

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

#### NEWSLETTER Spring 2023

For Donations
& Fundraising Events:
FRIENDS OF
LEWIS COUNTY HOSPICE, INC.
P.O. Box 266 • Lowville, NY 13367
www.friendsoflehospice.org

## Epicurean 2023: Combining the Old with the New

WE ARE PLEASED TO ANNOUNCE PLANS ARE UNDERWAY FOR THE 2023 FRIENDS OF LEWIS COUNTY HOSPICE EPICUREAN DELIGHT.

Historically, the Epicurean has featured local restaurants and eateries from around the County donating samples of their specialties. Due to COVID, the Epicurean was put on hold for a couple of years.

In 2022 a modified version was held. A delicious Roast Turkey and Baked Virginia Ham buffet was provided by the Lowville Elks. Everyone enjoyed an afternoon of music, raffles and company of friends and neighbors.

This year FOLCH will be hosting a few restaurants and food trucks who will be showcasing their special appetizers.

Attendees will then be treated to another delicious buffet provided by the Lowville Elks along with a wonderful dessert table provided by our local bakers.

Come and enjoy an afternoon of delicious food, raffles, door prizes and music provided by Kasidee and Bill.

Epicurean Delight is Friends of Lewis County Hospice's major fundraiser and, as with all of our fundraising, the revenues stay in Lewis County.

We are pleased to work in partnership with Lewis County Hospice, part of Lewis County Health Systems, in providing compassionate end of life care for our Hospice patients and support for their families.

To purchase event tickets or to support our Hospice community with a donation, please fill out the form below or call Linda Noftsier at 315-493-1358. Donations in any amount are very much appreciated. Donors of \$25 or more will be considered patrons and their names will be published in a handout to be made available at the event. One hundred percent of your gift will be used for hospice care in Lewis County.

#### Epicurean Delight 2023

Sunday May 7th, 3-6pm | Lowville Elks Lodge

When filling out this form **please print clearly** and make checks payable to: <u>Friends of Lewis County Hospice</u>

Send donation and form to:

Friends of Lewis County Hospice-Epicurean c/o Linda Noftsier 9021 Van Amber Rd. Castorland, NY 13620

Name
Address
Phone
# of Event tickets needed @ \$40/each \$
Donation \$ Total Enclosed \$
NO TICKETS WILL BE AVAILABLE AT THE

DOOR. Ticket orders must be received by April 15, 2023.

## FOLCH Light Up a Life 2022 in Review

FOLCH annual "Light Up A Life" Campaign was held through the month of December. We are so appreciative of the following eleven sites which hosted a tree where people could place a tag to remember or honor their loved ones.

Kinney Drugs – Lowville

Hair Haven – Lowville

Community Bank – Lowville and Lyons Falls

Lewis County Health System – Lowville

Brookside Senior Living – Lowville

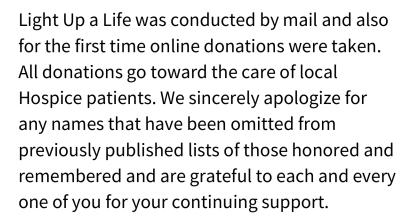
Northern Federal Credit Union – Croghan

Monnat's IGA – Croghan

Chuck's Market – Harrisville

Pioneer Café – Glenfield

Town Talk – Copenhagen



#### **MISSION**

FOLCH advocates for quality end-oflife 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.



## BOARD OF DIRECTORS

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Susan Sauer
Hope Scouten
Lorna Weber

## Getting to Know Lewis County Hospice

WITH RACHAEL GOLAS, LMSW AND DEYLYNNE FARR, RN

#### What is your role on the Hospice team?

**R:** My role on the hospice team is the Social Worker/Bereavement Coordinator. My job is to provide support to patient's by advocating for their end of life wishes while assisting to address the emotional aspects at their end of life. My goal is to identify what is most important to people during their end of life journey. I can assist with advanced care planning, accessing community resources and supportive counseling for the patient and their family/care team. After a patient dies as the bereavement coordinator I follow their family and friends for bereavement services, to provide them with grief support.

**D:** My role as an RN on the hospice team is to provide case management to each patient while identifying their individual goals for their end of life care. I make home visits to conduct physical assessments, review medications, collaborate with physicians to ensure your goals are being met and your symptoms are managed. We provide education to patients, family and caregiving team on disease progression and caring for a loved one at home. In addition to RN's, LPN's are available to assist with personal care and other medical needs in the home.

#### What services does Hospice provide?

**R:** In addition to support from the nursing and social work team, hospice also provides consultations with physical and occupational therapists. They can assist with making recommendations for a safer living environment and education that assists caregivers and patients in maintaining dignity and independence. Massage therapy is also encouraged for pain relief and comfort for patients and caregivers. Spiritual support is available from our volunteer chaplains who honor and nurture one's spiritual needs. Lastly, volunteer services can be provided to offer companionship or engage in hobbies that one would enjoy.

#### What is one thing you wish people understood better about Hospice?

**D:** Choosing hospice does not mean that you or your family are "giving up". It means that you are choosing a team of professionals to be active in your care when curative treatments are no longer working or you choose not to have them. When you choose hospice you are choosing to spend your time doing things you enjoy and removing hospitalizations, ER visits and medical appointments. While adding time focusing on your loved ones and engaging in activities you find comfort and joy in.

#### Do you have any advice on how to discuss one's end of life wishes?

**R:** Hospice is here to listen and assist you in having difficult conversations to better prepare you for what we will all face one day. Everybody should make their end of life wishes known to someone they trust. Having those conversations will not make your end of life come faster, but will assist in better preparing for your wishes. Even if you are not terminal at this time but have an illness, letting those you trust know your wishes about your healthcare desires is so important.

**D:** Don't be afraid to ask about hospice. Be comfortable with whatever decision you make. I have had many discussions with patients and their families to help everyone understand the choice the patient is making for their final journey. The hospice team will support everyone through this with the best care, compassion and understanding we can give.

### Thankful. Grateful. Blessed.

66 Our family was so blessed and appreciative to have the support from Lewis County home health and hospice program and services. Though we had strong family support the hospice staff had our backs and were our guardian angels.

-The Linda Hall Family

Our family had an amazing experience with the Hospice program. They helped to keep our loved one comfortable in his last days. They were always available to help us through those tough times. Only a phone call away. We appreciate all the Hospice program offered to our family.

-The Manzer Family



# FOLCH Introduces New Facebook Page

WE ARE EXCITED TO ANNOUNCE THAT
THE FRIENDS OF LEWIS COUNTY
HOSPICE FACEBOOK PAGE, NEWLY
DESIGNED AND MAINTAINED BY KARLA
NOFTSIER, IS NOW LIVE... AND WE NEED
FOLLOWERS!



Don't forget, FOLCH also launched our new website, hosted by Coughlin Printing, last Fall. Please take a moment to visit our new site at <u>friendsoflchospice.org</u> to view our available programs, recent news, both past and upcoming events, as well as our board and staff directory. Donations can also be made via the website by clicking on the Donations tab found at the top of the page.

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## Hospice Memorial Garden

Things in the garden have been quiet throughout the winter months. As spring settles in, we are anticipating a quick clean up so we can enjoy all the spring flowers that will show themselves once the snow is gone. There are no big anticipated projects in the garden for the summer.



Late fall, we picked up completed Memorial Stones for the Garden from T.F. Wright. We expect to have those in the garden by mid-May. Those stones honor Robert and Loretta Alexander, Betty Jean Shaw, Mary Dunckel, Rick and Randy Kloster, Donald and Ilona Schaefer, Bub and Linda Hall, Rebecca and Dr. William Reed.

In addition, we are placing a stone to honor T. F. Wright for supplying the engraved stones. They have provided the stones since the inception of our Memorial Stone program in 2005. They have engraved over 200 stones that "honor those we loved and lost who remain always in our hearts." We are grateful for their on going support.

Stones currently on order are for The Bush Family and Anthony Joseph Matuszczak.

If you are interested in obtaining a Memorial Stone to honor a loved one, please call Mary Ingersoll, Friends of Lewis County Hospice at 315-783-3803. Please stop into the garden to relax and enjoy the comforts and peace of our garden.

## The Annual Raffle at the Epicurean

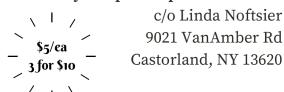
The Friends of Lewis County Hospice are excited to announce this years prizes for the Annual Raffle. Drawings will be held at the Epicurean and for certain prizes, you need not be present to win.

#### Need Not Be Present to Win...

- Outdoor Fire Pit
- Blackstone Table Top Griddle
- **60qt Igloo Cooler on Wheels** (filled with picnic favorites!)
- 3-pc Rattan Wicker Patio Set (in brown)

To purchase tickets prior to the event, reach out to any FOLCH Board Member or mail payment with the number of raffle tickets needed to:

#### Friends of Lewis County Hospice - Epicurean Raffle



#### Must Be Present to Win...

- Gift Certificates to Local Establishments
- (2) Wine Baskets
- Jewelry
- Products Made by Local Artisans

