Karen Ann Quinlan Memorial Foundation
www.KarenAnnQuinlanHospice.org

CARE Connections

fall 2010

Please Email:
Mbowden@KarenAnnQuinlanHospice.org
Subject: Newsletter... if you would like to receive your newsletter via email.

Newsletters, current and back issues, are also posted on website.

Doctors giving their talents and time to benefit hospice.

The annual Dental Day for Hospice will be held November 13th
Started by Dr. Tirpack over 15 years ago and growing, when you book your appointment for that day, the Dental Offices donate their fees to hospice.

Sparta Dental Designs
Edward M. Tirpack, DMD, MAGD
Jennifer A. Hade, DMD
16 Lafayette Rd, Sparta, NJ 07871
(973) 729-2113

Randolph Center for Oral & Maxillofacial Surgery
Tara Plansky, DMD
Marianne Cifelli, DMD
63 Newton Sparta Rd, Newton
(973) 383-0700

Call today for your appointment!

Thank you doctors for your dedication to Hospice!

Pamela L. Alberto, DMD
171 Woodport Rd. Sparta, NJ 07871
(973) 729-7979

Scott J. Ruvo DDS
Margarita R. Vergara DMD
25 Main St., Sparta, NJ 07871
(973) 729-5242

(L to R)
Dr. Marianne Cifelli,
Dr Tara Plansky,
Dr. Edward Tirpack and
Julia Quinlan, President
Karen Ann Quinlan
Memorial Foundation

HOLIDAY CONCERT

Saturday, December 11th 2 & 7 pm & Sunday December 12 3pm

Don't miss this exciting Concert that gets better every year!
Always filled with your Holiday Favorites and New Surprises!

Held at the Performing Arts Center on the grounds of Sussex County Community College, Newton NJ.
Tickets are available at the PAC box office; call for box office hours (973) 300-3171 or to order on-line: www.sussex.edu

Proceeds help benefit Karen Ann Quinlan Hospice.

NOVEMBER IS HOSPICE MONTH

REFLECTIONS

By : Cecelia T. Clayton, MPH

Do you think you might need to go back and read that excerpt once or twice more? I did and so did a few here in the office - especially since it was 8:30 AM on a Monday morning when I gave it to them to read! You have to take care to emphasize the "*that*" in line 4. I have been reading this little excerpt over and over because I find its meaning so powerful. It brings to the forefront our limitations in thoughts and actions, even when we think we have none. We might think we have an open mind but...and yet, if we allow the question to limit us we will be quite the worse off.

"The range of what we think and do is limited by what we fail to notice.

And because we fail to notice that we fail to notice

there is little we can do to change

until we notice

how failing to notice

shapes our thoughts and deeds."

Excerpted from Vital Lies, Simple Truths, Daniel Goleman

Acknowledgment of the limits is the first step in the elimination of those very limits. When the frame through which we see the world is big and glaring and so rigid in its definition it can be easy to see. But the subtle, delicate frames accomplish the same thing in our awareness. For example, the statements "I will never..." or "I can't see any other way to..." have obvious frames. We choose to limit ourselves in this manner. We have made a decision; we have built a frame. We have painted the picture of our limits by our words. Sometimes, though, other people in our lives have painted our frames - but we have chosen, either consciously or not, to accept them.

It is very similar to typing a command into our computers. The computer obeys. Computers have a few other keys though: function keys. These keys can backspace, delete, and there is even a function key that allows you to "undo" as many times as you need! Wouldn't it be wonderful if life was like that? What if we had a key that we could press to undo certain actions we have taken, decisions we made, paths we chose, that in the present moment we see as perhaps not the best? But if we did press that undo button, aren't we then really failing to notice? We fail to notice how that action, decision, path, has not only shaped us, changed us, but has shaped and changed others as well. Wanting to undo is a result of our failure to notice that we were incapable of making any other decision at that time, but if we now have the ability to notice, we can go forward. Not necessarily to correct because that implies wrong, but to adjust, to paint a new frame around a new picture of awareness. The key is again to be aware of the frame. I don't think it is possible to expand our pictures so we notice everything. Talk about major sensory overload! There are days when I am proud of myself for noticing that little idiot light on the dashboard telling me I'm running out of gas! Now, it's not like I have a real big car - that light is right in front of my face! Yet I can get in the car, start the engine, drive, and with a start and an adrenaline rush realize that I'd better get gas if I intend to get anywhere (not to mention spare myself major embarrassment!)

Now, I just gave you a pretty concrete example of our ability (yes, ability) not to notice. Do we have idiot lights that go off in ourselves that warn us and that we fail to notice? Well, I believe we do, many of which are individual to us, based on our framework of life. For example, when I start to see six lanes in a two-lane road, there is a light in my head flashing a major warning - Hey, idiot, get off the road cause you're tired! A more subtle one is the soreness in my body when I exert myself (barely) that says, "Better get more exercise," or the rumbling in my stomach that says, "Yo, a little proper nourishment occasionally might be a good idea."

Well, let's get real subtle - how about that little bit of uneasiness, the sinking feeling when we know something isn't quite right. It is at that point, at the very time we really ought to check out what we're "failing to notice" that we back away. Not only do we not heed the warning but we might even make a conscious decision to fortify our frame and strengthen our barriers. Sure, that could dim the light a bit, for a while, but it seldom goes out entirely. You can be sure it is heating up something within you. The result believe it or not, can be the same as running out of gas. If your car stops you don't go anywhere in that car. But you can use other means: you can change the mode of transport, hitch a ride, or simply decide not to go anywhere. But the light stays on because you haven't addressed the problem.

We too can change direction, stop doing, or hitch our situation onto something or someone else, go back to familiarity or safety, but the light stays on. When we **fail to notice** we could find ourselves **noticing we are failing** - to live completely, fully, with direction and challenge, joy and happiness, security and peace. At that point we might think it would be great to undo but the supreme challenge confronting us to "do." We need to go back to the light and turn the flame up, not down. Turn it up to illuminate the picture, use the heat to expand the frame, notice the intricate details and **nurture the nature within us.** Only then will we be able to release some of the limits of the range of what we think and do.

Hospice Executive Director receives Annual Award

Cecelia Clayton, (L) with Thornberry President Tom Peth, (center) and Cindy Trait – the 2009 winner of the award.

Thornberry Ltd was pleased to announce Cecelia Clayton, Executive Director of Karen Ann Quinlan Memorial Foundation, as the 2010 recipient of its "System Manager of the Year" award. Presented at Thornberry's recent user conference, Cecelia was recognized for her dedication to achieving NDoc® expertise.

"Clayton manages a successful hospice and home care operation, which under her leadership has doubled in size in the past four years. She is the driving force of Karen Ann Quinlan Memorial Foundation's successful implementation and management of Thornberry's home health & hospice software, NDoc. Clayton ensures strategic use of the NDoc system across two lines of business spanning a total of three offices in western New Jersey and eastern Pennsylvania.

"Cecelia has true dedication to the success of home care and hospice and she's shown this through her commitment to her community, the tremendous growth of Karen Ann Quinlan Hospice and Homecare and her strategic use of NDoc," said Tom Peth, Thornberry's President. "Our relationship with Cecelia and Karen Ann Quinlan Memorial Foundation showcases the strong customer partnerships we pride ourselves on."

> "Cecelia has true dedication to the success of home care and hospice..." —Peth

In addition to her many responsibilities as Executive Director, Clayton has been mastering NDoc since 2004. Karen Ann Quinlan Memorial Foundation does not have an IT department, so Clayton has taken a very active approach in managing the system and the efficiency of its use among her staff. Clayton continues to find ways to utilize the system to help the agency meet its fast paced growth."

Below Gallagher sharing with staff the moves and benefits of Tai Chi

The Health Benefits of Tai Chi

was presented by Mark Gallagher, Tai Chi instructor, to the staff of Karen Ann Quinlan Hospice & Home Health Care.

This gentle form of exercise can prevent or ease many ills of aging and could be the perfect activity for the rest of your life.

Tai chi is often described as "meditation in motion," but it might well be called "*medication* in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health. "

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

"It will be a much more fun way to learn dry information." - Pugliese

"When CHAP comes calling, we will be ready." Pugliese stated. The Community Health Accreditation Program, Inc. (CHAP) is an independent, non-profit accrediting body and was granted "deeming authority" by the Centers for Medicare and Medicaid Services (CMS) in 1992 for home health and in 1999, for hospice. This means that instead of state surveys, CHAP has regulatory authorization to survey agencies providing home health and hospice services, to determine whether they meet the Medicare Conditions of Participation. We at Karen Ann Quinlan Hospice and Home Health Care are CHAP certified, but we cannot rest on our laurels. As new staff comes and goes, we all need to be able to answer any question CHAP may have on industry topics, no matter your department. So all employees need to be up on the following basics; Patient's rights, Documentation, Interdisciplinary groups, Hospice and Home Health Care services, and our Mission Statement. In order to make the learning process a better experience, Mary devised a form of the "Jeopardy" game with categories and answers provided. "Dr. Rox in Marketing improvised and came up with art that closely resembled a Jeopardy Board". Mary continued. "It will be a much more fun way to learn dry information." Employees need to of course come up with the correct question for each answer.

Nurse Visits Haiti

Karen Ann Quinlan Home Care Nurse, Debbie Desrivieres recently joined her husband Dr. Daniel Desrivieres, Optometrist, during his third humanitarian mission to Haiti since the January 12, 2010 earthquake. It has been several months since the magnitude 7.0 catastrophic earthquake rumbled through Haiti, the second largest island in the Caribbean after Cuba, devastating an area approximately the size of Puerto Rico. The quake was shallow and its epicenter was estimated to be in Carrefour, just 10 miles from the nation's overpopulated capital of Port-au-Prince inhabited by about three million people, a condition that was one of the reasons for the astronomical numbers in both the injury and death columns, about 300,000 dead and over one and a half million injured or homeless.

Picture was taken at the Haiti Mission Service in Delmas 9, Port-au-Prince, Haiti. This is one of the churches that was destroyed by the earthquake however they continue have services, school, and provide meals to the community under a tent in the yard.

"Our goals for the trip included helping family and friends, establishing help centers, providing eye care, and conducting fact finding for future missions. We also provided eye care to the Haitian Police in Port-au-Prince, as well as continuing the provision of eye care to needy patients outside the city.

Together with the rest of the medical team, we followed an itinerary which consisted mainly of nine-hour days, examining the eyes of the adults and children who had all too recently witnessed the deaths of their neighbors, friends, and families, and who lived in perceivable fear of an aftershock.

While the Eye-care team reported prevalence in untreated glaucoma and dry, irritated eyes, there are worse problems. The level of devastation and the public health disaster at large were easily the most shocking elements of the trip. I had grossly underestimated the extent of destruction based on what I saw on television. There were no dead bodies in the streets, however a lot of the devastated buildings still had deceased individuals under the rubble. Despite the progress that has been made, there is still so much to be done to address the unmet social, psychological and medical needs of Haiti at this time."-**Desrivieres**

WELCOME TO OUR STAFF! Karen Ann Quinlan Home Health Care welcomes Debbie Epstein as a full-time case manager. She holds an RN, BS in Public Health and many years of experience plus is in pursuit of her Masters in Nursing Psychology.

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Director of Bereavement
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For complete listings and locations of all grief support groups in Sussex, Warren Counties, NJ & Pike Co., PA please visit our website or call 800-882-1117 and ask for bereavement.

NEW LOCATION

Next Movie night
November 1st 6-9pm

Annual Lights of Life

Memorial Tree Lightings 7:00 PM

Warren County, NJ-December 1 Wayne DuMont, Jr. Administration Bldg.
165 County Rte, 519 South, Belvidere.

Sussex County, NJ-December 7 Performing Arts Center Atrium
Sussex County Community College

Pike County, PA -December 2 The Church of the Good Shepherd
5th & Catharine Streets, Milford.

If you would like to be included in our mailing for this event please call 973-383-0115 or email your name and address to Bereavement email above.

Everyone raved over Krave!

Krave Restaurant in Newton teamed up with Burke's Wine & Liquors of Sparta for a dinner and wine pairing extraordinaire to benefit Hospice.

Seated (L to R), Elaine Thompson, Mary Ellen Quinlan, Terry Thompson, and Julia Quinlan enjoying the afternoon with good food and drink.

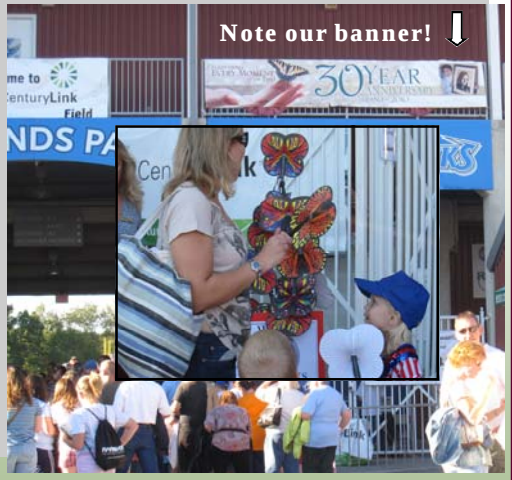
(L to R) Krave owners Kate & Rich Hashway with Ironstone Vineyard representative Lucy Lombardi, and Randy Burke of Burkes Wines & Liquors, Sparta NJ.

Helping Hospice

Ray Cordts of Lakeland Bank presented a check to Cecelia Clayton as part of the proceeds from the annual Lakeland Bank's Sussex County Golf Classic.

Skyhawk fans meet Butterfly fans!

Fans were given out by Hospice to share in the game day.



All of our employees also received free admission to the game and fireworks compliments of the ball park.

Visit our website for more info: www.karenannquinlanhospice.org

Karen Ann Quinlan Memorial Foundation
99 Sparta Avenue, Newton, NJ 07860

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NOVEMBER IS HOSPICE MONTH

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.

Visit our website for more info: www.karenannquinlanhospice.org

NEW! Available year round

Give Your Old Books & Media a New Life and Give to Hospice too!

When you donate your used media to us, a portion of the proceeds is donated back to Karen Ann Quinlan Hospice.

drive4 books

Drop off your Books, DVDs, Audio Tapes, Video Games, CDs, and Videos at your convenience in the drive4books donation container located on our hospice premises in Newton at 99 Sparta Ave.

Container is located in the back on the right side of the Hospice building.
(no manuals or text books please!)

Thank you for your donation!

ID Theft Protection Office Organization Clean-it-Up and Out!

Shredding for Hospice

November 13
9-12 pm
Hospice office
99 Sparta Ave.
Newton, NJ

Paper SK Shred

Get ready to ride

Harley-Davidson Raffle

2010 Road King

Valued at $18,524.00

Price: $20.00 a ticket
Only 1,500 Sold!

Drawing Jan 1, 2011