

**COMING EVENTS  
FOR HOSPICE**

Paper Shred 8/22 & 10/10

Wine & cheese 9/13

Sussex County Interfaith Memorial Service. 9/21

Children's Art Therapy 10/14, 22, 29, 11/5

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



**Darrin Adams**  
M.Ed., LPC, CRC

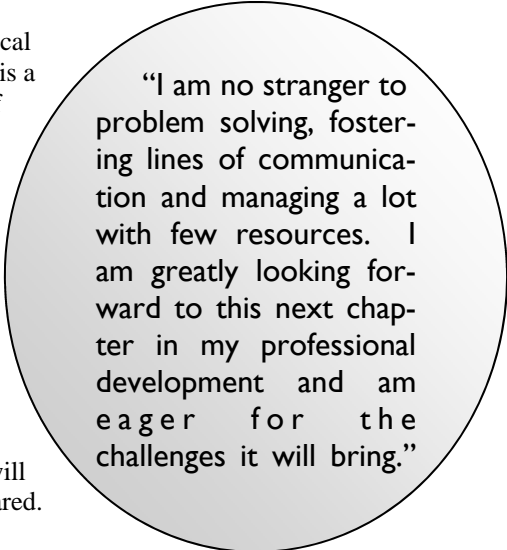
The new Administrator is an evolving position in charge of hospice services. Some duties now being performed by Executive Director Cecelia Clayton will be identified and transferred to Darrin in addition to new duties that are created through the company's growth and expansion. The new Administrator will also take on general operations in the Executive Director's absence. Darrin will be working over the next several weeks becoming familiar with the administrative workings of the hos-

**Hospice adds new position**

*Growth of the hospice requires additional staffing.*

pital. The transition is expected to be fully operational within the next 60 days. Darrin has been working with Karen Ann Quinlan Hospice over the past year, and comes to hospice from Newton Memorial Hospital where he served as a Medical/Surgical nurse since 2006. Darrin is a Physics major graduate of Kutztown University and holds a Masters in Education from Penn State University. He received his associates nursing degree from Passaic County Community College. "While I am new to the realm of Administrator, I do bring with me a wide variety of education and experiences that I know will serve me well" Darrin shared.

In addition to being a licensed nurse, Darrin is also a licensed professional counselor and has run drop-in centers, supervised therapeutic aides, conducted research, run teen outreach programs, and served as liaison to various agencies.



"I am no stranger to problem solving, fostering lines of communication and managing a lot with few resources. I am greatly looking forward to this next chapter in my professional development and am eager for the challenges it will bring."

**Butterflies soared!**



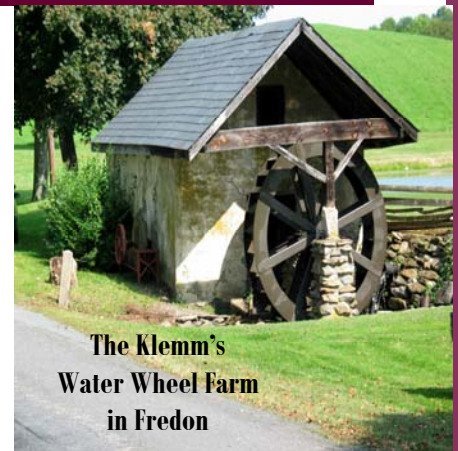
June 6th and June 13th held the two Butterfly Celebrations. For more photos see back cover.

Photos contributed by Lori Obitz and Judy Nordell.

**Wine & Cheese Fundraiser set for September**

Join us at the Water Wheel Farm in Fredon September 13th. from 2-5

\$35.00 pp.  
Proceeds to benefit  
Karen Ann Quinlan Hospice.  
For ticket  
information visit website  
or call (973)383-0115  
(adults only please)



The Klemm's  
Water Wheel Farm  
in Fredon

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

Winter has fulfilled its purpose and time travels into spring and summer. Abundance abounds! Gone are the empty brown fields, gone are the bare trees, gone are the gray, cloudy skies. In their stead we have what should only be described as “lushness!” There are uncountable shades of green wherever one looks and there are so many varieties of plants and flowers growing that they can’t all be named by one person. The sky can’t merely be described as “blue” as it changes constantly, swaying and pulsing with the breeze and the sun. Truly, who can possibly ignore the gorgeous palette upon which we are able to paint our lives? Well actually, we all can, and do, regularly...unfortunately, for us.

It is so very easy to not see what is around us as we check our schedules and plan for the future. We focus on what we think we need, on what is “missing”, or on what someone else has that looks better than what we have. It becomes a habit to spend our time in defensive/offensive mode – protecting, acquiring, circling the wagons so to speak. Our first thoughts in the morning run more towards “what do I have to do today” not “thank goodness for today”. And the really sad thing is that we don’t even know we are doing this because it is so much a habit!

It isn’t all that difficult to break a habit – it just takes the usual: time, persistence, and...time. It’s not easy to go from A to F when we are so used to going from A to B. But it can be done...if we want to. So, here is an easy start: list 20 things you have to be grateful for in the first ten minutes of your day. Just list them out – and to get you started here are a few: electricity, roof over your head, coffee, hot water, indoor plumbing. Of course I know you would have thought of all of those right off....right? So keep on going.

Now that you are finished with that task aren’t you amazed at what you never really noticed before? What happens is that we become so used to what we have that we TAKE IT FOR GRANTED!! But the sad truth of the matter is that we have NO rights to any of it! It is not a given that we should have anything! We are not entitled to any of this no matter how hard we think we worked for it. There are plenty of people out there in the world who work a lot harder than we do who don’t have what we have. (Yes, there are those who don’t work so hard and have more but that is for another time...) And because we take it for granted and just mix it up with our expectations of what we think we deserve, we completely lose the joy of it! When we wrap ourselves up in our entitlement issues we have what we have but we don’t have its pleasure or appreciation - so what purpose does it serve?

We all fall into the trap of failing to appreciate all that we share with ourselves, others and the world. Taking things for granted is taken for granted. It is just the way things are. But that doesn’t have to be. We can be purposeful in our thinking, our interactions, our living. We can notice that the water flowing from the tap is clean and warm or cool. We can notice that there are not only 50 shades of green in the fields but that there are fields! We can appreciate the fact that it took more people than we can number to get that bottle of ketchup on the shelf at Shoprite. And when you notice that the person in the “10 items or less” aisle has 15, appreciate the fact that we can go into a store and choose from so many varieties of bread! And when you have done all this, notice how you feel when saying “thank you” in appreciation – calm and peaceful...and grateful.



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

The General Federated Women's club of Vernon Township have been consistent supporters of the hospice and bereavement programs. They are always asking what we need and what they can get us through their fundraising efforts. Last year our agency submitted a "wish list" to them for the holidays and they delivered more than we asked, and all gift wrapped too! This year the organiza-

tion wanted to donate books on grief specifically for children. Upon giving them the book wish list, they purchased all the books and even duplicates of the more popular ones. The books donated help anticipatory grief and bereavement for children and teens. We thank them for their hard work and generosity. They have helped many!

Books donated: The Blue Day Book, Talking About Death: A dialogue between parent and child, The Best Cat in the World, Helping children Cope with the Loss of a Loved One, Saying Goodbye, Saying Goodbye to Daddy, The Fall of Freddie the Leaf, Gentle Willow, I Miss You, and Lifetimes: The beautiful way to explain death to children.



Karen Rothstadt, of Vernon, (right), with Diana Sebzda, sharing the books the Vernon Township Women's Club donated to hospice.

**Joseph T. Quinlan Bereavement Center's Memorial Service helps us remember loved ones.**

The service held Monday, May 18th at the Washington Alliance Church received approximately 40 attendees who participated in sharing their moments of remembering loved ones. The Reverend Carter of Warren Hospital, (pictured left) presented to the group The Reflections, entitled "Remember the song." Pictured right is Steve Iannacone, a continued supporter of the annual memorial services. His playing along with hospice social worker Laura Entwistle's singing is always a



highlight for the those in attendance. Pictured in the center, an attendee lights candles in loving remembrance. The event is supported by staff, volunteers, local clergy, and the community. Weis Markets and Dunkin Donuts provided refreshments along with staff members who brought cookies, cakes, and other goodies. A special thanks to all those who made the evening memorable!

The next Interfaith Memorial Service will be held in Sussex County, September 21, at the Presbyterian Church in Newton.

Karen Ann **Quinlan** Home Health Care

**Home Health Care Census is still up.**

Maureen Fox, in addition to her marketing efforts will also serve as the new Utilization Review Coordinator. This position closely

monitors charts for correct documentation and utilization of resources to ensure adherence of all required regulations. This monitoring will also assist in our goal to

provide and promote our quality of care. The office also welcomes new care members, per diem RN, Toni Carmosine, and RN Nicole Camlet.

**The Home Health Care Census number remains in the 70's.**  
**Congratulations Phillipsburg team!**

### Spring Joy delivered to Hospice patients



Joanne Calcagne, (pictured L), and her grandson Ayden delivered tulips to Karen Ann Quinlan Hospice to be brought to hospice patients and their families. Also pictured is Cecelia Clayton, Executive Director of

Karen Ann Quinlan Hospice, (center) and Jodi Butler, (R) president of the Friends of Hospice. The tulips were donated by Silver Lake Farm & Greenhouses 161 Silver Lake Road, Blairstown.

### Hospice social worker, Jennifer Smetana wins medal.



Smetana was the recipient of the 2009 Jenkins Colis-Gilroy medal for outstanding accomplishments and commitment to excellence in her field. The medal was awarded to her by the Alpha Delta Mu chapter of the National Social Work Honor Society

on March 30 this year at Marywood University, Scranton, PA. Jennifer joined Karen Ann Quinlan Hospice as a social services specialist this January. Her primary functions within the organization are to provide outreach and concrete services along with supportive counseling to terminally ill patients and their families.

### Hospice graduates new volunteers

to attend a series of eight educational classes. Upon the completion of the 8 classes, which were held this past March at the Joseph T. Quinlan Bereavement Center, 214 Washington Street, Hackettstown, graduates became Certified Hospice Volunteers now able to work with hospice patients and their families. Volunteers spend time with patients; reading to them, running errands, even playing poker; whatever the patient needs. Volunteers are also welcomed to participate in agency fundraisers, administrative assistance and/or as members of Friends of Hospice. All volunteers have the option of working in their communities and establishing their own schedules; their eagerness to give their time to ease the everyday lives of patients who are facing a

The Karen Ann Quinlan Hospice Volunteer Training recently graduated seven new volunteers who were required



Our new volunteers pictured with Julia Quinlan, and Sue Morrow, (R) Volunteer training coordinator. Hospice volunteers now total 70.

The next Volunteer classes are scheduled to start September 9<sup>th</sup> and will be held Monday and Wednesday evenings from 7:00 to 9:00 p.m. at the Karen Ann Quinlan Hospice office, 99 Sparta Ave, Newton with a graduation date set for October 5th.

terminal illness is truly appreciated. If you or someone you know is interested in learning more about hospice volunteer-

ing, please call The Karen Ann Quinlan Hospice at 973-383-0115 or 800-882-1117 and ask to speak to Volunteer Coordinator, Sue

Morrow. Volunteers are needed throughout areas in Northern NJ, and the Pike County area of PA.

### Pike County Hospice is receiving glowing reports

Known in Milford for their friendliness and hominess, the office is being appreciated for its welcoming attitude. Local constituents often stop by just for some conversation and support. Everyone chips in to keep things humming, flowers watered,

and office neat and organized! Maritza Cortez, a certified home health aide, has been the recipient of many compliments as being one of the best in the area! The office is also adding on a new CHHA, Karen Gibson to help keep patients "neat & clean." Nurses are all busy with patients and families.

# Hospice celebrated Nurses Week



Truffle candy goodies delivered by Illiff-Ruggiero Funeral Home made these nurses very happy.



Julia Quinlan, President of Karen Ann Quinlan Hospice and 4th grade student Samantha Lauridsen stand in front of Samantha's New Jersey Fair project on Karen Ann Quinlan Hospice and the Karen Ann story. "It was really exciting to meet Mrs. Quinlan after learning so much about Karen, Mr. & Mrs. Quinlan and the hospice they started." Samantha exclaimed. Karen Ann Quinlan Hospice will be celebrating 30 years in the community in 2010. The project is proudly displayed in the Karen Ann Quinlan hospice office, located at 99 Sparta Ave, Newton.



In the Phillipsburg office, Nursing Director Cathy Shane created a bulletin with all the nurses bringing in their graduate photos. Staffers had to guess "who was who?"



Hospice nurses share in a photo to honor Karen Ann Quinlan Hospice and Home Health Care nurses and nurses everywhere.

**Nurses week is celebrated every year beginning May 6, ending on Florence Nightingale's birthday of May 12th.**

"To know even one life has breathed easier because you have lived, that is to have succeeded"  
—Ralph Waldo Emerson



## Medical Director



Brian F. Newman, MD, FACS

Dr. Newman received his Doctor of Medicine from New York Medical College in 1980, and

served his internship in basic surgery at the Portsmouth Naval Hospital. He also fulfilled his general surgery residency there from 1982-1986.

Dr. Newman has served his country as a Medical officer and ship's surgeon, in addition to serving as Staff General Surgeon at the Naval Hospital in Groton CT. He came to Newton Memorial Hospital in

1989 as an attending surgeon with Surgical Associates of Sussex County. Prior to his commitment with Newton Memorial Hospital, he also served as a clinical Assistant Professor of Surgery at the F. Edward Herbert School of Medicine in Bethesda, MD.

Dr. Newman is licensed in the states of NJ and PA, and as a Diplomate with the American Board of Medical Examiners and the American Board of Surgery. His many professional organization affiliations include a fellowship with the American College of Surgeons, member of the society of Laparo and Endoscopic sur-

geons, the American Cancer Society, and the American Academy of Hospice and Palliative Medicine. He also serves as a cancer Liaison Physician to the Commission on cancer and was the recipient of their 2007 Cancer Liaison Physician Outstanding Performance award. Dr. Newman has been a volunteer Medical Director for the Karen Ann Quinlan Hospice since 2007.

*"My mother died several years ago of a very painful condition and it was only when hospice became involved that her symptoms were controlled and she was at peace. I am very grateful to hospice for that and that is why I am pleased to donate my time to this wonderful organization." — Dr. Newman*

## Hospice and Home Health graduates ten Certified Home Health Aides

Mary Pugliese, RN, and Education Manager announced the Education Committee graduated ten new Certified Home Health Aides this past April. The new home health aides will work with patients in all of our service areas. The candidates must meet the curriculum requirements established by the New Jersey Board of Nursing which includes 76 hours of education in classroom and clinical. Through our partnership with Sussex County Community College, the students were able to

practice their new skills in nursing labs which is beneficial in assisting them in gaining confidence prior to meeting actual patients. After successfully completing the course and passing a written and practical examination, the graduates have a chance to intern with a CHHA as they go through their daily work with patients. It is a very comprehensive program that will provide a solid foundation on which to base the goal of quality care for all our families.

Visit our website for more info: [www.karenannquinlanhospice.org](http://www.karenannquinlanhospice.org)

## Third Annual Quinlan Award Presented



Julia Quinlan

In March of 2006 the First Rutgers Conference of the NJ End-of-Life Nursing Education Consortium was held. I had the distinct

honor of being the Keynote Speaker.

In 2007 the First Joe & Julia Quinlan award was presented. The award recognizes a NJ lay person, professional or volunteer who made a significant difference in the provision of palliative care and end-of-life care. I humbly accepted the award in memory of my beloved husband Joe.

In May, 2009 it was truly a privilege to present this prestigious award to Dr. Fofah of the Circle of Life Palliative Care Program. His qualities epitomize the true meaning of hospice. Dr. Fofah instituted the first Neonatal Palliative Care program in NJ. It serves the smallest and most vulnerable of our patient population and their families with skillful insight, unhurried compassion and quiet grace. He practices and teaches compassionate medicine. He is a humble man that has made a significant difference in the provision of palliative care and/or end of life care. I felt privileged and proud to present the award to Dr. Fofah.

The tradition of presenting the award to a worthy individual is very meaningful to me. It serves as a reminder to

us all the true meaning of hospice. For almost thirty years the Karen Ann Quinlan Hospice has felt it a privilege to share the most precious moments at a most difficult time in the life of patient and family. Hospice is a special kind of care given by dedicated caring people. The year 2010 will have a special meaning to our hospice and for me a very personal and rewarding experience as we celebrate thirty years of care to the most vulnerable. Their lives and our lives are enriched through the process.

Sincere thanks to Rutgers College of Nursing for initiating the Joe and Julia Quinlan award.

Julia Quinlan  
Co-Founder and Chairman of the Board



Julia Quinlan, (L) and , Onajowwe O. Fofah MD, FAAP. (R) recipient of the third annual Joseph and Julia Quinlan Award.

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Nursing

Roxanne Debski-Seigel, PH.D.  
Marketing



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.

**Paper Shred Events**  
August 22 & October 10  
9:00 a.m. to 2:00 p.m.  
Karen Ann Quinlan Hospice.  
99 Sparta Ave. Newton, NJ

**Sussex County Interfaith  
Memorial Service**  
September 21, 2009 7:30 p.m.  
The Presbyterian Church, Newton  
(973) 383-0115 for information/registration  
or email:  
[bereavement@karenannquinlanhospice.org](mailto:bereavement@karenannquinlanhospice.org)

**Children's Art Therapy**  
For children & young teens who have suffered a loss  
through the death of a loved one.  
Karen Ann Quinlan Hospice.  
99 Sparta Ave. Newton, NJ  
Four sessions. 6-8 pm  
10/14, 22,29, and 11/5  
Call (973) 383-0115 for information or email:  
[bereavement@karenannquinlanhospice.org](mailto:bereavement@karenannquinlanhospice.org)



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