

Hospice Is There to Help



I always thought hospice meant end-of-life, but that's simply not true. Hospice is a team that is there to help well before our final journey.

I have used Stein Hospice twice – once for my dad and now for my mom.

The reason I used Stein each time is because they have such a caring team and do such a wonderful job.

I never had to worry about anything. The staff was in constant communication, making sure I received all updates on health conditions. This was really a relief, especially during the COVID epidemic, since I couldn't go in to see my mom. I always felt like I could reach out to them and get information easily.

The level of compassion and understanding Stein staff members convey is incredible – not just for the patient, but for the whole family. It's so genuine.

It really gives the family peace of mind to have Stein Hospice looking after your loved ones. We can't always be there or know what the right thing to do is, which makes it so great to have such a good team to help us along.

Now that mom has passed, their services don't stop there. They are now offering bereavement counseling, and sent a wonderful letter about grieving – just very compassionate.

It's really a peace of mind to have people like this out there to help us and our loved ones. I would refer Stein Hospice every time!

- Linda Slater



This InTouch issue is dedicated to the patients, families and community members we serve. The individuals featured shared their own experiences for this issue. We are proud to share "SteinLives" stories. We invite you to share your story on our Facebook, Instagram or Twitter pages.

STEIN PHYSICIANS

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Edward Radatz, DO
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Tina Szatala, MSN, RN, Chief Compliance, Quality and Education Officer
Michael Marsh, RN, Director of Nursing
Barb Metcalf, BSN, Senior Quality Compliance Specialist

STEIN HOSPICE

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

LOCATIONS

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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 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.

“ I knew Stein Hospice did great things for patients, but I didn't realize how much they do for families. The team at Stein took incredible care of my mom and our entire family. ”
- Bill Blumensaadt

“ I got to experience Stein Hospice first hand. I lost my dad 2 days before Christmas and Stein Hospice made a terrible experience so much better. They are a wonderful organization. ”
- Vickie Comer



“ Losing our Dad was the worst thing ever. But the people at Stein Hospice gave our dad such amazing care and support to all of us that we are able to now help each other through the tough stuff. ”
- Mossefin Family

Poker Run in Sandusky County



This event was organized by the Mossefin Family and benefitted Stein Hospice



Meet Ethel L. Smith – daughter, sister to 2 brothers, wife, mother to 9, grandmother to 24, great-grandmother to 43, great-great-grandmother to 2 and friend to everyone. She was feisty, sassy, patient and kind. She was forgiving and set an amazing example of love for both her children and her community. She was governed by a strong faith and her commitment to mankind in general was second to none.

Perhaps you knew our Mom as she never knew a stranger. She was our rock and shoulder to bounce things off. She was the glue that held our huge family together and she was the mediator of many challenges. She deserved “Saint Status”.

So, you can imagine the stress and fear that came over our family as her health started to decline. One day, after a fall and an ambulance ride to the ER, the doctor suggested we take our mother to a rehab facility where she could re-build her strength. Forty minutes after her arrival, the facility implemented their COVID-19 lockdown and we were no longer able to see her for the next 10 weeks.

Unfortunately, her decline started happening at a more rapid rate and we didn't feel like there was much we could do about it.

Fortunately, Stein Hospice was no stranger to us “kids.” With the help of many of the Stein staff, we were able to get our mother admitted into the Stein Hospice Care Center in Sandusky (or In-Patient Unit (IPU)). From the moment we stepped off the elevator on the 3rd floor and were greeted with a smile at the Reception Desk, to the moment we stepped onto that same elevator at the end of our visits, we were all treated with respect. I believe I can say that all of us were finally able to breathe a sigh of relief knowing that Mom was now safe and receiving the care she so deserved at this stage in her life.

The care that Stein Hospice provides, involves so much more than just the medical aspect and personal care of their patients. The group of “Stein Angels” swept our

entire family under their wings and cared for all of us as one unit. They loved our mom as we loved her. They sang to her, loved on her, did her hair and painted her nails. They massaged her feet, played music for her, read to her and they treated our family as if we were all part of their family. Mel Saylor, a personal family friend and Hospice Chaplain, provided the daily spiritual care Mom so desperately missed and loved all her life.

During the months Mom was in the IPU, she declined steadily. But the fact that she was able to have 2 family members visit her daily was what she needed to give her purpose. When our visits were over for the day, we knew that the nursing staff took over right where we left off. Knowing this helped us deal with the inevitable that was coming down the road.

Mom was lucky to celebrate her 95th birthday while at the Stein Hospice Care Center and it was celebrated by both her Smith Family and Stein Family. The staff designed and signed a Birthday card for her; she got balloons and was celebrated by all. Four days later, the call came at 7:04 am that mom had slipped away peacefully and with the nursing staff by her side. How could we have wanted anything more for her than a death with dignity? Of course, none of us wanted to ever lose her, but what we had witnessed as she transitioned into her next life was beautiful and a testimonial for where she is now.

Now begins another chapter in our lives. Services are over, and we are all dealing with her loss in our own way. There are no rules to grief and the many stages we will experience. I hope you knew our mom as you would have known that she was a small bundle of joy and sassy all wrapped up in one. We are beyond grateful to Stein Hospice for loving our Ethel as we loved her and helping her transition into her final home. It is assuring to know if we need anything during our personal grief journeys, Stein is merely a phone call away.

- Barabara A Hargreaves (#5 child of 9)



Our Gratitude to Stein Hospice

Kaleb Ray Oney was a loving son so full of kindness and understanding. He earned a Bachelor's Degree in International Business while minoring in Spanish. He was a hard worker and was not afraid to get dirty and sweaty. He grew up on a small farm where he was taught to value family, friends and his environment, wherever that may be. He loved the outdoors and life on a small farm.

My wife, Jenny and I knew we were to prepare our sons for the world. We encouraged them to be givers. It was a joy for Kaleb to help others, as it is ours, too. Kaleb was always prepared. There are many stories of how he kept his teammates warm during cold spring days at a track meet. He carried a tarp and zip-ties to make a wind break and passed out little survival blankets that he had purchased by the gross. Or how he always carried his toolbox just in case someone needed help on the highway. His mantra was "Be the change you want to see in the world", while never asking for anything in return. He and his brother, Nathan, were taught from the beginning to make this world a better place with them in it.

Kaleb set himself upon the world when he embarked on a foreign exchange adventure to Chile in South America. His fellow exchange students told us stories of how Kaleb would be their protector while far from home, always standing up for what's right.

Our world forever changed when we got a call from the Summit County Medical Examiner's Office on Friday, February 2nd, 2018. I was informed that our son had taken his own life with a single gunshot wound to his head. We had no idea where to go from here. No one ever is prepared for a sudden loss, especially of this nature. Our family and friends were there to help share our pain, but we were lost inside. I began to seek help from anywhere to cope with our profound grief.

We reached out to several programs before finding the perfect fit for helping us cope with the suddenness and

manner of our loss.

It wasn't until I found the Stein Hospice Clear Skies Group that we felt like we found a group of people who shared our exact grief: the terrible loss of a loved one due to suicide. Everyone in that room feels the pain and understands the nature of our grief. We learned that our loved ones died of a "brain attack" that no one could foresee. We know exactly why the tears flow and are learning how to share our grief to begin our healing.

Through the love and support of Katherine Hall, Stein Hospice Grief Counselor, and her colleagues, we were finally able to find a way to tell our story and begin to use the tools they gave us to cope with our grief. This is where we learned that grief equals love, and the more you loved someone, the deeper the grief would be. We learned to share our story. We discovered ways to honor and remember Kaleb. We've written precious memories in our journals, so Kaleb's stories will never be forgotten. Jenny has shared her love by baking one of Kaleb's favorites, Amish Friendship Bread, to share with all his loved ones. I am honoring Kaleb's life by making and giving away things that Kaleb enjoyed making. I've made over 200 stepstools and countless birdhouses and horseshoe key-holders. All of which have a bookmark with Kaleb's picture and his mantra, (which is also on his headstone) "Be the Change You Wish to See in the World". I really enjoy my time in my workshop. I feel nearer to Kaleb when I'm working with my hands there. My hope is that whenever one of these gifts are used, someone will remember Kaleb and their loved ones.

Jenny and I keep coming to Clear Skies meetings to show new members there is hope. We keep trying to make the world a better place. We continue to volunteer for several organizations. We love sharing our memories of Kaleb and would be glad to help anyone who may want to reach out for support.

At Senior Centers throughout our service area, Stein Hospice meets with members and does various activities. One such activity that drew a great response from participants is journaling. Here is the story of the Clyde Senior Center ladies.

Memories from the Heart

The second Wednesday of each month we gather at the Clyde Senior Center to share our cherished memories. We come each and every month to share our stories of life.

There is no right or wrong when sharing our stories. As we go around the table, we share about growing up on the farm and the chores we did; stories about our sisters and brothers and the jokes we played;

memories of the favorite outfits we wore to special occasions; tender memories of our first kiss and who it was with. It is a time to recall and record these precious and fleeting memories. We record what we remember into our journal. When we are done meeting, we have a great gift to share with our families. We want to share our memories so our families can know our stories too. These memories, made along the way of our lives, will last forever in their hearts.

Making Easter Baskets to Donate to Local Charities



Genoa Senior Center



Elmore Senior Center

Resident Appreciation Day



Celebration of their years at Harbor View Apartments



Chris and Julie celebrating

Root Beer Floats to Celebrate July 4th



All smiles as they enjoy their delicious root beer floats at Huron Senior Center



Seniors Doing Word Searches



Genoa Senior Center



Senior Health Fair



Katherine Hall discusses bereavement services

Photos were taken pre-COVID.

OCTOBER events



Celebrating a fireman who turned 100 years old.



Concert in the park.



Enjoying the Toledo Mudhens game.

Halloween Trivia

Harbor View Apartments

Date: Wednesday October 21st

Location: 115 Franklin Street, Sandusky, OH

Time: 2:00pm-3:00pm

Halloween Social Distancing/Best Costume

Huron County Senior Center

Date: Tuesday, October 27th

Location: 130 Shady Lane Drive, Norwalk, OH

Time: 11:30am-12:30pm

Halloween Car Bingo/Stay Safe in your Car

Honk if you have Bingo

Prizes for Best Costume/Best Decorated Car

Erie County Community Car Bingo

Date: Friday, October 16th

Location: Erie County Service/Parking Lot
2900 Columbus Avenue, Sandusky, OH

Time: 5:00pm-6:00pm

Willows of Tiffin/Parking Lot

Date: Tuesday, October 20th

Location: 410 Fair Lane, Tiffin, OH

Time: 2:00pm-3:00pm

Elmore Senior Center/Parking Lot

Date: Thursday, October 22nd

Location: 19225 Witty Road, Elmore, OH

Time: 10:30am-11:30am

Ottawa County Community Car Bingo

Date: Friday, October 23rd

Location: Sutton Center/County Office Building/Parking Lot

Time: 5:00pm-6:00pm

Genoa Senior Center/Parking Lot Across the Street

Date: Wednesday, October 28th

Location: 514 Main Street, Genoa, OH

Time: 10:30am-11:30am

Danbury Senior Center/Parking Lot

Date: Thursday, October 29th

Location: 8470 E. Harbor Road, Marblehead, OH

Time: 1:00pm-2:00pm





PK5K – “Race to \$5K”

OCTOBER 1ST – OCTOBER 31ST

The 7th Annual PK5K will not be an in-person footrace, but a remote Fundraiser. Instead of the goal to run/walk 5K, the goal will be to work together to raise \$5K for Stein Hospice through GoFundMe Charity.

The PK5K was established to honor the memory of Patricia King Munn, but has grown to honor all those Stein has cared for in their final journey. Donations can be made “In Honor” or “In Memory” of a loved one. The money raised will directly benefit patients and families of Stein Hospice. The link to donate can be found on our website.

Bereavement

Hope for the Holidays 2020

As we move towards the holiday season in the next couple months, we want you to know that we are thinking of you. The death of a loved one can naturally cause some to look forward to the holiday season with apprehension and mixed emotions.

In years past, the Stein Hospice Bereavement Department has provided a “Hope for the Holidays” program to help grievers in coping with the holidays. Unfortunately with the current pandemic, we are not able to provide this program in-person. However, we have found an alternative way to bring this to you.

You can watch a pre-recorded “Hope for the Holiday” program on our website. To watch this program, please go to steinhospice.org and click on Services, then click on Bereavement and finally click on 2020 Hope for Holidays Program.

We sincerely hope that this effort will help you in some way.

NOVEMBER events

Election Day

Date: Tuesday, November 3rd

Veterans Day

Date: Wednesday, November 11th



DECEMBER events

Light Up A Life Tree Lighting

Sandusky

Date: Friday, December 4th
 Location: Jackson and W. Washington Streets, Downtown Sandusky
 Time: Please feel free to drive by at your leisure on December 4th, 5th or 6th. Tree will not turn on until 5:00pm each day.

Norwalk

Date: Friday, December 11th
 Location: St. Peter Evangelical Lutheran Church, Benedict and Executive, Norwalk
 Time: Please feel free to drive by at your leisure on December 11th, 12th or 13th. Tree will not turn on until 4:30pm each day.

Our event calendar will continue to change as progress is made with the current COVID-19 situation. We have some fun, new, virtual ideas in the works. Please keep informed with event updates on the Stein Hospice website, Facebook, Instagram and Twitter. Thank you!



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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.