



Hospice 40 YEARS of Cincinnati

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THE NATION'S
FOURTH OLDEST
HOSPICE

SUMMER 2018



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**GOURMET
MELODIES**
A BENEFIT FOR HOSPICE OF CINCINNATI

Enjoy Cincinnati's best

Join us at this year's Gourmet Melodies Saturday, Aug. 11, at Anderson Pavilion in Smale Riverfront Park. Support Hospice of Cincinnati while you enjoy a variety of musical performances, fine wine and craft beer, delicious foods by the bite and a fantastic silent auction. For more information, contact Jen Beck at 513-865-1652 or Jennifer_Beck@TriHealth.com.

Saturday, Aug. 11

Anderson Pavilion at
Smale Riverfront Park
7 to 11 p.m.

Tickets \$100 per person

Luebbers leaves legacy of caregiving

Dorothy Luebbers' passion for caregiving turned into decades of volunteering for Hospice of Cincinnati. She spent her life caring for others and took this work ethic to Hospice of Cincinnati every day for 26 years right up until a week before she passed in January. "We miss her and will never forget her," says Jo Ann Ropp, Volunteer Services Manager.

A Minnesota native, Mrs. Luebbers and her husband, Joseph, were committed to social justice and serving the community. Mrs. Luebbers gave up the nursing job she loved so she could support her husband's career and care for their five children at home. Once her children were all in school, she went back to nursing, working for the Visiting Nurses Association (VNA) in Over-the-Rhine.

Mrs. Luebbers enjoyed helping the needy community that was very special to her. She eventually met Leigh Gerdson, who was working for a relatively new organization—Hospice of Cincinnati. Intrigued by the focus on respect and comfort of the dying process for all people, Mrs. Luebbers was excited to begin volunteering for Hospice of Cincinnati in 1991 after retiring from the VNA.

She served patients at the original Oak Street Inpatient Care Unit as a direct patient care volunteer before moving to The Margaret J. Thomas Inpatient Care Center in Blue Ash. "I believe volunteering at Hospice of Cincinnati gave my mother a great sense of purpose and meaning," says her daughter, Ann Luebbers Hardiman, MSW, a Social Worker with the Central Care Team for Hospice of Cincinnati.

"Dorothy served meals, fed patients, offered companionship and supported our nurses in whatever way they needed," Ropp adds. "She was a retired nurse, so caregiving came very naturally to her." A devout Catholic, Mrs. Luebbers moved into Eucharistic Ministry and spiritual care when she got older, making bereavement calls to families who had lost loved ones.

Continued on page 3



Dorothy Luebbers was a well-known and much loved volunteer at The Margaret J. Thomas Inpatient Care Center in Blue Ash, eventually benefiting from the care she had so lovingly provided to others.

CEO Message: When passion inspires passion

DID YOU KNOW...



Research has shown most people feel that the best place to be at the end of life is at home, surrounded by people and things they love. Hospice of Cincinnati helps nearly 90 percent of our patients remain in their homes—or the place they call home—by supporting the care families provide their loved ones.

We provide support through regularly scheduled team visits and 24/7 registered nurses available to answer questions and manage emergency needs. Hospice helps the entire family have the best possible and most meaningful end-of-life experience.

For more information about our care, visit HospiceOfCincinnati.org or call 513-891-7700.



Passion has a way of multiplying. It's done so throughout four decades as Hospice of Cincinnati has had a passion for providing expert, compassionate care to more families than any other area hospice.

Our community has responded by graciously supporting us many times over. In return, we've continuously re-invested our passion into growing and improving services to bring the best possible and most meaningful end-of-life experiences to all who need care and support in our community.

More than 500 team members and an equal number of volunteers make all that we do possible. In this issue, we honor our volunteers (see page 6) and highlight a very special volunteer, Dorothy Luebbbers, who continued serving even while a patient in our home care program. (See page 1.)

One of our most inspiring team members, Pam Van Hart, retired in June after 38 years. Pam served as our first social worker, later managing all our support services and helping expand our grief services into what is now the Goldstein Family Hospice of Cincinnati and Fernside Grief Center. Her enthusiasm and love for Hospice of Cincinnati and the thousands of families we serve each year is truly remarkable. (See page 5.)

With 40 years of experience, we've learned what patients and families want and need, and we are dedicated to ensuring they experience the full benefits of hospice care. (See page 3.) Sometimes this means going the extra mile like Chaplain Patty Daum's efforts to connect her patient with a very important event. (See page 4.)

It's people like Dorothy, Pam and Patty who inspire grateful families each year to give back either through volunteerism, event support or financial gifts. When we work together, our passion multiplies to enrich all that Hospice of Cincinnati has to offer both today and tomorrow.

Warm Regards,

Sandra Lobert
President and CEO

OUR MISSION

Hospice of Cincinnati creates the best possible and most meaningful end-of-life experience for all who need care and support in our community.

Luebbers leaves legacy

Continued from page 1

Diagnosed with pulmonary fibrosis in 2014, Luebbers' health eventually prohibited her from providing direct care to patients. She continued to volunteer weekly as a receptionist for Fernside/Hospice of Cincinnati's Administrative Office, warmly greeting bereavement clients and creating relationships with staff as they passed her desk every week.

It's no surprise Mrs. Luebbers chose Hospice of Cincinnati when she needed end-of-life care, having so much knowledge of its benefits. "We talked about what she wanted in terms of end of life, and she signed a DNR (do not resuscitate) order about two years before she passed away," Hardiman explains. "My mom was at home when she died—just the way she wanted. She didn't want any aggressive treatment. She had led a good life and was ready to go."

Ropp speaks fondly of Mrs. Luebbers. "Even while she was enrolled as a patient in our Hospice of Cincinnati home care program, she continued to volunteer until the week before she died," she says. "She was an amazing woman: a loving caregiver, a mother, friend and a volunteer who selflessly served others in so many ways. She was always asking our staff, 'How are you? Are you taking care of yourself?' She had a great Irish humor, too. All who knew Dorothy loved her."



Early hospice care boosts benefits

As Sara and her family watched their mother, Jean, decline from emphysema, they began to talk with her physician about the future. They were surprised when he recommended hospice care. Wasn't it too early?

"The truth is, patients and families experience many additional benefits by starting hospice care earlier," says Hospice of Cincinnati President and CEO Sandra Lobert. "It's not just for the last several days. In fact, the Medicare Hospice Benefit was designed to cover the last six months of life; enrollment can last even longer if the patient continues to be qualified." Sadly, 46 percent of Hospice of Cincinnati patients are in the program seven days or less—many for only two or three days.

It's never too early to talk about end-of-life care

For Jean, the timing of this important conversation was exactly right. She was still able to provide input on some important health care decisions, including her preference for Hospice of Cincinnati. Because they talked about end-of-life care before Jean's health further declined, she and her family experienced the full benefits of hospice care.

Having early conversations about end-of-life care often leads to involving Hospice of Cincinnati sooner, which can significantly improve quality of life through expert care, symptom management and other support services. These early conversations promote many additional benefits:

- A richer patient-doctor relationship where end-of-life care can be discussed openly and honestly.
- An easier transition to hospice care when the time comes, since loved ones and families better understand what hospice is and is not.
- Knowledge of how hospice care is covered by Medicare, Medicaid and most private insurance plans, which can reduce financial concerns.
- A holistic plan to care for the whole family—anticipating needs and getting care in place before an emergency occurs.



Mo Jennings and her family chose their father's 85th birthday to start an end-of-life conversation with him. "Since my mother had passed away, we knew that we [siblings] would be making all the decisions when the time came," Jennings explains. "We just wanted to make sure we understood Dad's wishes and we were all on the same page." Now 90, Norb Ranz, MD, still plays a weekly round of golf. When the time comes, his children will know exactly what he wants for his end-of-life care.

Where to start

Patients and families vary broadly in their hospice knowledge and willingness to explore and discuss end-of-life options. These tips can help everyone work together as they move closer to the need for end-of-life care:

- Schedule an "information only" visit by calling Hospice of Cincinnati at 513-891-7700. A nurse will meet with your family to discuss what you can expect from hospice care, including the range of services offered and when to initiate care.
- Make sure your loved one's end-of-life wishes are well-known by everyone in the family and have been documented.
- Visit Hospice of Cincinnati's ConversationsOfaLifetime.org for tips on how to start end-of-life conversations.

Chaplain's support exemplifies mission

Patty Daum, Chaplain for the West Long-Term Care Team, is committed to supporting patients in whatever way they need. This support has gone high-tech by necessity.

She recalls a recent Hospice of Cincinnati patient living at a local care facility. Tragically, her son was diagnosed with cancer and passed away while being cared for at another care facility. The distraught mother was bedridden and much too ill to attend the funeral service. Daum arranged to have the funeral live-streamed so her patient could watch the funeral while she provided spiritual support to this grieving mother.

She saw an opportunity to bring comfort and peace to bereaved patients who may otherwise have felt isolated in their grief.

“We participated in all the prayers and songs during the funeral, and then she reminisced about her son’s life. She had been my patient for awhile, so we had already developed a close relationship.”

Daum not only provided spiritual care to the patient, but she also alleviated the family’s concern about their mother missing such an important and emotional event. “She was able to be present in an alternate and meaningful way,” Daum says.

Daum has worked with several hospice patients whose spouses and children passed away while they themselves were dying. “It has been incredibly impactful—as well as a comfort—to both family members and patients,” notes West Team Account Executive Julia Hedges. “Patty has worked with families to Skype funerals so patients can be part of these celebrations of life from their own beds.”

Daum’s work exemplifies Hospice of Cincinnati’s mission: To create the best possible and most meaningful end-of-life experience for all who need care and support in our community. She saw an opportunity to bring comfort and peace to bereaved patients who may otherwise have felt isolated in their grief.



Hospice of Cincinnati Chaplain Patty Daum lives our mission every day, going above and beyond to support patients and families through the end of life.

Fernside Classic breaks record

Thank you to everyone who made this year’s Fernside Classic a success. More than \$160,000 in net revenue will help grieving children and families in the community.

Dinner at the Cooper Creek Event Center Friday, May 19, was followed by a day of golf at Shaker Run on May 21. Guest speaker Greg Mancz—Center for the Houston Texans and Fernside alumnus—inspired the dinner crowd with his moving reflection of Fernside’s impact on him and his family after the death of his father. A participant in the 2017 NFL initiative, *My Cause, My Cleats*, Mancz donated his cleats for the Fernside auction.

One of the most memorable moments Friday night was when Jason Niehaus, Senior Vice President for the Bethesda North Region, on behalf of TriHealth, placed the winning bid for Mancz’s cleats so they could be given back to Fernside. “TriHealth wants the cleats to go ‘where they belong’ so that all future Fernside kids can see them and be as inspired by Greg’s journey as we all are,” Niehaus said.

Thank you to Presenting Sponsor, TriHealth; Tournament Ball Sponsor, Fifth Third Bank; Mulligan Ball Sponsor, Bi3; Fernside Sponsor, Fort Washington Investment Advisors, Inc.; Media Partner, Local 12; and the many team, corporate and table sponsors who made this event possible.



Fernside Executive Director Vicky Ott shares a moment with Houston Texans Center and Fernside Alum Greg Mancz at the auction. His cleats helped make this the most successful event ever.

Community Gives Back

Fundraising with flapjacks

Busy volunteers Ed and Debbie Schellenbach hosted a pancake breakfast at the Hamilton Applebee’s on Northwest Washington Boulevard in May, raising \$1,846 for Hospice of Hamilton. “We are fortunate the restaurant provides this fundraising



Many thanks to our busy Hospice of Hamilton volunteers Ed and Debbie Schellenbach! They recently added fundraising to their many contributions to help support Hospice’s mission. They are pictured with Hospice of Hamilton Inpatient Care Center Manager Jackie Schmitz, RN.

Van Hart retires after decades of support

Hired as Hospice of Cincinnati's first full-time social worker in 1980, Pam Van Hart reflects on the organization that's been her second home for nearly 40 years. "I just love Hospice of Cincinnati," she professes. "Because I know we are providing the best care, real compassion and much-needed support to patients and their families. And that focus has not changed since the beginning."

Van Hart retired as Manager of Support Services at the end of June, leaving her legacy of compassion and caring ingrained in the culture of Hospice of Cincinnati. In her role as Manager of Support Services, Van Hart supervised and led all of Hospice of Cincinnati's social workers, chaplains, adult bereavement counselors, holistic services and volunteer services to maintain the highest possible focus on providing compassionate, personalized care.

She remembers when she started working with Hospice

of Cincinnati, there were only 40 to 50 home care patients. Today, the daily census averages 700, which includes patients served in inpatient care centers, their own homes or places they call home such as long-term care facilities.

Although the basic needs for support and comfort remain the same, Van Hart says today's families face new challenges.

"Families are more fragmented and resources more scarce in many cases because of changes in our health care system," she explains. "Grief counselors have seen a sharp increase in the need for bereavement support by families dealing with deaths due to opioid and substance abuse."

While her retirement is bittersweet,

Van Hart is excited about her future plans. She and her husband, Gary, are moving to Asheville, North Carolina, to live near their oldest son, daughter-in-law and grandson. They also plan to do some traveling to visit her daughter, who is living in New Zealand, and her younger son living in Germany.

Van Hart is proud of her legacy. "Hospice of Cincinnati has always been about caring for the whole person and the family," she says. "I feel very fortunate to have been a part of it."



For nearly 40 years, Support Services Manager Pam Van Hart has been a driving force behind Hospice of Cincinnati's culture of compassionate care. Van Hart retired at the end of June, leaving behind a lasting mark on the organization that will stay in her heart forever.

opportunity for non-profit organizations in our community," Ed explains. Hospice of Hamilton volunteers sold \$8 tickets for the all-you-can-eat pancake and bacon breakfast, then helped set up, serve and clean up.

In addition to fundraising, the Schellenbachs are regular volunteers at the Hospice of Hamilton Inpatient Care Center on Wednesday mornings, helping patients with their lunch. Ed also distributes communion and provides spiritual care on Sunday mornings as a lay minister for St. Peter in Chains Catholic Church in Hamilton. The couple also serve on the Hospice of Cincinnati Patient and Family Advisory Committee.

Hospice of Hamilton provided end-of-life care for both Ed and Debbie's moms and Debbie's aunt. "Our family members were all so well cared for by Hospice of Hamilton," Ed says. "We feel like it is really important for us to give back."

Meijer supports Fernside

Many thanks to first-time Fernside Classic sponsor Meijer! A Team-Level Sponsor, Meijer also donated a generous gift card to purchase supplies for Fernside's summer camp at Camp Joy. "Meijer is pleased to support the many children and families dealing with loss who will benefit from a Fernside program," says Cathy Cooper, Meijer Senior Director, Community Partnerships and Giving.



Are you interested in planning a fundraiser to benefit Hospice of Cincinnati or Hospice of Hamilton?

Please contact Lori Asmus, Hospice of Cincinnati and Fernside Development Officer, at 513-246-9230, or Lori_Asmus@TriHealth.com.

Hospice of Cincinnati volunteers

At the heart of it all

Volunteers are an integral part of the Hospice of Cincinnati team, providing essential services and enhancing quality of care to patients and their families. They are truly the heart of our team.

Hospice of Cincinnati celebrated the hard work and caring attitude of its volunteers at the annual Hospice of Cincinnati and Hamilton Volunteer Luncheon and Donna West Memorial Awards in April at the Cooper Creek Event Center in Blue Ash. "Our volunteers are so committed to the work they do here," Jo Ann Ropp, Manager, Volunteer Services, notes. "They really do make a difference in helping to ensure patients and families receive the highest possible quality of care."

Donna West Memorial Community Support Award

David Wilson

David Wilson began serving patient meals at the The Margret J. Thomas Inpatient Care Center in Blue Ash in 2004. He then began visiting patients to offer companionship in both long-term and home care settings.

In 2005, he joined the Planning Committee for Fernside's largest fundraising event—the Fernside Classic—and quickly became a key member. "Golf is something that I enjoy and with that connection, I felt that supporting the Fernside Classic would be a positive experience," he says. "My involvement has been very rewarding."

Over the years, Wilson has garnered thousands of dollars in support from friends and community connections. "I don't know what we would do without David on the Classic Committee," notes Fernside Executive Director Vicky Ott. "His experience,



David Wilson has expanded his volunteering at Hospice of Cincinnati beyond direct patient care to help with fundraising for the Fernside Classic. He is honored here by Volunteer Services Manager Jo Ann Ropp (left) and Hospice of Cincinnati President and CEO Sandra Lobert.



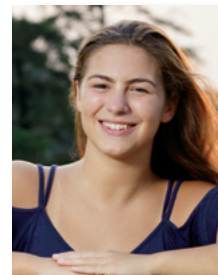
humble presence and big heart make him one of the most favorite volunteers I get to interact with."

Terrific Teen Award

Allison Kapostasy

Interested in a medical career, Allison Kapostasy finds volunteering at Hospice of Cincinnati's East Inpatient Care Center to be a wonderful experience. The patients and families

she sees while serving breakfast every Sunday have made a profound impact on her life. The Turpin High School senior also swims competitively, tutors and is active in giving back to others. "Allison has a wonderful giving heart and is a beautiful gift to our patients, families and staff," says Volunteer Services Manager Jo Ann Ropp. "We have been fortunate to have her as part of our team."



Volunteering at Hospice of Cincinnati has made a profound impact on high school senior Allison Kapostasy.

Daisy Awards

Pet Therapy Program members

Pet therapy dogs have been offering their unconditional love to patients and families at Hospice of Cincinnati's four inpatient care centers since 2002. In 2017, Graham Cracker the miniature horse began visiting, too. The gentle, quiet love these pets provide to patients and families is indescribable. Many thanks to their owners for the selfless hours they spend as volunteers, sharing their animal family with hospice patients.



Sheila Schroeder and her beautiful chocolate lab, Sweet Pea, are regular visitors to The Margret J. Thomas Inpatient Care Center in Blue Ash.

We will honor volunteers who received Direct Service Awards and who are celebrating service milestones this year in the Fall 2018 issue.

Thanks for making a difference!

Gifts made in memory or in honor of loved ones help provide experienced and compassionate care to thousands of Hospice of Cincinnati patients and families each year. Please visit HospiceOfCincinnati.org to learn more about the impact of your donation and to view a complete listing of tribute gifts.

GIVING WAYS

Plan your estate with a vacation mindset

Vacation planning helps ensure our expectations for leisure and excitement are met. We take the time to prepare by researching travel options, planning what to pack and exploring how we want to spend our time. What if we approached estate planning in a similar way?

Research and planning

Think about the time it takes to research, book accommodations and transportation, and plan an itinerary. You can use this same approach for developing strategies that leave assets to loved ones or favorite charities. And unlike that amazing vacation, estate planning strategies could cost you nothing to secure.

A good financial planner is just as important as a good travel agent. There are many planning tools to meet everyone's needs, just as there are getaway options to suit every fancy, from mountain to ocean view.

What to pack

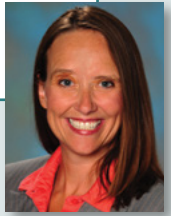
Like vacations, estate planning works best when you pack the right things. To get you there, consider asking these basic questions as you develop your plan:

- Who matters to me?
- What do I own?
- How should I give?

Depending on your goals, finances and tax situation, you can access a variety of estate planning tools to fill your suitcase. Some examples:

- **Charitable gift annuities** provide lifetime fixed payments with tax advantages.
- **Charitable remainder trusts** provide payments with tax advantages.
- **Life insurance policies** provide benefits upon death to loved ones or charity.

Visit our dedicated gift planning website BethesdaFoundationLegacy.org or contact Laura Kumler at 513-865-5219 or Laura_Kumler@TriHealth.com for resources to help you explore and plan your legacy.



A passport for your goals

A well-written estate plan is your passport to achieving your goals, helping you support the people and causes that are important to you. Your estate plan can be used to:

- Provide for family and friends
- Establish a plan to appoint someone to help in times of need
- Pass along your values through a lasting legacy

Your estate plan will guide you to where you want to go both today and tomorrow. It takes a little planning, but the benefits, namely peace of mind, are longer lasting than just a week in the sun.



Mark your calendar for the annual Hike for Hospice of Cincinnati & TriHealth 5K Run on Saturday, Sept. 8, at Summit Park in Blue Ash and the Hike for Hospice of Hamilton on Saturday, Sept. 22, at Hospice of Hamilton. Children 10 and under can join the Fernside Fun Run—a 50-yard dash at Summit Park. With your help, we can increase the support raised for the many programs offered by Hospice of Cincinnati and Hospice of Hamilton, providing the best possible end-of-life care for patients and their families.

Hike for Hospice of Cincinnati & TriHealth 5K Run and Fernside Fun Run

Saturday, Sept. 8
5K Run starts at 9 a.m., followed by
Fun Run at 10 a.m. and the Hike at 10:30 a.m.
Summit Park, Blue Ash

Hike for Hospice of Hamilton

Saturday, Sept. 22, 10:30 a.m.
Hospice of Hamilton

To register, visit HospiceOfCincinnati.org/Hike.



Some happy pups join their owners for the Hike for Hospice of Cincinnati walk on a beautiful fall day.

Hospice of Cincinnati is
sponsored by Bethesda Inc.
in collaboration with
TriHealth and Mercy Health.



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Fernside donors deliver

Donors helped Fernside continue its tradition of providing a pizza dinner before group meetings by supporting the Pizza, Parking & Pop campaign. Pizza time is an opportunity for Fernside families to socialize and enjoy dinner together before focusing on their grief.

Fernside served 831 children, teens and adults in the Evening Program last year, and they ate more than 1,500 pizzas!

In addition to pizza, other group costs include soft drinks and parking reimbursement for families attending the downtown location. Thank you to LaRosa's Pizzeria for its generous annual donation of more than 350 pizzas and to the Jay and Beulah Raymond Gift Fund for matching donations up to \$2,500.

Current Fernside families, alumni and others donated more than \$7,000. About half the donations were for \$10, and 70 percent were less than \$50. Every dollar counts, regardless of the size. Thank you to everyone who continues to support Fernside!



Kids enjoy pizza and friendship at dinner before Fernside's Evening Program. The recent Pizza, Parking & Pop campaign raised \$7,000 to keep the pizzas coming!

For more information on Fernside or to donate, visit Fernside.org or contact Lori Asmus, Hospice of Cincinnati and Fernside Development Officer, at 513-246-9230 or Lori_Asmus@TriHealth.com.

The Goldstein Family
Hospice of Cincinnati and Fernside
Grief Center



Promoting Healing for Life After Loss

The Goldstein Family Hospice of Cincinnati and Fernside Grief Center is the first comprehensive bereavement center in Greater Cincinnati focusing on both adult and children's grief. Services are free and available to all. For more information about our programs and how to register, please call Hospice of Cincinnati at 513-891-7700, Fernside at 513-246-9140, or visit HospiceOfCincinnati.org/grief-services/.