

Special Memories Shared Online

Sue Guirl, a professional writer, recently expressed her feelings on the loss of her father and her appreciation for HomeReach Hospice for all to read, via the Internet. Sue shared stories about her dad, his courageous battle and her family's experience with hospice on her sister's blog. Below are two excerpts from Sue's articles.

Even Superman Has to Die

My Dad died just before Christmas. He was 83. Dad suffered a long, hard road these past few years as his body lost strength and ability. The last nine months were a rocky series of ups and downs.

Hospice agreed to come in and brought with them equipment, medicine, a wonderful nurse, bathing help, a physical therapist, a massage therapist, a social worker and a chaplain. Most of all they brought expertise, experience, support and comfort—for Dad, Mom and all of us. Life for our family became considerably easier.

Even as we watched Dad age, we thought he would be there forever. But even Superman has to die. For all the months Dad spent dying by frustrating inches, finally confined to his bed and able to do little for himself, when the end came it was quick and peaceful. He was at home, he was with his family and he just drifted quietly away in his sleep.

Hospice Isn't Just for Cancer Patients

My dad was a hospice patient during the last six months of his life. He didn't have cancer. He was just old and dying. He had a host of problems: diabetes, neuropathy, heart disease, hardening of the arteries and a touch of dementia. Dad just lost his ability bit by bit.

Mom was reluctant to consider hospice. She believed Dad would live well past six months, maybe even three to five years. After a series of setbacks, it became apparent that Dad was not going to improve and that hospice would provide the nursing help, medical equipment, medications health aides and financial relief that would allow us to keep Dad at home. It was time to call hospice.

Betsy was Dad's nurse. She was never more than a phone call away and always responded immediately to a concern. Betsy was the glue that held our family together those last six months. Hospice also sent a wonderful chaplain, Chris to visit Dad. In talking with Chris, Dad found the courage to accept that life was ending. He was able to tell each of us that he loved us and listen while we said our goodbyes, a gift we will always cherish.

For my family, hospice was a life-saver. Without fail, everyone we met or had contact with through HomeReach Hospice was compassionate, professional and kind, from the man who set up the equipment to the lady who answered the phone. Hospice gave us the support, assistance, tools and courage to care for Dad at home so that he could die in peace, surrounded by the people who loved him.



William Ransom

Gallagher-Allred

LEADS DEVELOPMENT BOARD



The HomeReach Hospice Development Board is built upon the traditions established by its predecessors, the Hospice at Riverside Board of Trustees and the Hospice at Riverside and Grant Advisory Board. As Chair of the Board, Charlette Gallagher-Allred brings a long-term passion for sustaining quality, hospice care in our community including a 30 year history of volunteering for hospice, an outstanding commitment to leadership-level giving, and a stellar professional career in human nutrition during which she wrote “the book” on nutrition and hydration in hospice care.

This former Director of Professional Relations and Education for the Ross Products Division of Abbott Labs officially retired in 2004, but retirement has brought no slow down in her life. When not traveling the world with her husband, John, Charlette keeps a keen focus on hospice, so much so that she says, “If I don’t do something for hospice each day I feel that my day has been wasted.”

With the recent adoption of an innovative vision for the future of HomeReach Hospice, Charlette has very few days that don’t involve efforts to advance this vision. Never one to “go it alone,” Charlette is a motivating force with members of the Hospice Development Board – a Board that has many new members as well as members who have chosen to continue their board service focusing on fund development.

With this vision as her new calling, Charlette, is pouring her heart and soul into helping the dream of a new in-patient facility and expanded hospice programming become reality because, “There is real joy in **making every moment matter** for our patients and their families.”

HomeReach Hospice Development Board

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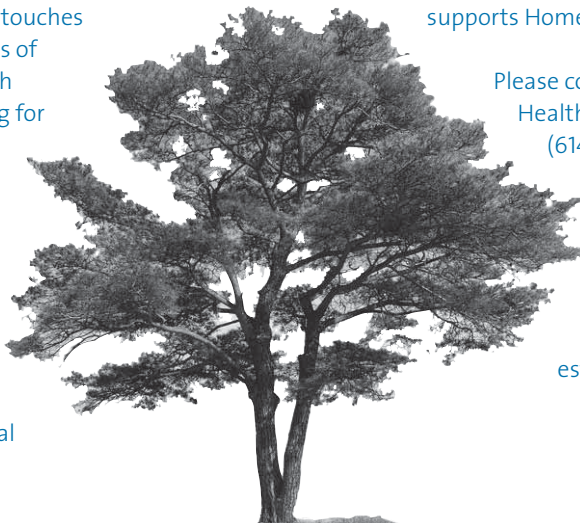
Creating a Lasting Legacy

HomeReach Hospice relies on the generosity of individuals who give year after year to support our hospice services and programs. Those persons who remember HomeReach Hospice in their Wills and/or estate plans create an enduring personal legacy – and ensure that the highest quality of comprehensive hospice care will remain available in our community.

HomeReach Hospice touches the lives of thousands of persons annually with compassionate caring for those facing the end-of-life and their families. When you make a provision in your estate plan for HomeReach Hospice you become an important partner in continuing this critical work.

There is no time like the present to create or update your estate plan, so that your loved ones are taken care of and your support of HomeReach Hospice will continue in to the future. You can start today by contacting your attorney and other financial advisors who can assist you with an effective estate plan that provides long-range economic security for yourself, your family and supports HomeReach Hospice.

Please contact the Ohio-Health Foundation at (614) 544-GIVE (4483) for more information on how you can sustain excellence in end-of-life care through your Will or estate plan.



Hospice Highlights is published by HomeReach Hospice for its patients, families, friends and supporters. Call (614) 566-5377 with comments and suggestions.

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HomeReach Hospice offerings – May through November 2008

Call 566-4509 to register.

STEPS TOWARD HEALING – Grief support group for adults who have lost a loved one. Group meets weekly for eight to ten week sessions on Wednesday evenings, 7-9 p.m. **Groups meet May 21 through July 9; July 30 through September 17; October 8 through December 10.**

WIDOW-WIDOWERS SUPPORT GROUP – Monthly meetings first Wednesday, 2-3:30 p.m. Group meets at Maple Grove United Methodist Church, 7 W. Henderson Rd. at High and Henderson.

YOUNGER WIDOWED PERSONS SUPPORT GROUP – On-going group meets every two weeks from 6:30-8:30 p.m. at St. Joan of Arc Church, 10700 Liberty Rd. Powell. Registration for childcare required. Call for dates.

PREGNANCY AND INFANT LOSS GROUP – A support group for parents who have lost a baby before, during or in the first year after birth. Meets first Tuesday of the month, 7-9 p.m.

SMALL STEPS PRE-SCHOOL EVENING PROGRAM – A grief support group with activities and discussion for parents and children ages 3-5 about coping with loss. **Third Monday, 6:30-7:30 p.m. May 19, June 16, July 21, August 18, September 15, October 20 and November 17. No meeting in December.**

SMALL STEPS PRE-SCHOOL DAY PROGRAM – A four week grief support group for children ages 3-5 and their parent/caretaker who have experienced the death of a loved one. Children's activities will include art, play, and discussion. Tuesdays 9:30-11 a.m., **May 6, 13, 20, 27; September 9, 16, 23, 30; November 4, 11, 18, 25**

STEPPING STONES – A grief support program for children ages 6-12, who have lost a loved one. Discussion through activities. Monthly meetings third Saturday, 9-11:30 a.m. Adult group available from 9-10:30 a.m., **May 17, June 21, July 19, August 16. No meeting in September, see Day Camp info. October 18, November 15, December 20.**

PATHFINDERS TEEN GROUP – A grief support group for teens aged 13-18 who have lost a loved one. The sessions include discussion and activities led by grief specialists. Monthly meetings last Monday, except for May, 6:00-7:30 p.m. **May 19. No group in June and July. Aug. 25, Sept. 29, Oct. 27, Nov. 24. No meeting in December.**

FIRST STEPS – An education/support series for those in the first year following the death of a loved one. Presented by the HomeReach bereavement staff in cooperation with the Haven of Hope, Zangmeister Center at 3100 Plaza Properties Blvd. **May 1 through 29, 1-3 p.m.**

HELPING CHILDREN WORK THROUGH GRIEF – This workshop for parents and caregivers will provide information on how to help children and teens cope and readjust throughout their grieving process. **May 12, 7-9 p.m. Kobacker House**

DAUGHTERS WHO HAVE LOST MOTHERS – This four session group is for adult daughters and will provide an opportunity to share grief experiences, reactions and coping techniques. **May 13, May 27, June 10 and June 24, 7-9 p.m. Kobacker House**

EXPRESSING LOSS THROUGH THE ARTS – This four week group for adults will incorporate art and writing imagery to guide participants in methods of personal reflection and healing in the grief process. No arts experience necessary. **July 7, 14, 21, 27, 7-9 p.m.** Must attend first session. Registration limited, please call 566-4509 to register.

DEALING WITH THE DEATH OF A PARENT – This workshop will deal with issues specific to the adult loss of a parent or parents. Session will combine grief education presentation and group discussion. **Monday, September 8, 7-9 p.m.**

STEPPING STONES DAY CAMP HomeReach Hospice is offering a free, one day grief camp, utilizing art, nature and growth games for children ages 6-14 who have experienced the death of a significant person in their lives. **Saturday, September 13 from 9 a.m. to 5 p.m. at Hoover YMCA Camp 1570 Rohr Rd, Lockbourne. Registration required by August 30. Call 566-4509.**

NUTS & BOLTS OF GRIEF – The workshops listed below are a on practical issues or questions following the death of a loved one. Call 566-4509 to register.

Legal Issues – This workshop is presented by Lloyd Fischer, HomeReach Hospice Board Member and Estate Lawyer. Held at the Whetstone Branch of the Columbus Metropolitan Library, 3909 N. High St., Columbus, OH 43214. **May 6, 6:30-8 p.m.**

Home Repairs – Speaker is Bob Trout, Schreiner Ace Hardware Owner. Held at HomeReach Hospice, 3595 Olentangy River Road, Columbus, OH 43214. **June 9, 6-7:30 p.m.**

Home Repairs Follow-up Session – Speaker is Bob Trout, Schreiner Ace Hardware Owner. Held at HomeReach Hospice. **June 26, 6-7:30 p.m.**

Financial Issues – Speaker is Noreen Maltos. Held at Union Savings Bank, Community Room, 1330 Morse Rd., Columbus, OH 43229. **July 14, 5:30-7p.m.**

Downsizing – Speaker is Ginny Shimrock – Senior Transition Services. Held at First Community, 1800 Riverside Dr., Columbus, OH 43212. **August 4, 6:30-8 p.m.**

Dealing with Holidays and Special Days – Holidays, anniversaries and birthdays can be difficult after the loss of a loved one. Discover suggestions to help.

Nov. 6 7-9 p.m. Doctors Hospital, Physicians Dining Room

Nov. 10 2-3:30 p.m. Kobacker House.

Dec. 8 7-9 p.m. Kobacker House

Spring Gala Features a Tribute to **Art Kobacker**

The 2008 Hospice Gala will be held Sunday, May 18 at The Columbus, A Renaissance Hotel from 6-9pm. The event will feature a tribute to Arthur Kobacker and the recognition of four hospice champions. Art and Sara Jo Kobacker were early pioneers in the hospice movement and made the lead gift to help build the first, free-standing hospice facility in central Ohio. Kobacker House of HomeReach Hospice is named in their honor. Art Kobacker passed away in July, 2007 but his legacy of caring lives on in our community and beyond.

This year's Hospice champions are: Judson S. Millhon, Jr., MD, Victoria Bonner and Valerie Swiatek, and Ann DiMarco. Dr. Millhon, a long time friend and advocate of hospice care is a highly regarded interventional cardiologist; Victoria Bonner and Valerie Swiatek are active philanthropists, carrying on a tradition of giving established by their parents, Bill and Barbara Bonner and Ann DiMarco is an active hospice volunteer whose giving is focused on helping grieving children.

Tickets to the Gala are \$75 each and sponsorships start at \$500. To reserve your tickets, or for more information, call the OhioHealth Foundation's Special Events Coordinator Bethany Bell at (614) 544-4529.



Volunteers... It Must Be Love

In recognition of National Volunteer Week, HomeReach Hospice rolled out the red carpet to honor its volunteers at a celebratory event on April 15. This was the eighth year that hospice volunteers have been treated to a sit-down dinner, served by hospice staff members. According to volunteer manager, Linda Hanson, "we made every effort to create a special evening, from serving a delicious meal on beautifully set tables to bringing in local entertainment so that our volunteers know that what they do really does make a difference – and how thankful we are to all of them."

Currently, there are 300 hospice volunteers, 80% of whom work directly with patients and families. Volunteers are critical members of the HomeReach Hospice teams helping with in-home care, nursing home care, at Kobacker House and in the Community Grief Program. Volunteer training is held twice a year, usually in March and October and takes place on six evenings, with each evening session lasting three hours.

The need for hospice volunteers continues to grow. If you or someone you know is interested in volunteering for HomeReach Hospice, please call Linda Hanson at (614) 566-4385.

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