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**Women Swimmin’—
 Cold Dippin’ in Anticipation of Swim Day!**

Our annual community memorial event, is open to the public. All are welcome to enjoy the Hospicare gardens, light a lumina in memory of a loved one, and share in a special program of remembrance, featuring live music and poetry and concluding at sunset with taps by our pond. The event will be held rain or shine! Attendance is free. Register on our website or contact us with questions at events@hospicare.org or 607-272-0212.

Our community memorials, grief support groups, and educational programs are free and available to all residents of Cortland and Tompkins counties. Visit Hospicare.org/events/ for more information.

Save the Date for Illuminations! Thursday, June 9, 7:30-9:00 p.m.



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Our newsletter is mailed twice a year to patients and family members, donors, community supporters, and other friends of Hospicare. If you have received multiple copies of this newsletter, please let us know so we can correct the mailing error. In addition, we welcome your thoughts or feedback about the contents. Contact us at communications@hospicare.org.

Find more articles and information on hospice, palliative care, advance care planning, and grief support at hospicare.org.

To receive the Hospicare e-newsletter, subscribe online at hospicare.org

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PATHWAYS OF CONNECTION

Dear Friends,

No winter lasts forever; no spring skips its turn. —Hal Borland

We all know that winter is stubborn here in upstate New York, and that the two-year struggle with COVID has made it feel as if spring “skipped its turn” twice over. But, of course, it hasn’t. There have been bright summer days and gentle rains to go along with the gray skies and snow, and really, there always will be. There is a peace and even a surprising gentle joy that comes from being aware of and connected to the changes going on around and within us.

But it doesn’t come easy, does it?

Sometimes the juxtaposition of a warm spring day and flowers blooming is difficult for our patients and their families who are in the midst of an unexpected winter of loss. Yet some may still find a gentle serenity when reminded of the goodness of the hearts they have lost or when smiling at the flowers they loved. Our mission at Hospicare is to meet our patients and their families where they are and help them find a way from a place of fear to a place of love, one day, one season at a time.

In some ways, our organization is just as human as the people we serve. We too struggle with our fragility in an unforgiving environment, with its seasons and storms. But like our patients and families, we find resolve and spirit in connection—our connection to each other, to the people we serve, and to the world around us that promises bright summer days.

Finally, our most important connection is with you. Some of you are linked with us through a patient we served, some are swimmers or volunteers who want to give back and give forward, and some are faithful supporters. Whatever your connection to Hospicare is, you should know that it nourishes us well beyond the dollars and hours of service. It reminds us that we are not alone, just as we remind our patients and families by our presence that they are not alone. No winter lasts forever, and no spring skips its turn. For this, we are deeply grateful.

Warmly,

Joe



Joe Sammons
Executive Director

On the cover:

Hospicare and CMC Partner to Train the Next Generation of Hospice-Minded Doctors

Dr. Priyesh Thakurathi, a Cayuga Medical Center (CMC) resident, enjoyed visiting with Dorothy at our residence.

Since May 2021, Hospicare & Palliative Care Services has been working with CMC to train a new generation of doctors in the Internal Medicine Residency Program. During their semester-long rotation in geriatrics, these young doctors shadow our medical director, Dr. Lucia Jander, and become incorporated into the Hospicare team. They learn



ways to help patients stay at home, improve their quality of life, and understand their illness. We are pleased to be able to give the next generation of doctors a deeper understanding of end-of-life issues.

PHOTO BY SARAH NICKERSON

Making Sure Your Health Care Wishes Are Honored

BY JANE BAKER SEGELKEN, MA, MSW

No one likes to think about the time when they might be unable to communicate their healthcare wishes—whether temporarily while recovering from an accident, surgery, or debilitating illness or permanently at the end of life. Most people want to have a say about the type of treatment and care they receive. Few, however, plan ahead to ensure they're cared for in the way they prefer.

Making decisions about future scenarios isn't easy. It's scary to think about your own misery, and it's daunting for your proxy to consider your suffering. As a result, without your wishes spelled out, you may find yourself receiving unwanted treatment and living or dying in a place you would not have chosen.

The plans you make can cover many aspects of your care. For example, you might want to specify where and how you'd like

to receive treatment; what approaches, including alternative medicine, you do want included in your care and what therapies you don't want to receive; who should be included in the decision making; personal preferences, such as dietary and hygiene needs; and where you'd like to spend your final days. Other things you might want to consider are who will make financial decisions for you and under what conditions, and what happens after you die, such as organ donation and funeral arrangements.

Once your goals and desires are documented—via a health care proxy document or medical orders for life sustaining treatment (MOLST) form—the most important thing you need to do is have a conversation with those you are authorizing to make sure your wishes are carried out. Those conversations are never easy, but with good planning the people you

appoint can successfully navigate the health care system, be confident they are making the right decisions, and help you get the best care within the framework you set up.

To learn more about the documents you'll need to guide medical decision making and ways to talk about your advanced care wishes, visit the Hospicare website at hospicare.org/blog/.



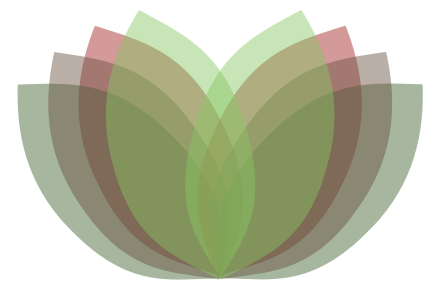
Jane Baker Segelken, MA, MSW, is part of the Social Work team at Hospicare & Palliative Care Services.

Strengthening Your Connection with Hospicare



We are continually inspired by the creativity and generosity of our community! Steve Garner, pictured here with his wife, Joan, has been tinkering in his shop all winter making whimsical whirligigs to

benefit our services. In exchange for a donation to Hospicare, anyone can select a beautiful, one-of-a-kind folk-art whirligig. Contact Steve at 607-280-7715 or stevegarner52@yahoo.com.



You too can make meaningful gifts to Hospicare in many ways and demonstrate that our community cares for all its people. When you support Hospicare you create a legacy of caring that gives families the priceless gift of peace of mind. If you have an idea or would like information on including Hospicare in your plans, please contact Sara Worden, Director of Development & Community Relations, at 607-272-0212 or sworden@hospicare.org.

Faces of Hospicare

Team Member Profile: Edna Brown, LMSW

BY SARA WORDEN

Anyone who has spent any time with Edna Brown is sure to have been touched by her bubbling spring of laughter and good humor, beautiful singing voice, and heightened present-moment awareness. She brings these qualities to patients in their homes and at our residence, and in a small number of cases, to patients who are referred to us each year in homeless shelters or temporary housing.

In her 20s, Edna moved from a small town of 800 people in Oklahoma, where her family raised cows, chickens, and pigs, to Washington, D.C., for work. Edna chuckles as she remembers scouring the classifieds looking for an alternative to her early (and quite unsatisfying) career as an IBM marketing rep in the 1980s. She noticed a trend: all the jobs she circled required an MSW, something she had never heard of. This discovery planted a seed that grew, and a few years later, after a stint in the Peace Corps in Kenya, she decided

to get a master's degree in social work at Columbia University.

Edna joined Hospicare in December 2019 after working for 15 years as a social worker in public schools. As Edna reminisces on her journey to this work, she lovingly remembers her mother, an RN, who first told her about hospice, which at the time was a new grassroots movement gaining ground in Europe. Edna's dedication to her patients and commitment to providing hospice services stems from values instilled in her by her beloved mother.

"People might not expect that we find joy and humor with patients and their families," Edna says, when asked what is unique about being a hospice social worker. "People might think the end of life is all about sadness, but there is room for fond memories and laughter as well. Hospice staff, patients and caregivers truly enjoy our time together."



Job Title: Social Worker

Family: Maya (23), Julia (22), and her dog Jax (3), a poodle terrier mix who sometimes makes a cute appearance on her Zoom work meetings

Hobbies: Photography, reading, writing poetry, and music

Community Connections: Edna sings harmonies and plays percussion in Grassanova and is a member of Fortnight, a band that sings oldies for residents at Longview Assisted Living.

Self-care Superpowers: Meditation and reading reflections on impermanence

Join Us for Our 19th Annual Women Swimmin' for Hospicare!

In February, some of our Women Chillin' for Hospicare celebrated six months 'til swim day with an icy dip in Cayuga Lake. While cold dippin' might not be for everyone, we do invite you this summer to swim the lake, be a boater, volunteer, donate, or go the distance for Women

Swimmin'. For 2022, there are lots of different options for your participation. You choose which is the best fit for you!

On Saturday, August 13th, all swimmin' women are invited to join us for a 1.2-mile swim at the Ithaca Yacht Club. All summer long, anyone can participate

by setting an activity or service goal in honor of Hospicare. Whether you are boatin', swimmin' laps, knittin', bikin', volunteerin', or donatin', we are grateful for your support.

Registration opens May 6th, so stay tuned for updates!



VISIT WOMENSWIMMIN.ORG OR EMAIL WOMENSWIMMIN@HOSPICARE.ORG FOR MORE INFO.