

The Newsletter

From Hospice of Central New York



Spring 2017

Children's Grief and Hospice of CNY's Day Camp

Like adults, children too can feel overwhelming grief after the loss of a family member or friend. Here is some advice from Hospice of CNY's Bereavement Counselor and Grief Camp Director Susan Bachorik:

Questions posed by children should be answered in a straightforward, brief manner with consideration of the developmental level of the child. Most children can usually absorb only bits of information at a time. For young children death is confusing. Pay attention to their cues. Make sure they understand what you say. Explore with your child what prompted them asking a specific question. It is okay for you as the parent or guardian to say "I don't know" if you are unsure how to respond or do not have the answer to their question. Some common questions asked by children are:

Why did daddy die? If possible, try to understand why they are asking this question. Are they feeling sad, angry, guilty, etc. about the death? If it was an illness, were they aware of the prognosis? Was it a sudden death? Many factors need to be taken into consideration. It is imperative to allow the child to express their thoughts and feelings.

When is mommy coming back? How do you tell a child that their mother is not coming back? Though they may not understand the concept of death being a finality, it is important for them to know that she is not coming back. You can say things such as "the body stopped working". Do not say "she fell asleep and did not wake up". If they have experienced a pet dying they may understand the finality of death.



Will you die too? It is important when answering this question to give reassurance and support. You might answer this question by saying "I will die sometime, but I hope to be here a long time". A child needs to be reassured that most people live until they are old and not to worry about dying. No one knows how long they will live and no one lives forever. Depending on the age of the child share information based on what they can understand.

Sometimes children are looking for simple answers to their questions. Do not feel you have to share a great deal of information when your child initially brings up the subject. Listen to their concerns and let them process their feelings. Encourage them to talk as much as they want about this death. It may be helpful to let them know that they are not the only one who has experienced the loss of a loved one.

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Children's Grief and Hospice of CNY's Day Camp (cont.)



Camp Healing Hearts provides an environment for children to meet other children who have suffered a loss. Our 2018 Camp takes place August 20th – August 23rd. For camper applications and volunteer registration visit our website or call us at 315-634-2208.

We would like to thank our Camp sponsors:



Become A Hospice Volunteer

Our volunteers are the best because they really make the magic of hospice care happen. They help patients, families and staff with all the details that go with a successful Hospice program. We really couldn't do what we do without them. We are always looking for a few more volunteers. If you want to give back to the community you live in, volunteering for Hospice can be most rewarding.

Family Caregiver Volunteers visit with patients and provide companionship and support. They may read to patients, assist with letter writing, play cards,



grocery shop or perform other tasks. Family Caregiver Volunteers provide a comforting presence and an opportunity to share memories. They also provide respite to families and caregivers.

Administrative Support Volunteers assist with a variety of tasks at the Hospice Offices in Liverpool. Mike Sperling, who has been an administrative volunteer for 12 years, says his work is important because by taking care of the paperwork, filing, mailing and collating materials staff can concentrate on patient and family needs.

Fall Training Session

Our next Family Caregiver Volunteer training course starts in September at the Hospice of CNY offices at 990 Seventh North Street, Liverpool, NY 13088. Call 315-634-1100 for more information.




In Recognition


Generous donors have chosen to remember their loved ones with gifts to Hospice of CNY.
The following people have been honored by such gifts between January 1, 2018 and March 31, 2018:


In memory of:

| | | |
|---|---|--|
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In memory of continued:

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Jane Mosher Heitzman
John F. "Jack" Hennessy
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John and Betty Roycraft
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Mary C. (Nash) Russell



NHDD-We Are Here To Help

National Healthcare Decisions Day (NHDD) was April 16th the day after tax day. Benjamin Franklin, in a 1789 letter to Jean-Baptiste Leroy said, "Nothing is certain but death and taxes." To honor that, the founders of NHDD thought it appropriate to remind people about end-of-life planning at this time of year. Hospice of CNY pulled out all the stops by sharing information via our website, Facebook, Twitter, local radio and television stations to educate and help people with long-term healthcare planning.

Advance Directives allow you to document your end-of-life wishes in the event that you are terminally ill or critically injured and unable to talk or communicate. Having a plan in place can reduce the burden on one's family and prevents future uncertainty. If you need help getting the conversation started with your loved ones, call us at 315-634-1100. We have resources that can help at any time!



In memory of continued:

Barbara C. Russo
 John T. "Tim" Ryan
 Linda M. Ryan
 Eunice A. Sakowski
 Grace (Campolieto) Salatti
 Midge Sanford 
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 William V. Schellinger
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In Honor:

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 Mr. and Mrs. Peter Garner-Richards
 Ms. Linda Guido
 Mr. and Mrs. C. John Henderson
 Ms. Lisa Holmes
 Ms. Sue Reiffenstein
 Ms. Lucy Straut, R.N.

Thank You!



Working Hard to Recognize Our Veterans



Eric Horn Vince Battaglia Joe Cole John Lara Rob Lingo Anne Marie Lara

Hospice of Central New York is working in collaboration with local veterans to honor veterans who are now Hospice patients. We recently trained six people, five of which are veterans to be Hospice volunteers to present veteran patients with certificates and pins to acknowledge and thank them for their service and the many sacrifices they and their families have made.

This ceremony gives an opportunity for a veteran patient to share their story with another veteran and to gain a sense of meaning and value at the end of life. All veterans deserve to know that their service to our Nation is deeply appreciated. We are grateful for the these volunteers willing to work with us on this important and meaningful program.

If you are a veteran and would like to be involved, please call the volunteer department at 315-634-1100 for more information.

In Gratitude

A huge thank you to the Cicero Seniors Center's *Young at Heart Knitters* for their recent donation of several twiddlemuffs. A twiddlemuff is a knitted, crocheted or fabric tube with accessories such as ribbons and buttons sewn on. It is designed to provide stimulation for restless hands of patients suffering from dementia.



If you or your group can do the same, we can use more! Call 315-634-1100 for information.

Hospice Is Looking For Barbers and Stylists

What joy does a fresh haircut bring? It is a part of normal life that healthy people can take for granted--the ability to run out to the barber or hairstylist for a trim or to have your hair lightly styled. For people who have been coping with illness and unable to leave their homes, something as simple as a quick trim can bring immense comfort and happiness.

Our volunteer department works hard to support people at the end of life in every way possible, and haircuts are a frequent request from our homebound patients. We are reaching out to our community for volunteers willing to help fill this basic need for Hospice patients.

If you are a licensed hairstylist or barber, simply volunteering a bit of time and talent will bring joy and comfort to people in your own community. The time requirement is flexible and light and can be as little as a few hours per month. We offer training, on-going support and education for volunteers, and you would be part of a larger community of hospice volunteers who offer their time and talents to make life better for those at the end of life.

For more information, just give us a call at 315-634-1100!



Celebrating 20 Years of the Hospice Golf Open

This special anniversary of the Hospice Golf Open is one event you won't want to miss! Please join us on Friday, June 15th, at The Links at Erie Village for a great day on the course to support the patients and families we serve. In 1998, the idea of a golf tournament was presented to raise money for Hospice of CNY. That was the beginning of a long-standing tradition that both golfers and volunteers look forward to each year. Little did we know, that it

would become one of our biggest fundraisers to help Hospice of CNY meet the needs of our community, raising nearly \$1.1 million over its 20-year history.



For more information call the Development Office at 634-1100 or visit our webpage at www.hospicecny.org/golf2018.

Special thanks to our Presenting Sponsors:



September Song to Honor Anita Award Winners



Hospice Medical Director, Dr. Judy Setla, with the 2017 Anita Award Winner, Dr. Suman Swarnkar.

Hospice of Central New York will host its 29th annual September Song at Traditions at the Links at Erie Village on Friday, September 14th. At this premier fundraising event we will also be celebrating the 20th anniversary of the Anita Award. This milestone recognizes twenty years of heightening awareness of how doctors can support patients who are facing an incurable and life-threatening illness. These physicians exemplify the values that Hospice holds dear, and we are excited to recognize the past recipients of the Anita Award on this special night.

We look forward to honoring these special caregivers while celebrating this event in our usual fashion with delicious food, cocktails, music by Nancy Kelly and a fabulous silent auction. September Song is our largest fundraiser of the year and provides necessary funds for Hospice of CNY programs and services. We invite you to come and support care that offers comfort, dignity, and hope while honoring physicians that do the same.

Please mark your calendar and join us. For more information, contact Laurie Simpson in the Foundation Office at 315-634-2201 or via email at lsimpson@hospicecny.org.

Thank you to our Presenting Sponsor:



Hospice Mega Sponsors

This year we introduced a new MEGA Sponsorship level to corporate donors. To become a 2018 Hospice of Central New York Mega Sponsor, the donors had to commit by March 31st to contribute to our three largest 2018 fundraising events (Celebrating Life Through Chocolate, Hospice Golf Open and September Song) with support totaling \$3,500 or more. While we are very grateful to our many generous corporate sponsors, we want to recognize the sponsors listed below for supporting Hospice of CNY at this new level of commitment. On behalf of all of us here at Hospice and the patients and families we serve, thank you!

*Dannible & McKee, LLP
Dignity Plus, Inc.
ENV Insurance Agency, Inc.*

Lumberjacks Third Straight Win!



Brian Salisbury, Mike Harders, Tom Harding, Steve Tiffany and Kevin Ferguson

The Lumberjacks are proving to be unstoppable when it comes to the Hospice Bowling Tournament. The Lumberjacks walked away with their third straight victory on April 7th at Bowl-Mor Lanes. The boys in red were not the only ones to have a successful tournament. Hospice was also a big winner with a sold out event, where thousands were raised to support Hospice patients and families. Thank you to our Presenting Sponsor, ENV Insurance Agency.



Providing patients and families hope, comfort, support and healing when there is no cure.

990 Seventh North Street
Liverpool, New York 13088
www.hospicecny.org

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Celebrating Life Through Chocolate

Celebrating Life Through Chocolate is almost here! You don't want to miss out on this tasty event. We will have all the chocolate you can eat, wine tasting, a silent auction and live music by Todd Hobin. This year is bound to be the best one yet, so act fast and get your tickets today!

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| <p>Thursday, May 17, 2018 5:30pm-8:00pm Bella Domani, Taft Rd, North Syracuse Advance Sale Tickets \$30 each, \$35 at the door.</p> | <p>To Purchase Tickets: Call (315) 634-1100 or visit www.hospicecny.org/chocolate-2018 Presented by: </p> |
|---|---|

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-315-634-1100.

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