

CARE CONNECTIONS

Newsletter for the Karen Ann Quinlan Memorial Foundation

Hospice Royal Wedding



Administrator Darrin Adams and Nurse Supervisor Beth Sylvester entertained the staff with a moment of fun as they performed their version of Great Britain's recent Royal Wedding.

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Elenora L. Benz,
Attorney at Law



Ellie shared her experience and credentials on estate planning with a group of about 20 attendees this past May 11th at the Lafayette House. The topic focused on how individuals or families could plan their estate and include charitable organizations while receiving tax benefits. Marketable securities, real estate, cash, retirement accounts, life insurance policies, closely held securities and remainder interests in real estate were all explained on how they benefited the charity, the estate taxes, and the heirs. The event was sponsored by the Karen Ann Quinlan Charitable Foundation.

2ND YEAR IN A ROW...

Our hearts are in the right place... with you.



Thank You for Voting Us the
#1 Non-Profit Organization
in Our Area!



www.KarenAnnQuinlanHospice.org

Karen Ann Quinlan Hospice was voted # 1 again in the New Jersey Herald's Readers Choice awards

K

Keep it simple....

Reflections by Cecelia T. Clayton

Keep it simple....There are a preponderance of books extolling the virtues of simplifying our life. Just think of it; complicate our life by giving us guidelines on how to make it simpler. Gosh, another "should" to add to all the "shoulds" we already have on our lists of things to do!!

Actually I am all for simplicity; some would say it fits my "simple" mind. But the problem, as I see it, is that we already have the basics, we just complicate everything by second guessing what we know. We question ourselves, and others and we think that if we have control over everything then we will have more clarity and simplicity. We will "go with the flow" as long as the "flow" is going where we want it to go. And if it's not, we will rearrange it and then everything will be just fine. So we spend lots of time rearranging, and never have time or energy to enjoy the arrangement (which won't stay in place if it's not right to begin with!!)

What better time than the season of summer to admire and bask in the true simplicity of life; to learn a lesson. The sun does come up in the morning, when it is supposed to and not a minute earlier. It sets in the evening with colors that are unimaginable (try to control that!!). The grass will grow and so will what we call weeds. Speaking of which, anyone who has gone perennial shopping surely has noticed that these "weeds" are on sale at high prices!! As they say, one man's junk is another man's treasure...Anyway, nature, of which we are an integral part, doesn't worry much about what it should do. It just does, it is, it "be's." We, conversely, use our wonderful mind to convince ourselves that "being" isn't enough.

We have to be more...be smarter, be busier, be thinner, be more active etc. etc. When do we "be?" When do we allow ourselves to be who we are, not who we think we should be?? There was a time when we did this back in our very early childhood, before we became so all fired educated in the school of life and books. We were hungry, we ate; tired, we took a nap; sad, we cried; happy, we laughed. And

that time comes again at different points in our life. It sneaks in occasionally and then we "be." That is simplicity. It is the times when we are in total synchronization with the inner us and the outer us, our world and the universal world. We are "one" with all things.

One of the definitions of "simple" is "having or composed of one thing only, not involved or complicated." That is simple. Yes, we all live complicated lives: we have many responsibilities, duties and obligations. But we also have the wherewithal to make decisions. To decide to put first things first. To decide in our own minds how much and what we are going to allow to control and own us, rather than the other way around. Yes, we have things we have to do but the key is how do we have to do them?

If I want the yard to look manicured I have to cut the grass; but what an opportunity to become one with nature. To see the landscape, to become one with the sensual scent of fresh cut grass, to enjoy the breeze and the blue and the warmth. Or, I can grouse about the darn grass growing so fast; which, by the way, wouldn't have happened if I didn't lime and fertilize and plant etc.!! It's quite a pattern we create; we complicate and then complain! So maybe we should enjoy the fruits of our complications and that will help to keep things simpler.

When you have the privilege of sharing with another try to share yourself...knowing who you are before you "lime and fertilize and plant" will lessen the chance of any seeds of discord being planted and that you are content within. You are nature, you are a simple person in the most glorious sense of the word. You are composed of one unique being: you. And because of that you are the manifest colors of the rainbow, the nourishment of the rain, the soothing warmth of the sun, the breezes that can carry away the troubles and woes of the suffering.

You are, you be.

W

elcome new Warren County Volunteers!



Standing (l-r): Ray Reyes, Julia Quinlan (President of Karen Ann Quinlan Hospice), Linda Faul, Sue Morrow (Hospice Volunteer Coordinator), Vicky Vergara, Jackey Fahey, Rosemarie Wallace, Thia McLean, Diane Penacchio, Barbara Courtright, Jacky Fernandes, Christine Schwartz, Beth Carabello.

Front row (l-r): Mindy Martin, Marlene Donato. Volunteer graduates not pictured here Bridgett Peek, Al Dykstra, and Joyce Dykstra.

2011 was designated the Year of the Caregiver -Dr. Roxanne Debski-Seigel

The U.S. Administration on Aging is celebrating the 10th anniversary of its National Family Caregiver Support Program (NFCSP)-"In our society, family caregivers are the primary source of support for individuals of all ages with physical, mental, and chronic conditions."

And not a moment too soon as the first Boomers begin turning 65 and unleashing a vast army of highly talented, well-educated, uncommonly healthy seniors and highly demanding consumers into a marketplace that has been shunning this age group for years. No more. "This age group is the fastest-growing segment of family caregivers. They need help, and lots of it."- Gail Sheehy, award-winning author, journalist and lecturer. Her most recent book, "Passages in Caregiving: Turning Chaos Into Confidence," chronicles her 17-year journey caring for her ailing husband and her exploration of the difficult transition from partner to caregiver.

But Rosalyn Carter may have said it best: "There are only four kinds of people in the world - those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers."

So what could that mean for you? No one wakes up one morning and declares "I want to be a caregiver to someone I love who has become very ill or injured." But for over 50 million of us that is a reality. When describing a caregiver most often it is the *function of a family member in the act of being responsible for providing everyday assistance to someone they care about who is either chronically or terminally ill, injured or disabled and is no longer capable of taking care of themselves.* The National Caregivers Association discloses that "Family care giving is the bedrock upon

which this country's healthcare system depends," with services provided by family caregivers representing 80% of all home care. This is a staggering number. Being propelled into this role is no simple chore. The caregiver first has to be able to recognize, identify and accept their position before they can fill it properly. The initial struggle comes with the emotional tie to the person who is in need of care. A loved one requires home health assistance and all of a sudden you are forced to take on this role; a new task at hand that must be fitted into an already demanding life.

Everything changes, the life you knew before ended yesterday; and you are not even the person suffering the illness or injury. What must they be feeling? Here is the reality of a number of things that will require the caregiver's attention. Initially expect to be met head-on with all the emotional, financial, nursing, social, and homemaking services that will be essential on a daily basis. This includes working with doctors, health care professionals, insurance and government health agencies. Then a re-evaluation of personal finances, work abilities, future opportunities, and lifestyle compromises. You may ask the question "when will I have some time to myself again and not feel guilty...?"

Medical professionals are beginning to realize the need to better understand the practical and emotional needs of the entire family system during the caregiving experience. Unfortunately, family caregivers as a rule do not always do a good job of taking care of themselves; often putting the loved one's health and well being first. After that there doesn't seem to be much time or energy left.

"Your own good health is the best present you can provide to the person you care for."-- National Family Caregivers Association



Top pieces of Advice

Caregiver burnout is real. It is important to remember to create balance between caring for others and caring for ourselves. The care giver must truly believe protecting their health is an absolutely critical thing to do for themselves and their loved one.

Below are some tips from the NFCA :

- Take a daily vitamin supplement.
- Get exercise ; make it a priority for your mental and physical well-being.
- Get regular check-ups and do not ignore possible symptoms of ill health.
- Take a break from care giving -- respite time is crucial.
- Get a flu shot.
- Watch for signs of depression.
- Stay involved in hobbies.
- Laugh with a friend.

And while there is much pain, the caregiver can and must take time to find joy. When your loved one says, "I feel good today", or a stroke victim is able to perform a task that had been eluding him. Knowing what it means to learn to die with dignity and making sure your loved one's wishes are honored. The other joys, despite all the hard work and pain for both the caregiver and the patient, are found within our capacity to go on, to share and above all to love.

OUT OF THE DARKNESS WALK...Sponsored by the American Foundation for Suicide Prevention.

" It means a lot to Catherine and I that you were there with us *In Spirit*." Thank you supporters!



Karen Ann Quinlan Social Services Director Marlina Schetting (Pictured L) with her sister-in-law Catherine Salfino participated in the overnight event June 4-5 by walking the 18 miles in NYC. The walk raised \$2.5 million to go towards suicide prevention, research, and awareness and also to survivor programs. "the event was very inspirational and memorable" —Marlina

www.KarenAnnQuinlanHospice.org

For further information visit
www.familycaregiving101.org



Dependable, trustworthy, caring, Living for others, loving, sharing. At times wondering “Why am I a Nurse? Is it a Blessing or maybe a curse? ”Because, at times, Nurses are not appreciated, For the work to which their life is dedicated. However, Nurses know their job is worthwhile, when, after a hard day, a patient will smile.” —Excerpts by an author who calls herself Carlotta , a retired R.N of 41 years.

So just what is the definition of “nurse” and how did it arrive? The history of nursing walks hand in hand with woman herself; but of course the meaning of the word nurse has changed over the course of centuries. The word nursing is derived from the Latin nutrire "to nourish" with its roots in the Latin noun nutrix which means "nursing mother". The original meaning of the English word was first used in the 13th century and its spelling underwent many forms, norrice, (from the French version of nourrice-a woman who suckled a child) nurice or nourice, to the present day, nurse. By the 16th century the meanings of the noun included "a person, but usually a woman who waits upon or tends to the sick". Two more components were added during the 19th century; training of those who tend to the sick and the carrying out of such duties under direction of a physician.

Women, because of maternal instincts, were considered "born nurses". However human beings in both sexes have a natural tendency to respond to helplessness or a threat to life from disease or injury."- Donahue, 1996

In ancient times, a woman cared for her own family. This expanded to taking care of tribe members. As civilizations progressed, so did nursing, as it began to be performed outside the home. This development led to the concentration on additional elements: skill, exper-

tise, and knowledge. So as man learned more and more about disease, illnesses, and treating the injured, nursing evolved to become both a nurturing art and a science.

It is why today the head, the heart, and the hands have united to become modern day nursing's foundation.

In 1971, nursing theorist Joyce Travelbee declared, "A nurse does not only seek to alleviate physical pain or render physical care - she ministers to the whole person. The existence of suffering, whether physical, mental or spiritual is the proper concern of the nurse."

Amongst the many new trends and changes in nursing practice today, the one that holds a particular interest for the hospice and home care nurse is the renewed focus on holistic care and the interest in spirituality and spiritual care for the patient as a “whole”. This concept re-emerged in nursing literature in the 1980's and has stayed and developed on the present day nursing stage. “As a nurse it is very rewarding to be part of people’s lives and to make a difference in their quality of life.” Karen Ann Quinlan Hospice Intake Coordinator Kathleen Hoffman, RN, CHPN continues “particularly in hospice. When families first come to us they are overwhelmed with caregiver stress and once the hospice nurse and team get involved, a peace comes over the whole family.”

From QAPI / Education Corner



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

“I won on Jeopardy!”

Final Jeopardy Winners

First Place Nancy Lombreglia
(The participant with the only correct answer to Final Jeopardy Question)

Second Place: Beth Sylvester

Third Place: Lisa Burse

The Jeopardy six month challenge in preparation for CHAP survey wrapped up with the following perfect scores.

- Brenda Semanko
- Keshia Hete
- Marge Palm
- Sue Dell
- Nancy Lombreglia
- Aileen Kapocsi

We are in receipt of a state grant for educational training and several classes have already been held this spring. The staff will benefit from expert training on computer software, foreign languages for healthcare, team building, time management, and many more topics that will enhance the quality of the work we do.

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The Physician's Corner is a part of the Karen Ann Quinlan Hospice website dedicated to physicians and their office staff. It was created by the Marketing Department in collaboration with clinical staff to address the needs of the patient's attending physician. The password protected site contains topics on The Hospice Philosophy; Common Misconceptions of Hospice; Considering Hospice referral-evaluating the patient's needs; How Hospice can help your patients with end of life care; How to discuss Hospice with your patients; How and why you remain part of the hospice team; Hospice Eligibility and Costs; Physician Billing; Referral page; Brochure Downloads; and Resource links. Any Physician's office is invited to log-in and acquire their own password for use. "We hope our doctors will find this a useful tool in the treating of their hospice patients." —Roxanne Debski-Seigel, Ph.D., Director of Marketing.



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



Julia Quinlan, (center) with Erin Opitz (L) and Holly Opitz (R) enjoying the Open House.

Up-Coming Bereavement Programs and Events.

Bereavement Self Help Group Facilitator Training: August 22 & 29 from 6 to 9 p.m. at the Sussex Center.

Sussex County Annual Memorial Service, Monday, September 19th 7:30 p.m. First Presbyterian Church in Newton.

Monday Movie Nights: July 25, Sept 26, Nov 28, 6 to 9 p.m. Great deal \$5.00 movie, group & refreshments! Movies TBA.

Fall Children's Art Bereavement program October 6, 13, 20 & 27, 6 - 8 p.m. at the Sussex Center.

For more info on these programs and support groups available Call 973-940-0413 or visit our website www.karenannquinlanhospice.org



The New Sussex County Bereavement Center

61 Spring St. Newton, NJ (Convenient entrance and Parking on Trinity St.)

Physician's Corner Launched in May and available to all Doctor offices.

Bereavement Open House
 The Joseph T. Quinlan Bereavement Center moved into an expanded site at 61 Spring St., Newton and held an open house for the community on March 30th. Over 100 neighbors and friends of the center attended and enjoyed an art display presented by the Sussex County Arts & Heritage Council, refreshments, and a silent auction. The center helps all those suffering with grief from the loss of a loved one through death, including children's programs and pet loss. They provide individual counseling as well as group sessions in Sussex County at the new Spring St. location; in Warren County at the center located at 214 Washington St., Hackettstown; and in the Pike County area of PA at the United Methodist Church in Milford and the Church at Hemlock Farms at Lords Valley. To learn more about their programs or for information visit: www.KarenAnnQuinlanHospice.org or call 973-940-1413 or 800-882-1117.



Plenty of room for programs and Sessions!

Welcome to our Physician's Corner.

This is a password protected site designed to meet your needs by answering your questions about hospice care.

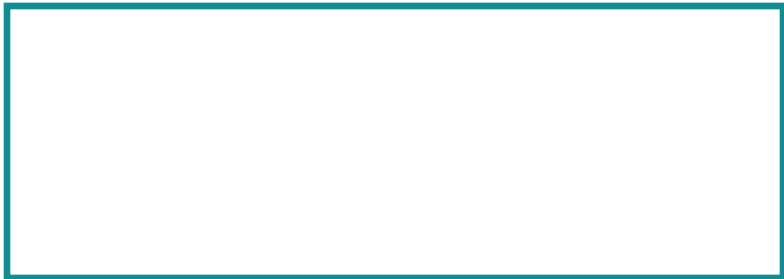
As a physician you are flooded with information.

We want to deliver to you, in a concise manner, the hospice care model and decipher any new industry information to keep you informed.



Our goals are the same, to address the patient's needs that would trigger the call for end of life care.

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.



www.KarenAnnQuinlanHospice.org



Friends of Hospice present the

27th Annual Wine & Cheese Festival



On the grounds of scenic
Waterwheel Farm
 124 Fredon Marksboro Road, Fredon, NJ

SUNDAY
September 18
 2:00—5:00 PM
 (rain date September 25)

\$40.00 per ticket
 (Adults Only, Please)

Buy Tickets!

Paper **SK** Shred

Fall Shredding Dates:

Saturdays 9-12 pm
 September 24th
 November 19th

ID Theft Protection

Office Organization

Clean-it-Up and Out!

Where?

Call Karen Ann Quinlan Hospice
 973-383-0115 or 800-882-1117

visit: www.karenannquinlanhospice.org
 for a mail-in order form.

Burke's Wine & Liquor, Sparta
 Karen Ann Quinlan Hospice, 99 Sparta Ave., Newton or
 at Entrance Gate

Hospice office 99 Sparta Ave. Newton,
 6.00 p/box (Letter/legal size approx.)