



Hospicare

& Palliative Care Services

**MAKING
MOMENTS
MATTER**

www.hospicare.org

“I think dogs are the most amazing creatures; they give unconditional love. For me they are the role model for being alive.” —Gilda Radner

Canine Connections through Cornell Companions

Cornell Companions is a program that brings pets to visit the residents here at Hospicare as well as nursing home patients, hospital patients, and children with disabilities. Sponsored by Cornell University College of Veterinary Medicine, Cornell Companions is dedicated to the development of the human-animal bond. Their work reflects their belief that animals enhance the lives of all people. Below we've included the profiles of a few of our regular four-legged volunteers.

MEET FOLLENSBY, AGE 7

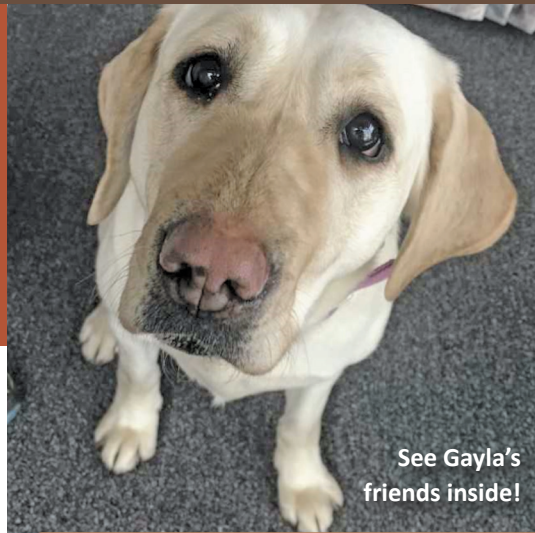
As a puppy, Follensby was the honorary dog mayor of Dryden. His election campaign slogan was “Wag More, Bark Less.” Follensby likes leaning on people, saying “hi” to people he meets on walks, chasing tennis balls, and swimming. As a guy dog, he won't be swimming Women Swimmin', but he sure would like to. His owner, Deb Siegert, knows he loves coming to Hospicare because when they are just half a mile down the road, Follensby stands up in the back seat in order to lean his head over the front seats to get a better view. Follensby has been with Cornell Companions since he was just a puppy. We are happy to let you know that he had his first Fig Newton® here at Hospicare.

MEET D.J., AGE 13

DJ has been a Cornell Companion since she was about 3 years old and starting visiting Hospicare five years ago. She loves it here and comes almost every Monday. She gets on the beds (if invited) and practically drags her owner, Marg Pough, through the door when they arrive. DJ likes food, people, and treats. Marg is the team leader for Cornell Companions visiting Hospicare.

MEET GAYLA, AGE 2

At 2 years old, Gayla is one of the younger pups that visits Hospicare. Her impeccable behavior belies her youth. She was trained as a service dog through the organization Guiding Eyes for the Blind. Gayla likes to smell things and she loves to cuddle. She started visiting Hospicare last fall, and we hope she returns for many years.



See Gayla's friends inside!

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AUG 11

GO GREEN! Sign-up online to receive our monthly E-newsletter!

www.hospicare.org

Our Executive Director, Dale Johnson, Receives Carol Selinske Founders Award



We are so proud to announce that The Hospice and Palliative Care Association of New York State (HPCANYS) has announced that the 2018 winner of the Carol Selinske Founders Award is our very own Dale Johnson. The Carol Selinske Founder's Award

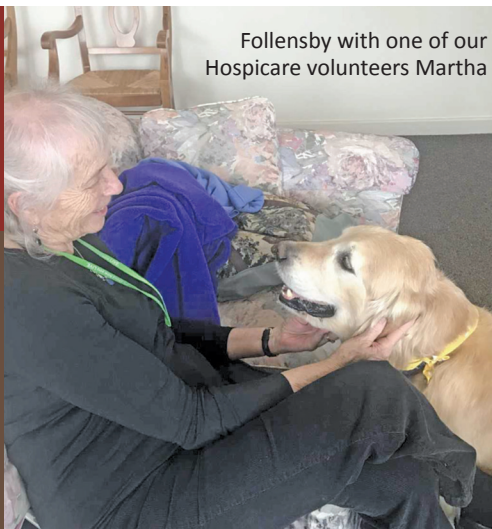
is the Association's most prestigious award and is named after the first director of the New York State Hospice Association who retired in 1993. The HPCANYS award publicly recognizes an individual or group of individuals for their outstanding efforts on behalf of hospice and the needs of the terminally ill in New York State.

Dale has been a dedicated board member of HPCANYS serving as Chair of the Board for the 3-year term 2013 – 2016 and Vice Chair for the preceding 3 years. He has also served on the State Legislative/Regulatory Committee and has co-chaired the Federal Legislative/Regulatory Committee since 2012. He has been an active member of the task force that has proposed changes to the NYS certificate of need process. He has provided his legal perspective on matters of import to the organization. Amongst his many of accomplishments, he recognized that the regulatory requirements and financial constraints have made it increasingly difficult for smaller hospice agencies to thrive.

Dale has generously used his skillset on more than just a local level. He was a founding Board member of the Foundation for Hospices in Sub-

Saharan Africa, a UN-recognized NGO that generated over 75 partnerships between US and African hospices. He has held multiple leadership positions with the Upstate Alliance, a group of regional hospices working together to educate and inform upstate communities, and to provide a continuum of care for loved ones with life-limiting illnesses.

The Hospice and Palliative Care Association of New York State is a not-for-profit organization representing hospice and palliative care programs, allied organizations, and individuals that are interested in the development and growth of quality, comprehensive end-of-life services. Founded in 1978 as the New York State Hospice Association, HPCANYS changed its name to Hospice and Palliative Care Association in 2000 to better reflect its role in fostering accessible, quality end-of-life care. The Association is headquartered in Albany, New York and serves members statewide.



Follensby with one of our Hospicare volunteers Martha



DJ and her owner, Marg Pough—team leader of Hospicare's Cornell Companions

The Hospicare Cortland Team

In 2014, Hospicare & Palliative Care Services assumed responsibility for providing hospice care for residents of Cortland County. Since that time, the number of people benefitting from hospice services in that county has quadrupled. Once families experience the hospice services we offer, they often express relief and comfort, knowing the patient, their loved one, feels better. They find that having Hospicare staff take care of the burden of managing the illness gives them more time to spend with family and loved ones.

We often are told, "I wish I had realized sooner about how the care would help us as a family."

Hospicare services are for people with life-limiting illnesses as well as for their families and loved ones. The professional teams assembled on the patient's behalf include the patient's own physician, other physician specialists as needed, nurses, home health aides, social workers, chaplains, counselors, and trained volunteers. Team members focus on the patient's specific medical needs as well as on what the patient's preferences are for physical, emotional or spiritual support for themselves and their loved ones.

Importantly, Cortland County volunteers provided 476 hours of support to patients and families in 2017.

The care team based in Cortland, known as the Kennedy team, as their office is located on Kennedy road, is responding to a growing number of referrals from the area. Cortland County is the geographic center of New York, with beautiful landscapes of small mountains, rolling hills, gentle valleys, and an abundance of small lakes, streams, and the Tioughnioga River. The county is made up of 500 square miles, and consists of 19 municipalities, including 15 towns, three villages, and the city of Cortland. About 75 percent of the population resides in the villages of Homer and McGraw and the towns of Cortlandville and Homer.

Because most people would rather be cared for in the comfort of their own homes, we have provided services in homes of all kinds: houses, cabins, apartments, mobile homes, nursing homes and group homes. If it is someone's home, we'll meet you there.

THE TEAM MEMBERS ARE:

Matt Karpenko, MD Assoc. Medical Director
 Carrie Szewczyk, RN Clinical Team Leader
 Caroline Borden, Bereavement Counselor
 Renee Butler RN
 Rev. Joe Haines, Spiritual Care Coordinator
 John Hughes RN, Primary
 Luydmyla Kovalenko RN
 Jessica Lucey, RN Primary
 Heidi Moesch, MSW Social Worker
 Danielle Parker, LPN

Nancy Pearce HHA
 Michael Rubenstein, RN Primary
 Nancy Sampson, Receptionist
 Sandy Sampson, Receptionist
 Kim Sharpe, RN
 Caryl Silberman, RN
 Jordan Stark, clinical administrator
 Rose Stevenson, RN

AND MANY VOLUNTEERS!

Community Collaborations by Laura Ward

By 3:30 p.m. on Sunday, March 11, a sizable crowd had assembled in the outer lobby of the Kitchen Theatre Company, a local purveyor of intimate professional theatre, which “challenges the intellect, excites the imagination, informs and entertains.” People milled about cheerfully greeting each other and a continuous buzz of conversation filled the air. Guests munched on a variety of fruit and baked goods lovingly crafted by Hospicare volunteers or enjoyed specialty drinks and local wines from the cash bar. The event, a collaboration between Hospicare and Kitchen Theatre Company and funded with grant money from the City Federation of Women’s Organizations, was intended to uncover ways in which lesbian women would find Hospicare bereavement services to be more useful.

Just before 4:00 p.m., the throng of people filtered into the performance space to find their seats for a riveting performance of *Bright Half Life*, a love story that follows Erica and Vicky over the course of a nearly five-decades-long relationship. The women meet as co-workers, but soon they are much more than that to each other. The play takes us through the highs and lows of dating, marriage, and children, and it asks us to think about the way we remember our lives and what it means to be alive and in love.

Bright Half Life, written by Tanya Barfield, was skillfully brought to life by the acting talents of Shannon Tyo as Vicky and Jennifer Bareilles as Erica. The chemistry between the actresses was palpable, scanning the crowd through the performance,

it was clear that we were all on the journey with Vicky and Erica together.

Following the performance, many guests stayed to hear Carrie Stearns, Sue Robinson and Mariette Geldenhuys share their grief experiences following the death of a partner. This intimate question-and-answer session provided a picture of grief and resilience. The discussion was moderated by Kate Halliday, a therapist known for her work with the LGBTQAI community. These brave women, willing to share their personal stories, brought to light for the audience both the unique needs of the lesbian community during grief and the ways in which we all need sensitivity and support following the death of a loved one.

Audience members provided valuable feedback to the Hospicare bereavement team through participating in a survey to share their thoughts and opinions on how Hospicare might better serve the lesbian community. Survey results indicated that audience members felt comfortable discussing lesbian love and loss in the setting provided. Most indicated that they had gained a deeper understanding of the experience of grief following the death of a lesbian partner as well as how lesbian grief is impacted by homophobia and societal discrimination. Because of participants’ feedback, Hospicare gained valuable information and ideas that will impact future bereavement planning.

As I mingled with attendees during the event, comments consistently expressed a gratefulness for the opportunity to both celebrate lesbian love and to better understand the experience of lesbian grief. My



Jennifer Barelles and Shannon Tyo who starred in *Bright Half Life*

own experience, both as part of planning this event and in attending, echoed this sentiment. I am grateful for the Kitchen Theatre Company staff, who were wonderful every step of the way, who deeply discounted our complimentary tickets, and who consistently bring theatre productions to Ithaca which highlight the underrepresented voices of marginalized communities. I am grateful for the City Federation of Women’s Organization in Ithaca for providing grant money, which we used to make this event accessible to those who would otherwise be unable to attend. I am grateful for our panel for being willing to share their personal experiences of grief in a very public way so that we might all gain a deeper understanding of the grief experience. Lastly, I am grateful to Hospicare for their genuine interest in providing the most sensitive services in an inclusive way to ALL the people of Tompkins and Cortland counties.



More than 300 women will take to the lake in the early morning hours of Saturday, Aug. 11, for our 15th annual Women Swimmin’ for Hospicare. More than 150 kayaks, stand-up paddleboards, and canoes will escort those swimmers across Cayuga Lake and join more than 100 event volunteers on the other shore. All funds raised through Women Swimmin’ are used to help care for patients and to support their loved ones in Tompkins and Cortland counties.

Registration for lake swimmers began online on May 7 at womenswimmin.org. Lake swimmer slots are full, but boaters are still needed. Sign up by August 4.

Training opportunities will be available throughout the summer for registered boaters. Can’t join us on August 11? Whether you’re out of town or just don’t like to swim in the lake, Women Swimmin’ Laps may be for you! While lake swimmers complete a 1.2-mile swim across Cayuga Lake, Laps swimmers are free to swim any distance they choose, in any pool with a certified lifeguard, to raise funds for Hospicare.

Registration for Women Swimmin’ Laps will remain open until August 11.

This year Hospicare is pleased to partner with the Cortland County Family YMCA, The YWCA of Cortland, and the YMCA of Ithaca & Tompkins County to provide swimmers a place to swim their laps, track their progress, and even find some swim buddies.

Visit womenswimmin.org to learn more about Women Swimmin’ or to register as a laps swimmer, boater, or onshore volunteer.

**WOMEN SWIMMIN’ SET FOR
august 11**

FIND MORE ARTICLES AND...

information on hospice and palliative care on our website at hospicare.org. To receive the Hospicare e-newsletter, subscribe online at hospicare.org. Visit us on Facebook at [Facebook.com/hospicare](https://www.facebook.com/hospicare).

We wish we had known sooner...

An interesting thing happens when Kat Lynch, a registered nurse for Hospicare, brings up hospice to patients or their families considering their care options:

“Oh, no, we don’t want that!” they often say.

“OK,” says Kat, “As your hospice nurse I am part of your team. We will decide together what works for you.”

What don’t they want? Going off to some institution. Handing all the care decisions over to someone else. Being knocked out by morphine. Or — the clincher — giving up all hope.

When Kat assures them that hospice isn’t at all like that — that we will support their services with care and comfort, that 54% of hospice care takes place in the person’s home, that the patient can still receive medical care, and that Medicare and most

private health insurers pay fully for services — they often change their minds.

We hear, “We wish we had known sooner” all the time from families once they experience the services, the support, and the day-to-day care offered by our care team.

The Hospicare philosophy is to focus on bringing comfort to patients who are medically fragile, shifting resources away from invasive procedures and towards pain and symptom management, and coping with the changes that happen as we near the end of life. Our work to bring comfort extends well beyond physical needs. Hospicare educates patients and their families and loved ones about what to expect. We manage the needs of the patient so both the patient and their loved ones can focus on the time they have. Chaplains and social

workers offer services to attend to spiritual and emotional needs.

Hospicare, and the palliative care we provide, offers more direct bedside care than most other types of medical service. We are there, at the bedside when needed, to provide a measure of peace. We allay fear and lack of understanding by listening and providing direct answers.

Serious illness and dying are not only medical experiences. In reality, serious illness and dying are fundamentally personal experiences.

Hospice and palliative care make space for “the spirit, the love and the quieting of the mind” that relieves the patient and the patient’s loved ones at the end of life, says Nina Angela McKissock, author of *From Sun to Sun: A Hospice Nurse Reflects on the Art of Dying*.

the truth
ABOUT HOSPICE

- Hospice is a philosophy of care, not a building.** Hospicare arranges and provides all you might need in your home — hospital bed, bedside commode, medications, bandages, expert consultations — based on your individual needs.
- Signing up for Hospicare service doesn’t mean giving up all medical care.** Transitioning to hospice service means shifting from one set of goals, how to get a cure, to another, how to get the best quality of life in the time that is left. Palliative care treatments are provided to make you comfortable.
- If you start hospice and decide it’s not for you, you can stop.**
- You can still see your regular doctor.** Your primary physician is a key player on your hospice team.
- The goal of pain management in hospice is to help you to live well — not to sedate you.** Chronic pain can make you tired and irritable and can rob you of a good
- You may live longer.** Hospice recipients live longer, on average, than those receiving non-hospice medical care, research shows. For example, a 2010 study of lung cancer patients receiving hospice services found they lived nearly three months longer, and up to two months more for breast cancer patients.
- Hospice is for the family.** A hospice nurse can help interpret what’s happening for your family members and loved ones.
- Hospice services continue after death.** Grief support, available for 13 months, is covered **by Medicare. For our families and loved ones, bereavement support will continue to help support their needs, too.**