



*For Referrals, Patient Care, Volunteer  
& Bereavement Information:*

**LEWIS COUNTY HOSPICE OFFICE**  
7785 N State Street • Lowville, NY 13367  
315-376-5308 • Fax 315-376-5435

**HOSPICE**  
*special kind of caring*

**NEWSLETTER**

*For Donations, Public Speaking  
& Fundraising Events:*

**FRIENDS OF  
LEWIS COUNTY HOSPICE, INC.**  
P.O. Box 266 • Lowville, NY 13367  
[www.friendsoflchospice.org](http://www.friendsoflchospice.org)

## Why Friends of Lewis County Hospice?

*By Loretta Keys, President*

It has been such an honor and a privilege to serve on the Friends of Lewis County Hospice Board of Directors during this past 6 years. When I first joined the organization, I had no idea what to expect. Dorrie Boliver told me it was a "working" board and that one of the main reasons for its existence was fundraising for Hospice. I had always known that I wanted to do something for Hospice when I retired and Dorrie approached me the year I was about to retire from teaching.

In 1983 my father died from lung cancer. Where he lived in southern New York, there was a type of Hospice facility, but the waiting list was so long he was unable to get in during the last several months of his illness. In addition to this there was no "Hospice" organization to send out nurses for pain management or to

help the family know  
what to do or

what to look for as my Dad got weaker and weaker. I traveled to Mom and Dad's home and stayed with them for several weeks taking my turn at my father's bedside. My mother wanted to keep him home as long as she could and ultimately would have liked him to die at home.

Unfortunately, he started running a fever so he was admitted into the hospital and died there without family present. In the middle of the night we got a phone call from the physician on-call at the hospital. I answered the phone and the Doctor said, "I am sorry but your father expired a few minutes ago." That moment will haunt me forever. To this day I wish we could have had a trained medical team come to our home on a regular basis to help us understand the gravity of my father's cancer and what to expect as he got closer to death.

Hospice does just that. It helps the families

*(continued on next page)*



# vol • un • teer • ing

(n.) is generally considered an altruistic activity and is intended to promote good or improve human quality of life. In return, this activity produces a feeling of self-worth and respect; however, there is no financial gain.



## Why Friends of Lewis County Hospice?

*(continued from page 1)*

as well as the patient cope with terminal illness so that they can relax during the last several weeks or months of life. If we had Hospice helping us during Dad's final days we would never have sent him to the hospital in the end, and he would not have had to die alone.

Lewis County is so fortunate to have a great Hospice program. The nurses visit the home of the patient and provide compassionate medical care and control of pain. The Hospice program provides families with counselors, therapists, spiritual care advisors and bereavement professionals who can best support their struggles with death and grieving. They strive to help patients and families find emotional and spiritual comfort during what is often a very traumatic time. The goal of Hospice is to offer patients the ability to enjoy the time they have remaining and create meaningful memories for their families.

This is why I am so glad I became a part of Friends of Lewis County Hospice - an organization that raises money for Lewis County Hospice, so other families can experience the compassionate care for their loved ones who are facing a terminal illness.

## LEWIS COUNTY HOSPICE

### BOARD OF DIRECTORS

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**Charlie Truax**

## Friends of Lewis County Hospice Mission Statement

*FOLCH advocates for quality palliative and end-of-life care and provides humanitarian and financial resources to the members of the Lewis County community facing the challenges that come with the end-of-life.*

On October 17, 2012 John and Agnes Teal lost their daughter Genevieve "Jenny Lou" Teal Halko to breast cancer. Jenny was admitted to the hospital and the family wanted to remain close to say their good-byes and make sure that Jenny had someone there all the time. The family actually had to use two rooms. The first room remained quiet where Jenny was surrounded by her loved ones. The second room was where her huge boisterous family reminisced about past and present days with Jenny.

When Jenny passed away her parents came to Friends of Lewis County Hospice and asked if there was a place within the hospital where terminally ill patients could experience their last days in privacy with family members, a place where the family could watch videos with their loved one, play music, eat, reminisce, or sleep over, so the patient and family could experience end-of-life the same way they had with Jenny; a place that could be made homier than a sterile hospital room. FOLCH talked to LCGH administration and the room at the end of the East Wing in the hospital became known as the Comfort

Care Room. The Teal Family donated a sum of money to FOLCH to get the ball rolling and FOLCH has a restricted fund within their organization that is exclusively used for maintaining the Comfort Care Room. The fund has provided meals for the family, furniture, curtains, comforters, TV and DVD player, stereo and other items for the room, all of which help to make it a very peaceful and tranquil place for the family. The room was dedicated and a plaque placed outside the room calling it the "Jenny Teal Halko" room.

Recently Friends of Lewis County Hospice used their Comfort Care monies to purchase new comforters, tablecloths and valances for the room. They have supplied a flower arrangement, new stereo system and a basket of supplies for guests to use.

**Anyone interested in donating towards the Comfort Care Room please contact Friends of Lewis County Hospice treasurer, Linda Noftsier, at 315-493-1358 or [linda.noftsier@gmail.com](mailto:linda.noftsier@gmail.com).**



## *Hospice Welcomes Newest Nurse*

### **Sheri Schulz**

Sheri was born and raised in Lewis County, New York. She is a graduate of Beaver River Central School and St. Elizabeth's School of Nursing in Utica. She is married to Paul G. Schulz and is the proud mother of Meghan Schulz. Sheri states, "I love my family, the New York Yankees and the color orange." She is a board member at Lewis County Opportunities and Mountain View Prevention Services.

Before joining the nursing staff at Lewis County Hospice, Sheri held the position of school nurse at several schools including Lowville Academy and Central School, Beaver River Central School and South Lewis Central School. She has also been employed at Lewis County Community Mental Health Center, St. Lawrence Psychiatric Center and Lewis County General Hospital. Welcome Sheri! We are so happy to have you on board as part of the Hospice team!!

**Lewis County Hospice Celebrates.**

**NOVEMBER** is  
**NATIONAL HOSPICE AND  
PALLIATIVE CARE MONTH**

and we need your help  
raising hospice awareness!



## **Raising Awareness of the Benefits of Hospice and Palliative Care**

Lowville, NY - Hospice is not a place but is high-quality care that enables patients and families to focus on living as fully as possible despite a life-limiting illness. Palliative care brings this holistic model of care to people earlier in the course of a serious illness. November is National Hospice and Palliative Care Month and hospice and palliative care programs across the country are reaching out to help people understand all that hospice and palliative care offer.

In recent months, a number of notable Americans have died. They include Senator John McCain, the queen of soul Aretha Franklin, and former first lady Barbara Bush. In many media reports, they were described as having "given up" on curative

care late in their lives. Ms. Franklin opted for hospice care; Mrs. Bush received what was described as "comfort care."

**It is essential that people understand that hospice and palliative care is not giving up, it is not the abandonment of care, it is not reserved for the imminently dying," said Edo Banach, president and CEO of the National Hospice and Palliative Care Organization. "Hospice is a successful model of person-centered care that brings hope, dignity and compassion when they are most needed. This is one reason that the national MY HOSPICE CAMPAIGN was launched this year.**

Every year, nearly 1.5 million Medicare beneficiaries receive care from hospices in this country, reports NHPCO. Hospice and palliative care programs provide pain management, symptom control, psychosocial support, and spiritual care to patients and their family caregivers when a cure is not possible.

Throughout the month of November, Lewis County Hospice will be joining organizations across the nation hosting activities that will help the community understand how important hospice and palliative care can be.

**More information about hospice, palliative care, and advance care planning is available from Lewis County Hospice at 315-376-5308 or from NHPCO's CaringInfo.org.**

# Understanding Bereavement Care offered by Hospice to Support Grief

Bereavement, typically defined as the death of a close loved one, is common, with one study finding that 71% of adults aged 65 years and older experienced bereavement within the last two years. Grief is a normal and natural process that takes work to cope with; adapting to the absence of close relationships that have existed in our lives, and dealing with the emotions that occur in the grieving process takes much time and energy, and is usually both physically and emotionally demanding. It is normal for people to grieve in very different ways. Some people grieve openly, while others hide their feelings of distress. Some people grieve quickly, while others take a long time to find a new normal. There is no “right way” to grieve. Each individual comes up with a method of grieving that fits them and their particular loss.

For most people, bereavement-related psychological distress naturally resolves over time, and enjoyment of life, purpose, and functioning are restored. However, a minority (approximately 10%) of the bereaved develop clinically significant mental health problems, most notably depression and prolonged grief disorder (PGD). Both depression and PGD have been associated with negative health and mental outcomes, including weight loss, increased risk of hypertension, smoking, sleep impairment, and increased risk of suicidal ideation.

Grief may be experienced in response to physical losses, such as death, miscarriage, or chronic health diagnosis, or in response to symbolic or social losses such as divorce or loss of a job. The grief experience can be affected by one’s history and support system. Self-care and accessing the support of friends and family can improve coping with the grief experience.

There is no right way to grieve. It is an individual process and a natural part of life. Life won’t be the same after a loss, but experiencing is essential to the adjustment to life after loss. Grief lasts as long as it takes to adjust to the life changes that loss has created. It can be for months, or even years. Grief has no timetable; thoughts, emotions, behaviors and other responses may come and go.

The hospice care team works with surviving loved ones to help them through the grieving process. A trained volunteer, clergy member, or professional counselor provides support to survivors through visits, phone calls, and/or letter contact, as well as through support groups. The hospice team can refer family members and care-giving friends to other medical or professional care if needed. Bereavement services are often provided for about a year after the patient’s death.

*No rule book. No time frame.  
No judgment. Grief is as  
individual as a fingerprint.  
Do what is right for your soul.*

*-lfw*





# The Hospice Memorial Garden

***“To honor those we have loved and lost and who remain always in our hearts...”***

The Hospice Memorial Garden is located behind the Lowville Post Office in the Veteran’s Memorial Park and was established to help those grieving the loss of a loved one through communing with nature. This year has been a busy one at the garden. Spring cleanup went well and the garden has looked nice all summer. The bird bath in the garden received a total makeover thanks to Ellen Chamberlain and Grand Slam Safety!

Ellen is a Lewis County Hospice volunteer. One day she was visiting the garden and noticed a tattered looking bird bath in the midst of a beautiful array of flowers. Ellen, being a lover of nature and animals, decided the bird bath needed some love. She took it to the Grand Slam Safety, LLC, factory in Croghan, NY, a company known for making sport fencing systems, and where her husband, Bob Chamberlain, is part owner. Grand Slam Safety made it look better than new-it is beautiful!



*Above is a picture of the refurbished birdbath in the garden.*

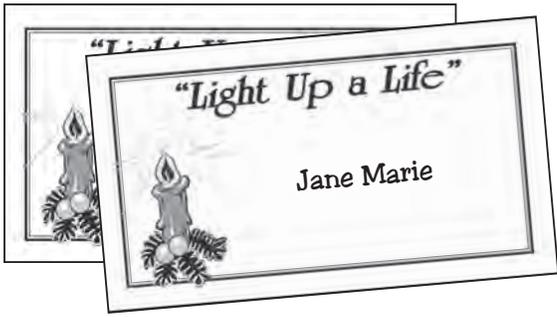
***Friends of Lewis County Hospice wish to thank Ellen and Grand Slam Safety for their generous contribution to the garden!!***

Several stones were placed in the garden this year. The stones are in memory of Ronald W. Stefhon, Jr., Lansing Davis, Lloyd Rasmussen, Suzie Parker, Donald Spencer and Shirley Sullivan. Susan L. Bush and Ruby Norton stones will be in the garden this fall. Stones have been added for Richard J. Brown and Richard L. Barniak. When these stones are added to the garden, there will be a total of 163 stones.

We hope to have a sign placed in the garden in the spring. The signage will identify the Hospice Memorial Garden to visitors of the park.

***If you would like to order a stone in memory of a loved one or friend contact Mary Ingersoll at 315-376-8211 or [mingersoll@twcny.rr.com](mailto:mingersoll@twcny.rr.com).***





# Light Up a Life

## Brightens Holiday Season

Plan to visit one of our Light Up a Life holiday trees during our Christmas Campaign, November 26th through December 7th. Funds raised will go directly to the compassionate care of local Hospice patients. With your donation of \$5.00 or more you can help lighten the lives of Hospice patients and their families in a simple, but touching way.

Just submit a name(s) of a loved one you wish to remember or honor and that name will be placed on a tag on the memory tree. Each name remembered or honored will be published in February in both the **Boonville Herald** and the **Lowville Journal & Republican** as well as on the **Friends of Lewis County website** ([friendsoflchospice.org](http://friendsoflchospice.org)).

Volunteers manning memory trees will be found at the following location **November 26th through December 7th to receive your donations:**

**Croghan: Key Bank**  
**Harrisville: Harrisville Central School**  
**Turin: South Lewis Central School**  
**Lowville: Lewis County General Hospital and Kinney Drugs**  
**Lyons Falls: Community Bank, NA**

Also, supporting businesses, including **Hair Vogue** and **Hair Haven** will have trees and name tags at their shops. If you have any questions call **Lorna Weber at 315-376-2553**.

**EPICUREAN  
DELIGHT**

## EPICUREAN DELIGHT...to Return in 2019!

Friends of Lewis County Hospice is proud to announce that it is bringing back the popular Epicurean Delight on **May 5, 2019**. This major fund raiser for Hospice will be hosted by Ridgeview Inn Restaurant and Lounge located on the Bardo Road, in Lowville.

Board members are in the planning stages now and hope to have your support for Hospice by attending this event. Save the date for a fun day of great food, music, raffles, silent auction and more! As the date gets closer look for further information in the local newspapers, posters around town and in the Friends of Lewis County Hospice Spring Newsletter.

The purpose of FOLCH is to support the needs of critically ill patients and their families.

### **Here are ways you can be part of the May 5th Epicurean Delight Experience:**

- Become a Patron by contacting **Amy Deavers at 315-376-6239**.
- If you have any items to donate for the silent auction or door prizes, contact **Lorna Weber at 315-376-4662** or **Karen Stowell at 315-376-6283**.



# Light Up a Life

*Light Up a Life* memory trees will soon be popping up around Lewis County, starting on November 26th when the "Light Up a Life" campaign officially begins. The campaign will run until December 7th. Community volunteers will be ready to accept donations of \$5.00 or more at a number of locations. (See page 7)

Each name remembered or honored on a Hospice tag will be published in February in both the *Boonville Herald* and the *Lowville Journal & Republican*.

**If you would like to volunteer to man a memory tree or have questions, please call Lorna Weber at 315-376-4662.**

You may also donate by mail to:

**Carol Virkler**  
**c/o Friends of Lewis County Hospice**  
PO Box 266, Lowville, NY 13367

## *Light Up a Life 2018*

Please accept my donation of \$ \_\_\_\_\_

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Given by: \_\_\_\_\_

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