

Stein Hospice: Nothing Short of a God Send

Written by Jamie King

Years ago, when someone prepared to become a parent, the most widely read book was Dr. Spock's Baby and Child Care. Let me tell you, I read that book over and over before I delivered and referred to it many times thereafter. It was my guide to all that was unknown and unfamiliar. So what book should be your "go-to" when you begin to care for aging parents? What guides you through each possible scenario and helps you make decisions? Well, there is no tried and true source and it is a very tough road with lots of questions and second guessing.

My Mom, Marty Koenig, had a hemorrhagic stroke at the age of 84. That stroke greatly impacted her ability to remember, or follow a sequence of events, or work with numbers. She could no longer make coffee in a coffee maker or follow a recipe. She could not remember how to do things or comprehend her daily medication box. Prior to the stroke, she cooked, cleaned, drove, shopped and most of all, she looked after my Dad who was in the early stages of dementia. Thus began our journey of finding adequate care and supervision for our parents. It was trial and error and unfortunately more than one residence change. Each major change such as health events, hospitalizations or moving was traumatic to them and only added to their dementia. They were fiercely independent people and just did not recognize the mental disabilities they had. This only made making decisions for them more stressful.

Dad passed away in June 2019. He fell and suffered a brain bleed. He was not going to wake up, he was not going home. That was our first experience with hospice. It seemed appropriate. He was dying. He lived near Lima, so not Stein, but it was a wonderful hospice experience just the same. That was a traumatic life event for Mom and soon after her dementia worsened. Then she began falling. With each fall it seemed her cognitive abilities decreased. We had to move her again and shortly thereafter she was hospitalized. This time we were not sure she would recover. Doctors' orders... no more assisted living. That's when we brought her to Erie County to be closer to me, her oldest daughter. We placed her in a skilled nursing facility one week before the COVID 19 lockdown. In that first week, I would visit every day and amazingly, she rallied and seemed much better. Actually closer to her normal self than we had seen in a long time. But, sadly, after she was unable to have visits with family, the decline resumed. It wasn't fair for her to be so alone. She



was our Mom. She loved and cared for us from birth and continued through adulthood. She loved children, she loved animals and now she was reduced to a life alone in one room. Another decision. I moved her out of the skilled facility to my home.

It had been recommended to me by three different nurses to contact hospice for help. But I hesitated, not sure that any help would be provided. She did not have a terminal illness and was not dying, like Dad. She was just old, had some chronic conditions and her brain didn't function well. Plus, I had help and we managed. However, in the first 21 days at my home, she had two strokes that required hospital stays. I made the call.

Stein Hospice was nothing short of a godsend! The kindness, the care, the compassion and simply the understanding of the challenges I faced was such a comfort. Each and every person that came to our home, treated my mom as if she was their own mother. They could not have been any more supportive, letting me know how they could help and what they could provide simply by my request. After the strokes, Mom and I struggled to get her 5'1" frame up into a bed. I called Stein. On that same day a hospital bed was delivered so I could lower it to a level Mom could handle. When the case manager visited, she not only talked to Mom and assessed her needs, she talked to me. That was so therapeutic and reassuring to know that someone else "got it". She offered advice and suggestions to try to make things easier. When Mom's mental state drastically changed one day, the 24 hour line was my savior. Within a short period of time, a nurse was at my home to help. He was incredibly kind and patient.

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 Steve Jackson, DO
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STEIN HOSPICE

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

LOCATIONS

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Stein Hospice Care Center
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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.

Stein Navigator:

Your Partner When Dealing with a Serious Illness

What is Stein Navigator? Quite simply, it is a community-based palliative care program created for those who have been diagnosed with an advanced serious illness and who are experiencing physical symptoms related to their illness. Some of these illnesses include: Cancer, COPD, Stroke, Heart Failure, End-Stage Renal Disease, Alzheimer's/Dementia (any stage), ALS, Parkinson's & other Neurological disorders.

You can receive palliative care at any age. The goal of palliative care is to provide comfort and allow you to live as well as you can, every day. Palliative care patients have fewer hospital re-admissions and fewer trips to the ER. If they are admitted to the hospital, they may stay for a shorter period of time, which lowers patient and family stress, as well as costs.

Palliative care aims to improve the quality of life for people with any serious illness. You do not have to leave your home or nursing facility—we come to you. A Home Assessment will give your primary care physician a better understanding of how your illness affects your lifestyle. Your doctor becomes our partner in care. A Nurse Practitioner will assist with medical needs related to your serious illness and you will have 24/7 telephone access to nursing staff. Your Social Worker can help with access to community resources, advance care planning, caregiver support and more. Trained volunteers who can offer respite, social, spiritual and practical support are available to you and your loved ones. Your care plan will complement your ongoing treatment and care you are already receiving. We care for the whole you. As your healthcare advocate, we communicate with your insurance company and/or VA about benefits. Patients and families find that our services help ease anxiety, depression, and other intense emotions.

Many ask how they might know if palliative care is right for them. If you can answer "yes" to one or more of these questions, palliative care may be right for you:

- Are you experiencing symptoms (see below) from a serious illness?
- Has serious illness led to 2 or more ER visits/hospitalizations in the past six months?

Some of the most common symptoms we help our patients with include: pain, nausea/vomiting, depression or sadness, constipation, fatigue, and shortness of breath.

Some frequently asked questions we receive regarding Stein Navigator (our palliative care program) include the following:

Can I continue to receive curative treatments? The answer is, yes. You may receive palliative care and curative care at the same time.

Where are services provided? We can provide palliative care to you, or your loved one; in your home, assisted living, nursing facility, or in the hospital.

Who can receive palliative care? Anyone with a serious illness, regardless of life expectancy, can receive palliative care.

Will my palliative care nurse work with my physician? Absolutely! Our Nurse Practitioner will work with your physician to develop a plan of care that will best meet your needs.

How do I pay for this service? Most commercial insurance plans, as well as Medicare and Medicaid, cover palliative care. Your commercial insurance may require a copay.

If you feel that Stein Navigator could benefit you or a loved one, please call our palliative care team toll-free at 1-800-602-1734.

Stein Hospice Provides Life-Changing Care and Assistance

Told by Lisa Phillips (written by Shelby Brossia)

My first experience with Stein Hospice, first-hand, was with my mother-in-law. She had been diagnosed with lymphoma and towards the end, she needed more care. She was living in our mother-in-law suite which made it easier to care for her at home. I, along with another family member took a leave of absence from work to become her primary caregivers. As she declined, we brought Stein Hospice in to help care for her. After a home visit and being approved for hospice care, a Stein Hospice aid would come to the house twice a week to care for her. This care and assistance was life-changing. We had never experienced anything like it. They very graciously answered questions and helped guide us toward the right things to do for her. Right at the end, through about the last four days of her life, she had some episodes of unconsciousness. It was very scary, and I don't know what we would have done without the Stein Hospice nurses during that time. From the beginning to the end, Stein Hospice not only helped us navigate this uncharted territory, but also helped us to see the beauty in this experience as well. Stein Hospice provided care that allowed us to respect her wishes and allow her to pass at home.

The thing that sticks out in my mind is: the nurses would just answer our questions. My husband's family is huge, and everyone would come in and ask the same question. The nurses would just simply answer it as though it was the first time they were hearing it. Their ability to just handle every person as they came (and there were a lot of people) is what really stands out as something truly amazing.

This wasn't our first experience with death, but it was our first experience with death in our home. The help from Stein Hospice just made the whole thing bearable. I just can't fathom having gone through this experience without them. Fast forward a year and we were in the same situation with my dad: kind of unexpectedly. My dad ended up with pneumonia and due to the condition of his lungs, he just deteriorated so quickly. When we realized that he was going



to need hospice care, there was no question. We wanted Stein Hospice and had Stein Hospice care for him for a little over a week. My brother had never experienced hospice before, so just having Stein Hospice there to explain everything, every step of the way, was just priceless.

With both my mother-in-law and my dad, I am grateful of the ability hospice has to help control their pain. I never realized the pain that is involved with leaving this earth. It's not a beautiful exit like you would see in the movies. Without the ability to control their pain, that would have been rather horrific to witness. And we are ever so thankful for that. When I asked about the pain control treatment, one of the nurses explained it to me in a way I will never forget: Pain chains us to our physical world, and when you release that pain, they are able to leave when the Lord comes. Growing up as a child, there was a stigma attached to hospice care, and now there is not. I now try to educate people about the benefits as often as I can. Hopefully people start opening their minds to what is available for help, and understanding that it doesn't mean end-of-life right now. It gives you some quality of life and dignity towards the end.

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The next morning the case manager came to follow up. On her way here, she stopped at the pharmacy to pick up a prescription the Stein physician had prescribed because she knew I couldn't leave mom to get it. She then reminded me, if things progressed, they could admit her to the Stein Inpatient Unit, just call. Things progressed. That evening, a nurse came to assess Mom and made arrangements to have her admitted and picked up by ambulance. She took care of everything and released me of any burden to make that transition. You have no idea the sense of relief I felt, knowing Mom would be in better hands. That was on Tuesday. On Thursday Mom was gone. When she passed late in the evening, I was not by her side, which I regret. However, I

know the staff at the unit took very good care of her with more compassion than most people could or would provide. I was offered one last opportunity to see Mom that night. When my husband and I arrived we were met at her door by the staff, offering condolences and then we entered. I was not prepared for what I saw. The staff had made it the best experience for us possible, given the circumstances. She was lying there in crisp, clean sheets, a clean gown, obviously recently bathed and her hair combed. She looked so peaceful, as though she was just taking a nap. That's my final memory of her and it's not a terrible one. I know in my heart she was escorted to Heaven by angels while the Stein angels stood by her side. I'm good with that.

Personalized, Quality Care with Stein Hospice

Told by Cathy (written by Shelby Brossia)

My parents were married 61 ½ years. My mother had dementia and my dad was her primary caregiver for many years. I have 4 siblings, 3 brothers and a sister. I moved home in January of 2020, right before COVID and was able to lend a hand in caring for my mom.

As we watched mom decline in health, we checked to see if she was eligible for Hospice. At first, she was not. That's when we learned that Stein Hospice would be offering the Stein Navigator program in January of 2021. In the meantime, we were able to sign mom onto that program for added assistance.

Because of my personal background working in hospice care trying to make people comfortable and to help with their quality of life is near and dear to my heart. We just wanted mom to be kept comfortable. The Stein Navigator program was able to help us do exactly that.

As time went on, mom declined further. We needed more assistance. We decided to place her in a nursing home to be cared for full-time. Unfortunately, her condition worsened, and she ended up in the hospital at Firelands Regional Medical Center. We re-evaluated and mom was now hospice appropriate. When we got the update that she was now eligible, we transferred mom from Firelands Regional Medical Center to the Stein Hospice Care Center.

Walking onto the unit at the Stein Hospice Care Center brought back memories for me as I graduated from Providence Hospital School of Nursing. When we entered mom's room, my dad was happily surprised to see one of our cousin's was working as an STNA. That brought an extra level of comfort to both of us.

The nurses and staff went through all the details with us and took the time to explain everything in detail.

We were all there at the bedside with her. The chaplain came in and read scripture with us.

We were just very impressed with the attentiveness of the staff. They were very caring. They individualized the treatment for my mom. Everyone was very compassionate. It didn't matter which of us siblings were there, the Stein Hospice team was also concerned about our needs as well as mom's. Everyone was very loving and very gentle with my mom.

The day of her death, I had put on a beautiful CD of a music director that I know personally. It was all of mom's favorite hymns. While playing this CD, I noticed a change in her breathing at about 11:10. I stepped out to ask for the nurse to come in. She came in and listened to mom's heart. Mom passed peacefully at 11:15PM. I was honored to have the privilege to be with my mom holding her hand.

Given the circumstances, I couldn't have asked for a better



death experience for her. I am at peace with it. She's no longer suffering from physical pain or mental anguish. Our family is at peace with everything and can't say enough about the quality and the personalized care that mom received through Stein Hospice.

Now, my son is having a little bit of difficulty. This is his 3rd grandparent that he has lost in about a year and half. So he will be utilizing the bereavement support through Stein Hospice. We are grateful for that.

Everyone grieves and mourns differently. So I made sure to let all of the family know that these bereavement services are available, for up to a year, to each of them.

My advice to anyone who may be in doubt about Hospice Care: you should go ahead and pursue seeking evaluation of your loved one. The hospice admission team can give you the information necessary to make an informed decision.

GivingTuesday – How You Can Help

GivingTuesday 2021 will take place on Tuesday, November 30th. GivingTuesday is a global movement that unleashes the power of radical generosity around the world. It provides a reason to support those organizations, like Stein Hospice, during the Holiday Season and at end-of-year.

To support Stein Hospice on GivingTuesday, we encourage you to participate in "The Forty Project." More information about this project can be found online at www.steinhospice.org or by calling Shelby Brossia at 419.202.2036. Thank you in advance for your support!

October Events

Halloween Bingo



Harbor View Apartments

Date: Wednesday, October 13th

Time: 2:00pm-3:00pm.

Location: 115 Franklin Street, Sandusky, OH

Elmore Senior Center

Date: Tuesday, October 26th

Time: 10:30-11:30am.

Location: 19225 Witty Road, Elmore, OH



Genoa Senior Center

Date: Wednesday, October 27th

Time: 10:30-11:30am

Location: 514 Main Street, Genoa, OH

Erie County Senior Center

Date: Thursday, October 28th

Time: 1:00-2:00pm.

Location: 620 E. Water Street, Sandusky, OH



Memories from the Heart/Journaling

Huron County Senior Center

Date: Monday, October 11th

Time: 11:30am-12:30pm.

Location: 130 Shady Lane Drive, Norwalk, OH

Music Memories from the 50's

Gibsonburg Senior Center

Date: Monday, October 25th

Time: 10:30- 11:30am

Location: 100 Meadow Lane, Gibsonburg, OH

November Events

Veterans

Port Clinton Senior Center

Date: Friday, November 5th
Time: Lunch 11:30am / Ceremony 12:00pm
Location: 320 E. Third Street, Port Clinton, OH
RSVP 419-734-1481 by November 1st

Sandusky County Senior Center

Date: Monday, November 8th
Time: 11:30am Lunch / 12:00pm Ceremony
Location: 1101 Castalia Street, Fremont, OH
RSVP 419-334-8383 by November 1st

Elmore Senior Center

Date: Tuesday, November 9th
Time: Lunch 11:30am / Ceremony 12:00pm
Location: 19225 Witty Road, Elmore, OH
RSVP 419-862-3874 by November 1st

Genoa Senior Center

Date: Wednesday, November 10th
Time: Lunch 11:30am / Ceremony 12:00pm
Location: 514 Main Street, Genoa, OH
RSVP 419-855-4491 by November 1st

Danbury Senior Center

Date: Wednesday, November 10th
Time: Dinner 5:00pm / Ceremony 6:00pm
Location: 8470 E. Harbor Road, Marblehead, OH
RSVP 419-798-4101 by November 1st

Harbor View Apartments

Date: Wednesday, November 10th
Time: 2:00-3:00pm
Location: 115 Franklin Street, Sandusky, OH

The Willows at Tiffin

Date: Thursday, November 11
Time: 9:30-10:30am
Location: 410 Fair Lane Tiffin, OH
Complimentary Drive-Thru Breakfast for Veterans and Certificate/Pin.

Erie County Senior Center

Date: Friday, November 12th
Time: 11:30am Lunch / 12:00pm Ceremony
Location: 620 E. Water Street, Sandusky, OH
RSVP 419-626-2560 by November 1st.

Oak Harbor Senior Center

Date: Monday, November 15th
Time: Lunch 11:30 / Ceremony 12:00pm
Location: 8200 W. State Rte 163, Oak Harbor, OH
RSVP 419-898-2800 by November 1st

Huron County Senior Center

Date: Tuesday, November 16th
Time: 11:30am-12:30pm.
Location: 130 Shady Lane Drive, Norwalk, OH

*Veterans are cordially invited to a Commemoration Ceremony
Complementary meal for all Veterans's and a guest*

Pie Bingo

Genoa Senior Center

Date: Wednesday, November 17
Time: 12:00-1:00pm
Location: 514 Main Street, Genoa, OH.

Memories from the Heart/Journaling

Willard Senior Center

Date: Thursday, November 18th
Time: 10:30-11:30am
Location: 315 E. Tiffin Street, Willard, OH

Give Thanks Bingo

Sandusky County Senior Center

Date: Monday, November 22
Time: 12:00-1:00pm
Location: 1101 Castalia Street, Fremont, OH

Thanksgiving Bingo

Elmore Senior Center

Date: Tuesday, November 23
Time: 12:00-1:00pm
Location: 19225 Witty Road, Elmore, OH

Music Memories from the 60's

Gibsonburg Senior Center

Date: Monday, November 29th
Time: 10:30am-11:30am
Location: 100 Meadow Lane, Gibsonburg, OH

Light Up A Life

To be held in Sandusky and Norwalk

For further information, go to steinhospice.org

December Events

Decorate Christmas Cookies

Gibsonburg Senior Center

Date: Wednesday, December 1

Time: 12:00-1:00pm.

Location: 100 Meadow Lane Gibsonburg, OH

Sandusky County Senior Center

Date: Monday, December 6th

Time: 10:30-11:30am

Location: 1101 Castalia Street, Fremont, OH

Harbor View Apartments

Date: Wednesday, December 8th

Time: 2:00-3:00pm

Location: 115 Franklin Street, Sandusky, OH

Port Clinton Senior Center

Date: Thursday, December 9th

Time: 12:00-1:00pm

Location: 320 E. 3rd Street, Port Clinton, OH

Erie County Senior Center

Date: Friday, December 10th

Time: 12:00-1:00pm

Location: 620 E. Water Street, Sandusky, OH

Huron County Senior Center

Date: Monday, December 13th

Time: 11:30am-12:30pm

Location: 130 Shady Lane Drive, Norwalk, OH

Elmore Senior Center

Date: Tuesday, December 14th

Time: 12:00-1:00pm

Location: 19225 Witty Road, Elmore, OH

Genoa Senior Center

Date: Wednesday, December 15th

Time: 12:00-1:00pm.

Location: 514 Main Street, Genoa, OH

Memories from the Heart/Journaling

Willard Senior Center

Date: Thursday, December 2

Time: 10:30-11:30am

Location: 315 E. Tiffin Street Willard, OH

Snow Flake Bingo

Danbury Senior Center

Date: Friday, December 3rd

Time: 12:30-1:30pm

Location: 8470 E. Harbor Road Marblehead, OH

Dear Bereaved Loved Ones,

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 Holidays" 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 2021 Hope for Holidays Program.

We sincerely hope that these efforts will help you in some way.

Sending you Peace, Love and Light,
Stein Hospice Bereavement Department



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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.