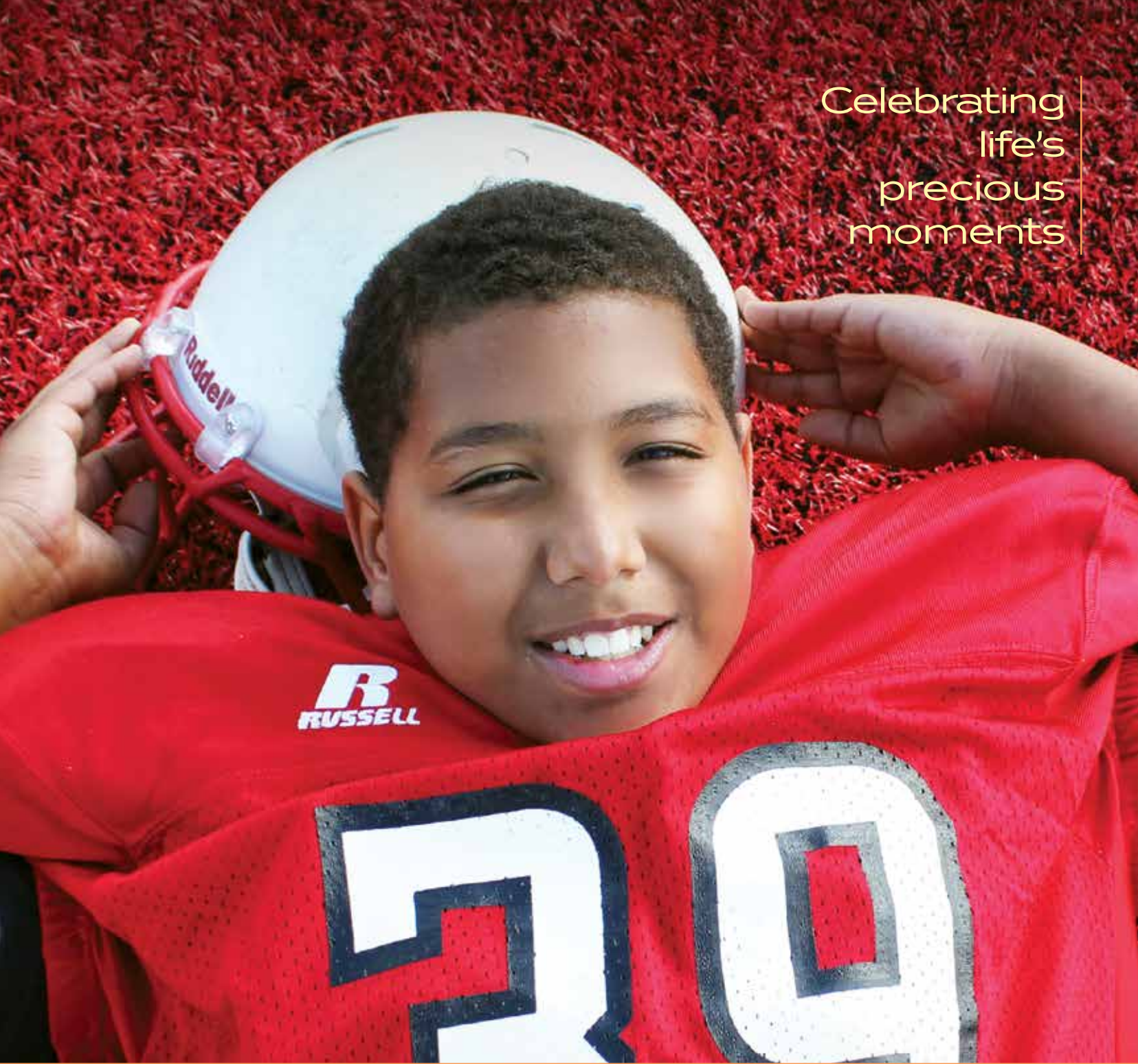


Celebrating
life's
precious
moments



Choices

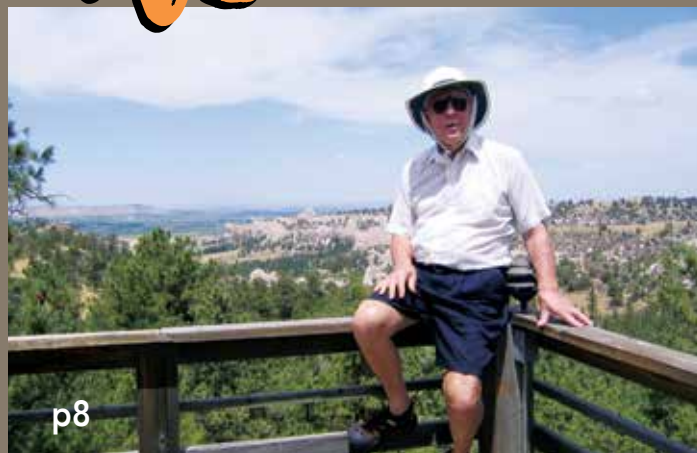
Issue 22

Center for Hospice Care

Making the most of life



p4



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ON THE COVER:



Jaisyn Reese loved football, Star Wars, taekwondo and most of all, his family.

Choices

Center for Hospice Care
Making the Most of Life

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Transforming our Roseland Facility into Care Connections at Milton Village



Our former South Bend medical staff office and original seven-bed hospice inpatient unit, which opened in 2006, has gone through a remarkable transformation and is now known as Care Connections Center at Milton Village. It is home to Center for Hospice Care's adult day program, Milton Adult Day Services. The facility now houses CHC's Milton Village adult day center as well as Alzheimer's & Dementia Services

of Northern Indiana's (ADSN) Caregiver Resource Center and its Institute for Excellence in Memory Care.

CHC has owned the property at 111 Sunnybrook Court outright for 25 years and is pleased to be able to repurpose the site, which sits along Juday Creek, for the purpose of Care Connections Center at Milton Village. Milton Village will be an indoor village for individuals with early-stage Alzheimer's, dementia, as well as neurological and cognitive issues. It is designed with the dementia village concept created in the Netherlands. Eloy van Hal, MSc, senior advisor, and founder of The Hogeweyk concept and the creator of the dementia village concept in the Netherlands visited with us in-person in October of 2019 and acted as a consultant on this project. This innovative approach provides new methods of caring for those diagnosed with various forms of dementia. Participants in the daytime program will be encouraged to engage in everyday activities that enhance their ability to connect to their past in unique environments that respect their preferred lifestyle and living preferences. Other programs focusing on caregiver support will be incorporated into the facility's operations. Enhanced services to caregivers in the form of support groups, educational resources, and counseling will be provided by professional staff and community partners. As a daytime center, Care Connections at Milton Village will focus on the most valuable time during a client's day. Activities and engagements will allow clients to flourish in this all-encompassing setting. Clients will have meaningful and purposeful interactions such as conversations with peers

over coffee in the café; assisting with set up and clean up in the kitchen, art studio or pub; shelving books in the library; tending to the flower and vegetable gardens; strolling the grounds; practicing their golf game on the putting green; enjoying the camaraderie of a ball game on the big screen or enjoying a dress rehearsal of a local show choir.

The Caregiver Resource Center (CRC) is being integrated into the facility to provide one convenient location to meet the needs of those who care for older adults living with dementia. It will cater to caregivers of those living with dementia. These caregivers provide thousands of hours in unpaid care each year. They often feel isolated and in great need of support themselves. CRC is a result of interaction and input from support group attendees and information provided by educational session surveys. It includes an exercise area, a resource and lending library with internet access, a quiet room for rest and relaxation, and meeting areas for support groups. By offering practical resources for caregivers, anticipated outcomes for the resource center include increased caregiver confidence; mitigated stress, anxiety, fear, burnout; and improved mental well-being and physical health for caregivers.



Additionally, the Institute for Excellence in Memory Care (IEMC) will provide enhanced training for the professional caregivers and those wanting to take their education to the next level with certification courses. Providing a state-of-the-art training center in this convenient location will allow for increased course offerings to professionals.

Continued on page 12

Say His Name: Jaisyn's Journey

By Kristiana Donahue

In Memory of Jaisyn Reese, 7/12/2006 – 12/12/2020

Jaisyn's room is tucked quietly toward the back of his house. There is a large picture of Jaisyn, dressed in his football gear and an infectious smile, hanging on the wall. Star Wars items dot his shelves, including a fully functioning light saber. Taekwondo awards show his dedication and skill and his black belt achievement. It's such a warm and inviting space, a teenager's true sanctuary. It was Jaisyn's favorite place to be – home. It was where he was able to spend his last moments with his precious family and where they continue to spend time – feeling a bit closer to him in his beloved space.

When an active young kid, especially a jokester like Jaisyn, complains of odd changes, it's easy to explain them away. It was December 2019 when Jaisyn Reese began complaining about left-sided face numbness. "Mom, I can't feel my face," Angie, Jaisyn's mother recalled him saying. "Well, that's weird," she responded. "We'll keep an eye on it." Then he complained about his eyes crossing and it was easy to just dismiss it as his silly way to make his family laugh. But when the symptoms continued to worsen throughout the month, it was evident something more was going on. As concerns about COVID-19 increased, they asked if that was causing his issues. It wasn't that. Later, during a school day, Jaisyn called his mom and told her he almost fell down the stairs. "I'm dizzy and I have a headache," Angie recalled him saying. She picked him up from school and took him to the doctor. He scheduled an MRI and Angie remembered him saying, "He could have migraines, he could have a viral infection or worst case, it could be a tumor." A few days later, while they waited for the MRI, Jaisyn began vomiting and his headache worsened. Although she was already dressed for work, Angie's boss encouraged her to take Jaisyn in right away instead of waiting for the scheduled MRI. She headed to Bremen, and after much encouragement, his MRI was transferred



there. Angie sat alone with Jaisyn while she heard the news. There's no preparation for such news. Our minds don't land on the worst-case scenario initially, and this was not the first time Jaisyn had been to the ER. "There is a mass," the doctor said. Angie looked at him, and the tears began.

Jaisyn was eventually diagnosed with DIPG, diffuse intrinsic pontine glioma. According to St. Jude Children's Research Hospital, "DIPG is a type of tumor that starts in the brain stem, the part of the brain just above the back of the neck and connected to the spine. The brain stem controls breathing, heart rate and the nerves and muscles that help us see, hear, walk, talk and eat. These tumors are called gliomas because they grow from glial cells, a type of supportive cell in the brain." Symptoms of DIPG include problems with balance and walking, nausea and vomiting, headaches and problems with the eyes — all of which Jaisyn experienced. Treatment is radiation and sometimes chemotherapy. Surgery can be done for biopsy, but surgery to remove the tumor is very rare. "Unfortunately, the survival rate for DIPG remains very low. At this time there is no cure for this tumor," St. Jude noted.

Life for the Reese family changed drastically – living out of suitcases, driving across states and filling their schedules with medical appointments that replaced the previous busyness of school and extra-curricular activities. "Two days before we were supposed to go back down to Indy, St. Jude's called," Angie said. "We talked with the doctors there, and they said they wanted to take him, but we had to do radiation there." They arrived at St. Jude's the end of January 2020. After a 10-hour drive, they got there at 7pm and were assigned a navigator to show them around. "It was so overwhelming," Angie remembered. "I cried the entire time we were there." They soon realized that they would be staying there for the duration of his radiation – six weeks. The Reese family was thoroughly appreciative that they could stay in a suite together – Angie, Emanuel (Jaisyn's father), Angie's father and Jaisyn. Everything, including meals, was covered. Touring St. Jude's made a deep impression on Angie. "There were kids from all countries ... everywhere," she said. "The thing was ... they were smiling. Everyone in their lifetime should walk into that hospital."

Jaisyn finished radiation and returned home at the end of March. His school filled the yard with signs. Trials typically start 8-12 weeks after radiation, so Jaisyn was home for a while until he was able to start a trial. In the meantime, the family decided to start services with Center for Hospice Care in April 2020. Dr. Matthew Misner, Center for Hospice Care's pediatrician, along with our team of dedicated

nurses, social workers, chaplains, counselors and volunteers are committed to providing care with exceptional compassion and empathy to pediatric patients and their families. "The truth of the matter is," Dr. Matt said, "I want to be succeeding all the way through. Not just at the end." Misner shared more about their ability to collaborate with St. Jude's as they joined forces to provide the best care for Jaisyn. "Brainstorming ... I feel like there are still organizations where [care] is primarily physician driven. There is room for my experience, but I always know in the back of my head I'm not infallible." A team approach makes hospice care stronger, and strong support is absolutely vital for pediatric hospice families. Kathy Eash, a CHC nurse practitioner, loves being part of Center for Hospice Care's pediatric team, "Our team just pulls together so well for children. It always feels like an honor to be part of this group." Tiffany Herr, a CHC nurse, recalls pulling together for Jaisyn's sake, "We went up to Memorial a couple of times to figure out how we were going to keep our services in line with Memorial, St. Jude's and the family. It was a bunch of connections across states to figure out what we could do." Stacy was another CHC nurse that cared for Jaisyn. "I love Stacy," Angie said. "She is the one I confided in."

Jaisyn was approved for a trial and scheduled to leave for Memphis on May 4th. Unfortunately, by this time, COVID had shut down much of the country. Because of this, Angie and Jaisyn would have to go by themselves and stay there for an entire month. Before they left, his school, community and church sent him off with a drive-by parade. "They did this whole drive-by parade the day before we left, which was really good for him," Angie shared. When they arrived, they were told they couldn't start the trial for a couple weeks while they weaned him off the steroids. This disappointed Jaisyn; he could have spent more time at home. "He just didn't want to be away from home," his mom said. "To him it was more about quality of life. He was a homebody and



Fellow students at Lincoln School line up outside the school to welcome Jaisyn home after spending time at St. Jude's and Memorial Hospital.

Say His Name: Jaisyn's Journey *(continued)*

wanted to be with his family and his friends." When his month was finished and he knew he was heading home again, Jaisyn was on the couch by 2:00am ready to go.

The summer was filled with a lot of swimming. "Anytime he wanted to go swimming, he went swimming," Angie shared. "He was just swimming away, like nothing was even wrong with him." Make-a-Wish was contacted and Jaisyn really wanted a trip to Disney. "They had all of that planned for us after radiation in April. The plane tickets were bought, and everything was set, but they couldn't do it because of COVID." Jaisyn had to come up with another wish. He didn't want a shopping spree – he didn't want "things." He wanted experiences. Make-a-Wish ended up buying him a camper, which they used to stay at Horn Lake in Mississippi, about 15 minutes from St. Jude's.

While the family was doing their best to fill every moment with experiences and life, DIPG was an annoying sidekick, inserting itself with painful symptoms and frequent blood work appointments. Jaisyn's desire to be with family and to fight was evident in how he faced his treatments. "He did all of his MRIs and all of his radiation non-sedated," his mom glowed proudly. "He knew the risk of being put to sleep and being sedated. There was a huge risk because of the tumor that he would not come out of it. He didn't want to do that... I was so proud of him."

Much of the support that the family received was from fellow families in similar situations. They met many people who are friends to this day. One of those was a Facebook friend who Angie eventually met in person outside the hospital one day. She spoke to Angie moments before they had to take her son off a ventilator. He had been fighting for a couple years. She told Angie, "I'm going to go in here with grace and do what God needs me to do." Angie remembered these words, wondering how the woman ever had the strength to do that.

Angie thanked her for those words right before Jaisyn died.

Jaisyn had a wonderful support system and they worked tirelessly to fight for his life. As the disease progressed, his symptoms worsened and while traveling between states to continue his care, Jaisyn had to be airlifted to a hospital. During his last MRI the doctor told them that the tumor had started to bleed. "We looked at each other," his mom recalled, "and said we want to go home. They made it possible." He spent a week in Memorial Hospital in South Bend, but Jaisyn was glad he was near



To remember Jaisyn on his birthday, his mother organized a balloon launch at his school, which two CHC staff members attended.

home. After a week at Memorial, he was cleared to leave, but an additional stop was orchestrated on his way home through a group effort. Sarah Sieh, a social worker at Center for Hospice Care, was part of the team who planned a special stop for Jaisyn. "He wanted to see friends, so I talked with his mom, and we set up a wheelchair ride home," Sarah explained. "We asked if Tri-County Ambulance could drive by Lincoln School so he could see his friends before



Jaisyn's family attended a DIPG rally in Washington, D.C. that included a Shoe Memorial at the Washington Monument.

going home. The kids came out. The police officer, Bridget, that works with the school, did a police escort. The kids were outside waving." The schools all got involved and even delayed the time for the end of the day release. The high school also released students about the same time Jaisyn came through; they didn't want anything interrupting his stop.

"I remember his mom doing such a fantastic job of pursuing his care," Eash, a CHC nurse practitioner, reflected. "I wanted to be the one to take care of him," Angie said. "That's what I did for a living, and I wanted to do it as long as I could." The time came when she was so weary, she called for extra help. "At 4:00am I called and said I can't do it anymore," Angie remembered. "I need you to come. Tiffany and Stacy were here all day, until the end." The morning that Jaisyn died the family took pictures and did Christmas early; it was incredibly difficult. Jaisyn was lovingly surrounded by those he treasured most: his mom, dad, and his sisters, Karrissa and Trisha.

When people lose a loved one, comfort and support typically surround the family for a few weeks. Meals

and cards and loving words usher the family into their time of grief. Then things go quiet. There are no more visits. It seems as if those outside the family return to normal. For the families in grief, time has stopped. Watching others move quickly from activity to activity, life goes on... for others. Support is still needed, a month later, a half a year later and longer. But what is meaningful to bereaved parents? "Say their name," Angie shared. "Let me talk about him. I have to be able to talk about my son." Angie works with older adults, some of which have dementia. She cares for them. There is one lady she talks to daily about Jaisyn and the woman hugs Angie. "That is what I've needed."

It's also about incorporating Jaisyn into life daily. The Reese family has a digital photo frame with changing pictures and videos. Hearing his voice and seeing his face is comforting. It's being able to continue the relationship. This year, on his birthday, his mother helped organize an event at his school. They did a balloon launch which Sarah Sieh and Tiffany Herr attended. "They were writing 'Jaisyn's Journey' on the balloons. People talked and the pastor shared and did a prayer. Then they did the balloon release."

It's also about coming alongside others on this journey, too. This fall the Reese family attended a DIPG breakfast in Washington, D.C. They heard from doctors and researchers and a few warriors still fighting. "Later that day we rallied the Capitol with our signs," Angie explained. "That night there was a candlelight vigil where we went on stage as families and said our children's names. On Sunday there was a Shoe Memorial at the Washington Monument. Bereaved families placed their children's shoes on the grass. Most were DIPG families. The 1,800 shoes represent the 1,800 children who die of cancer every year." Jaisyn's Journey will continue because he has loved ones who carry his story with them... every day. And if you see his family, say his name, ask about him and let them share about Jaisyn... the mighty warrior.

Coming Full Circle through Coffee

By Kristiana Donahue

It's quite rare to see stories come full circle, but when it happens it often makes us stop and think. Good deeds happen every day; probably most of them unseen by others. Louis Myers' good deed went exactly as he had planned—and that's a marvelous thing.

Linda Bradshaw is a Center for Hospice Care CNA. When she came into work at the Raclin House one day, she was completely floored. She saw Louis in one of the rooms and she cried when she saw him. "Staff were looking at me," Linda said. "You all just don't know! This is Louis." And she shared her story.

A few years back, Linda had been a long-time employee at Burger King. Louis Myers was a regular customer, coming in almost daily. Linda would give him a free senior coffee, which he much appreciated. Throughout the years a friendship developed—one that involved a free coffee, smiles and care. He knew providing for children is difficult for many parents and he helped Linda purchase winter coats for her kids one year. He loved coming to Burger King – as he is very social. Linda appreciated his kindness. When his wife



passed away, Linda noticed how distraught he was and she gave him a hug. "After that," Linda shared, "he came in every single day I was there."

One day, Linda came back to work after a day off. "My manager said someone left a check for \$1,000 and said that he wanted me to take care of him when he got old," Linda reminisced. Linda immediately refused the generous gift. The check was made out to the business that conducted CNA training. Linda had never considered becoming a CNA and never discussed this with Louis. According to Louis' daughters Lois and Suzie, this is common for their father. "He's an unusual guy," Suzie said. "Always has been." Whatever caused him to act on this idea ended up changing the course of Linda's life forever. "It was something I wasn't expecting to do," she said. "I had the time off and he wouldn't take the money back, so I just did it. I'm happy he did it."

She worked another year at Burger King, not truly trusting this new course in her life. However, she eventually went to St. Paul's. She had lost contact with Louis because she left Burger King and she

had never seen him outside of work. One day, at St. Paul's she noticed Louis eating lunch in the dining room. His brother was a resident there and Louis came to visit him for lunch on occasion. "Then I started having lunch with him and his brother," Linda shared.

Linda eventually moved from St. Paul's to Center for Hospice Care. Again, Linda assumed she wouldn't see Louis again. Until, after four years, Linda came to work one morning at the Raclin House and Louis Myers was there. She was overcome with the beauty of that moment. In 2010, he had told her that he wanted her to take care of him, and in 2021 she fulfilled that promise. "When I come in the morning and do my rounds," Linda said, "I take him his morning coffee."

This is exactly what he has done over the course of his life, according to his family. Lois and Suzie shared his quirky characteristics, but one endearing trait was his generous heart. "If he thought he could help someone, he would," Lois said. And



that random act of kindness was not lost on Linda. "If it wasn't for him," she said. "Who knows where I would be or what I would be doing?... I wouldn't be here."

Notes From Our Families to Center for Hospice Care

I have always said it takes a village to care for our loved ones as they age. I consider Center for Hospice Care an important part of that village.

I appreciate the contact that was made by Center for Hospice Care. Knowing that an organization full of compassionate members is available within our community providing comfort during a difficult time. Thank you for thinking of us and all that you do.

My mom lived with me briefly and was in a group home with hospice visits. All of the care and staff were great and it was such a comfort to know hospice was involved in my mother's care. It helped me to know I could call anytime and it gave me such peace of mind to be at the Ernestine M. Raclin House with my mother in the last couple days of her life. I don't think I could have asked for more than we received. Thank you.

My wife was very well taken care of and I would recommend Center for Hospice Care to anyone who needs it.

The Center for Hospice Care team was helpful for my husband and myself at the end of life. They were great! Thank each and everyone of them.

So appreciative of all the support that we received during this time. Could not have done it without Center for Hospice Care.

The Center for Hospice Care team was amazing and on top of everything, I felt safe in the care my husband was receiving. He died while we were holding hands and I was talking to him. I didn't even notice that he had died. Best team ever! Husband died in peace and I thank them so much for that.



The Brightest Star

In Memory, Kristi Curtis 8/13/1959-6/19/2021

By Kristiana Donahue

Linda'
I just want to say thank you for sharing your fun and your book with me. I will treasure our friendship always. I feel like God brought us together so that we could become friends.

I will be the full moon looking down on you, and I will be watching out for you.

I will be sure and find Ed for you,, and I will tell him how much you love him and miss him' and you witll be joining him Heaven when God is ready for you.

I'm giving to miss our Friday visits. You are invited to my Memorial Service.

I'm not going to say goodbye, I'm going to say I'll be waiting on you to come to Heaven.

I love  you Linda, and I'm going to miss you'
Kristi

There's a yellow moon hanging in a starry sky oh I wonder if you're watching it too.

There's a yellow moon hanging in a starry sky wherever you are it's watching over you.

Oh shine on, shine on yellow moon

--Yellow Moon by Don Williams

Kristi Curtis and CHC volunteer Linda Williams had an instant connection. Linda would visit Kristi on Fridays and most of their time was spent talking. Due to Kristi's illness, a rare disease called Chorea Acanthocytosis, she was non-verbal, but she would communicate with others through typing messages on her keyboard. Linda said that Kristi was so fast with this communication that she sometimes joked to have her slow down. "We wanted somebody who could make Kristi laugh," Kristi's husband John shared, regarding why they set up volunteer visits. "Linda was a kind, generous and loving person who was always positive and caring towards Kristi," he continued. "The visits were a welcomed break. The time seemed to go quicker when she was around. She made Kristi feel better about herself after she visited."

Linda has gained so much from the visits she had with Kristi. "She is one of the strongest people I have ever

met," Linda said. Their visits began the end of March 2021 and Kristi would open up and talk with her about many vulnerable topics. One of which was Kristi's decision to remove her feeding tube. Kristi received such beautiful support from her family and they stood behind Kristi's decision. Linda said that it was the next visit, after the feeding tube was removed, that she made Kristi a promise. "Every time there is a full moon," Linda shared. "I promise I will think of you." There is a song by Don Williams entitled Yellow Moon and this song carries the meaning of that promise.

When Kristi died in June 2021, Linda received an invite to her memorial service. In the envelope with the memorial information was another sealed envelope containing the above note.

"Kristi was kind, loving, generous, a friend for life and family oriented," her husband shared. This generous gift to Linda will be cherished. Kristi found a way to pour into the lives around her even when she faced some of the hardest days of her life, and this impressed Linda greatly. "It made me realize," she said. "That even in the face of adversity, you can still smile, you can still be a bright spot in someone else's life. She was one of the brightest stars I ever knew."

"I Give Because..."

Hospice Foundation's 2021 Annual Appeal

The COVID-19 pandemic may have changed many things, but it has not changed Center for Hospice Care's promise that no one eligible for hospice care would ever be turned away, regardless of their ability to pay. This promise, made 41 years ago, is possible because of the generosity of people in the communities we serve.

Behind many of these gifts is a story... sometimes, it's a story about the care a loved one received.

"[It] starts with the first phone call when you don't even know what to expect or what to ask.

Every family should be able to experience this for their loved one."

– the family of Harold W. Johnson Sr.

Others support Center for Hospice Care because of their belief in our mission and approach to end-of-life care. The story of Jaisyn Reese (starting on page four of this issue) is just one example of how CHC's interdisciplinary team helps patients and their loved ones. CHC is the only local hospice organization that admits pediatric patients – and has board-certified pediatric staff to care for them.

Center for Hospice Care improves the quality of living through hospice, home health, grief counseling and community education for patients like Harold and Jaisyn as well as many others in the nine counties we serve. In fact, all CHC bereavement services, including our After Images art counseling program, are available



Support of Hospice Foundation's Annual Appeal helps make bereavement programs like Camp Evergreen possible.



Center for Hospice Care has provided over \$13 million in unreimbursed care over the last six years, made possible by many generous donors.

at no charge to anyone in our service area who has experienced the loss of a loved one regardless if that loss involved hospice care or CHC.

A Trusted Partner in Caring

Patients and their families trust CHC to provide skilled, compassionate care. Our family/caregiver satisfaction surveys are one of the most important metrics we monitor – they are evidence of the high-quality care we provide. In 2020, of the 1,119 responses to the questions "Would you recommend Center for Hospice Care to others?" and "Generally speaking, did you have a positive experience with Center for Hospice Care," 97% said "yes" to both questions.

Our donors can also trust their gifts are used to further our mission. In 2020, nearly 83% of the combined expenses of Center for Hospice Care and Hospice Foundation went to program services. Less than 2% went to fundraising; the balance was for management and general services, which is low in comparison to many charitable organizations.

Be Part of Our Circle of Caring

Our donors play a vital role in making sure we are able to keep our 41-year-old promise to provide care to anyone eligible for hospice care, regardless of their ability to pay. We hope you'll accept our invitation to be part of this mission to improve the quality of living – our circle of caring – by making a gift to this year's Annual Appeal.

Transforming our Roseland Facility (cont.)



Milton Adult Day Services (MADS) is a cost-effective, comprehensive, and quality community-based service. The program supports families as they strive to keep their loved one living at home. Participants may spend from hourly drop-in visits up to 10 hours a day, five days per week. Most who participate attend multiple days per week. Nurses, activity personnel, nurse aides, and volunteers provide programming based on the needs of each participant. Adult day services are reimbursed through Indiana Medicaid Waiver, the Veterans Administration, the CHOICE Program, scholarship grants, or are privately paid. Services provided through Alzheimer's and Dementia Services of Northern Indiana, i.e., caregiver training, support groups, certification, and the caregiver hot line are supported through grants, fund raising efforts, private fees, and sponsorships. All of these funding sources will be sustained.

Care Connections Center at Milton Village is the first dementia daytime care facility in the U.S. that integrates immersion programming and comprehensive caregiver



training into its continuum of care. To bring it all together, we are integrating professional services provided by a wide range of community partners who will collectively and significantly improve the quality of care provided. Some of those collaborations include the following organizations:

- Center for Hospice Care
- REAL Services
- Alzheimer's & Dementia Services of Northern Indiana
- Catholic Charities
- The History Museum
- Beacon Health System

The repurposing construction project is being made possible in part by grants and generous corporate and individual donors. We are still not at our goal and many naming opportunities for this extraordinary one-of-a-kind facility are still available. If you are interested in learning more about supporting the fundraising/development initiative, please contact Hospice Foundation's chief development officer Chris Taelman at 574.243.3713 or taelmanc@foundationforhospice.org.

Mark M Murray
President / CEO

2 Organizations 1 Mission Improving the Quality of Living

Through its support of Center for Hospice Care, Hospice Foundation helps patients and their loved ones experience the best possible quality of living regardless of healthcare insurance or an ability to pay.

- Hospice
- Palliative Care
- Grief Counseling
- Community Education

Caring for patients in Elkhart, Fulton, Kosciusko, LaGrange, LaPorte, Marshall, Porter, St. Joseph and Starke Counties in northern Indiana.

 Center for
Hospice Care
choices to make the most of life™

 Hospice
Foundation

To learn more or self-refer, call anytime. 1-800-HOSPICE (467.7423) or CFHCare.org

Please call for dates, times and locations. Services are free but registration is required.
Call 574-255-1064 for more information if interested in any of the following groups.

Children’s and Teen’s Services

Children’s Grief Support Group: A once per week *time-limited* group providing education and emotional support to children, ages 6-12, dealing with the death of a loved one.

Teen’s Grief Support Group: This is an ongoing group for teens, ages 13-17 (18 if still in high school), who have experienced the death of someone significant in their lives. The group provides grief education and the opportunity for grieving teens to share with and be supported by their peers.

School Groups: *Time-limited* grief support groups are offered at area schools. Please call for locations.

Camp Evergreen:

- A weekend grief camp in early summer for youth and teens ages 10-17 (18 if still in high school) who have experienced the death of a significant person in their lives.
- A Saturday workshop in the fall for parents/guardians and their children, ages 6-12, who have experienced the death of a significant person in their lives.

Grief Support for Adults

Living With Loss: A once per week, *time-limited* group providing education and support for individuals who have experienced the death of a significant person in their life. Offered periodically at each office location.

Finding Resilience Group: An *ongoing* support group for individuals who have completed a “Living with Loss” group and are early in their grief journey.

Rebuilding Our Lives: An *ongoing* support group for those who are further along in their grief journey and are focused on building a new life.

Yoga Grief Support Group: An *ongoing* grief group using gentle mat yoga to help you focus on and cope with your physical and emotional grief. Facilitated by bereavement counselor Annette Deguch RYT500 (registered yoga teacher) and offered at our Mishawaka office. Open to current clients of the Bereavement Department.

Forget Me Not: An *ongoing* support group for parents who have experienced the death of a baby during pregnancy, childbirth or infancy. Offered at our Mishawaka office.

Young Widows and Widowers Support Group: An educational and *ongoing* support group for widows/ widowers age 55 and under who have recently experienced the death of their partner or spouse. Offered at our Mishawaka office.

Good Grief Gals Tea: An *ongoing* support group for women whose partner/spouse has died.

Good Grief Guys: A *monthly* breakfast for men dealing with the death of a partner/spouse.

The Hero Within: An *ongoing* experiential grief group that explores how the human spirit is not defeated by suffering and even in the face of death can grow stronger with honesty, courage and love. Offered at our Plymouth office.

Loss After Addiction Group: An *ongoing* educational and grief support group for people who have experienced the death of a loved one due to overdose and/or abuse of alcohol/drugs. Offered at our Mishawaka office.

Suicide Survivors’ Support Group: An *ongoing* support group for anyone who has experienced the death of a significant person from suicide. Offered at our Plymouth office.

Crafting Memories: A group that supports healthy memory work through crafts. Completion of a “Living with Loss” group is required.

Additional Grief Services

Please call for more information.

Memorial Service: A service of remembrance is offered once a year.

“After Images” Art Counseling Program: Provides an opportunity for Individuals to explore grief through the use of art, painting and drawing in an expressive counseling program. No art experience is needed. Offered at our Mishawaka office.

Daughters Remembering Retreat: A retreat for women who are at least six months since the death of their mother. It provides a supportive grief experience with facilitated group sharing and time for individual reflection.

Grief Forum: A series of educationally focused sessions offered in the summer.

Handling the Holidays: Educational and supportive sessions focused on ways to cope with the holidays.

Movie & Chat Events: Join other bereaved in viewing a movie with grief themes and then participate in an optional roundtable discussion. Offered regularly throughout the year.

Presentations: Bereavement counselors are available to do presentations on issues related to grief and loss and death and dying.

Dreams and After Death Experiences: A *time-limited* group designed to explore and share encounters with loved ones in dreams and events post death. Offered periodically in Mishawaka.

Pen & Paper Group: A *time-limited* writing group that provides opportunities for the expression of thoughts and feelings through guided writings and group support. No writing experience needed. Offered periodically in Mishawaka.

Individual and family counseling for all ages is also available.

For more information:

Mishawaka: 574-255-1064 Elkhart: 574-264-3321 Plymouth: 574-935-4511 La Porte: 219-575-7930
CFHCare.org

Volunteer Application

All Information is Confidential

Mail to: 501 Comfort Place, Mishawaka, IN 46545
Attention: Kristiana Donahue or fax to: 574.822.4876

Name: _____ Date: _____

Street Address: _____

City/State/Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Did you serve in the military? Yes or No If yes, which branch: _____

Emergency Contact Person: _____ Phone # _____

Do you have a valid driver’s license/current auto insurance and a car for use as a volunteer? _____

Volunteer Position Desired: Patient Care _____ Bereavement Phone Caller _____ Office _____ Fund Raiser _____
Community Relations _____ Complementary Techniques: _____ Vet to Vet _____ Pet Peace of Mind® _____
List Specialty (such as interpreter, licensed hair dresser, massage, pet therapy ,etc.) _____
Intern: (indicate field desired): _____

Days and Hours You Are Available: _____

Volunteer & Work History: (List most recent) _____

Do you have any physical conditions, health problems, or allergies which we should consider before placing you as a volunteer? _____

References: Please list two persons other than family members who have known you for at least one year:

Name	E-Mail Address	Association	Yrs Acquainted

Authorization:

I certify that the facts contained in this application are true and complete to the best of my knowledge. I understand that any false statement, omission or misrepresentation on this application is sufficient cause for refusal to be considered for volunteer placement. I authorize Center for Hospice Care to contact the above references.

Signature

Date



Center for
Hospice Care

choices to make the most of life™

501 Comfort Place
Mishawaka, IN 46545

cfhcare.org

It's **QUALITY**
not **QUANTITY**

Just a few hours
can make all the
DIFFERENCE!



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SOMETHING AMAZING**

**Be A Hospice
Volunteer**



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- Inpatient Facility
- Respite
- Pet Visitation
- And More!