

Jamie Farr Tournament to Benefit Hospice Guess the Number of Birdies to Help Raise Dollars Online!

A portion of the proceeds from this year's Jamie Farr Owens Corning Classic will go toward *Bobby's Books*, a children's bereavement program to be coordinated by Hospice of Northwest Ohio. Using the tournament dollars raised, Hospice will provide a series of books on grief and loss to schools throughout this region and will provide instruction for teachers and counselors as well.

How You Can Help!

To increase the amount Hospice will receive for this much-needed program, click on "Birdies for Charity" on the tournament website. There you can pledge an amount for every birdie made during the entire event and indicate that you'd like your donation to be given to Hospice of Northwest Ohio. To access "Birdies for Charity" go to the tournament site at www.jamiefarrowenscorning.com. Or, follow the link at www.hospicenwo.org. 100% of the designated pledges go to Hospice of Northwest Ohio. ■



New Office in Michigan

Though Hospice of Northwest Ohio has always served patients who live in southeast Michigan, we have just recently opened an office there. Located in Lambertville — at 8132 Secor Road, in the Home Town Plaza — the office now serves as a base for one of our home care teams and also provides additional meeting space for community outreach programs. Watch for announcements of support groups, caregiver classes and other activities to be held there later this summer. Also feel free to stop in for any general information you may need about hospice care. The office is open Monday through Friday, 8:30 a.m. to 5 p.m. ■

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Passages

A Dream Takes a Detour



Robin and Steve Beck prepare to take their Camaro out for a spin on a sunny day in April.

passenger while Robin takes the wheel. Even when Steve was staying at the Hospice Center for pain and symptom management, Robin brought the Camaro over on sunny days so they could go for a spin.

Now receiving hospice care at home, Steve has a new goal — to walk again. His symptoms are under control and he is receiving physical therapy twice a week. In addition, he is trying out a state-of-the-art piece of equipment provided by Hospice — the *Easy Stand Chair* — which enables him to stand for extended periods of time.

A New Perspective

"You can't imagine what it does for you emotionally and psychologically to be upright after being in bed or sitting in a chair for so long," explains Steve. "People really do see you differently when they are constantly looking down at you."

Concurs John McGreevey, MD, Medical Director, "When a patient has the capacity for improved quality of life, we do everything we possibly can to address their unique situation and needs. For Steve, who is still a young man, having this additional mobility is huge."

"I am regaining muscle in my legs," says Steve. "My hope is that one day I'll be able to walk... and not just ride." ■

Forty-eight-year-old Steven Beck discovered his two true loves in high school: his wife, Robin, and the joy of restoring old cars. Though he's been happily married to Robin for the past 30 years, all the cars he refurbished have ended up with someone else.

Thus, it was with great anticipation that he and a friend decided to restore Robin's 1968 Camaro, "I told him, if we do this we are keeping it forever and passing it on to our children and grandchildren," says Robin. But little did she know that, for Steve, "forever" would take a whole new turn. Just as they started to prep the car for restoration, he was diagnosed with cancer.

Still determined to have the car refurbished, Robin and Steve searched for someone to do it locally — but eventually chose a shop in North

Carolina that specializes exclusively in Camaro restoration. They were told it would take four months to finish the car, but it turned out to be a year and four months before it was returned to them. By then Steve was receiving care from Hospice of Northwest Ohio.

Back on the Road

"We began to think we may never see the car completed," explains Steve. So when it was delivered, he and Robin were more than anxious to drive it. Without the use of his legs, which have become weak due to his illness, Steve has been happy to be a

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Threshold Choir Ancient Tradition Finds a Voice at Hospice



Denise Martin feels what it is like to be surrounded by song. Fellow threshold choir members include, from left, Linda Wininger, Theresa Kusner, Lynne Dunlap, Christina Hulbirt and many others.

Just as babies are welcomed into the world to the sound of lullabies, a soothing song of farewell is now available to patients whose families request a visit from the Hospice threshold choir. Comprised of women who are Hospice of Northwest Ohio employees and volunteers, the choir honors an ancient tradition in which singing feminine voices bring tranquility to dying persons shortly before they cross the threshold to depart this life.

Each Experience Unique

"When we are invited to a bedside," says Amey Raihala, RN, CHPN, "we visit in small groups. We invite families and caregivers to join in or to simply participate by listening. We choose songs to respond to the patient's musical taste and spiritual direction and do everything from rounds, chants and lullabies...to hymns, spirituals or choral music. The response from families — who feel the music brings a profound sense of peace to their dying loved ones as well as themselves — has been extremely positive and heartfelt."

Adds choir volunteer Denise Martin, "We're observing that the choir is also appreciated by patients who

are not imminently dying. While rehearsing recently," she explains, "our music drifted down the hallway and one of the patients said she loved our music but wanted the 'volume turned up.' We ended up singing to this very alert, sweet lady, which shows our music can benefit patients in all stages of care."

Also a Comfort for Staff

"As a volunteer," adds Denise, "I often smile and think that the staff needs this as much as the families. They're so dedicated and love their patients and want to do everything possible for them. In especially difficult cases, the choir is one more thing they can offer, which ultimately makes the nurses feel better, too."

Concurs Amey, "The staff who sing do view the choir as another way to tend to patients' needs and make them comfortable. The songs touch something in each of us; the words are simple, yet bring up emotions often hidden. We offer the music as a gift to patients and families and leave it to touch them however it may." ■

Gardening Volunteers Always Needed

As always, volunteer gardeners are needed — and appreciated! — to help maintain the beautiful grounds at both Hospice Centers. Since a huge roofing project will limit the amount of gardening projects and volunteers required at the Perrysburg Center this summer, assistance will primarily be needed for weeding, watering, and special projects at the Toledo Center.

If you, your family or a group of volunteers are interested in helping out anytime during the summer or early fall, please contact Hospice Gardener Jane Murphy at 419-661-4001. No particular gardening skills are required as long as you are willing to work hard and get a little dirty. Young people are welcome, but must be accompanied by adults. ■



Tanner Turns 10!

Tanner, the Perrysburg Center's ever-popular therapy dog, was surrounded by well-wishers and treated to a special canine cake on his 10th birthday in May.

Trained by Assistance Dogs of America and then given to Hospice of Northwest Ohio, Tanner joined the Hospice team when he was two. ■

Caregivers Advised to "Find the Magic in the Moment"

"If you think of your personal energy as a supply of pennies, and start out with only so many in your pocket, you'll find that caring for a sick or frail person is one of the most expensive gifts you will ever give," said Darcie Sims, PhD, a renown and highly entertaining expert on grief, loss and caregiving. Speaking in Toledo this spring at a special event co-sponsored by Hospice, she used the giving and getting of pennies as an analogy when describing the toll that caregiving can take on those who do not balance their outlay of personal time and energy with activities that are also pleasurable for them.

Ten Minutes of Respite

Surprisingly, she did not encourage her audience to take a vacation to replenish their pennies, but instead advised them to find just 10 minutes a day to do something they really like to do. "Vacations for caregivers are sometimes not realistic," Dr. Sims explained. "They take too much trouble to organize, people worry the whole time they're gone and then they have to catch up when they return."

"Instead," she said, "they need to find the magic in the moment every single day...to sit on the porch with a cup of coffee and watch the sun rise, to read something inspirational, to pray, go for a walk or to just plain laugh."

When caregivers have no moments of lightness in their lives, they become angry and fatigued and start to dislike themselves. "Often," said Dr. Sims, "they end up taking it out on those who love them the most — the very same people who would be the most likely to give them back some of their pennies."

Cut Yourself Some Slack

She also encouraged listeners to be less hard on themselves. "We 'expect' things from other people," said Dr. Sims, "but we 'demand' them of ourselves. We are not nearly as understanding, comforting or gracious to ourselves as we are to others." Getting rid of stress, expressing anger healthfully, speaking up when help is needed and worrying selectively — and only about things that can actually be resolved — will help caregivers take better care of themselves and replenish their supply of pennies.



Pamela Major, left, puts a few pennies back in her pocket by taking time for a hug from Darcie Sims following the event.

"Obligation runs out of energy," Dr. Sims concluded, "but love creates it. Caregivers should focus on all the good attributes their care recipients have, and when they're feeling most stressed, focus on happy memories and the reasons why they love and want to care for them." ■

Your Gifts Do Make a Difference!

If you're receiving this newsletter, you've likely had a personal experience with Hospice of Northwest Ohio. We thank you for the privilege of caring for your loved ones and very much appreciate the gifts you and others continue to give to support our work.

Last year, as the "community's hospice," we provided:

- The "gold standard of care" for 2,854 patients;

- Free grief support for more than 3,000 individuals, whether or not they had family on our program; and
- Specialized education on end-of-life care to thousands of professionals, students and caregivers throughout the region.

Much of this would not be possible without the support we receive from donors in the community. For more detailed information about our work and how your gifts are used, please

view our 2008 Annual Report online via www.hospicenwo.org.

And, please watch your mail for our summer appeal, which will give you another opportunity to support our Vision: *To provide care and education that positively transform the way people view and experience the end of life.* ■