

History of Stein Hospice through the Eyes of the Founder

June of 2021 marked 40 years of service for Stein Hospice. In honor of this milestone, we would like to take a look back at the history of Stein Hospice.

My name is Rosalie Perry, one of a team of founders of what is known as Stein Hospice Service. I say "team of founders" because one person alone could not put in motion a compassionate, professional team of individuals who willingly accepted the challenge of journeying with the dying and their families in our American death-denying society. "We share the journey, never losing sight of the meaning or fullness of life" was our mantra from the beginning.

Providence Hospice Association officially began in June 1981, when the hospital administration agreed to fund a pilot hospice program along with the many pioneering hospices springing up in America. The impetus to establish hospice care in the US was primarily due to the strong influences of two famous women: Dame Cicely Saunders and Dr. Kuebler Ross.

Dame Cicely Saunders, renowned for starting St. Christopher's Hospice, the first (official) modern hospice in London in 1967. She was key to developing the whole-person program that hospice care is today. Dame Saunders emphasized pain management, emotional and spiritual support and family counseling.

Dr. Kuebler Ross identified the psychological and spiritual needs of dying patients in her published book "On Death & Dying." She identified the five stages of dying and made an argument for caring for patients at home and giving them a say in the plan of care. Up to this point, the practice of caring for the dying was typically in a hospital setting in a room at the end of the hallway, with minimal support for the dying patient or family members.

Practitioners and family whispered about what was happening to their loved one but no one dared speak the "D" word. Rarely did a person choose to die at home nor was it common practice to suggest that.

Enter Dr. HL Hoffman, the second team member of Stein Hospice. He was a renowned general surgeon and considered the "cancer Dr." in the Sandusky area. Dr. Hoffman willingly agreed to be the first Medical Director. We met frequently to discuss the patients and families admitted as well as the present and future needs of the program. In

late 1982, even though I was reaching out to patients and families in all three existing hospitals, Dr. Hoffman proposed that the program should be community based rather than linked to just one hospital.

There was a group known as the Sandusky Hospital Association consisting of representatives from the three area hospitals: Providence, Good Samaritan and Memorial. A written proposal was sent to them suggesting a community-based hospice that all three hospitals would initially financially support. Monthly meetings began in January 1983 to formulate logistic and legal details. Miraculously by year-end, all three agreed to draft an agreement for each to support and fund \$50,000 for three years until we could pursue Medicare funding, which the federal government authorized in 1982, but did not become official until 1986. In the meantime, all services were provided without charge.

The next hurdle was the name. Enter founders Sam and Rose Stein. Sam was a local entrepreneur living in California but frequently visiting Sandusky. Sam learned of our efforts for a community-based hospice and immediately stepped in with a generous donation of \$100,000. The Steins had gifted many organizations previously, but had usually requested their name not be mentioned in connection with a program or facility. The joint committee had not decided on an appropriate name but agreed it would show our gratitude and give honor to the Stein name to have the newly-formed (community based) hospice called Stein Hospice Service. With their consent, Stein Hospice Service was officially born, and Sam & Rose became life-long friends and supporters of our hospice.

At this point enters our legal Guardian Angel, Pat Murray, who provided pro bono legal services to draft the first set of by-laws, articles of incorporation and process the paper work to afford us non-profit status.

Back to the beginning. Hospice care was to be delivered by a multi-disciplinary team with a strong volunteer base, along with the bereavement follow-up for loved ones. It took several months to develop a volunteer training program based on the hospice psychosocial, spiritual approach, the

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STEIN PHYSICIANS

Ken McCormack, MD – Acting Medical Director
Reagan Bristol, DO
Darren Bunting, MD
Steve Jackson, DO
Edward Radatz, DO
Larry Robinson, DO

ADVANCE PRACTICE NURSES

Erica Febbo MSN, RN, NP-C
Nick Hall APRN-CNP, FNP-C
Lori Keegan MSN, APRN, FNP-BC
Jennifer McKinnon DNP, APRN, NP-C

SENIOR MANAGEMENT

Jan Bucholz, MBA, MSN, RN, CHC, Chief Executive Officer
Tamara Zuilhof, Chief Operating 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
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

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

Norwalk
461 Milan Avenue
Suite 6B
Norwalk, Ohio 44857
419-663-3222

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

Stein Hospice Care Center
Firelands Regional Medical Center South Campus
1912 Hayes Ave., 3rd Floor
Sandusky, Ohio
419-558-4164
1-866-230-7597

Tiffin
181 E. Perry St.
Tiffin, Ohio 44883
419-447-4040

EMAIL

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

IN TOUCH IS PUBLISHED BY:

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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.



"The Forty Project"



We are proud to be celebrating 40 years of service!

We invite you to celebrate with us by participating in "The Forty Project!"

Project Goals:

"The Forty Project" has been created to launch our new Monthly Giving Program.

The goal is to have **40** people commit to giving **\$40** every month for **40** consecutive months!

These contributions will be used to help fund our programs/services that are not reimbursed by Medicare, Medicaid or private insurance.

Sign up today at steinhospice.org

With questions, or to sign up, contact Shelby Brossia at 419.625.5269

Encore

RESALE MARKETPLACE



Proceeds benefit Stein Hospice

2215 Cleveland Road
Sandusky, Ohio 44870
419-502-0019

Open Tuesday – Saturday 10 to 4



psychology of death and dying including family dynamics, and heavy on communication and listening skills. It was a 12-hour course spread over 6 weeks. As the only RN, there was no way I could also direct the volunteer component and bereavement follow-up that was required.

And again, Divine intervention brought in the next team – founders...Fifi Pfahl, Louise Murray and Ann Voight.

I met Fifi (Phyllis) Pfahl, BSRN in 1980 at an Allied Health Support Group meeting which was comprised of health professionals who were concerned about the treatment of the dying and their families. Late 1981, I learned that Fifi was volunteering at the fledgling St. Joseph hospice in Lorain. I convinced Fifi to travel to Sandusky instead of Lorain. She agreed and became the first Coordinator of Volunteers. Fifi sat in on the first volunteer training in February 1982, co-taught the second class in November 1982, and assumed full responsibility after that. We had a total of 72 eager, willing volunteers. Fifi always knew everyone by name, and was gifted with always assigning the perfect volunteers for each family and was always available for encouragement and support.

In March 1982, Louise Murray, a social worker, walked into my office and said, "I want to help with hospice, but I don't want to work with sick people." I asked her to assume the position as the volunteer bereavement coordinator, which Louise accepted. And so begun the practice of sending sympathy cards, home visits to survivors, telephone calls and sometimes attendance at the funerals by the entire staff...all 3 of us or 4 if volunteers were involved. Louise eventually also started support groups and the still-in-existence monthly "Bunch for Lunch."

The volunteer training classes were opened to anyone for enrichment whether or not they chose to volunteer. And so in May 1983, Ann Voight, a retired teacher, read a notice in the newspaper of an upcoming volunteer class. A friend of hers from church was dying, and she wanted to take the class to learn how to better understand and help her friend and his family (as he was nearing the end of his life). Ann ended up volunteering. In December 1983, Fifi needed to take a leave of absence to fulfill her role as the President of the Ohio State Medical Association Auxiliary. I asked Ann to become the interim Coordinator of Volunteers during Fifi's Absence. When Fifi returned to Stein Hospice in 1985, Ann moved into the role of administrative assistance and was the financial guru until she retired in 1996.

Becoming an independent hospice necessitated moving out of Providence Hospital to a neutral location. Thus in January, 1984, we moved our few possessions to a rented house on Columbus Ave. The journey continued there for three years until we outgrew the space. Stein Hospice moved across the street to a larger office on Madison Street, until, with the legal expertise of Pat Murray, we won a court case granting

us \$500,000 from the estate of Mrs. Hose, a woman from Lebanon, Ohio, who left her estate to hospices. With that money and a successful capital campaign, we were able to secure land and build the current office on Sycamore Line in 1993.

Also, in 1984 the area's first oncologist, Dr. Steve Roshon, started his practice. On his first day, I had a terminal patient brought to the ER. The patient did not have an area physician. I paged Dr. Roshon, whom I had not officially met, and requested he meet the patient and me in the ER. He came, cared for the patient and that was the beginning of Steve's journey as the second hospice Medical Director. Dr. Roshon came to our weekly team meetings to review every patient/family plan of care.

The biggest challenge of being a pioneer of Hospice, was educating the public and physicians about the comprehensive support and care hospice provides and the advantages and importance of inviting hospice to be a part of the final journey earlier rather than in the last week or even days of life. This is still a daily challenge.

Being a "team" founder of hospice was, and still is, a humbling and gratifying experience. Most of us always felt that we received more from the patients and families than we gave. I continue to be so grateful to every person who has contributed in any way to the quality of care provided under the name Stein Hospice Service over the last 40 years.



In recognition of 40 years of service, here is a copy of the front page of the very first Stein Hospice community newsletter.



Camp Good Grief 2021

Earl Groman stated, "Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve". Camp Good grief gives children permission to do just that... grieve. This grief work takes place in the company of helping professionals and trained compassionate volunteers. At Camp Good Grief, grief education and sharing opportunities are mixed in with fun, traditional camp activities.

Camp Good Grief is a free day camp open to children ages 5-13 who have suffered a loss of any type. Campers build relationships with their peers that often continue long after camp has ended. Stein Hospice is thrilled to be able to offer Camp Good Grief this year after having to cancel 2020's camps due to the pandemic. This year, camp will need to be a bit different to accommodate all the current CDC guidelines. Despite these needed changes, camp will still offer the same therapeutic value.

Each day at Camp Good Grief a new theme is introduced. Activities center around this theme. Daily themes include Grief and Loss, Coping, Feelings, Self-Esteem and Healing. This year on Friday (Healing Day) campers will light luminaries in memory of their loved ones. These lights will represent how their loved ones were, and continue to be, a light in their lives.

Each day at camp is packed full of fun. Daily activities introduce the benefits of exercise, music, spirituality, nutrition, meditation, guided imagery and creative art expression. On Feelings Day, children use watercolor paint masks to represent their feelings of grief. This creative art intervention allows campers to choose different colors to represent their wide range of emotions. Some masks are elaborate with many colors and some are much simpler. Deeper meanings can also be spotted, represented by symbols and elaborate designs. Anger, sadness, numbness and guilt are among some of the feelings that can be spotted. When it is hard for children to find the words to describe their grief experience, art can offer an alternative form of expression. The goal of all Camp Good Grief's art activities is to open up a dialogue with the campers while helping them see that others share similar feelings. Some additional camper favorites include creating comfort pillows

and memory boxes that are filled with photographs and special mementos.

Once relationships start to form and campers begin to feel more comfortable and safe, individual stories are able to be told with the group. There is great healing in telling one's story. It is evident that camp connections deepen after this sharing opportunity takes place.

Most young children are aware of death, even if they don't understand it. Death is a common theme in cartoons and television but experiencing grief firsthand is a different and often confusing process for kids. At Stein Hospice, we know we can't protect children from the pain of loss, but we can help them feel safe and encourage them to express their feelings. We also know we can help them feel supported and assist them in building healthy coping skills that will serve them well in the future. It is our goal that campers will leave on Friday with a "tool box" full of coping ideas along with the realization that they are not alone. Do you know any children that could benefit from attending one of 2021's five Camp Good Grief offerings? Please feel free to contact us for further information or see our website for online registration.

Stein Hospice Camp Good Grief 2021

Five Locations for your Convenience

For Children 5-13 Who Have Experienced Loss

2021 Provisions for Pandemic: Camps limited to 20 camp participants each, first come first serve registrations. First timers to camp will be given priority. Cancellations of camps may occur if the pandemic is unstable at that time, notifications would be given. Masks required at camp drop-off/pick-up, and possibly at times during the camp day. Social distancing encouraged.

JUNE 14TH - 18TH 10:00AM - 2:00PM OSBORN PARK 3910 E. PERKINS AVE. HURON, OH 44839	JUNE 28-July 2 10:00AM - 2:00PM HEDGES BOYER PARK 491 COE ST. TIFFIN, OH 44883
JULY 12TH - 16TH 10:00AM - 2:00PM LAKEVIEW PARK <small>(NEXT TO BRACKET MARY- 2ND & PERRY ST.)</small> PORT CLINTON, OH 43452	JULY 26TH - 30TH 10:00AM - 2:00PM VETERAN'S MEMORIAL LAKE PARK 245 SOUTH OLD STATE ROAD NORWALK, OH 44857
AUGUST 9TH - 13TH 10:00AM - 2:00PM WEST PARK SHELTER #6 1201 LOWELL ST. ELYRIA, OH 44035	

To register, please visit www.steinhospice.org or submit enclosed registration form to Stein Hospice, Attn: Kathy Failer, 1200 Sycamore Lane, Sandusky, OH 44870. For more information, contact Kathy at kfailer@steinhospice.org or 419-625-5269.



Campers experience the spiritual and emotional benefits of walking the labyrinth.



Change is never easy.



Animals can provide children with feelings of comfort and safety.



A visit from a team of therapy dogs brings laughter and smiles.



Fun and friendships grow at camp.



The power of play! Grieving children should know they are still allowed to have fun while taking a break from their sadness.



Campers enjoy a Zumba/dance fitness class. Exercise reduces stress and releases feel good chemicals in the brain.



We all sometimes hide our feelings behind "a mask". It can be scary to take off the mask and show others how we feel.



Campers create symbolic representations of their loved ones using paint markers and mini canvases.

Stein Hospice Fundraising Events

Stein Hospice Cup/Race in the Bay

Date: Saturday, July 10, 2021

Location: Harbor Bay Yacht Club

16th Annual Stein Hospice Sporting Clay Shoot

All proceeds targeted for Stein Hospice.

Date: Sunday, July 18, 2021

Location: WR Hunt Club, 5690 CR 237, Clyde, OH

Pricing: Individual Registration: \$85/shooter

Team Registration: \$340/team

Sporting Clay Shoot – Raffle Ticket

\$20/ticket OR 3/\$50

Prize information is available on our website

Drawing to be held on Sunday, July 18, 2021
at the Stein Hospice Sporting Clay Shoot.



27th Annual Stein Hospice Charity Golf Classic

Date: Wednesday, August 25, 2021

Location: Eagle Creek Golf Club (Norwalk, OH)

Tee Times: Reserved at first come, first served basis
(available times in player registration link)

Fees: \$200/player or \$800/team

Fees Include: Green Fees, Cart Rental, Food on Course
and Tee Gift

Additional Details and Event Registration available at:
www.steinhospice.org/category/events/. For questions
or reservations, contact Shelby Brossia at 419.625.5269.



July Events



Camp Good Grief

Date: July 12th - 16th

Location: Lakeview Park (Next To Mickey Mart)
1308 E. Perry St., Port Clinton, Ohio

Time: 10:00am - 2:00pm

Date: July 26th- 30th

Location: Veteran's Memorial Lake Park
205 South Old State Road, Norwalk, Ohio

Time: 10:00am - 2:00pm

Danbury Senior Center

Firecracker Bingo

Date: Friday, July 2nd

Location: 8470 E. Harbor Road, Marblehead, OH

Time: 12:30pm-1:30pm

Hand Massage/Reflexology By Gretchen Franklin

Date: Tuesday, July 13th

Location: 8470 E. Harbor Road, Marblehead, Ohio

Time: 12:30pm-1:30pm

Sandusky County Senior Center

July Bingo

Date: Tuesday, July 6th

Location: 1101 Castalia Street, Fremont, OH

Time: 10:30am-11:30am

Erie County Senior Center

Beach Party Bingo

Date: Thursday, July 29th

Location: 620 E. Water Street, Sandusky, OH

Time: 1:00pm-2:00pm

August Events

Camp Good Grief

Date: August 9th - 13th
Location: West Park Shelter #6, 1201 Lowell St., Elyria, Ohio
Time: 10:00am-2:00pm

Danbury Senior Center

Picnic Table Bingo

Date: Friday, August 6th
Location: 8470 E. Harbor Road, Marblehead, Ohio
Time: 12:30pm-1:30pm.

Growing Gracefully with Age By Katherine Hall

Date: Tuesday, August 24th
Location: 8470 E. Harbor Road, Marblehead, Ohio
Time: 12:30pm-1:30pm

Sandusky County Senior Center

Date: Tuesday, August 3rd
Location: 1101 Castalia Street, Fremont, Ohio
Time: 10:30am-11:30am.



Erie County Senior Center

Dog Days of Summer Bingo

Date: Thursday, August 26th
Location: 620 E. Water Street, Sandusky, Ohio
Time: 1:00pm-2:00pm.

Harbor View Apartments

Date: Wednesday, August 11
Location: 115 Franklin Street, Sandusky, Ohio
Time: 2:00pm-3:00pm & 3:00pm-4:00pm.

September Events



Danbury Senior Center

Celebrating Labor Day Bingo

Date: Friday, September 3rd
Location: 8470 E. Harbor Road, Marblehead, Ohio
Time: 12:30pm-1:30pm

Energy Work By Katherine Hall

Date: Tuesday, September 21st
Location: 8470 E. Harbor Road, Marblehead, OH
Time: 12:30pm-1:30pm

Sandusky County Senior Center

Last Days of Summer Bingo

Date: Tuesday, September 7th
Location: 1101 Castalia Street, Fremont, Ohio
Time: 10:30am-11:30am

Erie County Senior Center

Welcome Autumn Bingo

Date: Thursday, September 23rd
Location: 620 E. Water Street, Sandusky, Ohio
Time: 1:00pm-2:00pm

Harbor View Apartments

Date: Wednesday, September 8th
Location: 115 Franklin Street, Sandusky, Ohio
Time: 2:00pm-3:00pm & 3:00pm-4:00pm

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.