

Happenings

SPRING 2016



A NOTE FROM OUR HOSPICE PRESIDENT

"Kind deeds change lives."

This was written on one of the many thank you cards we receive from grateful patients and families

throughout the year and validates our mission "To make every moment count."

One of the best parts of my job is to share with our staff the kind notes, thoughts and expressions of gratitude we receive. It is encouraging and uplifting to know that the "kind deeds" our 132 staff members and 129 volunteers do every day have an impact on patients and families. Keep sending your notes; we read and share every one of them. They are a source of inspiration to us all.

2015 was a challenging year for Our Hospice. Hospice care, which began as a fully-volunteer, not-for-profit philanthropic service, is now flooded by for-profit companies that started offering hospice services only when reimbursement for this care became available. I thought I'd take a moment to explain how we are different from other hospice providers you may encounter.

Our Hospice has been serving communities in south central Indiana for over 36 years, but we are no longer the only hospice in town. We want to make sure that at the appropriate time you receive our unequalled care. We also need you to help us spread the word about choosing Our Hospice by name when you need the best hospice care.

WHAT MAKES OUR HOSPICE DIFFERENT?

- We were founded with the mission to serve everyone in our communities who needed end-of-life care regardless of their ability to pay.
- We are the only hospice in our service area with an inpatient facility (the Hospice Center) where patients requiring intensive management of symptoms or whose caregivers need respite can receive outstanding care.
- We have three fully-staffed office locations for faster response time.
- Both clinical and support staff are available 24 hours a day, 7 days a week.
- We offer special recognition to veteran patients.

I invite you to contact us if you are involved in either a small or large group wanting to learn more about hospice care. We have experts who can present on a variety of topics including:

- General hospice information
- What to know/ask when choosing a hospice
- Diseases and how they progress (i.e. the stages of dementia or chronic progressive conditions)
- Supporting the caregiver
- Handling grief

To schedule one of our experts, contact Suzie Singer, Marketing Manager at 812.314.8009, 800.841.4938 ext. 8009 or ssinger@crh.org. We would love to share our knowledge about hospice care with your group!

I hope you enjoy reading this newsletter and learning more about end-of-life care. Thank you for your support and generosity as we continue to work to make Our Hospice the BEST hospice care for your loved ones.

Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend.

- Albert Camus
French Nobel prize winning author and philosopher

NEW BOARD MEMBERS

We are pleased to welcome two new Board Members to our team. Daniel (Danny) Houze and Umar Farooq joined the Our Hospice Board of Directors in January, 2016.



Daniel (Danny) Houze

Danny is the Senior Pastor at Terrace Lake Church. He is originally from Dallas, Texas and has lived in Columbus since 2000. Danny and his wife, Kim, have two married children and four grandchildren.



Umar Farooq

Umar is Vice President, Business Development and Product Innovation, for SIHO Insurance Services. He moved to Columbus in 2009. He is a graduate of Indiana University School of Business and Harvard University School of Business.

Danny and Umar replace outgoing Board Members Rick Kramer and David Finkel, who have each faithfully served with us for nine years.

Our Hospice Board of Directors

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Board President

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Laura Hurt

Our Hospice President



WE WANT TO STAY IN TOUCH

One way to do that is to "Like" us on Facebook.

UPCOMING EVENTS



April 24: Celebration of Life

April 29: Shelby Schools Rock

June 12: Wings for the Journey
Memorial Service

June 15: Decatur Golf Outing

September 3: Summer Concert

Call 812.314.8085 for details of these events.

WHEN IS THE RIGHT TIME FOR HOSPICE?

The most frequent statement we hear from our patients and families is, "I wish we had gotten hospice care earlier." The earlier we can become your support team, the more comfort and help we can provide.

Below are a few things that might indicate hospice can help:

- The person's medical condition is no longer responding to treatment.
- The patient does not want to continue or seek aggressive medical care.
- Visits to physicians, hospitalizations or the emergency room have increased.
- Person's level of activity is preventing independence.
- Symptoms are difficult to control (pain, nausea/vomiting, shortness of breath).
- Person has unintentional weight loss.
- Person is falling frequently or has extreme weakness.
- Patient needs increased assistance with bathing, dressing, getting out of bed, walking or eating.

If you would like more information or a consult with one of our specialists to discuss how we can help, please contact our referral team at 812.314.8089 or 800.841.4938 ext. 8000.

COPING WITH LOSS

Our bereavement specialists support families for 13 months after a loss. We offer individual and family counseling as well as support groups. If you have experienced a loss, please contact our Bereavement Specialists at 812.314.8042, 800.841.4938 ext. 8042 or email esommers@crh.org.

Beginning Again is for adults coping with the death of a loved one. Meetings are held every Tuesday from 2:00-3:30 PM and 5:30-7:00 PM.

Wings for the Journey is for those who have experienced the death of a child. Meetings are held the third Tuesday of each month from 7:00-8:30 PM.

Both groups meet at the Hospice Center located at 2626 E. 17th Street in Columbus.

HOW YOUR CONTRIBUTION MAKES A DIFFERENCE

We are grateful for the many gifts and donations we receive. Often, your gift goes directly to patient care providing something that is not reimbursed by Medicare, Medicaid or insurance. As a not-for profit hospice, we are able to use donated funds to meet patient's needs. In 2015, we provided \$205,000 in "uncompensated care" (care provided for patients without the means to pay or for services that are non-reimbursable by Medicare, Medicaid or insurance).

Your donation supports moments like these:

ACHIEVING END-OF-LIFE GOALS

A patient had traveled to California in her younger years and wanted to go back for a visit with some of her family before she passed away. Hospice staff joined forces with the "Make a Wish" Foundation to make that happen, but a few days before she was to leave for her trip she began to have more health problems. She was admitted to the Hospice Center to get her strong enough to go on the trip and she was able to leave directly from the Hospice Center for the airport. The Our Hospice social worker put together a gift bag with several items for her to enjoy on the trip along with some spending money. Even though the patient was not able to visit all the places she had hoped to see, she was very happy to fulfill one of her final goals... to make a trip to California with her family.

"I had a misconception of how hospice care was performed or what Our Hospice could do for the patient. I thought they came for the last dying days and that was all, but I was wrong. Doctors gave my dad a month to live and Our Hospice was there for us the entire month. The nurses and grief counselors were great!"

EDUCATING OTHERS ABOUT THE VALUE OF HOSPICE

-A grateful family member

"Every single person we came to know during my mother's illness treated her and us with patience, kindness and respect. You all gave us what we needed when we didn't know what we, or our mom needed. You gently guided us through this process and we feel so much gratitude to have benefited from your experience and professionalism. Thank you from the bottom of our hearts."

-A grateful family

"When a loved one that you depend on to help you in everyday life dies, and all of a sudden they are not there, you panic and wonder 'how on earth will I be able to go on with life?' Attending the bereavement sessions helped me to become self-sufficient once again after hearing stories of others who experienced the same things that I did.

When I first came to the sessions, I was hesitant to speak up because my emotions were so raw. I knew I would break down talking about my loved ones. But as time went on I realized that other people were experiencing the same feelings and were also hesitant to speak. When we talk about our loved ones, it helps ease the pain and we should not be embarrassed or ashamed to speak about our emotions and feelings. Do not hesitate to participate in the discussions. It really helps to get those feelings out to release the pain you are suffering. Everyone has a story and we can sympathize with each other when we discuss these feelings."

- "Beginning Again" Grief Group Participant

BEREAVEMENT AND COUNSELING FOR FAMILIES

SPONSORING FUNDRAISING EVENTS

Sponsors are critical partners supporting our ongoing fundraising efforts. Thank you to the generous Gala Title Sponsors who supported our record-setting Gala in Jennings County in March.

- Decatur Mold Tool & Engineering, Inc.
- Donnie Miller
- St. Vincent Jennings Medical Staff
- Arvin Sango Foundation, Inc.



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www.ourhospice.org

JOIN US IN OUR MISSION TO MAKE EVERY MOMENT COUNT

Help us save funds and resources by signing up to receive future newsletters via email. Send a request to efischer@crh.org so we may begin sending your newsletter electronically.

Please send your donation today using the enclosed envelope.

How your donation makes a difference:

- Cover expenses for services not covered by government or private insurance plans.
- Help a patient meet an end-of-life goal.
- Support a family during a difficult time.
- Provide bereavement counseling for grieving families.

Our Hospice of South Central Indiana
2626 E. 17th Street • Columbus, IN 47201
Member Agency of • United Way of Bartholomew County • Jennings County United Way
• United Fund of Decatur County

To update your address or be removed from our mailing list,
please call 812.314.8097 or email efischer@crh.org

