSDAY:

20% off knick-knacks and dishes



### FRIDAY:

10% off furniture

### SATURDAY:

Books, BOGO - same or lesser value

# New Donation Procedures

## At the Encore Shop

Wednesday thru Saturday 11:00am to 2:00pm  
126 Columbus Avenue, Sandusky

Donations will be accepted at the back door of the shop. Donations will currently need to be brought in to the store by donor and placed in a designated area. Staff and volunteers are not allowed to help bring in your items, please keep that in mind when bringing items to donate.

## Home Pick Up

At this time we will still be picking up items at homes with some changes. All items to be donated will need to be placed in a garage or porch area that is not within the main area of the home.

We appreciate your understanding and assistance in keeping our volunteers safe.

Thank you.

GOOD NEWS! The Encore Shop IS ONCE AGAIN

## ACCEPTING DONATIONS

Wednesday	11:00 – 2:00
Thursday	11:00 – 2:00
Friday	11:00 – 2:00
Saturday	11:00 – 2:00

This door is always locked. During donation hours, please call  
**(419) 502-0019**  
to let us know you are here.

We are not permitted to handle donated items until sanitized, so we'll need your help. We will show you where to place your donated items.

Thank you for your patience and understanding.

Thank you for your donations.

Your generosity helps make the very best care for Stein Hospice Patients and their families possible

- Team Encore







# VIRTUAL Pyrate 5K Run/Walk

Date:  
June 28th - July 12th

Location with Address:  
Your location of choice to run/walk

Link if virtual:  
Register here: <https://www.steinhospice.org/pyrate-5k-runwalk/>

Duration:  
2 Weeks

Intended audience:  
Anyone

Very brief description:  
Complete this 5K race during the two week time frame and tag #SteinPyrate5K on Facebook, Instagram, or Twitter platforms with your results. Winners will be announced during the week of July 12th!

## Thank you to our sponsors:

PIB Brewing Company

Heineman's Winery & Crystal Cave

Julene Market: In memory of  
Bill & Mary Ann Market



## JULY events

### Patriotic Bingo

Patriotic Bingo  
Date: July 2nd  
Location: 1101 Castalia Street, Fremont, Ohio  
Time: 10:045am

### Independence Day



Hug a Veteran  
Date: July 4th

### Stein Hospice Community Raffle

Date: Drawing held July 6th  
Winners will be notified by phone

### Race in the Bay

Harbor Bay Yacht Club  
Date: July 11th  
race information @ steinhospice.org

### Guided Meditation

Seneca County Job and Family Services  
Date: July 13th  
Time: 10:00am-11:00am

### Blood Pressure Screening

Seneca County Commission on Aging  
Date: July 14th  
Time: 11:00am-11:30am

### Lucky Ten Drawing

Date: July 30th

### Guided Imagery

Lakeside  
Date: July 30th  
Time: 3:40pm-4:30pm

# AUGUST events

## Blood Pressure Screening

Seneca County Commission on Aging

Date: August 11th

Time: 11:00am-11:30am

## National Senior Citizens Day

Date: August 21st

## Stein Hospice Charity Golf Classic



Eagle Creek Golf Club

Date: August 26th

Time: Shotgun Start at noon

## Firelands Regional Medical Center Program Series Preparing for Elder Life



Sandusky Yacht Club

Date: August 26th

Time: 11:30am-2:00pm

## Lucky Ten Drawing

Date: August 30th

# SEPTEMBER events

## Blood Pressure Screening

Seneca County Commission on Aging

Date: September 8th

Time: 11:00am-11:30am

## Guided Meditation

Seneca County Job and Family Services

Date: September 14th

Time: 10:00am-11:00am

## Compassion Fatigue and Prevention



Virtual Presentation

Date: September 17th

Time: 11:20am-12:20pm

*As additional organizations are able to open their doors, the number of events will increase.  
Please watch for updates at [www.steinhospice.org/calendar](http://www.steinhospice.org/calendar).*



Sandusky Office  
1200 Sycamore Line  
Sandusky, Ohio 44870

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## BEREAVEMENT SUPPORT GROUPS:

All groups are free and available to anyone in the community regardless of previous or current involvement with Stein Hospice. Many groups are held in multiple locations throughout the year and as needed. Stein Hospice Bereavement Department also holds Annual Memorial Services in the spring to honor those who died in the previous year and Annual Hope for the Holidays programs in the fall to aide in coping with the holidays when grieving. To register for any groups, events or for further information, please contact the Bereavement Care Liaison at 419-625-5269 or 1-800-625-5269.

### ADULT SUPPORT GROUPS:

**Serenity Seekers** is for the loss of any adult loved one. Meets once a week for 6 weeks throughout the year.

**Healing Hearts** is an ongoing monthly group for graduates of Serenity Seekers group.

**A New Dawn** is for adult survivors of separation/divorce. Meets once a week for 6 weeks.

**With the Guys** is for men who have lost a loved one. Meets once a week for 6 weeks.

**Rain's End** is for adults who have lost a loved one through suicide. Meets once a week for 6 weeks.

**Clear Skies** is an ongoing monthly group for graduates of Rain's End group.

**M.I.S.S. You** is for men and women who are grieving a pregnancy loss and infant death. Meets once a week for 6 weeks.

**Tiffin Grief Support Group** is for anyone that has suffered the loss of an adult loved one and meets monthly.

### ADULT BEREAVEMENT SOCIAL GROUPS:

**Bunch for Lunch** meets at 12pm the 1st Monday of every month at Stein Hospice Sandusky office. This is a potluck, please bring a side dish or dessert, Stein provides the main course.

**Huggers and Munchers** meets at 5pm the 2nd Tuesday of every month at various restaurants.

**Sandusky Yacht Club** meets at 12pm the 3rd Weds of every month.

**Norwalk Healing Hearts Lunch Bunch** meets at 12pm the 1st Weds of every month at a restaurant in Norwalk.

**Port Clinton Healing Hearts Lunch Bunch** meets at 12pm the 2nd Weds of every month at a restaurant in Port Clinton.

**Tiffin Lunch with Friends** meets at 12pm the 4th Thursday of every month at the Community Hospice Care by Stein office.

### CHILDREN AND ADOLESCENT SUPPORT GROUPS:

**Recovery Riders** is a group for children ages 6-12 who have lost a loved one through death.

**RUOK** is a group for adolescents ages 13-18 who have lost a loved one through death.

**Tough Cookies** is a group for children ages 6-12 who have had any type of loss outside of death.

**Next Step** is a group for adolescents who have had any type of loss outside of death.

**Club USA** is a group for children and adolescents who have a loved one deployed in the military.

**Camp Good Grief** is a week long day summer camp for children and adolescents age 5-13 who have experienced any type of loss.