Farewell from the President

President’s Message by Tina Paczkowski

I just love fall; it is my favorite time of the year. We are in peak season here in Lewis County and it is just beautiful. November is Hospice Month and there will be many events held throughout the month to celebrate Hospice. These events will be advertised on the radio and in the newspaper.

With fall comes preparation for one of FOLCH’s major fundraisers “Light up a Life”. It will run from November 28th through December 10th. We will have volunteers at several locations throughout the county. Please stop by and “light up a life” in memory or in honor of a loved one.

With the resignation of Steve Brooks from the Board, we are down a Board member. If anyone is interested in a Board seat, please contact any Board member. I would also like to take this time to thank Steve for his years on the Board and his hard work on the Epicurean. You will be missed.

Speaking of the Epicurean, the committee will begin planning the 2017 Epicurean in January. With the new venue and set up, we are very interested in feedback and suggestions from the public. Please contact any Board member.

This will be my last article as my second term on the Board ends in February. I am honored to have served on this Board as a member, Treasurer and President. The assistance this organization gives to the people of Lewis County, at a time they need it the most, is overwhelming and humbling. Although I will be off the Board, I will always be an advocate to Friends of Lewis County Hospice and the Hospice program and continue to volunteer. Thank you for giving me the opportunity.
Hospice & the Holidays:
What, When, & Why

By Crystal Collette, LMSW
Hospice and Home Care Social Worker

Thanksgiving, Chanukah, Christmas, New Year’s. Holidays are especially difficult for those who have experienced the death of a loved one, especially during the first year after the death. At a time when everyone is supposed to be feeling happy and enjoying themselves, the bereaved can feel sad, lonely, and depressed.

The Office for the Aging is pleased to welcome Crystal Collette, LMSW, Hospice Social Worker and Bereavement Coordinator, Lewis County Hospice, as the guest presenter at our upcoming senior forum. Join us on Friday, November 18 beginning at 10 a.m. at the Lewis County Office for the Aging, Lowville Commons, 7550 S. State Street, Lowville in the Suite D Conference Room.

This session will address the philosophy of as well as the nuts and bolts of palliative care, how it resembles and differs from Hospice Care, and how to access these services especially around the holidays. Discussion will also include health care proxies, advance directives, end-of-life decision making and tips for resolution of conflicts regarding these difficult issues.

Palliative care sees the person beyond the disease. The goal is to improve quality of life for both the patient with a serious, complex or chronic illness, and the family and support system of the patient. This will be an opportunity to explore these feelings and explore ways to cope with the holidays as you grieve.

Please call the Lewis County Office for the Aging at 376-5313 for further information and to reserve your seat as we discuss Hospice & the Holidays: What, When, & Why
During November the home care and hospice community honors the millions of nurses, home care aides, therapists, and social workers who make a remarkable difference for the patients and families they serve. These heroic caregivers play a central role in our health care system and in homes across the nation. To recognize their efforts, we call upon all Americans to commemorate the power of caring, both at the home and in their local communities and join with the National Association for Home Care & Hospice (NAHC) by celebrating November as Home Care and Hospice Month.

NAHC and its affiliate Hospice Association of America (HAA) honor National Hospice Month with the theme Home Care and Hospice Deliver Freedom. Hospice provides pain control and palliative care to patients who are terminally ill. It also addresses their social, spiritual, and emotional needs, along with those of their family members. For decades, patients have counted on hospice to give them comfort, peace, and closure in the twilight of life.

**What is Hospice Care?**

**What is hospice care?** Hospice focuses on caring, not curing, and in most cases care is provided in the patient’s home. Hospice care also is provided in freestanding hospice centers, hospitals, and nursing homes and other long-term care facilities. Hospice services are available to patients of any age, religion, race, or illness. Hospice care is covered under Medicare, Medicaid, most private insurance plans, HMOs, and other managed care organizations.

**How does hospice care work?** Typically, a family member serves as the primary caregiver and, when appropriate, helps make decisions for the terminally ill individual. Members of the hospice staff make regular visits to assess the patient and provide additional care or other services. Hospice staff is on-call 24 hours a day, seven days a week.

The hospice team develops a care plan that meets each patient’s individual needs for pain management and symptom control. The team usually consists of:

- The patient’s personal physician
- Hospice physician (or medical director)
- Nurses
- Home health aides
- Social workers
- Clergy or other counselors
- Trained volunteers
- Speech, physical, and occupational therapists, if needed

**What services are provided?** Among its major responsibilities, the interdisciplinary hospice team:

- Manages the patient’s pain and symptoms
- Assists the patient with the emotional and psychosocial and spiritual aspects of dying
- Provides needed drugs, medical supplies, and equipment
- Coaches the family on how to care for the patient
- Delivers special services like speech and physical therapy when needed
- Makes short-term inpatient care available when pain or symptoms become too difficult to manage at home, or the caregiver needs respite time
- Provides bereavement care and counseling to surviving family and friends
The Friends of Lewis County Hospice (FOLCH) held their annual Epicurean Delight on Sunday, May 1, 2016. This very successful 22nd edition was much different than in the past, including a name change to - Epicurean and Music Delight, and also a change in venue to the Ridge View Inn on the Bardo Road in Lowville.

Heather Houppert graciously donated the entire Ridge View Inn as a venue for FOLCH to hold our largest fund raiser of the year. Their staff provided a delicious turkey dinner buffet for patrons, which was another change from years past. A huge thank you to everyone at Ridge View Inn!

In addition to the great food, patrons were entertained throughout the event by three different musical groups, who all donated their time to help support Lewis County Hospice. Capo 3 started off the fun, followed by the Patti Stanford Band, and then The Meyer’s Family took over. All three groups joined together for a grand

22nd Annual
EPICUREAN
& MUSIC DELIGHT
A Delightful Success!

Thanks also to all who came out to support Lewis County Hospice!
We hope you enjoyed the NEW Epicurean and Music Delight!

finale. A huge thank you to all the musicians for a great time!

Not everything about the day was a change. The very popular raffles and silent auction returned this year, helping to raise money to support the needs of Hospice patients and their families. Congratulations to all the winners!

Epicurean and Music Delight would not have been the success it was without all of the sponsors, and the generous donations from businesses and individuals alike. The Friends of Lewis County Hospice Board members would like to thank all who helped in any way to make this Epicurean and Music Delight a great success. We would especially like to thank our two major business sponsors - Kinney Drug Foundation and the Northern Credit Union. We couldn’t have done it without you! Thank you for your generous monetary support!

Thanks also to all the patrons who came out to support Lewis County Hospice! We hope you enjoyed the new Epicurean and Music Delight!
Welcome Our Newest Hospice Nurse

Peter Meyer, RN, joined the Hospice staff last spring. He lives in Croghan with his wife, Mary. Peter has been an RN for 10 years. Prior to joining the Hospice staff, he worked for Lewis County Search and Rescue for 20 years and worked four years in critical care nursing at SMC. In addition to that he worked 6 years in the ER at Carthage Area Hospital.

Peter likes to spend his free time with his grandchildren. He also likes hiking, hunting and fishing.

When asked why he wanted to be a Hospice nurse, Peter states that he wanted to provide a pleasant and personal service to people from his county. Welcome Peter! We are glad to have you part of the Hospice team!

Thanks, Steve!

Steve Brooks served on the FOLCH board for the past two years. During his time on the board, Steve worked very hard as the Epicurean co-chair. He especially worked diligently during this past year organizing the new Epicurean and Music Delight. Thanks for all your hours of service to FOLCH and helping to make our major fundraiser a wonderful success.

Do You Like Gardening?

If so, we need you! Hospice of Lewis County is looking for someone who loves gardening and would like to take charge of the Hospice Memorial Garden located behind the Lowville Post Office in Veteran’s Park. Mary Ingersoll has coordinated the use and care of this beautiful and serene garden for many years and would like to retire her position. If interested please call Shannon at 315-376-5308.

HOSPICE: A Historical Perspective

The term “hospice” (from the same linguistic root as “hospitality”) can be traced back to medieval times when it referred to a place of shelter and rest for weary or ill travelers on a long journey. The name was first applied to specialized care for dying patients by physician Dame Cicely Saunders, who began her work with the terminally ill in 1948 and eventually went on to create the first modern hospice—St. Christopher’s Hospice—in a residential suburb of London.

Saunders introduced the idea of specialized care for the dying to the United States during a 1963 visit with Yale University. Her lecture, given to medical students, nurses, social workers, and chaplains about the concept of holistic hospice care, included photos of terminally ill cancer patients and their families, showing the dramatic differences before and after the symptom control care. This lecture launched… a chain of events, which resulted in the development of hospice care as we know it today.

Caregiver Retreat Evening

On the evening of November 9, 2016, Lewis County Hospice sponsored a Caregiver Retreat Evening at Maple Ridge Center in Lowville. All present and past caregivers in the area were invited to attend. The reason for this event was to give caregivers an opportunity to share with other caregivers as well as give them self care resources. Many times a caregiver is giving so much of themselves to a terminally ill loved one that they forget to care for themselves.

Some activities included a group discussion on “How to Ask for Help and Why It’s Important”, table and chair massages, self care resource table and hands on crafts, and essential oil information and products. Dinner was also provided.

“For those that have the strength and the love to sit with a dying patient in a silence that goes beyond words will know that this moment is neither frightening nor painful but a peaceful cessation of the functioning of the body.”

Elisabeth Kubler-Ross
The Hospice Garden

“To honor those we have loved and lost who remain always in our hearts…”

The Hospice Memorial Garden, located behind the Lowville Post Office in the Veterans’ Memorial Park, was established to help those grieving the loss of a loved one through communing with nature. Each year we see the garden flourish with seasonal colors in honor of our dear ones’ memories. The beautiful setting with the angel statue attracts many to use the garden site for wedding and family photos. The deceased are never forgotten, but continue as a part of the cycle of the living.

If you would like to order a stone in memory of a loved one or friend go to friends@fchospice.org and click on the Hospice Memorial Garden link where you will find an order form and more information.

For more information, contact Mary Ingersoll at 376-8211 or mingersoll@twcny.rr.com.

Light Up a Life Brightens Holiday Season

Plan to visit one of our Light Up a Life holiday trees during our Christmas Campaign, November 28th through December 10th. Funds raised will go directly to the compassionate care of local Hospice patients. With your donation of $5.00 or more you can help lighten the lives of Hospice patients and their families in a simple, but touching way.

Just submit a name(s) of a loved one you wish to remember or honor and that name will be placed on a tag on the memory tree. Each name remembered or honored will be published in February in both the Boonville Herald and the Lowville Journal & Republican.

Volunteers manning memory trees will be found at the following locations from Nov. 28th - Dec. 10th to receive your donations:

- CROGHAN: Key Bank
- HARRISVILLE: Harrisville Central School
- TURIN: South Lewis Central School
- LOWVILLE: Lewis County General Hospital & Kinney Drugs
- LYONS FALLS: Community Bank, NA

Also, supporting businesses, including Hair Vogue and Hair Haven will have trees and name tags at their shops. If you have any questions contact Marcia Walligory at 376-3401.
Light Up a Life memory trees will soon be popping up around Lewis County, starting on November 28th when the “Light Up a Life” campaign officially begins. The campaign will run until December 10th. Community volunteers will be ready to accept donations of $5.00 or more at a number of locations. (See page 7)

Each name remembered or honored on a Hospice tag will be published in February in both the Boonville Herald and the Lowville Journal & Republican.

If you would like to volunteer to man a memory tree or have questions, please call Marcia Waligory at 376-3401.

You may also donate by mail to:
Carol Virkler
c/o Friends of Lewis County Hospice
PO Box 266, Lowville, NY 13367

Light Up a Life 2016

Please accept my donation of $ _______________

In Memory of: ________________________

In Honor of: ________________________

Given by: _________________________