



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

WINTER 2010

Southern Tier Hospice & Palliative Care Since 1981



The Real Story about Hospice: It's about Living!

Kate Hembrooke, RN at Southern Tier Hospice & Palliative Care attends to a patient — see her story inside.

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Message from the Executive Director

In December, I visited Washington, DC with five other New York State directors through the coordination of the Hospice and Palliative Care Association of New York State. I visited our Congressmen and Senators; all expressed great support for hospice and willingness to advocate for removal of proposed reductions to Medicare hospice reimbursements. This is a critical time for Hospice with both the House and Senate health care reform legislation proposing crippling cuts to hospice reimbursements.

Here at home, we are all looking ahead to Spring. This is a time for planning and anticipating challenges as we go. In spite of the challenges we face, we are expecting more opportunities to serve patients and tell their stories as we educate the community about Hospice—it's about living!

We are also looking forward to a 2010 filled with special community events. These include our annual Petal Pushers geranium sales, silent auctions with jewelry and other items, Mother Nature Family Fun Day, Hair Gone Wild in Hornell and the Golf Tournament. Maybe you would be interested in participating in one of our events or even getting your business to be a sponsor. This could be the year you decide to become a volunteer, write a letter to the editor or become a fan on Facebook!

Southern Tier Hospice & Palliative Care is more than just medical care at the end of one's life. If someone you know used STHPC, you know this. Help us spread the word by participating in one of our events or community initiatives. You can help educate and empower your friends and neighbors who might be able to use one of our many hospice programs. We appreciate your consideration and look forward to hearing from you!

Mary Ann Starbuck

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Bereavement Groups

Southern Tier Hospice & Palliative Care holds many Bereavement Groups throughout the year. There is a Bereavement Support Group held on Tuesday evenings at the Hospice offices at 11751 East Corning Road from 6:00pm—7:45 pm. The group is open to adults who have experienced a significant death in their lives. The groups are facilitated by Pam Fraboni, STHPC Bereavement Coordinator and co-facilitated by Cami Ramsey, MFT.



There is also a Walking Support Group that meets at the Arnot Mall every Monday morning at 9:00 am near the information booth in Center Court. This group is for anyone who has lost a loved one. The group walks around the Mall until 10:00 am, when they break for supportive conversation in the upstairs food court. This group works to support the emotional and spiritual needs of those dealing with loss while enjoying some exercise.

Southern Tier Hospice and Palliative Care also offers opportunities for children with the Good Grief Camp held on the third Saturday of July. Many programs are offered through the year at the STHPC office, and some in coordination with the Rockwell Museum of Western Art in Corning. All of these bereavement groups and workshops are free of charge. For more information, please contact Pam Fraboni at 607-962-4100 ext. 145 or by email at: pfraboni@sthsospice.org. You can also find a list of support groups sponsored by STHPC, as well as others in the community by visiting our website.

Please send us your email address. By using emails to communicate, we can save thousands of dollars each year in printing and mailing costs. Please send them to Paul Rossi (prossi@sthsospice.org) or call us at 607-962-3100.



Animal Lovers Unite!

Southern Tier Hospice & Palliative Care is working with multiple community organizations to assure that the needs of four-footed family members are being met. There are many pet-related issues which can arise when a family is coping with an advanced illness. Routine tasks can go undone when other priorities arise. The changes surrounding an owner's illness can stress a pet. Some pets can be left without care during hospitalizations, or even more tragically, can be left homeless if their owner dies.

Hospice is partnering with animal welfare organizations who are already doing tremendous work to meet the needs of pets in our community. These include Chemung County Humane Society and SPCA, Finger Lakes SPCA, Happy Tails Pet Resort, Horseheads Animal Control, The Kramer Foundation, Lake Road Animal Hospital and Paradise Garden Animal Haven. If you represent an animal welfare organization or service and would like to be a part of this effort, please contact Robin Stawasz, Director of Provider Relations at 607-962-4100 ext.152.

We are also developing a group of Hospice volunteers to go into homes and attend to the needs of take-in pets, foster pets or "pet-sit." If you are interested, please contact Susan Herron, Volunteer Coordinator at 607-962-4100 ext.133.

Want to help educate our community?

We are looking for patients and families to help us spread the word about the services hospice provides to our community. Would you be willing to help write letters to the editor for our local papers or offer us comments for our Facebook page or website? Could we video tape your story for commercials to run on TV and the internet? If so, we want your help! Please contact Paul Rossi at 607-962-4100 ext. 142 and see what you can do to help educate our community about what Southern Tier Hospice did for you and your family.

Southern Tier Hospice Wish List:

- Your email addresses for our electronic newsletter
- Raffle Items for Gift Baskets for Hair Gone Wild or our Golf Tournament
- Canned goods or super market gift cards for our patients in need
- Volunteers
- Cases of Plain 80lb copy paper

The Volunteer Corner

A Call for Volunteers

STHPC is now recruiting Volunteers. The Southern Tier Hospice volunteer program will provide training for all potential volunteers. Patient volunteers are expected to do simple, comforting tasks such as holding the patient's hand or reading to them. The object is to provide comfort, companionship, and dignity to someone at the end of life. All volunteers are encouraged to be themselves and respond to patients as if they were their own family or friend. There are also many opportunities for other types of volunteer work—including non-patient care volunteering such as fundraising volunteers, pet volunteers, making comfort shawls, and many other opportunities.

Other Volunteer Opportunities Include:

- Picking up prescriptions
- Office Tasks
- Calls to the Bereaved
- Supporting a caregiver
- Being a friend to a patient

If you are interested, and want more information, or would like to be trained, please contact our Volunteer Coordinator, Susan Herron at 607-962-4100 ext. 133 or sherron@sthospice.org.

Hospice Volunteer Newsletter— “The Link”

If you have an email address, we can send the next issue of the newsletter to you and save Southern Tier Hospice & Palliative Care a little bit on postage. Just forward your email address to Susan Herron at sherron@sthospice.org.

“I want to extend my sincere thanks and admiration to your nurse for her work with our family this weekend. This was a very difficult situation and we were a challenging family. But she came back patiently day after day to give us the education we needed in amounts we could absorb. Our father died at home, without pain, and this could not have happened without her doing such a superb job.”

- A family member

It's time for the 2010 Petal Pushers Geranium Sales



It is almost that time of year again... the time when Southern Tier Hospice & Palliative Care and over 100 volunteers help make our local communities more beautiful with red, pink and white geraniums during our Petal Pushers sales.

This is not only one of the largest fundraising venues for STHPC but also a huge volunteer driven labor of love. Each geranium plant sold helps support our programs across Chemung, Schuyler and Steuben Counties. Volunteers are needed to help sell the plants, publicize the sales, organize the flowers and help deliver them in May. Massi's Greenhouse in Painted Post supplies the plants for our flower sales.

It takes many hands to do all this work and we need your help! Can you sell for us this year? We are always looking for new people and places to “Push our Petals!”. If you think you could help in any way, please contact Paul Rossi at 607-962-4100 ext 142. and help us make this our most successful Petal Pushers!

Staff / Family Spotlight Story—Kate Hembrooke

Kate Hembrooke RN has been a nurse for 23 years. She has worked for Southern Tier Hospice for nearly 10 years. “I’ve always wanted to work with people who are facing the end of life. This is fulfilling work and my true calling,” said Kate. Earl Schnautz, a former patient, said “Kate is great! She gives good care and doesn’t miss a thing. She makes sure my prescriptions are current, gets them filled and even fills my medicine box for me!”

Mr. Schnautz was a hospice patient beginning in 2007 and was able to be discharged from service in 2008 because his cancer went into remission. After some time, Mr. Schnautz came back to Hospice and recently passed away. He always raved about the care he received. The Schnautz family stated that all of the staff at STHPC has been friendly, reliable and helpful in too many ways to mention. “They would do anything for you,” Anna, his wife states.



Kate with her new puppy

“Everyone, especially the LPNs, are wonderful and they do so much for us. We love Kate like a daughter,” Mrs. Anna Schnautz says. “Kate helped me a lot when our daughter died two years ago. Kate was kind and supportive to Earl and I during that very difficult time. So she didn’t just give care to Earl, she helped me too!”

Kate graduated from CCC Nursing School in 1987. She was drawn to nursing because of her mother's influence, and says, “my philosophy about caring for people at the end of life is it's as important to be present at someone’s death as it is to be at their birth. It's as important as labor and delivery.”

Kate likes to travel to her patient’s homes and says, "seeing patients in their own homes allows them to be more relaxed and more themselves." Kate enjoys working out, walking her dogs, and is an avid reader. Her real passion is nursing, which she says fills her heart with a good purpose.

Kate is just one of Southern Tier Hospice & Palliative Care’s exceptional nurses. Watch for our next newsletter to read about other members of our Health Care Team.

Arnot Mall Tribute Tree Raffle Winners

At holiday time STHPC had a Tribute Tree display at the Arnot Mall. This gave many people the chance to remember loved ones by placing a personalized ornament on the tree, and to take a chance on our raffles. The raffles included a quilt handmade by one of our patients and his wife, and a hand blown vase donated by the Corning Museum of Glass.



Susan Wedding—CMoG hand blown vase raffle winner



Suzanne Mockaitis — Winner of our homemade quilt. The quilt was created by Linda and Bob Deming while Bob was a patient and was gifted to Hospice by Linda.

“(We) cannot thank you enough for the care and dignity you gave (our) father... It truly lessened the burden on the family and we were able to enjoy what time we had left. Words cannot express our heart felt thanks. Peace and Prayers to all at Hospice”

- Son and Daughter-in-law of K family

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SAVE THE DATE

- Saturday, May 8** Family Fun Day with a 5K Run/Walk at HealthWorks in Painted Post. This is a joint event with The Rockwell Museum of Western Art, and Tanglewood Nature Center. Each organization will have special events from 9 am– 5pm throughout the day.
- Monday, May 17** 8th Annual Petal Pushers delivery day at Massi's Greenhouse (**Sales start in March**)
- Wednesday, May 26** Hair Gone Wild Event in Hornell. Product sales, demonstrations and raffles to benefit STHPC - sponsored by New Dimensions Salon and Day Spa in Hornell.
- June-July** Hospice Foundation Sunflower Days promotion at Wilson Farms and Sugar Creek stores. Purchase a sunflower and support your local Hospice.
- Monday, July 19** 2nd Annual Hospice Golf Tournament at Corning Country Club - 1 pm "Shot gun" start with Captain and Crew format. \$400 team registration fee; sponsorships start at \$100 for each Hole Sponsor.

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.