

# What's Happening at Hospice



Southern Tier Hospice & Palliative Care  
11751 East Corning Road  
Corning, NY 14830  
Phone: 607-962-3100  
website: [www.STHospice.org](http://www.STHospice.org)

Summer 2010

Southern Tier Hospice & Palliative Care since 1981



Katie Marks writes about her mother, Evealyn Marks, who died 23 years ago when Katie was 14 years old. In 2001, our building at Southern Tier Hospice & Palliative Care was dedicated to Evealyn's memory thanks to donations from the Marks Family and the Tripp Foundation.

## “The Heart *DOES* Heal”

“Mother’s Day was only three days away. The twenty-third time this celebrated day was about to roll around since my mom’s death. For years after she died, I greeted this day with dread, with expected pain and sadness. She wasn’t with me in the flesh to hug, missing her singing around the house, walking in on her kissing dad in the kitchen.

When my mother, Eve, died in April of 1987, I created this story that every April would be torturous. So dramatic, yes, but I was fourteen, and I soaked up every bit of drama I could. Up until now, I met spring, the epitome of renewal, rebirth, and resurrection as the season of sadness, annoyance and mud; something terrible and awful I had to endure.”

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### **We Need Volunteers!**

Southern Tier Hospice is looking for volunteers for all kinds of projects. Give your time to a worthwhile cause!

Call Susan Herron, Volunteer Coordinator

607-962-4100 ext. 133

## Board of Directors

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Family Services*

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*Director of Development*



### *Message from the Executive Director*

The staff at Southern Tier Hospice & Palliative Care is always dedicated to the people we serve but in recent months they have gone way above and beyond. Our census – which is the number of patients we serve – has gone from an average of 75 to 110 since April 2010. The staff here has stepped up to the plate to ensure quality patient care. Not just some of the time, but all of the time.

We are actively recruiting and hiring additional staff to ensure we meet the needs of our patients, and at the same time, not wear out these dedicated individuals. The dilemma that presents itself with adding additional staff is where to put them. We have reached maximum capacity in our current facility. A committed group of staff and board members are busy looking at options, both short and long term.

Lack of office space is not a good thing. What is good, however, is the growth in the number and types of patients served. Part of our Strategic Plan was to look at the feasibility of new programs to address the growing needs of the three county service area that we serve, including bereavement and an inpatient facility or residence. The Life Beat Program is a home based care and support program designed to provide support for families coping with advanced heart disease. Our new Alzheimer's program, Living With Dementia, is currently being piloted with Bethany Manor and will address the many needs of those coping with dementia. Several other programs targeted at specific needs and populations are also in the works, including a palliative care program in partnership with Arnot Ogden Medical Center.

As always, we can't do all these things without the support of our staff, volunteers, board members and the community. It's an exciting time for STHPC and the people we serve. We're glad you are a part of it.

*Mary Ann Starbuck*

### **Southern Tier Hospice & Palliative Care**

11751 East Corning Road

Corning, NY 14830

Phone: 607-962-3100

Fax: 607-962-4300

[www.STHospice.org](http://www.STHospice.org)

<http://facebook.com/STHospice>

Office Hours:

8:00 am—4:30 pm Monday—Friday

Toll Free 1-800-734-1570



# 2nd Annual Golf Tournament at Corning Country Club—Monday, July 19th

The Second Annual Hospice Golf Tournament is Monday, July 19th with a 1pm shotgun start at the Corning Country Club. It is \$400 per team with a Captain and Crew format. You can use the form provided or download the registration form from our website: [www.STHospice.org](http://www.STHospice.org). Many thanks to Simmons-Rockwell who is sponsoring a brand new Subaru for our Hole-In-One prize, Allegiant Air who has donated 2 round-trip tickets from Elmira to Orlando, Florida and the Painted Post Home Depot that donated a Deluxe Gas Grille as raffle prizes for the tournament.



## SOUTHERN TIER HOSPICE & PALLIATIVE CARE GOLF TOURNAMENT

**Date:** Monday, July 19, 2010

**Time:** Shotgun Start @ 1 pm  
Steak Dinner following tournament

**Place:** Corning Country Club

**Entry Fee:** \$400/Team

Includes golf, dinner, prizes, refreshments



**PRIZES:** Hole-in-One Prize: Brand New Subaru from Simmons-Rockwell. Raffle prizes include Gas Grill from Home Depot, 2 round-trip tickets from Allegiant Air, a NFL Team rug from Cutler's Carpet and more to come...

**FORMAT:** Captain and Crew. Hole in One, Closest to the Pin, Longest Drive Contests, Skins

**ALL ENTRIES MUST BE RECEIVED BY JULY 2, 2010**

### REGISTRATION FORM

Players Name	Address	Phone	Email
1. _____			
2. _____			
3. _____			
4. _____			

Please mail checks to STHPC, 11751 E. Corning Rd, Corning, NY 14830 OR

VISA    MC    AMEX    DIS   Credit Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
3 digit security # \_\_\_\_\_   Exp Date: \_\_\_\_ / \_\_\_\_

PRINT Name on card: \_\_\_\_\_   Signature: \_\_\_\_\_

Total Amount :\$ \_\_\_\_\_

Questions: Paul Rossi at Southern Tier Hospice - 607-962-4100 ext. 142 or [prossi@sthospice.org](mailto:prossi@sthospice.org)



At the Center of Your Community



## Staff Spotlight: —Andrea Barber, Social Worker

*Andrea Barber, MSW at Southern Tier Hospice & Palliative Care is the originator of the Grief Resource Program. This is to help schools recognize and assist a child who has experienced a loss. Andrea holds a special place in her heart for children facing loss and so created this program.*



“My vision is a Grief Resource Program so that each school in Chemung, Schuyler and Steuben counties has the information needed to help any student experiencing a loss. This program would provide training, resources on complicated grief, an on-line forum, age appropriate library books, and immediate on site support by a social worker trained in grief work when a loss has been identified. The Grief Resource Program will also respond to special requests that schools identify such as suicide, death of a child’s parent, death of a classmate or teacher, etc.

Children are especially at risk when they grieve. They are often unable to express their feelings with words, and sometimes withdraw or act out with disruptive behavior after the loss of someone they love. They

are especially vulnerable to people’s reaction to their tears or strange behavior which often mask a desire to talk about the emotional pain they feel. Adults frequently feel isolated after a loss. This is doubly so for children because they lack the maturity and skill to talk about difficult emotions and experiences. The adults in the household also had the same loss, which may hamper proper attention to the child as they deal with their own emotions. Also, children often do not want to burden their parents.

The school setting is a safe haven for many children to express their feelings and be heard. However, many school teachers and personnel do not have the training to identify this behavior as grief, or how to properly respond when a child reaches out. Schools also lack age-appropriate books for children about grieving, plus the teachers themselves lack reference material. It is my goal to help each class in every school have the resources needed to help a child who has lost someone they loved.”

**Help us put the Grief Resource Program in all the schools in Chemung, Schuyler and Steuben counties.**

**We need:**

- Volunteers
- Donations

**Please call Andrea Barber for more information**

**607-962-4100 ext. 147**

**8th ANNUAL PETAL PUSHERS WAS A GREAT SUCCESS!**

Our 8th Annual Geranium Sale was a blooming success with over 11, 800 flowers sold—a new record for Petal Pushers. Many thanks to Massi’s Greenhouse in Painted Post, our 122 sellers and to the 25 volunteers who counted, sorted and delivered these plants from Addison to Waverly, Hornell to Hammondsport and Odessa to Watkins Glen.

**Thank you everyone!**



William Lohrke, from Broadway Middle School won the Grief Resource Logo Contest!

# 1,000 Wishes Program

## We Need Your Help

We are looking for 100 people to donate \$1000 each

Yes, it is a bold request for very crucial needs.

Our deepest wish is that everyone living in our community benefits from the many programs Southern Tier Hospice & Palliative Care has to offer. Our staff stands by our mission to provide services to families regardless of their ability to pay. Your donation will support the vital programs that Southern Tier Hospice & Palliative Care offers but for which there is no reimbursement.



## 1000 Wishes Program

### Why we need your help

End of life care demands a unique kind of caring, however insurance reimbursement does not fully cover the cost of these individualized services. We need donations to support programs that get no reimbursements, such as:

**Bereavement Services** - There is a great need in our community for the bereavement counseling that we offer to children and adults.

- ~ Good Grief Camps for children
- ~ Grief Resource Program in schools

- ~ Support groups for adults and teens
- ~ Community Education and Grief Library

**Palliative Care** - Many families would benefit greatly from receiving assistance with coping with advanced diseases but do not qualify for Hospice. Our Palliative Care Team can step in and offer support and guidance, as well as our specialized medical consultation.

**Pet Support** - Our pets often hold a very important place in our families and in our hearts. When a family is under stress, needs arise concerning the four-footed members as well. We are ready to help with those issues, whether it be pet care, short-term fostering, long-term placement or other needs.

**Unique Needs** - Some families have needs that are not medical. Some basics such as food, gas and clothing can provide great comfort. Giving unrestricted funds would allow our staff to meet the unique needs of those families.

### ONE THOUSAND WISHES REGISTRATION I WANT TO BE A HOSPICE HERO!

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

E-mail: \_\_\_\_\_

- Enclosed is \$1000 in full.  
 This is my pledge to raise \$1000 by 12/2010.  
 Enclosed is my check for \$\_\_\_\_\_ as my deposit. (Checks made payable to STHPC with "Wishes" in subject line)  
 Type of card:    Visa    Mastercard    Discover    American Express  
Credit Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

**Mail to:** Southern Tier Hospice and Palliative Care, 11751 East Corning Road, Corning, NY 14830

Your gifts to Southern Tier Hospice and Palliative Care are tax deductible up to the amount allowed by law.

## Note Cards available to highlight local nature

**Tonyetta Huntley, LPN** is one of our incredible hospice nurses and also a remarkable photographer. She is often found photographing the flowers of her patients and friends. Tonyetta has created stunning images for us to share with the community. We are now offering an assortment of note cards as a new fundraising effort. Boxed sets of 8 assorted note cards are \$10.00. We hope you will consider using these to send notes to loved ones while supporting the programs of Southern Tier Hospice.



Tonyetta



### Ordering Information

To order, please contact Paul Rossi at 607-962-4100 ext. 142 or email him at [prossi@sthospice.org](mailto:prossi@sthospice.org). Boxes of note cards are \$10 at our office or you can add \$2.95 to have them mailed to you. Payments can also be made through our website using a credit card.

## Katie Marks continued...

(Continued from front cover)

But something was different about this spring. I heard a sweeter song when the first bird sang her arrival, I felt a genuine child-like excitement about the first crocus that popped up through the solid ground, I spent an evening in awe under the stars, lying in the grass listening to hypnotic peeper frogs, chirping across the pond to find their mate.

And then, in mid May, just days before Mother's Day, an abundant patch of fragrant lily-of-the-valley flowers bloomed directly outside the doorstep of my new apartment. It was like a cartoon where the smell of a fresh baked pie hits a sleeping dog's nose and he gently glides through the air, following the luscious lingering aroma until he wakes up at the pie on the windowsill. I woke up. Those lovely porcelain bells with their potent perfume were my mom's favorite and it must have been the combination of their arrival, Mother's Day and the influence of a wonderful team of people in my life to be the impetus to contribute to an organization that was there for my family throughout my mother's illness.

By the time my mom was diagnosed with cancer, a rare bone and blood sarcoma, the disease had already set up camp in various area of her body. My three amazing sisters, Ann, Susan and Melissa and I knew something was going on with mom; she wasn't feeling well, countless trips to several specialists, visitors coming in and out of the house where Mom would close the doors to the formal living room, always coming out with red eyes. I'll never forget the day she revealed her diagnosis, her prognosis and the most likely outcome of this nasty disease. My sister Melissa and I, the youngest two, were gathered on the couch in the same spot all the visitors had likely sat, and Mom told us with strength, love and kindness about her cancer. We cried together, something that became commonplace, and still is, as mom's special bond with all of us and my father allowed us to be open with our feelings throughout the last weeks and after her short life. We cried so much, really, that as a family we ended up doing our own Consumer Reports research on tissues, and concluded that Puffs Plus was truly the best for this type of crying! So soft and comforting, that when I finally walked back into the doors of Southern Tier Hospice, on the Friday afternoon before Mother's Day, announced myself and my excitement to volunteer, I burst into tears, was kindly handed a tissue that was NOT a Puffs Plus, and thought to myself – The first thing I'm going to do is supply the center with my mom's favorite tissue!

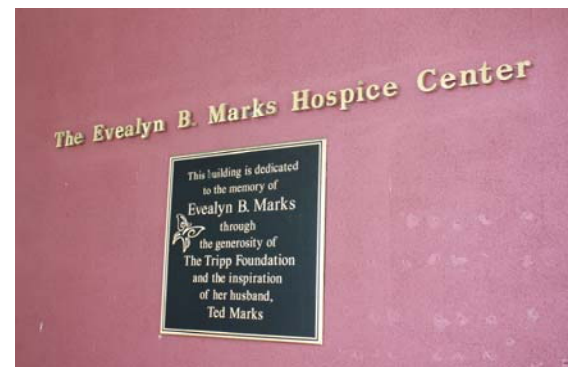
(Continued on next page)

(Katie Marks, continued)

When my mom got sick, my two older sisters were off at college, and as mom's cancer progressed, it became clear that the disease became too powerful for mom's body to handle. That was when Hospice became a part of our lives. Honestly, as a young teenager, trying to grasp the reality of cancer was next to impossible. The thought of her dying was so uncomfortable; I just wanted to be a typical teenager, as far away from my parents as possible, being ridiculous with my friends, goofing off with boys. So when Hospice first arrived in the house, these loving, warm, smiling faces, I resisted their presence. At first I could not decide if the Hospice volunteers and nurses were really angels or just harbingers of death. Having them in the house was a constant reminder that mom was definitely on the path to death. All hope was lost in that she might fight this thing. She was definitely going to die.

But it was truly through my mother's strength and fearlessness in facing death that allowed me to trust these amazing people that were there to support us in an otherwise helpless situation. My mom's acceptance of death was beautiful. I know that might seem like an odd thing to say, but there was a day, so beautiful, so profound, as my mom laid in the bed that she would soon die in, that she embraced her death, to God and to us, her four daughters and her husband surrounding her bedside. Having her in the comfort of home made it possible for powerful moments and memories. Allowing Southern Tier Hospice to be a part of our lives enabled my mom to remain at home throughout the last days of her life, opening up opportunities for our entire family and friends to give our love and support to my mom twenty-four hours a day. It was ultimately comforting to know someone would always be within an arms reach if something went wrong.

The heart does heal. Of course scars remain, but I'm in the camp that believes scars make us more interesting, more vulnerable, more open and powerful. Death is ultimately a part of life and while yes, my mom's dying was something that happened to me and my family, it certainly would not suit any of us to not celebrate her and celebrate life by dwelling in the 'what happened'. I realized this past spring that for 23 years, I've chosen to be stuck in the story that spring is a time to be sad, but what does that do for me and the others around me? Would my mother be proud I've chosen to stop living just because of her dying? Actually, I can hear the fanny paddle now in response....



In my personal epiphany to contribute and be a volunteer with STHPC, I've been inspired to gather photos, tracking down stories and memories of my mother in order to know everything I can about her life. Through my research and digging into old boxes, I came across the program given out on May 1, 1987 to all who entered the First United Methodist Church in Corning. On the front in giant letters it reads, "THE CELEBRATION OF LIFE – EVE MARKS". How fitting and fantastic that in death, we can celebrate amazing, outrageous and prosperous life!! And that is just what I intend to do by being a part of the Southern Tier Hospice Family, giving in any way I can, to honor my mom, to honor life. I'll make sure that after we switch the center to the ever-comforting Puffs Plus, I'll make sure to plant lily-of-the-valleys around the building, dedicated to her."

## Good Grief Camp set for Saturday, July 17th

Our annual "Good Grief Camp" will be held on Saturday, July 17th for children ages 5-12 who have lost a loved one in the past year. This day is a positive way for children to deal with the grief they are feeling, express that grief through art, and enjoy many fabulous events and activities in a comfortable setting. We will be providing music with Mary Lu Walker, healing circles with our therapists, and water fun with the East Corning Volunteer Fire Department. Food will be provided by Southern Tier Hospice & Palliative Care. It's FREE!



### Good Grief Camp

Saturday, July 17

8:00 -2 PM

Southern Tier Hospice & Palliative Care

11751 East Corning Road, Corning

607-962-3100



All children must be registered for this event and can do so by contacting Margie Rodgers at 962-4100 ext. 132 or by email at: [mrodgers@sthospice.org](mailto:mrodgers@sthospice.org).

Non-Profit  
Organization  
U.S. POSTAGE  
**PAID**  
Elmira, NY 14901  
Permit No. 82



## ***SAVE THE DATE***

- |                              |   |
|------------------------------|---|
| <b>June-July</b>             | Hospice Foundation Sunflower Days promotion at Wilson Farms and Sugar Creek stores. Purchase a sunflower and support your local Hospice.  |
| <b>Saturday, July 17</b>     | Good Grief Camp for Children at STHPC   |
| <b>Monday, July 19</b>       | 2nd Annual Hospice Golf Tournament at Corning Country Club - 1 pm   |
| <b>Wednesday, August 25</b>  | Pampered Chef Party to support STHPC—5-7pm at the STHPC Offices. A portion of the proceeds from all sales will benefit Southern Tier Hospice - more information to come...          |
| <b>Saturday, October 23</b>  | Southern Tier Hospice & Palliative Care bus trip to the Mohegan Sun in PA. A portion of the ticket sales will go as a contribution to STHPC. Only 90 seats available so RSVP today. |
| <b>Wednesday, October 27</b> | Applebee's by the Arnot Mall sponsors a Dine-to-Donate night where 10% of your check gets donated to STHPC anytime from 11am—Close. Contact us for your meal voucher!               |

*Notice: Southern Tier Hospice & Palliative Care (STHPC) never sells or shares information about patients or their families. However, the new HIPAA requirements state that we include the following message: STHPC may use information about you including your name, address phone number or the dates you received care at STHPC in order to contact you or your family to raise money for STHPC. If you do not wish STHPC to contact you or your family, notify STHPC to indicate that you do not wish to be contacted in the future.*