

The Newsletter

From Hospice of Central New York

January 2019



Hospice Gave Me My Life Back



Tammy Humiston has terminal cancer. The illness doesn't make her unique. It's the remarkable way that she is coping with her illness that makes her unique. Humiston, a school bus driver, has been fighting cancer for a few years. She, like other cancer patients, mounted her fight against the disease through the use of chemo-therapy. This treatment uses strong medicines that target cancer cells and kill them. The battle often has collateral damage to the patient. We are all familiar with some of the side effects of the treatments. There can be a loss of hair, weight loss, weakness and many more. The severity of these side effects and the effectiveness of the treatment vary among cancer patients and must be evaluated by the patient and their doctor. Chemotherapeutic treatments can keep the disease at bay or may even eliminate the spread and growth of cancer cells. The success rate must be evaluated in conjunction with the patient's quality of life. If the patient is willing to forgo quality of life over quantity, then they will often endure the severe side effects associated with treatment. Some patients decide to make a different choice.

Tammy Humiston came to make her decision 9 months ago. She says she was "too weak and too foggy to enjoy her family and friends". Humiston says she could barely sit up in a chair. She could only watch as family and friends wrapped Christmas presents last year; she was way too sick to even leave the house. That's when she decided to enter into the Hospice program, and her life started to change.

Humiston still has cancer, and it is slowly advancing. She says she wishes she could have "another 100 years but that is not going to happen", so she is focusing on enjoying what she loves now. This past fall she was strong enough to visit her son in Maine and even go trick-or-treating as a school bus. She says she has some bad days, but many more good days filled with making fudge and playing with her two dogs. Humiston says she had a school bus rider who asked her why she was always so happy. She told him that birthdays were always the most fun her, so she considers every day her birthday. The little boy thought about it for a second and asked if today could be his birthday too. Humiston says, "Why shouldn't it be?" Hospice of CNY is proud to help Tammy and all of our patients make the most of every day.



2018 Anita Award Winner

Anthony Vigliotti, M.D., a family practitioner from Chittenango, is the 2018 Anita Award winner. Dr. Vigliotti specializes in hospice and palliative medicine at St. Joseph's Hospital Health Center and works part time here at Hospice of CNY. His nomination was submitted by a social worker from St. Joseph's Hospital.

The Anita Award was established at Hospice of CNY in 1998 by friends and family in memory of Anita Stockman. Its purpose is to heighten awareness of the importance of physician communication and support to patients and their families facing life-threatening illness and to promote this understanding among physicians in training. Nomination letters for the Anita Award are solicited from people in our community who have witnessed outstanding care from a physician.



St. Joseph's social worker, Brendan Tanner, wrote in her nomination letter:

"I have participated in hundreds of family meetings with him and can personally attest to his compassion, kindness and willingness to listen (often to those who never had someone show interest in them and their stories). Dr. Vigliotti sits down and listens with his ears, mind and heart to patients and their families who struggle with new diagnoses, understanding the medical-ese that they are bombarded with, reviewing options they have and making very difficult decisions. He is truly able to talk about the patient's medical conditions and results of tests and procedures in a way that all of us can understand... with sensitivity and attentiveness to how this information is being received. His gentleness and comfort, with silence, gives patients permission to think, feel and process what has been said. He takes the time to be with patients and their families."

"We are very familiar with Tony's caring bedside manner and are more than happy that Dr. Vigliotti's professionalism, compassion and gentle manner have been recognized by the community," commented Dr. Judy Setla, Hospice of Central New York Medical Director. The 2018 Anita Award will be given to Dr. Vigliotti in a ceremony at Hospice of CNY after the first of the year.

The New Hospice of Central New York

On December 24, 2018 Hospice of Central New York and Hospice of the Finger Lakes officially joined forces. Both agencies will now be operated by Hospice of CNY. The transition actually got underway in the fall as orientation, training, medical record system conversion and technology updates were implemented.



The agencies have been working together for months to streamline systems, policies and procedures to ensure federal and state compliance. Hospice of CNY leadership is also making efforts to continue the neighborly feel that Hospice of the Finger Lakes brought to its hundreds of patients and families throughout the years. Hospice of CNY was very happy that the Hospice of the Finger Lakes employees stayed on to take part in this new and exciting chapter of service to the community.

Patient care and services have been the top priority. Over the past 6 months, efforts have been made to reach out to area hospitals, nursing facilities and medical practices to build new collaborative connections to maximize patient quality of care. The Hospice of Central New York's Auburn Staff and the Cayuga County healthcare community feels comfortable and confident about these changes and the future of palliative and end-of-life care services in Cayuga County.

Hospice Thanks ...



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 August 1, 2018 and December 31, 2018:

In Memory:

Joanne "Sue" (Wild) Abbey	Jean E. Beyer	Daniel Cardone
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Stanley Sabik
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Hospice of CNY Wish List


Certain things make it easier for both families and Hospice staff when it comes to caring for our patients. If you would like to help please bring items to Hospice of CNY, 990 7th North Street, Liverpool, NY. We are in need of the following items:

**Sheets-Twin size XL
Bath Towels & Washcloths
(All dark colors)
Small tackle boxes
Key/Combination locks**

Items need to be new. We cannot accept used items. If you have any questions please call 315-634-1100.

George Smith
Laurence "Larry" Henry Smith
Mary H. "Baba" Smith
Neal B. Sorkin
Frances T. LaPenna Speach
Donald V. Spencer
Roy W. Spies
Mark J. Squire
Frank & Loretta Stafy
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Roselyn M. (Zingaro) Valentino
Joseph and Annie Vallone
Sandra "Sandy" Van Dyke
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Gertrude H. VerDow
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Sheila J. Warshaw
Tenny Watson
Erna Icken Wedemeyer
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James A. Wojdyla
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Dr. A. William Wright
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Learn More About Hospice

Are you involved in a group or organization that would be interested in learning more about Hospice programs and services?


We provide presentations to a variety of groups. We can tailor our talk to your specific needs/interests. Maybe you would like to know more about basic hospice services, adult or children's grief counseling, grief support groups, volunteer opportunities, caregiver support, advance directives or long-term healthcare planning.

If your group might benefit from having a Hospice of CNY presentation on one or all of these topics, please call 315-634-1100.

In the past 6 months, Hospice was honored to speak to the following organizations and groups.


*Syracuse Home
Phoenix Schools
Driver's Village
Syracuse Northside CYO
Carrier Corporation
Chittenango Rotary
Utica College School of Nursing
Syracuse Rotary
Community Residence for
Independent Seniors in
Cazenovia County and
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 Ms. Donna Pascarella
 Mr. Chad Penoyer
 Mrs. Denise Rife 
 Ms. Maryann Roefaro
 Mr. and Mrs. Matthew Steenberg
 Ms. Linda Taylor
 Mr. Thomas J. Tucci
 Mr. and Mrs. William Wight



In Honor:

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 Ms. Gloria J. Brewer
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 Ms. Cynthia L. Chandler
 Ms. Holly Coolican
 Mr. and Mrs. John Giamartino
 Hospice of Central New York
 Hospice Staff and Volunteers
 Mr. Cameron Hughes
 Mr. and Mrs. Brad Klodowski
 Mrs. Elizabeth Kortright
 The Miller, Jock, and
 McLaughlin Family

Tribute Lights

On November 29th Hospice held its *Celebration of Life* Ceremony where loved ones were remembered. On this special night, we also lit our Solace Garden for the first time for the Holiday Season. It was a wonderful evening!



Visitors are welcome to the Solace Garden at any time throughout the year. If you would like to honor or remember a loved one with a brick in our Solace Garden call the Development Office at 315-634-1100.

Syracuse Half Marathon



Chad Penoyer, Cameron Hughes and Tom Tucci

Snowy, cold, wet conditions did not stop Team Hospice. Holly Coolican, Cameron Hughes, Elizabeth Parsons, Chad Penoyer, and Tom Tucci were part of the 3,300 who braved the elements to run the Syracuse Half Marathon on Sunday, November 11th. They did a lot more than that! They asked their friends and family to support their run by donating to Hospice of Central New York. When they crossed the finish line, they did so with warm hearts knowing how many families will get the help they need when faced with terminal illness. Their efforts raised over \$2,000. Congratulations and thank you to our dedicated Team Hospice!

An Incredible Volunteer

By Laurie Simpson

The Merriam-Webster Dictionary defines the word incredible as too extraordinary and improbable to be believed or amazing or extraordinary. Jackie Barnes is incredible. I met Jackie over four years ago at the first meeting of the September Song committee as a recently hired event coordinator.



Jacqueline Fields, Jackie Barnes and Preslie Barney

I sat down two seats away from Jackie. She smiled pleasantly as we introduced, and she stayed quiet and calm when the ruckus began as the other members entered. Poised with her folders, spreadsheets and notebooks, Jackie observed the committee interactions, listened and then participated as the meeting moved forward.

I had heard about Jackie Barnes, and I looked forward to meeting her. I knew that she was a proud mother and grandmother of two Hospice of CNY employees. I also heard that she was very active in soliciting donations for our September Song silent auction and several other Agencies in the community for quite some time. I will say, however, that the humble musings of her daughter and granddaughter did not prepare me for the absolutely incredible person that I would come to know as Jackie Barnes.

Jackie is a powerhouse volunteer and go-getter. She not only sets goals for herself in the value of in-kind donations she will raise; she challenges herself each year to raise more. Her efforts are all self-directed and Hospice of Central New York is the beneficiary of her drive, talent and commitment. She challenged herself to raising in-kind donations valued at over \$10,000 for the 2018 September Song event and not only did she reach it, she exceeded it.

The folders, spreadsheets and notebooks that she subtly places on the table in front of her at each committee meeting carry the literal and tangible workings of an incredible person. Jackie has given tens of thousands of hours of her time and talents for Hospice of Central New York, and we are truly blessed by this humble, generous and genuine individual.

September Song 2018



Back left to right: Digant Nanavati, M.D., Benny Wong, M.D., David Simon, M.D., Michael Glowacki, M.D., Amar Swarnkar, M.D., Jeanne Bishop, M.D., Colleen O'Leary, M.D., Irene Cherrick, M.D., Jesse Williams, M.D., Anthony Scalzo, M.D.,
Bottom left to right: Suman Swarnkar, M.D., Judy Setla, M.D., Joel Potash, M.D.

Traditions at The Links at Erie Village was the perfect setting to celebrate our 29th Annual September Song on Friday, September 14th. It was an evening of celebration and collective appreciation for the dedicated physicians who have exemplified the compassion, patience and commitment that have awarded them the honor of The Anita Award. Not only were we honored to host eleven of the recipients but we also shared the evening with members of Anita Stockman's family and friends who established The Anita Award at Hospice of Central New York twenty years ago.

Thanks to the generosity of our guests and corporate and private donors, over \$110,000 was raised to support local terminally ill patients and their families. Thank you to everyone who participated in this event. It was a wonderful display of generosity by the Central New York Community.



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