



Hospice of Cincinnati

Experience. Compassionate. Caring.SM

THE NATION'S **FOURTH** OLDEST HOSPICE • **WINTER 2017**

Keeping family together in life and in death

Family is everything to the Garner family. Bill and Evonnia Garner live on a quiet cul-de-sac in Carthage, Ohio, surrounded by the homes of most of their seven children and extended family. Family members have always taken care of each other. However, caring for their terminally ill parents recently became overwhelming. Hospice of Cincinnati is providing support so the family can do what is most important to all of them—keep their loved ones at home through the end of their lives.

The Garner family's experience with Hospice of Cincinnati actually began a few years ago when Bill and Evonnia's son Bill Jr.

was diagnosed with incurable lung cancer. Younger brother John invited Bill to move in with him when he could no longer live alone. However, John soon realized that he needed help due to Bill's rapidly increasing pain.

"The palliative care Bill received at home wasn't touching his pain," John remembers. "Once we got Hospice of Cincinnati involved, he was finally comfortable." Most importantly—because of his intense symptoms—the Continuous Care team took over the main caregiver role during Bill's end of life, allowing John and his family to spend quality time with Bill until he passed away in June 2015. "Their help allowed me to be his brother before he died," John says. "And that was priceless."

During Bill Jr.'s illness, Bill Sr. had a stroke and resulting respiratory arrest, leaving him virtually blind and suffering life-threatening health problems. Extremely weak, he was barely able to eat or move around his small house. When Hospice of Cincinnati began managing his care last October, his family did not think he would survive until Thanksgiving. However, with Hospice of Cincinnati's personalized, team-based care, Bill Sr.'s medical condition stabilized. He began eating regularly and not only enjoyed Thanksgiving with his family, but he also was able to celebrate his 89th birthday in December and 65th wedding anniversary last February.

John wasn't surprised that Hospice of Cincinnati could help bring on such a dramatic turnaround in his father's health after his experience with his brother. "My brother's wish was to die at home with family," John relates. "Hospice of Cincinnati allowed us to fulfill his wish."

continued on page 4



Hospice of Cincinnati helped the tight-knit Garner family care for each other at home during several terminal illnesses. Pictured are (left to right) brothers Sean, Bill Jr., John and James standing behind their parents, Bill Sr. and Evonnia, in a 2014 photo.

IN THIS ISSUE:

- 3 Family's loss becomes gift
- 6 Giving back
- 7 Seitz joins Board of Trustees

Guess who's turning 40?

Watch for information about our 40th anniversary in future newsletters this year!

Fernside Classic gets new venue!

Join us on Friday evening for food, fun and inspiration at the Fernside Classic's new venue, Cooper Creek Event Center, followed by golf on Monday at the beautiful Kenwood Country Club!

Friday, May 19, Cooper Creek Event Center
Dinner stations and silent/live auction

Monday, May 22, Kenwood Country Club
Golf, awards ceremony and dinner

For more event details, visit BethesdaFoundation.com.



Cooper Creek Event Center

Message from the CEO

DID YOU KNOW...



Hospice is not a place. It's a philosophy of care focusing on the entire family during the end of life. Most patients—about 90 percent—receive care wherever they call home, including their own home, a long-term care facility or assisted living facility. Hospice of Cincinnati also provides inpatient care in one of its four centers in Anderson, Blue Ash, College Hill and Hamilton. There, patients receive short-term crisis care as well as respite care to give caregivers a much needed break.



We know from life experience that difficult decisions can become easier if we take time to sort through the details and consider our feelings. The same is true when making decisions about the kind of care we want at the end of life.

Families that set aside time to talk through such decisions help ensure that their loved ones receive end-of-life care that reflects their personal values and preferences. Every day, we see the results of these conversations play out in the families who seek our care. Some patients come to us without having had these conversations, while others know exactly what they do and do not want during their final days.

John Garner and his family are one example. John shared this beautiful sentiment about his parents, both of whom were receiving Hospice of Cincinnati home care in December: “They just want to be home, and they want to be together.” (See page 1.) Another example is Jackie Glaser’s heartfelt thank you letter to us, stating, “Your staff made it possible for my mom to pass on exactly as she desired: at home, in her bed, surrounded by her daughters.” (See page 4.)

It’s an honor to help our families through this journey and provide meaningful experiences as their loved ones near the end of life. We’re equally humbled by the many ways families show appreciation. Jan and Mike Bryant show theirs by spreading Christmas Eve cheer to patients, families and team members. (see page 3).

Mikio Nishizu expresses gratitude for his wife’s care in varied ways (see page 6). Most telling of his wife’s appreciation was a list she made, on which she scribbled Hospice of Cincinnati. The list read: *Things I Cherish the Most*.

To be cherished by families receiving our care is the best acknowledgment we could ask for as we continue our mission to create the best possible and most meaningful end-of-life experience for all who need care and support in our community. These gestures of appreciation mean the world to us. They help us maintain our passion for providing compassionate care that honors and fulfills our patients’ wishes.

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.

Family's loss becomes gift to others

Jan and Mike Bryant remember the long nights spent at the side of loved ones at The Margret J. Thomas Inpatient Care Center in Blue Ash. Three of their parents spent the last days of their lives there. Jan's father passed away on Christmas Day evening in 2011. Extremely touched by the care their parents received from Hospice of Cincinnati, Jan and Mike felt inspired to give back to the staff and to support families in the same situation.

Since her father's passing, Jan and Mike have made dinner for staff who work on Christmas Eve and for families visiting their loved ones.

"They have food available to families, but it is pretty limited," Jan says. "There are very few restaurants close to the facility, and options are even more limited on Christmas, when most restaurants are closed."

The Bryants plan out a menu and table decorations every year, preparing enough food for 40 to 50 people. "We serve dinner from 6 to 8 p.m. for the evening shift and for families and friends of inpatients," Jan explains. This year they prepared a lasagna dinner, including salad, bread and desserts. "I bring a nice tablecloth and other holiday decorations to make the dinner a nice occasion for everyone."

Charge Nurse Julia Ornella remembers walking into the cafe that evening. "I saw family members and staff seated together, sharing a meal and fellowship," she says. "The Bryants were sitting with patients, families, and caregivers providing love and support." Mike and Jan sat down and talked with families as they came in to eat. Some ate quickly and returned to the side of their loved one. Others were eager to talk to someone who had gone through the same experience. "We understand what people are going through," Jan explains. "Hopefully, having someone to talk to will help them through this very difficult time in their life."

"We are so blessed to have Hospice of Cincinnati in our community."

In addition to providing a way for them to give back to Hospice of Cincinnati, Jan notes the dinner serves as a memorial to their parents. "Returning to the Blue Ash Center every Christmas helps us keep our parents' memories alive," she says. "We are so blessed to have Hospice of Cincinnati in our community."

Ornella is extremely appreciative of Jan and Mike's efforts. "It was such a great gift they gave to the families and staff that night," she says. "Their thoughtfulness exemplifies the true spirit of Christmas."



Jan and Mike Bryant prepare and serve a festive meal for patients, families and staff at the Margret J. Thomas Inpatient Care Center every Christmas Eve.

Volunteers needed

Hospice of Cincinnati seeks compassionate volunteers to support our mission of creating the best possible and most meaningful end-of-life experience for all who need care and support in our community. Be a positive presence in someone's life.

Volunteers help families with the day-to-day demands of caring for loved ones. They provide emotional support and companionship, run errands and offer respite to the caregiver. To learn more, contact Judy Russell at Judy.Russell@TriHealth.com or 513-246-9168.





Letters from Home

The below is excerpted from a letter written by Jackie Glaser to Hospice of Cincinnati.

I would like to extend my heartfelt gratitude and immense appreciation for a recent experience my family and I had with Hospice of Cincinnati. As a Cincinnati native and a 23-year employee of TriHealth, I have always heard good things about HOC. However, it wasn't until my recent personal experience that I realized how significant and powerful a role HOC and its staff play in the end-of-life stage for patients as well as loved ones.

I never dreamed we would be calling HOC, but as my mom's health quickly declined from increasingly debilitating effects of congestive heart failure and other chronic conditions, my mother made it clear she did not want to go to the hospital again. Her physician recommended Hospice; we were quickly surrounded by caring, compassionate, knowledgeable individuals who explained the steps, the processes and the resources available to us. The wheels were set in motion. ...

Marianne [case manager] was kind, compassionate and obviously clinically skilled. She took the time to sit and talk with us. She explained the dying process, helped us anticipate changes in mom's status and behavior. She provided much needed comfort and all the clinical care necessary for my mom.

My mother died on May 17—much sooner than anyone expected. We immediately called HOC and within 30 minutes, our HOC angel—Marianne—arrived. She took care of everything. Most touching and impressive to me was how Marianne—after all the business was taken care of—talked to my mom. Marianne brushed her hair. Straightened her night gown. Placed her hands and arms neatly on her belly. And she raised a blanket to cover her from the waist down. I was so touched by Marianne's calm, loving acts of compassion. She treated her with dignity.

I just cannot say enough about how helpful HOC was in this process to my mom, to me and to my family. Your staff made it possible for my mom to pass on exactly as she desired: at home, in her bed, surrounded by her daughters. They helped me and my family give my mom this gift by taking care of the details and ensuring mom was as comfortable as she could be. Thank you for all you and the staff of HOC did for us and what you do for this community. I could not be prouder to say that HOC is part of TriHealth.

*Sincerely,
Jackie Glaser*

Garner

(continued from page 1)

The Garner family relied on Hospice of Cincinnati yet again when John's mother, Evonnia, was diagnosed with an aggressive type of lung cancer in December. Now that both of John's parents have terminal diseases, John and his siblings draw comfort and strength from the Hospice of Cincinnati staff. "I know my parents are experiencing the same high quality care that Bill received," John says.

Bill Sr. reflects on his family's situation. "I feel like I've been given a second chance," he says quietly. "I believe I was kept around for a reason." He explains he believes it is God's plan for him and his wife to go at the same time. "Hospice of Cincinnati," he says, "is helping make part of that wish possible."

"They just want to be home, and they want to be together," John says.

Editor's note: During production of this newsletter, Bill and Evonnia Garner passed away within a week of each other—Bill on Jan. 4 and Evonnia on Jan. 10—surrounded by loved ones in the comfort of their home.



Join us on Facebook!

Hospice of Cincinnati has an active Facebook page, and we want you to join us! If you aren't already a follower, go to  [facebook.com/HospiceofCincinnati/](https://www.facebook.com/HospiceofCincinnati/) and click on the "like" button. You'll see informative posts on your Facebook timeline, including timely articles and news stories about end of life and Hospice care, and feature stories about Hospice of Cincinnati patients, staff and volunteers.

If you're a follower and you see a post from Hospice of Cincinnati, click "like" or consider sharing the post with your Facebook friends. Help us spread the word in our community about the compassionate care that makes Hospice of Cincinnati the area's leading hospice.

In the Community

Community supports hikes in Blue Ash, Hamilton

More than 1,500 community members participated in this year's Hike for Hospice events held Sept. 17 in Hamilton and Oct. 1 in Blue Ash, netting about \$80,000. Participants remembered loved ones by walking in their memory at Hospice of Hamilton's Inpatient Care Center and at Summit Park in Blue Ash, which also offered the TriHealth 5K Run. William Krall, MD, was the emcee at the Hamilton walk; Local 12 reporter Cammy Dierking was emcee for the Hospice of Cincinnati Summit Park events. An awards ceremony complete with donated food, music and support greeted participants at the finish lines. Presenting sponsors were Harry's Corner Flooring and Therapy Support Inc.

Proceeds from the events help Hospice of Hamilton and Hospice of Cincinnati continue their mission to provide the best possible, most meaningful end-of-life experience for all who need care and support in our community.



Trevor and baby Felix Grandle cheered on wife and mom, Cori, who ran the TriHealth 5K at Summit Park.

Alzheimer's Association features Conversations program

Hospice of Cincinnati staff shared information on advance care planning and person-centered conversations at the Alzheimer's Association of Greater Cincinnati Professional Symposium and Caregivers Day in November. Barb Rose, MPH, RN, Project Administrator, and Colleen Kurderer, BSN, Advance Care Planning Liaison, provided an overview of Hospice of Cincinnati's Conversations of a Lifetime™ program. Chief Marketing Officer Janet Montgomery and Medical Director Manish Srivastava, MD, participated in a panel focused on the role of hospice and end-stage dementia.

Hospice of Cincinnati has helped patients and their families have open and honest conversations about end of life for more than 35 years. A \$2.3 million grant from Bethesda Inc. and Catholic Health Initiatives funded Hospice of Cincinnati's leading-edge community outreach initiative, Conversations of a Lifetime. This program began in 2013 and is aimed at encouraging earlier conversations about goals and preferences for end-of-life care between providers, patients and their families.

For information about end-of-life care planning, visit ConversationsOfaLifetime.org. To schedule a speaker for your organization, contact Hospice of Cincinnati at 513-891-7700.



Keep the conversation going

Help Hospice of Cincinnati continue to provide programs like Conversations of a Lifetime by making a gift. Contact Lori Asmus, Development Officer, at 513-246-9230 or Lori.Asmus@TriHealth.com.

Parade brings cheers

Neither September's sweltering heat nor bursts of rain could dampen the spirits of Hospice of Cincinnati's Harvest Home parade volunteers. Cheers, applause and words of thanks greeted the group of moms, dads, grandparents, children, staff and four-legged friends who proudly carried the Hospice of Cincinnati banner ahead of their hay-covered trailer during the parade. Thank you to Chris and Sue Torbeck for hosting the group at their farm and to Mark and Karen Link for providing the truck.



Save the Dates!



Hike for Hospice of Cincinnati and TriHealth 5K Run
Saturday, Sept. 9, 2017
Summit Park in Blue Ash

Hike for Hospice of Hamilton
Saturday, Sept. 23, 2017
Hospice of Hamilton
Inpatient Care Center

Giving Ways

Thoughts and perspectives from our donors

Giving back to a cherished place

Mikio Nishizu's wife, Rosemary, spent her life making other people's lives better. A career as a family therapist led to volunteering for Hospice of Cincinnati, visiting patients and doing what she could to bring them comfort. "Rosemary would spend time with them listening to their fears, playing soothing music and just sitting quietly holding their hand," Mikio remembers. To honor her devotion to the organization she cared so deeply about—and who cared for her at the end of her life—Mikio is finding ways to give back to Hospice of Cincinnati.

After Rosemary died in 2014, Mikio talked with one of Hospice of Cincinnati's grief counselors. "She really helped me through the first difficult months," he says. Feeling that Hospice of Cincinnati had given so much to his family, Mikio decided he wanted to continue his wife's legacy and give back with the gift of time. The Diversity Committee asked for his input on the care Rosemary received and included him in a video. He joined the Patient Advisory Council, which is made up of physicians, nurses, staff and family members whose loved one was cared for by Hospice of Cincinnati. Council members challenge us to be better and continuously improve. "I believe it is very valuable because each one of us brings a different perspective," Mikio says.

Mikio will leave a tangible reminder of his wife at The Margret J. Thomas Inpatient Care Center by donating a hand-carved granite bench for the garden. After Rosemary's death, he found a list among her personal belongings titled, Things I Cherish the Most. "Hospice of Cincinnati was on the list," Mikio notes. "So I know this was a very special place for her."



Because Mikio felt Hospice of Cincinnati had given so much to his family—especially his wife, Rosemary—he is continuing her legacy by giving back in myriad ways.

Nichols honored at Caregiver Recognition Mass

Jim Nichols, RN, a nurse at The Margret J. Thomas Inpatient Care Center, was honored at the annual Caregiver Recognition Mass or "White Mass" at St. Peter in Chains Cathedral in November. Each honoree was recognized during the mass and presented with a white sash and a white rose. Nichols was nominated by a grateful family for the care received by their loved one. "Hospice of Cincinnati is honored to have Jim represent our organization," comments Kate Braun, RN, Nurse Manager.

The Cathedral partners with the Caregiver Assistance Network of Catholic Charities of Southwestern Ohio and the Knights and Ladies of Malta to recognize caregivers—both volunteer and salaried—throughout Greater Cincinnati. The event is always held during November, National Family Caregivers month.



Hospice of Cincinnati nurse Jim Nichols, RN, proudly wears the white sash given to caregivers honored at the annual Caregiver Recognition Mass. Bishop Joseph R. Binzer celebrated the "White Mass" held at St. Peter in Chains Cathedral in November.

Where's the donor list?

Looking for the list of tribute gifts? To save both money and trees, Hospice of Cincinnati has moved its list of tribute gifts—now numbering more than 3,000 a year—to our website. Please visit [HospiceOfCincinnati.org/donorlist](https://www.HospiceOfCincinnati.org/donorlist) to thank the many who have donated to Hospice of Cincinnati. The list will be updated and archived for viewing every six months.



Video wows judges

Congratulations to Fernside on its first place award from the Association for Healthcare Philanthropy (AHP) 2016 Social Media Video Contest! Fernside's video, "Thank You Cincinnati," received the highest total marks in: usefulness in fundraising, clear messaging, creative approach and overall production. Developed to acknowledge the strong community support that helps make Fernside's many services possible, the video is full of heartfelt remarks from children who've benefited from Fernside's programs.

"AHP was blown away by the powerful impact of these children who serve as the best spokespeople of the Fernside program," noted the judges.

"Thank You Cincinnati" was shown at AHP's International Conference and featured on all of its social media, digital newsletters and website. Additionally, AHP donated \$250 to Fernside to support future programs. You can view "Thank You Cincinnati" at Fernside.org.



Video produced by TriHealth Digital Marketing Team.

Courtney Seitz joins Board of Trustees

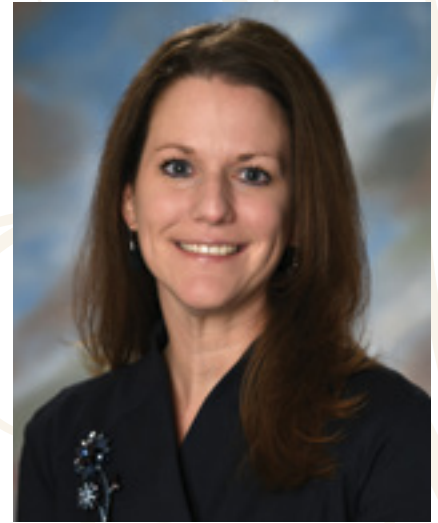
Hospice of Cincinnati is pleased to welcome Courtney Seitz, RN, MSN, to its Board of Trustees. As Chief Operating Officer, Mercy Health Physicians-Cincinnati, Seitz brings a wealth of experience in developing collaborative health care models that improve patient care. "The physician members of our Board of Trustees speak very highly of Courtney," notes Sandra Lobert, Hospice of Cincinnati President and CEO.

While explaining her interest in joining the Hospice of Cincinnati Board, Seitz says that hospice care has always touched her heart. "I've had personal experience with hospice," she shares. "And I routinely worked with Hospice of Cincinnati through my responsibilities while at Jewish Hospital."

Seitz thinks the care Hospice of Cincinnati provides is both unique and inspiring for those needing end-of-life planning and support. "It isn't just about patient care; it's about advocating for the best care possible for each individual patient," she says.

Lobert notes Seitz has been very supportive of Hospice of Cincinnati's leading edge programs. "Courtney has an appreciation for our Conversations of a Lifetime program," Lobert explains. "She has been working with us to explore options for introducing the program across a broader audience."

"I feel I can further extend the faith and support of Hospice of Cincinnati in the community," Seitz concludes.



Courtney Seitz

Your decisions matter

National Healthcare Decisions Day is an initiative to help people across the United States understand the value of advance care planning and encourage adults of all ages to plan ahead and document their wishes before a health crisis occurs. This year, National Healthcare Decisions Day will be a week long event from April 16 to 22.

With more than 35 years of experience providing end-of-life care, Hospice of Cincinnati provides resources for families to put their wishes in writing for peace of mind. At ConversationsOfaLifetime.org you'll find tools and resources for advance care planning and end-of-life conversation guides.



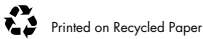
ConversationsOfaLifetime.org



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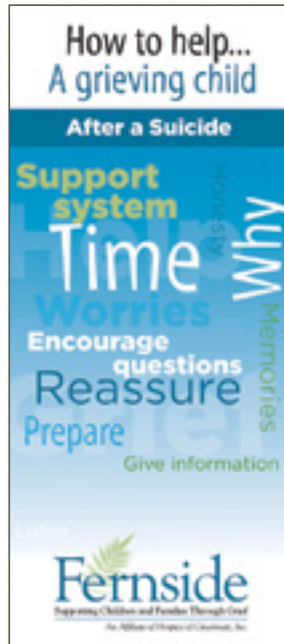
Fernside updates “How to help” booklet series

Fernside recently updated its popular “How to help...” series to refresh content and design. The booklets were developed to assist parents, teachers and helping professionals who are supporting children through the grieving process.


“While the content was still relevant, we felt revisions were needed so the information would appeal to a broader audience,” explains Christi Kettman, Outreach Coordinator. “We are seeing more grandparents who are raising grieving children and families who are grieving the death of a grandparent or other extended family member. We want the information in our publications to reflect the experiences of all grieving families.”

The three publications targeted to helping grieving children—in the classroom, after a suicide and as a guide to help adults—were also designed to coordinate with Fernside’s overall tone, look and feel.

To purchase Fernside’s “How to help...” booklets or any other publication, visit Fernside.org or search for them at Amazon.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 services and how to register, please call Hospice of Cincinnati at 513-891-7700, Fernside at 513-246-9140, or visit HospiceOfCincinnati.org/grief_support.shtml.