

**COMING EVENTS  
FOR HOSPICE**

- Butterfly Release June 6th & 13th.
- Living with Grief April 7,14,21,28
- Dining to Donate April 15th.
- Hampton Rotary golf outing April 30th,
- Joe Keslo golf outing. May 27th.
- Lakeland Bank golf outing- June 23rd.

For more information please visit our website;

[www.karenannquinlanhospice.org](http://www.karenannquinlanhospice.org)

**Barbara devoted her life to nursing. She was with Karen Ann Quinlan Hospice for almost a decade and also worked at Saint Francis Hospital, Port Jervis; Hillcrest Nursing Home, in Milford, PA and All-Quality Care.**



**Butterfly Release 2009**

Every year butterflies are set free in a gentle setting with multitudes of onlookers. Their beauty is always a source of amazement for children and adults. The Karen Ann Quinlan Butterfly Release Celebration holds special meaning to attendees as it symbolizes the recognition of a loved one. When the guest

readers say the name of loved ones, there is a silent sigh with each one



**Smith McCracken & Wood Funeral Home is the sponsor of the annual Butterfly Release. Their continued support over the years has made this event one of the largest in the area.**

read. This year the event dates will be held on two different Saturdays to accommodate the butterfly gardens.



**Sussex County:**  
4:00 pm, June 6th.  
Sussex County Community College.

**Warren County:**  
11:00 am, June 13th  
Memorial Elementary School.

For more info please call 800-882-1117 or visit our website.

**In memory of Barbara Weidner January 9, 1944-January 25, 2009**

Some words of remembrance from those who had the pleasure of working with and knowing her.

*"Barbara always offered to help. My being new to Hospice offered many challenges. She would always offer to go with me on pronouncements or encourage me by saying "Oh you can handle it." -Cathy Shane*

*"I remember how funny Barbara was when I was in training class, she was a great patient"-Nancy Leibensberger*

*"I am most reminded of Barbara when I think of the Memorial Tree lighting in Milford, PA. She and her husband were very dedicated and worked very hard over the years keeping the tree lit.*

*Anytime I ever needed anything from Barbara she was always so helpful and would talk to me about how much she loved her hospice work."-Julia Quinlan*

*"I always appreciated her wonderful sense of humor, and we laughed, often, together. We had a friendly competition for baking the best chocolate cake. We baked and ate a lot of chocolate cake." -Maureen Fox*

*If we could all leave a legacy, Barbara's would be educating hospice aides to care for others. "She was so good at it!. As long as an aide gives care to one of*

*our patients, her skills will live on." -Mary Pugliese*

*"Family was everything to Barbara, and Barb treated everyone like they were part of her family. She watched over "her" CHHAs like a mother, her fellow nurses like sisters and our hospice families like each was a personal friend."-Sue Dell*

*"Barb loved hospice, her patients, and her fellow staff members. She tried to take care of us all...from her chocolate cakes to her motherly advice. We miss her." -Cecelia Clayton*

By Cecelia T. Clayton MPH

# R E F L E C T I O N S

The weather keeps changing, sometimes snow is on the ground (which is better than all the ice we had been having), the economy is slowing down, the stock market is falling faster than a sled on the aforementioned ice, food prices are rising, gas prices won't stabilize, housing market is down, oil prices up, people everywhere are getting laid off or downsized, retirement funds are evaporating, savings are depleted. And the advice of the experts: Keep calm, don't get upset, try not to worry, don't react, it will adjust, it will get better, try to save more, economize, reorganize, restructure, time to return to the basics! As if that will solve all the problems!

HOWEVER...in mulling the entire situation over, perhaps getting back to the basics can help... but in a different manner. Back to the basics above refers to our economic, practical, physical environment basics. That is, less spending on "wants" etc. and giving more thought to reducing waste in trips, money, and resources. All good advice of course and worth doing and hopefully such actions will ease the situation. But in these turbulent times so much attention is paid to what is happening on the outside that the effects on the inside aren't recognized or addressed. So, perhaps we need to pay attention to getting back to **BASICS** in our emotional, creative, inner self environment.

**B – believe, bless, become:** can we examine our life and believe in ourselves and in others? Can we believe in the meaning of life, of the purpose of our life and what we can give to others – as well as the many blessings that have been given to us? Or, do we get so caught up in the panic and uncertainties that we fail to see beyond the curtain of fear?

**A – awareness, advocate, ability:** are we aware of what is happening around us? Do we see the struggles of others and find a way to help or do we look away, only seeing our own? Do we trust in our ability to adjust to the changes around us or are we frozen in time, lamenting what was, or fearing what might be?

**S – significant silence, support, strength:** can we see the significance and value of being silent so our thoughts can be heard and sorted out? Can we be a support to others – and to ourselves, recognizing our strengths and the many times we have faced obstacles and taken the journey through them – and emerged changed but intact and perhaps even stronger?

**I – involved, interested, intimate:** is it possible to stay involved, to stay in touch with the values that have sustained us, to be able to maintain an interest in life, in others, be willing to intimately embrace the life we have now, those who share it with us, the many who look to us for guidance – or is running away and hiding the path on which we find ourselves?

**C – caring, compassion:** are the hardships and trials that seem so prevalent in our life preventing us from recognizing the deep need in each of us to be cared for, and to practice self care? Are we able to offer compassion to those who are desperate and say or do things that are hurtful because of their pain – physical and/or emotional? And are we gentle with ourselves for the times when we forget who we really are and get caught up in the wants of materialism and status?

**S – simplicity:** When it all comes together the peace is found in the simple cleansing breath of being...when it all comes together we are not struggling to understand but we have a deeper knowledge and we *know*...when it all comes together we see that what we have is everything we need and there is no competition...when it all comes together we know that we are all together – always – and while there is never enough time we know that we have *all time*...when it all comes together we are living in peace, contentment, joy, and love.

You see we do need to get back to basics – over and over and over. So, recognize the moments when they happen because most of us, well, we like to have the "basics" but then we get busy again living beyond them....the good thing is, we can always go back – and reconnect with ourselves all over again.

*Joseph T.*  
**Quinlan**  
Bereavement Center



**Diana Sebzda MA LPC CT Director of Bereavement**  
bereavement @ karenannquinlanhospice.org

Now in Warren County, Pet Loss Support Group offered every other month. Next meeting will be held May 19<sup>th</sup> at the Bereavement Center. Call Diana Sebzda at 973-383-0115 to ask questions or register.

Next Children's Art Therapy program is scheduled. This is a four week program that runs four consecutive Thursday nights starting April 23<sup>rd</sup> and ending May 14<sup>th</sup>. Classes run from 6:00 to

8:00 p.m. and there is a concurrent parent support group. Please call Diana Sebzda at 973-383-0115 for questions or to register.

The annual Warren County memorial service will be held at the Washington Alliance Church in Washington on Monday, May 18<sup>th</sup> at 7:30 p.m. Please call Diana Sebzda at 973-383-0115 to find out how to include your loved one's name to be

honored and remembered during our service.



For any of Bereavement service's or additional information please visit our website or email Diana at the above email address



*Diana Recently presented the concept of the Children's Art Therapy program to Sparta Kiwanis at one of their dinner meetings. Shown above is Diana demonstrating the value of emotional masks made by the students.*

*Karen Ann*  
**Quinlan**  
Home Health Care

**Wound Care Management now at Karen Ann Quinlan Home Health**

Karen Ann Quinlan Hospice and Home Health Care is pleased to announce that Carole Burke RN,BSN,WCC, has completed the Skin and Wound Management Course sponsored by the Wound Care Education Institute. Burke has been a homecare nurse for 18

years, and joined the staff at Karen Ann Quinlan Hospice and Home Health Care in June of 08 where she serves as a home health care case manager. Utilizing her expertise in wound care treatment expedites the healing process for the homecare patient and for the hospice patient, where

treatment modalities ease the pain and discomfort. Wound Care is constantly evolving and more is learned on a regular basis. Patients with the Karen Ann Quinlan Hospice and Home Health Care will benefit from her continued interest and knowledge in this ever changing field.



**Carole Burke, RN, BSN, WCC has completed the Skin and Wound Management training**

## Hospice names Education Manager



**Mary Pugliese,  
RN, BSN,  
CHPN , new  
Karen Ann  
Quinlan  
Quality  
Improvement  
Manager.**

Mary Pugliese, RN, BSN, CHPN has been named Quality Improvement Education Manager for Karen Ann Quinlan Hospice. Pugliese will direct the Quality Assurance Program Initiatives (QAPI) which is a Medicare requirement plan performed throughout the entire hospice organization.

The on going challenge is to track data indicators that will determine effectiveness of service to patients and families in the community. Pugliese will be responsible for seeking new ways to measure and ensure quality within the entire hospice organization. She, along with a QAPI committee, will undertake new projects and initiatives based on data that is collected from hospice families. The goal is to optimize patient and family care and to improve all

aspects of the hospice experience for the community.

The data collected is assessed monthly and per project, looking for intervention which will improve the final results. The quality agenda is hospice wide, with all departments including administration, finance and volunteers, expected to produce ways to improve their practice.

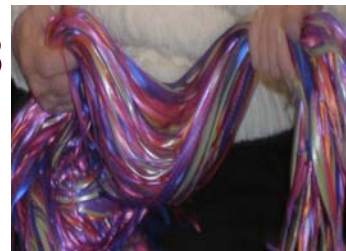
Pugliese has been with Karen Ann Quinlan Hospice as a clinical care coordinator since 2003. She has been working with hospice patients and as a hospice coordinator for twenty years, and also has prior experience as operating room and surgical head nurse at Roosevelt Hospital, NJ and Cornell University Medical Center, NY.



**YOUR HOME, OUR HEART SINCE 1980**

## You helped 1,136 families in need in 2008

If you visit our building you cannot help but notice over a 1000 ribbons tied to the banister.



**Over 1000 ribbons were cut and tied to our walkway Banister to represent all those you helped in 2008.**

In 2008 your generous donations helped 1,136 patients and their families in hospice, home health care and bereavement. Stop by and see them "wave."

Thank you!



## New Board officers named for Karen Ann Quinlan Charitable Foundation INC.



**Julia Quinlan,  
President of  
the Charitable  
Board.**

The  
Karen  
Ann  
Quinlan

Charitable Foundation INC.'s, annual re-organization of the Charitable Board of Directors named new officers for 2009-2010. Julia Quinlan will remain as President and preside over the board. Julia is the mother of Karen Ann Quinlan, and co-founder, along with her late husband, Joseph T. Quinlan, of the Karen Ann Quinlan Hospice. The couple started the hospice, located in Newton NJ, in 1980, after their daughter Karen Ann, in 1972, lapsed into a coma and subsequently became the focus of an intense court case. The landmark case resulted in a well-known court ruling that set a precedent for all future cases giving patients and their families the right to live their last stages of life with dignity and respect.

Terry Thompson, President and Chief Operating Officer of Sussex State Bank

was named Vice President. Robert Vandenberg, Senior Executive VP/COO of Lakeland Bankcorp, Oakridge, NJ, remains Secretary. Robert Charlton, CPA, CVA with Nisivoccia & Company LLP has been named as Treasurer. Other members serving on the board are John Quinlan and Dominic Ruggiero (past treasurer).

The Charitable Foundation is entrusted with funds to hold and utilize for the benefit of the Karen Ann Quinlan Memorial Foundation and for programs of the Karen Ann Quinlan Hospice. A new subcommittee from the Charitable Board has been established to further the development of the charitable funds and board contributions towards future assignments. Serving on the subcommittee will be Julia Quinlan as chair, Bob Vandenberg, and Dominick Ruggiero.

***The  
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Quinlan  
Hospice.***

It has been almost 25 years since the plight of one young woman, Karen Ann Quinlan, came to an end after a court battle and ten years of existing in a nursing home in a persistent vegetative state. It has been over four years since the media and the nation were focused on Terri Schiavo as her loved ones endured a very personal situation in a very public arena. As a result of both of these cases, many people were finding themselves facing up to the inevitable:

One day we will die.

Americans are not comfortable talking about death, let alone planning for it. In fact, most families spend more time planning for their annual summer vacation than they do for a medical emergency. Karen Ann Quinlan and Terri Schiavo changed that for many people. There are valuable lessons to be learned from both of these families in crisis. A

lesson rooted in the pain that the Quinlans and Schiavos experienced in the spotlight of the media. Karen's and Terri's situations taught us the importance of making our wishes known to our loved ones, health care providers, clergy and all those we care about and who care about us. There is something people can do to make sure they avoid these tragic conflicts: Plan for what you would want at the end of your life.

Planning is important whether you want every medical intervention available up until the moment you die or if you want to spend your final days at home, surrounded by family, focusing on comfort care and quality of life. What matters is that you make your wishes known by completing an advance directive and talking about it with your

loved ones. You have choices and an advance directive is an important step in making sure your wishes are honored.

An advance directive is also a gift to those you love. Should your spouse, sibling, parent or child ever find themselves in the position to make medical choices for you because you can't speak for yourself, you've let

them know what's most important to you.

In the past year, more than 1.5 million advance directive forms have been

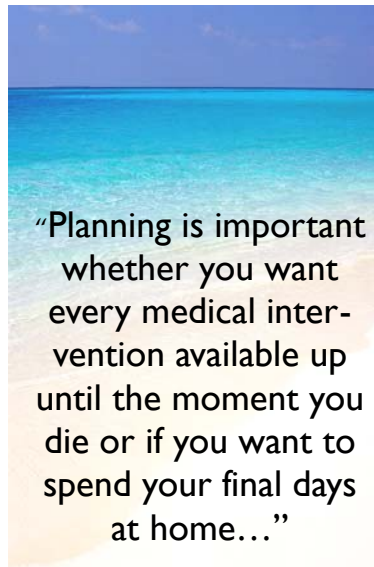
downloaded from [www.caringinfo.org](http://www.caringinfo.org), the

Web site for Caring Connections. This is a free resource from the National Hospice and Palliative Care Organization offering materials about care at the end of life. Caring Connection's HelpLine is 800/658-8898. Karen Ann Quinlan Hospice serves our local community by providing

hospice care and general information available at their office.

If you were one of those who called, emailed or downloaded information about advance directives, that's wonderful. But you must do more than request the form... do more than complete the form... do more than give the form to your physician, family and friends: Use the form to help you talk to people about these issues and your wishes for the end of your life.

Planning for the inevitable is about how you, your family, friends, neighbors and all of us LIVE. Don't let death just happen to you – live every day with the dignity, grace and confidence that comes with making your wishes known.



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 Social Service

Diana Sebzda, MA, LAC, CT  
 Bereavement

Cathy Shane, RN, BSN  
 Nursing

Roxanne Debski-Seigel, PH.D.  
 Marketing and Advancement

## 2010 will mark 30th year for Karen Ann Quinlan Hospice

Dear friends,


As hospice approaches its 30th anniversary next April 15th, I can't help but look back and be thankful for all that has been accomplished over those years. Karen Ann's life has given us so much in the way of care, hope and dignity for the hospice patient. Our humble beginnings with volunteers to our present position in the community today is growth that I never imagined. Our hospice today serves hundreds of patients each month in three locations. We have a full nursing and home health aide staff of which we are very proud. Our fund-raising outreaches into a generous community and your memorial donations have made it possible to extend these services to patients and families in need.

Gratefully,  
 Julia Quinlan  
 President  
 Karen Ann Quinlan Hospice

*"We look forward to celebrating with all of you next year. We hope you will join us"—Julia Quinlan*



*Julia Quinlan and Hospice staff wished Ercilia Joy Ghiringhelli, Senior Chaplain at Karen Ann Quinlan Hospice since 1999, all the best in her move to South Carolina.*



# DINING TO DONATE

Enjoy a meal that's filling and fulfilling.  
 Eat in or try our Carside To Go™ service!



**You must present a flyer for your donation to be credited**  
**Contact for additional flyers:**

**973-383-0115**  
[www.karenannquinlanhospice.org](http://www.karenannquinlanhospice.org)

Dine at Applebee's® and  
 10% of your bill will be donated to

## Karen Ann Quinlan Hospice

Present this flyer to your server on  
**April 15<sup>th</sup>**  
**5:00 p.m. till close**  
 at Applebee's of  
**Newton**  
**North Park Drive @ Rte. 206/94**  
**(Across from Home Depot)**  
**973-940-3003**

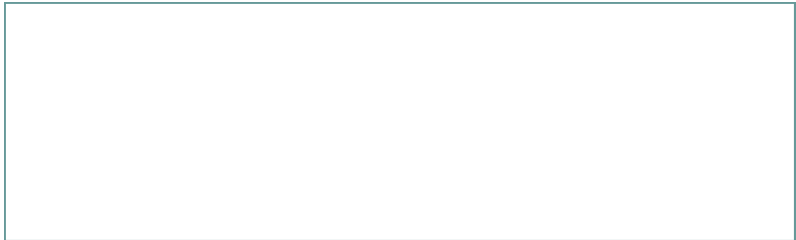


Applebee's  
 ©2005 Applebee's International, Inc. Donation percentage excludes tax, tip and alcohol sales. Valid at participating restaurants during specified hours. Must present flyer in order for organization to receive credit for purchase. Flyers are not to be distributed in the restaurant or within the perimeter of the parking lot.  
 You must bring this flyer for your donation to be counted. If ordering To Go, please mention this fundraiser.

*Cut out and bring to Applebee's to have 10% of your dinner dedicated to Karen Ann Quinlan Hospice.*

*The flier must accompany request.*

*Thank you.*



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.

## Friends of Hospice thanked.

Dear Friends of Hospice;  
I would like to take this opportunity to thank all of you for your very hard work and to let you know how much good you have done for our hospice patient's through-out 2008.

Some of the ways in which your funds were used were for Ambulance transports, such as to a care center so a patient could spend their last

holiday with their loved one. You purchased a weight scale so we would be compliant with the new Medicare requirements, life line rentals so live alone patients wouldn't feel they were ever alone, a 4 panel privacy screen for a patient in a nursing facility, medication lockboxes for safety, bag balm for patient wound care comfort, holiday dinners for families

that would not have had one if it were not for you, and last but not least, a patient's last wish spa treatment.

This is such a wonderful gift and we cannot thank you enough for all your loving accomplishments.

Best wishes,  
Nadine Balint  
Manager of Account Services

**The Friends of Hospice raise money for patients and families in need.**

**Their annual events include the Harley Motorcycle raffle, the Wine & Cheese event, the Hospice Tea, and Dental Day for Hospice.**