



CARE CONNECTIONS

COMING EVENTS FOR HOSPICE

Dental Day 11/7

Lights of Life Celebration
12/1, 2, & 3.

Holiday Concert 12/12 & 13

For more information please visit our website:

www.karenannquinlanhospice.org

November is National Hospice Month Preserving a Legacy...Treasuring Memories

Hospice and palliative care providers understand that every person they care for is a unique individual with a lifetime of experiences, relationships and gifts to share. Hospice and palliative care bring comfort, dignity and peace to help people live every moment of life to the fullest, leaving loved ones with memories they can treasure.



Spirit of Hospice Awards

Beth Sylvester Named Hospice Nurse of the Year

Beth Sylvester's leadership skills, commitment to the field of nursing and compassion for the patients and families served by hospice were recognized by New Jersey Hospice and Palliative Care Organization (NJHPCO) as she was named the Hospice Nurse of the Year. Her accomplishments will be recognized at NJHPCO's 30th Annual Spirit of Hospice Awards Celebration to be hosted on November 12 in Eatontown, NJ.

Beth has worked with Karen Ann Quinlan Hospice for ten years, six of those years working directly with the patients and family members as a field nurse. She then transitioned into the role of Nurse Liaison and Clinical Care Coordinator, responsible for educating health care professionals and healthcare institutions about the full spectrum of hospice services. To further her educational outreach, Beth also serves on the Sussex County Cancer Coalition, the Newton Memorial Hospice Cancer Committee, the Newton Memorial Hospital Tumor board, and is committed to increasing our partnerships with health care colleagues.

She currently leads our professional team as the Nursing Supervisor in addition to continuing her nursing education at the College of St. Elizabeth, excelling in studies towards a Bachelors of Nursing.

Beth encompasses the heart of the hospice philosophy, she is an absolute shining example of excellence in hospice nursing. -Dr. Roxanne Debski-Seigel



Beth Sylvester, RN

A Toast to Hospice...



Another stunning afternoon was shared with many hospice supporters at the 25th Annual Wine & Cheese Festival hosted at Water Wheel Farm. Our thanks to Friends of Hospice, Willard and Jeanette Klemm, Randy Burke from Burke's Wine & Liquor and the many sponsors, volunteers and attendees that made this event a success.

REFLECTIONS

Of all the seasons of the year, the fall/winter season seems to me to be the most confusing. More than spring and summer things seem to be all mixed up. We have so many parts of nature that are “dying” yet there is color everywhere! The fields, roads, our lawns all are dancing, are bright, alive with color and sound, even though we are looking at that which is effectively dead. Interesting, isn’t it? And then there is the weather. The mornings can be magnificent - sunny and warm, and then the afternoons turn cloudy, cold and dreary. The changes come too fast! We have our “teaser” Indian summer - oh, how glorious everything looks and smells. Off with the coats, find the shorts, open all the windows, play outside. Then, when it all settles down and we are truly into the cold, wintery time, the holidays are in full “bloom.” Oh, what confusion reigns then.

The holiday seasons - interestingly we begin with the celebration of Halloween. Think of what that is - in general. It is a holiday of disguises. We have costumes galore, no one is supposed to be/who/what they are. This is the only time of year when we go door to door, to houses where we don’t even know the occupants and accept from them bits of candy and food! Tell me, would you even consider doing that at any other time of year? Onto Thanksgiving, a time to give thanks for all the gifts of our lives: and what do we do? We prepare elaborate feasts of foods that we wouldn’t think of eating during the other months of the year when we are more concerned with diet and nutrition - and then we are too exhausted to be thankful! Come with me now to Channukah and Christmas - bright lights, colored paper, some perfect gifts, some gifts that are just bought to fulfill miscellaneous obligations, big trees IN our houses, joviality, good will etc.. Then to New Year’s - more parties, more food, more intense cheerfulness. The true meaning often gets lost in the clutter and “busyness.” Day by day, week by week, month by month - have to do’s, want to do’s, what to do’s, why, when, where, how, confusion. This is the season.

Confusion often lies in the difference between image and essence...what is appearance versus what is real. What is the mask, what is the face; what is just the bright lights; what is the inner glow. What just tastes good, what is nourishment. Image versus essence. This is the daily exchange that we may struggle with: “Who am I” - what is my essence? and “Who am I” - what is the image I portray/play/am assigned/have adopted? Questions that live in the same world yet can be worlds apart. We are so many different people. We are spouse, parent, friend, volunteer, counselor, worker, child, acquaintance, griever, helper, lover, student. The list goes on and on. But what if there is a

change, what if death enters our life and we become “griever?” If we are a spouse grieving a spouse, are we still then a spouse or just a griever? Do we become a child without parents or no longer a child; a parent without a child or no longer a parent of that child? How/who do we identify with - what becomes of us, who do we become or do we necessarily change at all? That is problem of image versus essence. This confusion can take the form of dissatisfaction and despair within us as we struggle to know, to become, to change, to be.

A major change in our life forces us to look in, and at, our life. We are forced to see beyond and beneath what is/was. This is a time of discovery, a time of unwrapping and untying, a time of opening within. This is a scary time - of uncertainty and unknowing, of fear, anticipation. This is the time of shedding the disguises as the bright lights shine upon us and within us, illuminating the power and the strength we possess. Here and now we will confront our essence - we will begin to see that which always was beneath the image. We will see the bright spots and the dark corners, the sharp points and the smooth valleys. We will discover, once again, who we are.

Do we have to do this by ourselves? Hopefully not. Hopefully we will have someone to support us, who will be there to validate, reinforce, celebrate, soothe and comfort as we peek through the wrappings. Perhaps it will be someone with whom we have long journeyed, or it might be someone who has come into our life only for this time. That is not important. What is so important is that we understand that this is the season for us. It begins as our “dormant” season which appears empty and barren and lifeless. Like the land around us we don’t see any growth, color, beauty. This is our season of preparation, of quiet times, of not doing. It appears that all has stopped - the image is frozen. Yet the essence remains, hidden and being still, waiting to be brought forth, drawing strength from the experiences. The image will change but the essence will not be destroyed. There is still more to come.

As the earth turns and the seasons change, so too will the struggles and confusion that engulf us slowly dissipate as enlightenment manifests. Just as the warmth of the sun will again bring growth to the land around us, so too will we grow. We will continue to learn who we really are. We will perhaps walk for a while with a new “image” built upon what we have discovered within ourselves. Never the same as what was, never the same as what will be, always changing, always going through the seasons.

An Evening to Remember



Images highlighting
The Interfaith
Memorial Service
Hosted at
The Presbyterian
Church in Newton
9/21/09

Sussex Area Charities Supports Hospice

Julia Quinlan graciously accepts this year's donation to Karen Ann Quinlan Hospice. This contribution reflects the proceeds from the 27th Annual Joe Keslo Golf Outing hosted in May at Farmstead Golf Course. Since 2002 this annual event has donated over \$89,000 to support the programs of Karen Ann Quinlan Hospice. Photographed are: Terry Thompson, President, Sussex Bank; Julia Quinlan and Joe Keslo, outing co-chair.

Lights of Life

Sponsored by Iliff-Ruggiero Funeral Home

The traditional memorial service and lighting of the Memorial Tree offers a beautiful, meaningful way to remember your loved ones this Holiday Season.

With each donation of \$15.00, a light is added in the name of those you wish to memorialize. Your personal acknowledgment card will be mailed to your recipient(s) with a star-shaped lapel pin.

Tree Lightings/Memorial Service are scheduled for:

- December 1 - Warren County, NJ
Wayne Dumont, Jr. Administration Building, 165 Route 519 South, Belvidere, NJ
- December 2 - Sussex County, NJ
Sussex County Administrative Center, One Spring Street, Newton, NJ
- December 3 - Pike County, PA
Church of the Good Shepherd, Catharine Street & 5th Street, Milford, PA

Commemorative Lenox Ornament



Lights of Life Order Form

| Participation Level | Number | Total |
|--|--------|-------|
| <input type="checkbox"/> Lights at \$15.00 | | |
| <input type="checkbox"/> Lights at \$100.00 (includes Lenox Ornament) | | |
| <input type="checkbox"/> Lights at \$200.00 (symbolic star atop Memorial Tee and Lenox Ornament) | | |
| <input type="checkbox"/> A donation to support the work of hospice | | |

Total: _____

Method of Payment

- Check
To: Karen Ann Quinlan Hospice
- Visa
- MasterCard
- Discover

Your Name _____
Address _____

Phone _____

Credit Card # _____ Exp. date _____ 3-Digit Code _____

Signature _____

Please add a light/star in the name of:

Please read my loved one's name at the Memorial Celebration in:
Circle One : Sussex Cty. Warren Cty. Pike Cty.

Please send my personal acknowledgement card to:

(Name) _____
(Address) _____

Mail to: Karen Ann Quinlan Hospice, 99 Sparta Avenue, Newton, NJ 07860
Phone: 973-383-0115 800-882-1117 Fax: 973-383-6889
E-mail: jsmith@karenannquinlanhospice.org
Download Form: www.karenannquinlanhospice.org

What is Swine Flu?

It is a common respiratory ailment seen in pigs and it does not usually spread to people. Unlike most cases of swine flu, the H1N1 virus can spread from person to person.

How do I get it? The virus is transmitted by respiratory droplets caused by an infected patient who is coughing or sneezing.

How is it spread? People are exposed to the possibility of this illness by being in close spaces with people who are coughing or sneezing and do not take precautions to use clean tissues correctly and discard them appropriately when they get dirty. Sometimes people may become infected by touching something such as a surface or object with the flu virus on it and then touching their mouth or nose.

What are the symptoms I should look for? The symptoms of H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting also.

How serious is it anyway? The illness has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, cases of hospitalizations and deaths from this virus have occurred.

How long is an infected person able to spread the virus?

People infected with H1N1 virus may infect others from one day prior to the symptoms to five to seven days after symptoms present.

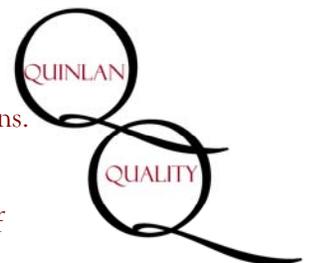
What can I do?

- * Cover your nose and mouth with a clean tissue when you cough or sneeze.
- * Discard dirty tissues in a proper receptacle not exposed to the air.
- * Wash your hands often with soap and water, especially after you cough or sneeze. Waterless hand cleaners are effective.
- * Avoid touching your eyes, nose, or mouth.
- * Try to avoid close contact with sick people especially if you are weak or compromised.
- * If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone.



Reproduction from Mary Pugliese's "What's Buggin' You?" outreach prepared quarterly to distribute information on current medical concerns. "What's Buggin' You?" is part of the agency's on-going commitment to Quality Assessment and Performance Improvement (QAPI) and our commitment to providing quality care to patients, family members, staff and the community.

Mary Pugliese, RN, BSN, CHPN, Education and QAPI Manager





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We're All Atwitter about Twitter

Share and discover what's happening right now, anywhere

in the world. This popular networking website has linked millions, and Diana Sebzda has signed on to use this online medium to continue to spread the word and work of the Joseph T. Quinlan Bereavement Center. "Twitter has introduced hundreds of individuals and organizations interested in learning more about bereavement education and grief support," explained Sebzda "and has also connected me with colleagues in this field prompting an open exchange of ideas and communication pertinent to the work we do." 

Diana Sebzda MA LPC CT Director of Bereavement
 bereavement @ karenannquinlanhospice.org
<http://twitter.com/dianasebzda>
 FaceBook.com - search: Grief Girlfriend

In-Service Education: Lessons In Faith

"Salaam," explained Dr. Abbas Abdul-Rahman is a Muslim greeting when he spoke with the hospice professional team at a recent in-service; and the proper pronunciation for Muslim sounds like "mooslim." Chaplain Mario Spadaro invited Dr. Abbas from the Islamic Center in Boonton, NJ to speak with the group about the Islamic faith. "When working with patients and family members, it's our priority to provide the highest level of care, while being sensitive to the family dynamics, needs and cultures of the homes we are entering," said Spadaro.



Top Photo (l-r): Sharif Amanat, Dr. Abbas Abul-Rahman, both associated with the Islamic Center in Boonton, NJ; Mario Spadaro, hospice chaplain.

Comfort Critters Turtle Pillows were the highlight to a recent in-service regarding communicating with children about death and dying. The pillows were made by vacation bible school attendees from the Our Lady Queen of Peace Church in Branchville. Church parishioner Lorri Opitz, a counselor for the Joseph T. Quinlan Bereavement Center explained "Children dealing with, or healing from, the loss of a loved one are encouraged to jot down their feelings and tuck them beneath the turtle shell. This is an excellent exercise in expression and getting the inside feelings out."

Bottom Photo (l-r): Linda Osestad, CHHA; Allison Jellinek, CHHA; Virginia Schlaffer, CHHA; Lorri Opitz, MA, CT, Counselor; Sherry Rumsey, CHHA; Laura Entwistle, MA, Social Service/Counselor; Mary Ellen Broadwell, CHHA and Sue Pederson, CHHA.





If you wish to be removed from the Karen Ann Quinlan Memorial Foundation/Care Connections Mailing List please call (973)383-0115. We apologize for any inconvenience.



Dental Day for Hospice

Sparta Dental Designs
16 Lafayette Road in Sparta
(973)729-2113
Call today for your appointment!

Come join the fun with refreshments and give-aways, while at the same time Dr. Edward Tirpack, DMD, MAGD; Dr. Jennifer Hade, DMD and the professional team at Sparta Dental Designs will make sure your smile stays beautiful and healthy.

Any new or existing patient who schedules an appointment for Saturday, November 7th, the Doctors and Staff will donate their time and fees back to Hospice.



Get Ready to Ride

Tickets are still available for the Friends of Karen Ann Quinlan Hospice Harley-Davidson Raffle 2009 Street Glide Valued at \$19,794.00 Drawing Date: 1/1/10 Price: \$20.00 a ticket Only 1,500 Sold! Call: 973-383-0115

or visit:
www.karenannquinlanhospice.org



Ring in the Holidays

Once again, Karen Ann Quinlan Hospice has partnered with Sussex County Community College to present the Big Band Holiday Concert at the SCCC Performing Arts Center in Newton. Join us for a festive concert filled with holiday favorites.

Three Shows!
Saturday, December 12 at 2 & 7 p.m.
Sunday, December 13 at 2 p.m.
Tickets are \$25.00 adults & \$22.50 children under 17

Tickets available at the Sussex County Community College PAC Box Office 973-300-3171 or order online: www.sussex.edu.