

Celebrating
life's
precious
moments



Choices

Center for Hospice Care

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Making the most of life

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ON THE COVER:



Walter and Erika Siebert lived their lives closely united as a couple. This picture was taken for their 50th wedding anniversary.

Choices

Center for Hospice Care
Making the Most of Life

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Center for Hospice Care's Longest Tenured Employee Retires



Many of us remember our first day at a new job. At our agency, mine was February 16, 1990. On that first day I met Jeannie Geissler, RN who was kind enough to show me around. At that time, Hospice of St. Joseph County, Inc. was located in the basement of the JMS building in downtown South Bend. Jeannie gave me a tour, showed me where supplies were kept, and introduced me to the

staff. Prior to my arrival she had decorated my small cubicle bulletin board with a homemade sign that read "Welcome to Hospice from Your Hospice Angels." The sign even included silver holiday tinsel made into halos and placed around the edges. She also introduced me to Edith Miller and explained, "Edith runs the office." It wasn't until about a month later that I discovered Edith was not an employee at all, but actually a hospice office volunteer. And in many ways she really did run the office.

Jeannie is the longest tenured employee in the history of our organization. She retired in April after 38 years. She has seen nearly everything that has happened at our nonprofit agency and experienced firsthand the many changes we have been through. With this unique historical perspective, she graciously agreed to respond to a few of my questions and share some memories prior to her retirement. Here's Jeannie Geissler, RN, in her own words...

What first attracted you to hospice care?

My journey as a nurse began with graduation from the Indiana University School of Nursing in 1979 and I went to work at Saint Joseph Medical Center on the Oncology Floor. I married two years later but my husband and I worked opposite shifts and didn't have much time together, I felt we needed a change. My friend and mentor, Sister Maura Brannick, suggested hospice care and thought it would be a good fit for me. I decided to try it. I made visits and spent time going to patient's homes with the nurses and social workers and found I loved the concept of hospice and how helpful

the staff could be when families were in need. I hired in three weeks later.

What do you remember about the early days of Hospice of St. Joseph County, Inc.?

When I started in 1982, our hospice was two years old. I got the pleasure of working with several of the founding fathers and mothers of CHC, Dr. John Krueger, Mary Jo Herendeen, Sister Brannick, and many community members who had the desire to establish and have a hospice in our area. They worked tirelessly to get us up and running, be compliant with regulations, spread the word about hospice care, and give families the help they needed in their time of need. We started in the Angela Building, which was across the street from the original Saint Joseph Medical Center. As we grew, we



moved one house up the hill to Cedar Street where we had a few rooms and could spread out a bit. We had some cast-off desks from St. Vincent de Paul, a fold-out card table for our meetings, and an old kitchen with a refrigerator and a coffee pot. We even had a desk set up in what was once a living room and hired a receptionist. We were growing. When we outgrew our Cedar Street home, we moved to the JMS Building in the basement. More space, more employees, and a shared room for meetings, early morning coffee, time to share thoughts, and just some fun times. This office was our launching pad to prepare for our day of helping our patients and families. After the JMS area became too small, we had to break

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Closely United

By Kristiana Donahue

"They were meant to be together," Juergen said of his parents, who died only 25 days apart this past holiday season. Erika, who had Alzheimer's, spent the days following her husband Walter's death searching the house for him. Unable to express her grief with words, all she could do was pace her home day after day looking for her beloved Walter. While her family was surprised at her quick decline, it was understandable. She simply wanted to be by his side, and it broke her heart when he wasn't there.

Erika and Walter Siebert met in Germany. At 17, Walter was wounded on the Russian front as he served in the German military. It wasn't much of an option for him; serving as a soldier was expected. He and Erika met after the war. Germany was torn apart after WWII and times were incredibly difficult. They married in 1947 and started their family in 1948 with their first-born son, Werner. Juergen was born in August 1951, then at the end of 1955, their family got on a boat and headed for America.

New Year's Day 1956 was spent on a boat in the midst of the Atlantic, and then a few days later, January 10, 1956, they arrived in New York City. They had to go through the proper processing procedures at Ellis Island. The FBI did a thorough investigation and Walter was able to get his green card quickly. They moved to St. Joseph, Michigan, where their American sponsors lived. They helped to get Walter a job at Whirlpool, while Erika stayed home and took care of the children. It wasn't easy. They had left Germany with \$10 in their pocket and an unknown future. While the strong German community in St. Joseph helped, becoming fluent in English, establishing a new life and creating new friendships was a daunting task. Together, they started to build a new life here, eventually adding to their family their youngest child, Walter.

The 1970s ushered in leisure suits and bellbottoms as well as a new chapter for the Sieberts. Walter joined his family in starting a sheet metal shop in Mishawaka, River Valley Sheet Metal. Commuting back and forth from Michigan took its toll on them, so Walter began building the family home on a beautiful piece of land off Dagoon Trail. They moved into a partially finished home during the fall of 1974. They cooked using a Coleman stove and suffered through some inconveniences, but eventually the family home took shape and provided a place where Erika and Walter took sanctuary.

Over the years, they put their stamp on the property. Planting trees densely in the acreage behind their home has today become a wonderfully lush forest. Walter had



an artistic eye and dabbled in stained glass once he retired from the sheet metal company. Erika was also a creative soul. She loved flowers and gardening and made delicious German treats. "They enjoyed being here in their house," Juergen said. "They had a garden. He built the barn. He kept putting little additions on here and there...he liked to stay busy and do things."

While their home provided peace and tranquility, they also enjoyed traveling. Walter ended up working for their youngest son, who had a neon sign business. "Mom and dad would jump into a truck with neon signs," Juergen shared. "They'd head up to California, Arizona, Washington or out to the East Coast. They just went all over the place." It seemed as if the two of them truly did life together, side by side, sincere life companions.

In 2000, the family had to call Center for Hospice Care (CHC) for the first time. Walter and Erika's youngest son utilized our support for the last six months of his life. He died at the age of 42. Though it ached to say goodbye to him at such a young age, they appreciated the support that Center for Hospice Care gave during that time. Like so many of our past patient families, it was that understanding of what we do and how we help that made it an easy decision to call us for Walter and Erika.

Erika was aware of her cognitive decline at the beginning of her Alzheimer's journey. "It was difficult for them both," their daughter-in-law, Carolyn said. The early days were so hard because she was aware that something was wrong and understood that it would most likely get worse. In the later stages, the awareness of her cognitive impairment wasn't present. Her Alzheimer's journey was around 10 years long. Walter remained lucid until just the last few days of his life.

Walter started care with CHC late spring. Erika started care mid-summer. "People usually think hospice and think they're about to die," Juergen explained. "But hospice is about getting them there...in the best possible, most comfortable way. It's for the family surrounding the person and for the person themselves." Nichole was the Sieberts' nurse. She would come in regularly to check on them and guide the whole family on what to expect. She let them know when it was time to consider a hospital bed. When they felt lost, Nichole would point them in the right direction. Michelle was the aide that would patiently guide Erika through her baths. Bathing people with Alzheimer's can be difficult. Erika was quite pleasant and wasn't difficult to deal with, until bath time. Michelle would truly take the efforts needed to get her bathed despite the resistance. Carolyn provided a lot of care to Erika and Walter. They would always look forward to her coming to see them. Juergen and Carolyn wanted to help them stay in their home, if possible. As Carolyn provided much of the support to her in-laws, the additional help was appreciated. "It would have been horrible to go through this without Center for Hospice Care," Carolyn shared. "It felt like we really had people that cared."

Even through the end of their lives, the Sieberts shared everything and were right next to each other throughout it all. When Alzheimer's would crowd out the quality of their days, the family would bring them together with pictures and memorabilia. "That would take them off into their world again," Juergen said. "Just enjoying each other's company and talking. At the end, mom and dad still had that connection. They always shared their food and their water. And when dad was bedbound, mom would be there, standing right next to him."



When Walter died, Erika was fairly healthy, physically speaking. That's why the quick decline was such a shock to the family. "It was like she jumped off a cliff," Juergen shared. "She walked back and forth in their house. She put miles on, just looking for dad." Twenty-five days after Walter died, Erika joined him once again. "Everything, right from the beginning to the end with hospice was just perfect, as far as I'm concerned. It couldn't have gone any better," Carolyn said.

What is the family left with after the significant loss of two most connected people? Family. Every two years, Erika and Walter would return to Germany to connect with their family. They invested in their sons and their family here as well. "Family was an important thing to them," Juergen said. He said that this continues to this day with his relationship with his brother.

It was the sincere privilege of Center for Hospice Care and staff to come alongside the Siebert family. CHC focuses on what's important to each patient and family, which is usually to remain in their home while they finish their journey. What a pleasure to allow them to be near each other and care for each other for each remaining moment. "They were meant to be together, you know," their son said. "Forever and ever."

In memory of:

Erika Siebert: 5/20/1928 – 12/23/2020

Walter Siebert: 5/12/1926 – 11/28/2020

Mickey's Baptism

By Kristiana Donahue

"I've always been a believer, but I've never been baptized," Charles "Mickey" Keesler, a Center for Hospice Care (CHC) patient, shared. It was one of the first things he mentioned to his CHC chaplain, Neil Davis, when they were able to meet again after COVID-19 restrictions were eased. Those conversations led the way to his baptism day, a beautiful, hot and sunny summer day by Christiana Creek.

Mickey worked in the RV industry since 1978. He liked its fast-paced atmosphere. "I enjoyed the camaraderie of my co-workers," he shared. "It was definitely a team effort to get things done." His first job was at Georgie Boy Manufacturing and they would make fourteen motor homes a day. It has been about two years since he had to stop working. "I hit my head and had brain surgery, I had bleeding on the brain," Mickey explained. "When I got out of the hospital, I went to the urologist and found out that I had bladder cancer. It's been a shock."

It's these pivotal moments in our lives that propel us to dissect the spiritual questions we may have put on the "back burner." Neil and Mickey continued to meet and dig into conversations addressing Mickey's questions and desires. "He wanted to start talking more seriously about his response to Christ," Neil said. "He said he has found greater peace by trusting in Christ. He started receiving communion for the first time." Their discussion continued and Mickey, without hesitation, decided he wanted to be baptized. Neil offered to do it that day, on his front porch, but Mickey wanted to do it at Christiana Creek, so they planned it for another day.

The support of Center for Hospice Care has been so comforting to Mickey. "They've been great," he shared. "They've given me company and hope and strength." When it comes to having someone to talk about the deeper things of life, he appreciates the support of his chaplain. "I'm constantly getting questions in my mind...about what is happening... questions about the Bible and what things mean. It makes me feel comfortable that I can ask these questions to somebody." When it comes to having a caring community, he appreciates the knowledge that there are many people who have his back. "You're

not alone when you have hospice. I have a lady that calls me weekly to ask me how I'm doing. I don't need anything, but the thought of having somebody checking on me makes me feel better...I don't know what I would do without Center for Hospice Care."

Neil Davis went to the interdisciplinary team (social workers, clinicians, chaplains) to get their input on Mickey's desire to get baptized in the creek – was it a safe option for him? It was a unanimous "thumbs up" and Neil and Mickey worked on getting his big day scheduled. "It was like 90 degrees out," Mickey reminisced – August 8, 2020 was Mickey's baptism day. "We got in the water...we took a bucket...and it was real refreshing and renewing...physically and mentally. It was a real good day. I came home and my girlfriend and I had ribs on the grill and celebrated. It couldn't have been any better of a day."



Mickey was able to dig into his spirituality with CHC chaplain Neil Davis.

Mickey has found joy in giving back and helping people out. He volunteered at the VFW Post 88. He cooked at the corn and sausage roast, filled coolers and did some maintenance work. "I'm grateful that I have a bunch of friends down there that love me," he said. "I have a lot of support and people that care." While Mickey has supported his friends and community throughout his years, now is the time

for the community to come to him. The disease has challenged his body and he cannot do all that he used to do. His support network must follow him home and assure him that we have his back.

At Center for Hospice Care, we continue to walk with him – making sure he's not in pain, he's connected, he's discussing the spiritual issues he needs to and we listen to where is and where he wants to be. In his words, we are helping him get "closer to the transition to the other side." His baptism was such a monumental part of that journey for him. "It's like a weight off of my shoulders," Mickey said, after his baptism. "I have a feeling of accomplishment...and I'm baptized now."

**In memory of Charles "Mickey" Keesler
12/8/1957 – 11/15/2020**



Always a believer, Mickey only became baptized recently.

Notes From Our Families to Center for Hospice Care

My father's nurse was an exceptional caregiver. She was so good to my dad and he came to love her. She was also helpful to my sister and I when we were feeling frustrated, overwhelmed, and generally upset.

My first contact with Center for Hospice Care for my husband was at Memorial. This was difficult but they were so caring. All of the personnel who answered the phone or those that came to our home were caring, compassionate, super people. My family cannot say enough good things about this hospice. This is my second experience with the same hospice. They cared for my mother also and we had the same kind and caring experience.

Excellent experience in all phases of care. Very thankful for this kind of service being offered to us after becoming aware of it.

The nurses and aides were very nice. It was a quiet setting and I appreciated that I could stay with her in her room.

My overall experience was exceptional. The staff was always respectful of my wishes and questions. The service and care for my father will never be forgotten. Our visits never felt rushed considering how busy the nurse was. I am forever grateful.

Our family had Center for Hospice Care for mother for 22 months and this recent experience with our father for 2 1/2 months. Both experiences were positive and so helpful. Dad's illness was sudden and terminal, but all of his needs were met immediately. His use of pain meds was only the last four or five days of his life for comfort. Everyone listened to us and answered our questions. They kept us informed each step of the way. I always tell people what a blessing your care was for both of my parents. The follow up has also been comforting.

Care, concern, kindness, helpfulness of all members of the team were exceptionally appreciated at that difficult time.

We were more than happy with Center for Hospice Care and don't know how we could have managed without it. Our nurse was wonderful. Thank you for all you do.

Everyone from Center for Hospice Care that I saw in person or talked to on the phone was very kind and caring and helpful. They helped us during a very stressful and difficult time. I am very grateful.

You helped greatly and I appreciate all you did. You took great care of my wife of 60 years in passing and I thank you.

Bridge to Excellence

Excellence seems to be around every corner at Center for Hospice Care. From our inception as Hospice of St. Joseph County, the organization has strived for excellence and this reveals itself in our Family Satisfaction Surveys. There we ask the question, "Would you recommend Center for Hospice Care to others?" Of those that responded, 97% said "Yes." Most organizations would be thrilled to attain that level, yet we're always working on ways to improve.



Abby E., CHPN, CHPPN



Jennifer T., CHPN

With a staff of nearly 240 at Center for Hospice Care, the dedication of our nurses doesn't go unnoticed. Being a nurse, especially now, is self-less, not for the faint of heart and shows what true dedication these women and men have. Not only for the organization that they work for, but also for the patients they see every day by addressing all of the end-of-life care needs and concerns of the patients and families.



Brittany R., CHPN, CHPPN



Julie S., CHPN

An important part of serving patients at end-of-life is mastering the physical and psychosocial skillset needed to support family members of a dying patient as well as recognizing specific symptoms that may fall upon the patient themselves, even when they cannot express them.



Tina Z., CHPN



Kim G., CHPN

A CHPN certification is offered specifically to experienced hospice and palliative registered nurses and was designed to test a candidate's ability to successfully provide hospice and palliative care to patients. There is also the CHPNA certification, which is designed for experienced hospice and palliative nursing assistants. This also teaches the skillset of aiding the patient at end-of-life.



Nicole S., CHPN



Charly S., CHPN

Currently 15 nurses with Center for Hospice Care have collaboratively climbed the ladder to excellence and obtained their certifications to better serve their patients, families and this community. But how does that compare to other agencies? To help put it in perspective; Indiana has a total of 80 hospice agencies. Ten percent of all the CHPNs in the state are in one agency: Center for Hospice Care.



Kathy K., CHPN



Angie F., CHPN



Alice W., CHPN



Shelli L., CHPN

Jennifer Taets, RN, CHPN, was passionate when explaining why she obtained her certification. "Knowledge is power. In obtaining my CHPN I am more empowered to give the care necessary in tough situations to ensure my patients are comfortable and their families feel supported." She continued to share, "It has always been my goal that our families feel the way my family felt when we had hospice coming in for both my aunt and my grandmother, whom I was very close to. They provided the support our family needed to make it through a very difficult time."

There was a common theme that was articulated from Center for Hospice Care nurses regarding the "why"

behind obtaining these specialized certifications and that was "knowledge is power," and the statement, "increased confidence in caring for patients and families." Aristotle once said, "Where the needs of the world and your talents cross, there lies your vocation." The bridge to excellence is obtainable and obligatory when the calling to be better, serve better and know better intertwine. The nurses and nursing assistants at Center for Hospice Care are continually crossing the bridge to excellence.



Brittany W., CHPN



Christine H., CHPN

Not Pictured: Tiffany H., CHPN

Center for Hospice Care Nurses Focus on Expertise

An important part of serving patients at end of life is specifically mastering the physical and psychosocial skill set to be able to aid family members of a dying patient as well as recognize specific symptoms that may fall upon the patient themselves, even if they cannot express them. A certified hospice and palliative nurse (CHPN) certification is specifically offered to experienced nurses and was designed to test a candidate's ability to successfully provide hospice and palliative care to patients. Center for Hospice Care has 15 CHPN, one of which is also certified specifically in pediatrics as well (CHPPN).

Prior to even taking the exam, a candidate must have the following:

- A current and unrestricted license as a registered nurse
- At least 500 hours of experience in hospice/palliative care in the last year or 1,000 within two years

This certification demonstrates the nurse's mastery of end-of-life care, as well as knowledge and expertise in aiding family members of a patient. Hospice is unique in the medical field in that the team not only treats the patient, but additionally supports and cares for the family/caregivers.

Dementia Patient and Caregiver Support Facility Announced

Center for Hospice Care's (CHC) mission is "to improve the quality of living" with a vision to be the premiere hospice and palliative care organization for all end-of-life issues.

In its history, CHC has provided care for more than 41,000 patients and their families across nine northern Indiana counties over the past 41 years, and in recent years has experienced a significant rise in the number of hospice patients with an Alzheimer's or dementia diagnosis. This has prompted us to expand our services to include palliative care support for those who are living with those afflictions, but who are not yet appropriate for hospice care.

In process of construction is the first dementia daytime care facility in the US that integrates immersion programming and comprehensive caregiver training into its continuum of care. It will be located at CHC's Roseland facility which is being transformed into what will be known as the Care Connections Center at Milton Village; the facility will also become home to Milton Village, Alzheimer's and Dementia Services of Northern Indiana, the Institute for Excellence in Memory Care and a Caregiver Resource Center.

This innovative approach will provide new methods of caring for those diagnosed with various forms of dementia. Unique in concept and design, the facility incorporates input from world-renowned dementia care experts. 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.

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 of their day, 5 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. Services are paid through a variety of funding sources, including VA, Medicaid, CHOICE and private pay.

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, depressed 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 will include an exercise area, a resource and lending library with internet access, a quiet room for rest and relaxation and meeting areas for support groups. Conference space suitable for large and small sessions will be available. By offering practical resources for caregivers, anticipated outcomes for the resource center include increased caregiver confidence; mitigated stress, anxiety, fear, burnout; and improving the caregivers' mental well-being and physical health.



As a day-time 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.

Establishing the Care Connections Center at Milton Village accomplishes all of this and provides the community with a one-stop centralized resource for those impacted by dementia.

Milton Adult Day Services' current location at 922 E. Colfax Avenue in South Bend is available for clients daily, Monday – Friday, 7:30 a.m. – 5 p.m. Existing clients will be given priority access to the new facility. You can learn more or schedule a tour at (574) 232-2666 or visit MiltonADS.org.

"Now More Than Ever" Hospice Foundation's 2020 Annual Appeal

Thanks to the generous support provided by many donors at various levels of giving, Hospice Foundation's 2020 Annual Appeal titled "Now More Than Ever," continues to be successful. This annual effort to generate financial support for Center for Hospice Care took on additional importance this year due to the COVID-19 pandemic. Restrictions mandated by the pandemic put a halt to most of the Hospice Foundation's fund-raising events in 2020 and early 2021.

Despite this, demand for Center for Hospice Care services has remained robust throughout the pandemic as we care for about 430 patients and their loved ones each day. Without funding streams from our annual Helping Hands Award Dinner, Bike Michiana for Hospice and Walk for Hospice, the Hospice Foundation continues to seek support to help bridge its pandemic-related funding gaps, and thankfully, donors are generously responding.



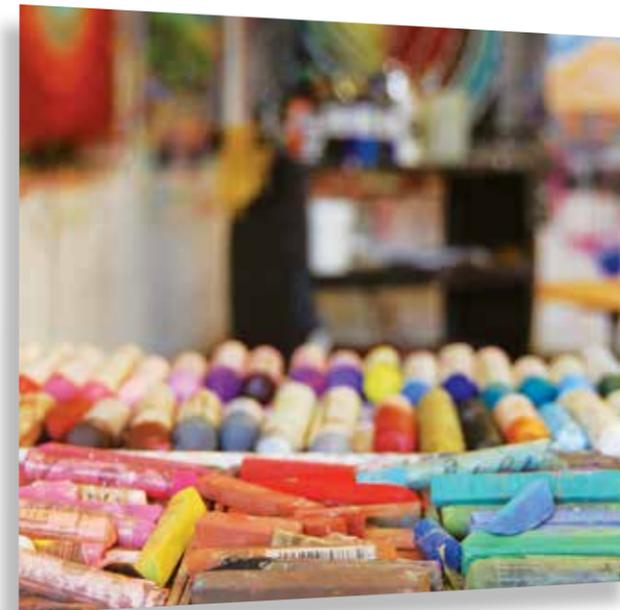
Bereavement counseling is made possible by donations to Hospice Foundation

Charity Care

Created in honor of Sister Carmel Marie Sallows, CSC, our Sister Carmel Helping Hands Fund provides an opportunity for our "Now, More Than Ever" donors to direct their support toward Center for Hospice Care's charity care and unreimbursed services. Over the last five years, charity care and other free programming provided by Center for Hospice Care has totaled nearly \$11 million.

Sister Carmel is a Center for Hospice Care volunteer and the 2018 recipient of our Helping Hands Award. In 2007 she received CHC's John E. Krueger, MD Hospice Caring Award. Sister Carmel's service on behalf of CHC has inspired donors to provide over \$325,000 of support to the fund named in her honor. Donations to the Sister Carmel Helping Hands fund can be made at any time at FoundationForHospice.org/SisterCarmelFund.

The Hospice Foundation is grateful for the outpouring of generosity for its "Now More Than Ever" Annual Appeal. To learn more about the Hospice Foundation and its support of Center for Hospice Care, please visit FoundationForHospice.org. The "Now, More than Ever" campaign will continue through the month of May. To donate online, please visit FoundationForHospice.org/20AA.



Donations to the Annual Appeal help fund the "After Images" art counseling program

Mike Wargo, the foundation's VP/COO noted, "While this year's appeal has been very successful thus far, the need for our services continues to outpace the funds raised. We appreciate the generosity of all those who have already supported the campaign."

Center for Hospice Care's Longest-Tenured Employee Retires (continued)



up into a few different places. Some of us moved to our Roseland office with big windows, Juday Creek out the backdoor, beautiful views, and our own Hospice House. Lastly, to get all of our St. Joseph County staff back together, the Mishawaka Campus was built. It is beautiful, the workspaces are nice, and everyone is back in one place again.

What are your impressions of how Center for Hospice Care has changed over the years?

Oh my! We were so small in the beginning, maybe a maximum of 20 patients at a time, but the beginnings were cozy. Lots to learn, but the patient and family care never wavered. We truly gave everything to help make the end of life for patients and families better. We had terrific community support, and the community gave wonderful feedback as we grew. In the early days we had both Memorial Hospital and Saint Joseph Medical Center provide us the use of one of their social workers and chaplains. We continued to grow but have learned that we are certainly adaptable to ever-changing rules and regulations.

What has been the best part for you during your career at Center for Hospice Care?

I think the best part of my career with CHC has been the awesome people I have been privileged to know and work with, including the care staff, directors, volunteers, people in the community and especially to all the patients and families that let me into their

homes at such a crucial time. I have literally "grown up" with hospice.

Do you have one specific memory of your time at Center for Hospice Care?

Special memories of hospice, especially in my own personal life have been the times when my family and I needed their help. I have so many memories, but one that stands out the most, was the year when I had four family members at the end of life or grieving losses themselves. I was torn between my mother, grandmother, aunt all dying (and all a part of hospice services), a sister who had a stillborn baby, and raising two toddlers. I always felt like I was at the wrong place at the wrong time and spread so thin. I put in my head all the "should do's" like give grandma a bath, go give a shot to my aunt, pick up the kids from daycare, be with my mom, work full-time, and try to decide should I do this or that? After all, I was one of the family nurses and I thought this is what I need to do. Eventually, a nursing friend that I worked with took me by the shoulders and said, "You don't have to be the nurse and caregiver in all these situations, this is what hospice is here to help with. You go be the mother that you are, the daughter and granddaughter and niece and sister that you are. Let us support you, too!" That felt like immediate self-permission to ask for help and have someone support the thoughts and feelings that were bouncing around in my head. I will never forget her words, "...be who you are and let us help." I thank you, my friend. I could write a book about my years at CHC. But will end with much gratitude for all the years of friendships, care, concern and support I have received from CHC and the community. As I retire, I wish you all the best.

We wish you all the best too, Jeannie! Thanks for sharing your recollections. Congratulations to Jeannie Geissler, RN on your well-deserved retirement! Enjoy!

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.



All Information is Confidential

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

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

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



Camp Evergreen 2021

Grief Camp for
Youth and Teens

Day Camp • Saturday, June 5th

Family Workshop • Saturday, September 18th

Learning, Laughter, Fun

Camp Evergreen 2021 is a grief camp for youth ages 10 to 17 (18 if they are a senior in high school) and a Saturday family workshop for youth ages 6 to 12 and parents/guardians. It is for those that have experienced the death of a significant person in their life. It is provided free of charge as a service to our community.

Volunteers Needed

Volunteers are needed to be adult buddies for each youth camper and for small groups of teen campers. We also need adult volunteers to assist with the general activities of camp. Center for Hospice Care trains all volunteers and offers support throughout the day camp and during the family workshop.

Volunteers must be 18 years of age or older.

To request a volunteer or camper application packet, please call 574-255-1064 or toll free at 1-800-413-9083, or email us at evergreen@cfhcare.org.

