

JULIA QUINLAN AWARDED PRESTIGIOUS RUSS BERRIE FOUNDATION AWARD

Julia Quinlan, co-founder and chairman of Karen Ann Quinlan Hospice, was awarded the prestigious *Russ Berrie Making a Difference Award* at a ceremony at Ramapo College in Mahwah, N.J. on Friday, May 5, 2016.

Julia was among several unsung heroes throughout New Jersey receiving cash prizes ranging from \$5,000 to \$50,000, recognizing their compassion and concern for others.

Julia was honored for her lifetime of giving. As many of you know, it all began in 1975 when Julia and Joseph Quinlan's 21-year-old daughter Karen Ann fell into an irreversible coma. Their heartache did not end there. They faced a legal battle to have the respirator disconnected to allow their daughter to "die with dignity." The case drew unwanted national and international attention, and a year later it led to societal changes including Living Wills, Advanced Directives and POLST (Practitioner Orders for Life-Sustaining Treatment) forms which now empower individuals to detail their personal requests and medical preferences when faced with a serious illness.

This tragic event and these societal changes led Julia on this path to a lifetime of giving. In 1976, the Quinlan's wrote a book about their journey and donated the proceeds from the sale to the then newly-established Karen Ann Quinlan Foundation. Julia spent several years learning about the hospice movement, a fairly new concept at that time and, in 1980, co-founded the Karen Ann Quinlan Hospice, the first of its kind in the area and the first Medicare certified home-based hospice in the state.

In 1990, Julia pioneered a local bereavement center for those struggling with grief. Joseph T. Quinlan Bereavement Center treats patients and counsels grieving loved ones regardless of the ability to pay.



Today, at 89 years old, Julia continues to give. In 2013, she led the construction of the Karen Ann Quinlan Home for Hospice, a ten bed residence for those who cannot receive hospice in their home or whose caregivers need a respite. This residence offers skilled care in a home-like setting with views overlooking the beautiful bucolic Waterwheel Farm and mountains in the distance.

So as you can see, Julia Quinlan's determination, amid tragic loss, has led to comfort for so many in and around Sussex and Warren Counties in New Jersey and Pike County, Pennsylvania. She is an inspiration to many across the country and around the world. It is because of her dedication, passion and giving that she was named this year's recipient of the \$35,000 *Russ Berrie Making a Difference Award*. We congratulate her and thank her for her lifetime achievements.

SUBMITTED BY: TAMMIE HORSFIELD,
BOARD MEMBER, KAREN ANN QUINLAN HOSPICE GOVERNING BOARD
PHOTO CREDIT: DANIEL FREEL, THE NEW JERSEY HERALD

REFLECTIONS

CECELIA T. CLAYTON, MPH

How many “have to’s” are in your mind right now? What are the *haves* that you absolutely *must* get done? Where is that list, those reminders, those edicts that populate your mind and are relentless in their demands? The omnipresent, imbedded, overpowering and overruling **SCHEDULE** that runs your life? The *haves* and the *musts* that create your existence, that validate your being? What if they are turned around and become “I don’t have to”. How would that change your thinking?

“I don’t have to” ...sounds like words a petulant 5 year old might say, or a rebellious teen, or an ornery adult. Very often they are paired with a vocal “I don’t want to” or even used interchangeably, and more than likely directed to another – either in person or in absentia but probably in response to a request that was put forth. I am sure we have all said them – to others – but perhaps not often enough – and especially not often enough to ourselves. Obviously a negative response that, if viewed from a different perspective could actually be a boon in our lives.

Interestingly, these words popped into my head, very loudly actually even though I did not speak them aloud, while I was driving. Traveling down a one lane road in a line of cars, moving right along, near the posted speed limit...and the road opened with a passing lane going up an incline. And then it happens... shift to the left, accelerate, trying to “beat” the car ahead while the cars behind do the same thing! And I heard it, in my head, loud, “**I don’t have to...!**” There was no need for speed, no need to pass, no need to block the traffic behind me. Just because the opportunity presented itself to get ahead didn’t mean I had to take it! Ah, the sounds of, well, maybe wisdom, maturity, or something along those lines. A simple thing, yes, but a deeper meaning in how a life is lived.

How many times do we do things because we think we *have* to? We *have* to go to that meeting or....; We *have* to sign up for that class because....; We *have* to go to the office even though we are

sick....; We *have* to fill in the blank with your personal “have to”. Perhaps the issue is that we don’t stop and think, we are on automatic” and this is just the way it is! Well, maybe there comes a point in our life, our awareness, that “just the way it is” becomes not quite good enough anymore. Problem is, what then happens?

In the situation above what happened was that I moved over and the cars that had been lining up behind me flew on by. I was no longer worried about exceeding the speed limit and possibly getting a speeding ticket. Physically I relaxed because I wasn’t worried about slowing down all the cars that were now passing me. And, I managed a bit of a smile when I pulled up to the red light and was now right behind some of those who had flown by! So much for that!

In our greater experience of life however, when we become more intentional in our actions, and take ourselves off that automatic pilot mindset, the experience of our experiences become more than what they ever were. If we don’t “have to” do one thing then by default we will be doing something else. That is, a choice is made. Perhaps it will be to take care of ourselves when sick, instead of, say, going to work and spreading germs just because we are worried about missing something – or being missed. Perhaps it will be realizing that another class, another certificate or degree will take time away from friends and family – those in our lives who don’t care about the wall decorations of accomplishments but prefer the present of our presence. Or that physically slowing down in life allows the blur of it to become focused and real. Or just that the ability to take a breath that actually moves us, a bite of food that lingers so we taste it, becomes a joy rather than a rote exercise for survival. And maybe, just maybe, when we are not grabbing for what we think we have to do, be, and get, we will be able to open up to give and receive the hand, the hug, the love and kindness that is now so obvious in our life....

WOMEN IN BUSINESS AWARD Clayton Receives Countywide Recognition

Cecelia T. Clayton, MPH was received the *Women in Business Award* at the Sussex County Chamber of Commerce's *Quality in Business, Quality in Living Awards* on March 24 at Lake Mohawk Country Club in Sparta. This annual event recognizes and celebrates the work of area companies, organizations and individuals with awards nominated and chosen by Chamber member business leaders. The *Women in Business Award* recognizes a female business leader with an established track record of significant accomplishments in business and/or community service. “Cecelia’s dedication, drive and passion has assisted in making our local hospice the quality hospice our residents seek. Her commitment, energy and hard work is recognized by many in the community and we are thankful for her leadership,” stated Tammie Horsfield, President of the Sussex County Chamber of Commerce.

Photo: (r) Sara Ann Megletti, owner of PB&J Stores, Inc. in Newton and Sussex County Chamber of Commerce Trustee presents Cecelia Clayton the *Women in Business Award*.



I DIDN'T KNOW THEM LONG, BUT I KNEW THEM WELL

A Warm Welcome to One of Our First Hospice Nurses



Photo: Marlina Schetting, MSW, LCSW, CT gives Joan Leonard a tour of the hospice administrative office and the Karen Ann Quinlan Home for Hospice.

Retired registered nurse, Joan Leonard contacted the team at Karen Ann Quinlan Hospice to request a visit to an organization and mission that she knew well. Joan was one of the original nurses with Karen Ann Quinlan Hospice for the first four years that the small team of professionals and volunteers began their work for families in our area. Karen Ann Quinlan Hospice Administrator, Marlina Schetting, MSW, LCSW, CT met with Ms. Leonard and her family, showing them the administrative office and then touring the Karen Ann Quinlan Home for Hospice in Fredon.

During their visit Joan recalled stories of early days, her fellow colleagues and the importance of the hospice mission to their early team. She joked about the days on the road with cryptic directions to families' homes and the use of bag phones, a time long before the technological conveniences that we are comfortable with today. When speaking of the families she supported over those years she thoughtfully recalled "I didn't know them long, but I knew them well."

Joan continued her lengthy career with Newton Medical Center and retired from the VNA Hospice of Central Jersey. She currently resides at The Seabrook Retirement Community in Tinton Falls. She joked that she is the unofficial support ambassador; not only extending pet therapy and supporting other residents, but always trying to share the importance of having the discussion with family before the decision for hospice is necessary. At the conclusion of this thoughtful visit, Joan spoke of how heartwarming it was to be back and stated "I'm blown away at the growth of the organization and the opening of the Home for Hospice. What a beautiful location and another great resource to help so many families."

WHAT'S YOUR EMOTIONAL VOLTAGE?

Diana Sebzda, M.A., L.P.C., F.T.
Director of Bereavement



Who hasn't felt the sharp zap of static electricity as someone comes across the room and touches you? We learned as children that you can build up this electrical charge by scuffing your feet on the floor. The more scuffs you make, the bigger the shock. So there are small insignificant shocks or big, sometimes painful, shocks.

What we feel when someone dies is very similar. Some grief feelings are small. Not really insignificant, but one is able to function normally, and others observing this individual may not even realize that this person had experienced a loss. Some grief feelings are HUGE! There is no mistaking that the person having these feelings has lost someone.

Some people don't understand why some seem to cope better in grief than others. Some families don't understand why one family member is coping differently than the rest of the family. Some people become frustrated and disappointed that they aren't grieving the "right way." Some people feel so frustrated with their grief response that they feel like they are going crazy.

Why are there so many different grief responses? One of the reasons can be our relationship, our "emotional voltage," to the person who died. How connected were we to this person? Were they an acquaintance or your best friend? Were they a grandparent or were they your spouse? Were they your employer or were they your pet?





SNAPSHOT

Jennifer Smith / Special Events Manager

HOSPICE HONORS— Celebrating Those Committed to our Hospice Mission

This festive April evening at the Panther Valley Golf and Country Club was filled with great fare, music, comradery and reflective recognition of the events featured honorees. We thank our presenters, sponsors and supporters for helping to make this special evening so memorable.

Photo from l-r: Sue Dell, RN - Honorable Paul W. Armstrong J.S.C. (Ret.) - Lucian Fletcher, Jr., MD - Cecelia T. Clayton, MPH - Skip Klimas



FOUNDER AWARD Lucian Fletcher, Jr., MD
EXCELLENCE IN LEADERSHIP AWARD Cecelia T. Clayton, MPH
HEART OF HOSPICE AWARD Skip Klimas

PIONEER AWARD Honorable Paul W. Armstrong J.S.C. (Ret.)
EXCELLENCE IN CARE AWARD Sue Dell, RN
SPIRIT OF HOSPICE AWARD Noel Balch & Frances Howe

CHEERS TO HOSPICE: Wine & Cheese Festival

Friends of Karen Ann Quinlan Hospice welcome you to the 32nd annual Wine & Cheese Festival on Sunday, September 11, from 2 to 5 p.m. (rain date: 9/18/16) at Waterwheel Farm, 124 Fredon-Marksboro Road in Fredon.

Guests are invited to sample wines, enjoy live music and the afternoon's exciting auctions – all the while surrounded by the amazing views at the picturesque 400 acre Waterwheel Farm, owned by Willard & Jeanette Klemm.

Along with the dedicated team of Friends of Hospice volunteers, the festival is coordinated by Randy Burke, owner of Burke's Wine & Liquor in Sparta, who assembles more than 100 wines and champagnes from around the world for guests to sample. "Randy's support of the hospice and his many years of orchestrating this event have been pivotal in raising thousands of dollars to support the patients and families that we serve," said Lisa O'Hara, President of the Friends of Hospice.

Pre-Event tickets are on sale for \$40.00 per person, adults only, at the hospice office in Newton or at Burke's Wine & Liquor in Sparta. Tickets are also available on the day of the event for \$50.00 per person at the entrance gate.

NEW EVENTS FOR 2016:

Celebrate LIFE 5K WALK

Joseph T. Quinlan Bereavement Center

Saturday, October 1, 2016
Sussex County Fairgrounds
Plains Road, Augusta, NJ

Registration 9:30 a.m.
Walk Begins at 10:00 a.m.
Event Sponsorships Opportunities Available

Join Karen Ann Quinlan Hospice for the first Celebrate Life 5K Walk as we walk to celebrate the lives that touched our hearts forever.

Karen Ann Quinlan Hospice

Karen Ann Quinlan Hospice has been named a 2016 Hospice Honors recipient by Deyta Analytics, a division of HEALTHCAREfirst, the leading provider of Web-based home health and hospice software, outsourced billing and coding services, and advanced analytics. Hospice Honors is a prestigious program that recognizes hospices providing the highest level of quality as measured from the caregiver's point of view.

"Hospice Honors is a landmark compilation of hospices that provide the best patient and caregiver experiences," said Bobby Robertson, President and CEO of HEALTHCAREfirst. "I am extremely proud of Karen Ann Quinlan Hospice for achieving this highest of honors and I congratulate them on their success."

Karen Ann Quinlan Hospice was one of three hospice providers in the State of New Jersey to obtain the Deyta Analytics Hospice Honors accolade in 2016. Karen Ann Quinlan Hospice Executive Director, Cecelia Clayton credits her professional staff for going above and beyond to meet the needs of the patients and families served. She said "We are pleased to be in the company of the other New Jersey Hospices, and health-care facilities nationwide, being recognized by Deyta Analytics. To be the only hospice in North-west New Jersey to receive this continued recognition validates the exemplary care extended to our community by our dedicated team."



INTERFAITH
Memorial Service
— Sussex County —

Monday, September 19, 2016
7 - 8 p.m.

The Interfaith Memorial Service commemorates loved ones by participating with clergy, hospice staff, family members and supporters in dedicated candle-lit observances.



Newton First Presbyterian Church
54 High Street,
Newton, NJ

Call 973-940-0413
or 800-882-1117
for information/addition of a loved one's name to be commemorated that evening.

email: bereavement@karenannquinlanhospice.org



Mary Ellen, Levine, RN, MSN/Ed

HOSPICE NURSE LEADS STATE ASSOCIATION

In addition to her role as a Per Diem nurse with Karen Ann Quinlan Hospice for the past five years, Mary Ellen Levine, RN, MSN/Ed serves as New Jersey State Nurses Association Region One President. Her role with this organization includes overseeing the activities and events of the region as well as serving on the Board for the State organization. Recently, Mary Ellen was the keynote speaker for the regionals annual dinner hosted at the Rockaway River County Club in Denville on May 10. Speaking to an audience that welcomed a full spectrum of medical professionals, Mary Ellen's keynote topic was *End of Life Decisions: Looking at the Impact of the Quinlan Story*.

Levine, a leader in her field for the past three decades, feels the importance of collaborating with her peers and colleagues to further the direction of community health and patient-centered care. "Sharing my knowledge and professional experience from working with Karen Ann Quinlan Hospice and members of the health profession will help to serve as a successful platform for end-of-life care," she explained. Ms. Levine, was recently accepted to serve on the American Nurses Association Palliative and Hospice Nursing Advisory Panel, is also scheduled to speak in September at the Forum of Nurses in Advanced Practice in Paramus, New Jersey to address the need for information on making the assessment for hospice appropriate patients.

HOME FOR HOSPICE



REMEMBERING JUNIOR'S HOME AWAY FROM HOME

Lafayette "Junior" Conklin and his family didn't know what to expect when he first came to the Karen Ann Quinlan Home for Hospice in the middle of February. Having been a bachelor and living with his two brothers for his 67 years, Junior wasn't sure what it would be like to live at the Home. Shortly after his arrival, Junior came to love his home away from home.

Junior's goal with the help of the Home for Hospice staff, volunteers, and family was to make the most of each day. He was known for his ability put together intricate puzzles, enjoy an occasional beer, go for walks, and beat everyone who played him in games of chess, checkers and cards. He also listened to his rock music, bird watched, and was even able to go fishing.

Junior's love of fishing began when he was just a boy of 5 or 6. His father would take him and his brothers fishing and he remembers catching his first trout on one of those trips. "I've been fishing ever since," he said. At home before his illness, he would make his own flies and regularly fished with his brothers.

This past Spring, the weather turned unseasonably warm in March; giving staff the idea that maybe they could arrange a small fishing trip for their friend. Brian Tompkins, Facilities Manager at the Home, spoke with Willard Klemm, whose horse farm borders the Home for Hospice, and got permission to take Junior fishing in their pond. A day was set, Brian brought in

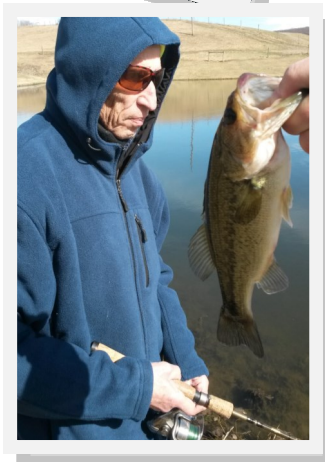
fishing poles and lures and the two set off for their adventure.

The day was a little windy but the sun shone brightly and Junior was able to fish for about 2 hours at the pond – with a catch at the end of the day of a 2 pound small-mouth bass.

Junior was all smiles when he got back to the Home. "The cancer can't take that away from me," he said. Quality end-of-life care is one of the main goals of hospice, and the Home for Hospice team made that possible for Junior.

Sadly, Junior Conklin passed away in April and like so many of the patients that enrich the lives of our professional care team, he left us with life lessons and a goal to find joy and meaning in each day.

Thank you Junior.



PASSING ALONG OUR THANKS...

Karen Ann Quinlan Hospice was one of the featured sites at this year's Pass It Along Day, an annual event that welcomes volunteers to assist with projects to benefit many non-profit organizations throughout Sussex, Warren and Morris County. The Karen Ann Quinlan Home for Hospice greatly benefitted from the volunteer efforts of representatives from the Orthopedic Institute of New Jersey who assisted with a gardening and landscaping project at the home in Fredon. "Their hard work will bring beauty and smiles to the lives of our patients and their loved ones," stated John Quinlan, Director of Foundation for the Karen Ann Quinlan Charitable Foundation."



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Hospice Volunteer Training

September 7,9,14,16,21,23,28

Wednesday and Friday mornings from 10 a.m. to 12 Noon

Joseph T. Quinlan Bereavement Center

61 Spring Street, Newton, NJ

Free—Registration Required—Call Sue Dougherty at 973-383-0115

FLOWER POWER! Sparta Middle School's Peer Leaders Club Supports the Hospice Mission



The Peer Leaders Club of the Sparta Middle School extended a warm welcome to Julia Quinlan; presenting a donation that represented the proceeds raised from a Valentine's Day carnation sale fundraiser. "The Peer Leaders Club decided to choose the Karen Ann Quinlan Hospice Foundation because after discussing each of our own stories, we all had decided that the foundation has affected us all and we wanted to give back," stated Jade Criso, eighth grade student and Peer Leaders Club president.

"We are here to help be examples for the students of how to stay connected to the community as a whole and get involved in giving back."

- Jade Criso

An Exploration of Grief: the normal, natural, unavoidable reaction to loss.

Living with Grief

A Four-Part Lecture Series

Wednesday Evenings - September 7, 14, 21, 28
6:30 p.m. to 8:30 p.m.

Hosted at:

Joseph T. Quinlan Bereavement Center - Sussex County
61 Spring Street, Suite 100, Newton NJ 07860

Guest Presenter: Cecelia T. Clayton, MPH

The Living with Grief Lecture Series is an opportunity to gain a deeper understanding of the effects grief has on our lives, our loved ones, our relationships. It is offered to anyone who has experienced a loss, who is helping another cope with loss, or who would like to learn more about the grieving process.

For additional information contact:

Karen Ann Quinlan Hospice: 973-383-0115

www.karenannquinlanhospice.org 800-882-1117

cclayton@karenannquinlanhospice.org

Program is Free-of-Charge, but Registration is limited.

LIVING WITH GRIEF Monthly Support Groups

Open to anyone who is suffering a loss of loved one through death. This program is ongoing, free of charge and no pre-registration is required. Please feel invited to just attend.

Sussex County, NJ meets each month:

- Second Monday: 7:00-8:30 p.m.

- First Wednesday: 12:30-2:00 p.m.

- Third Wednesday: 12:30-2:00 p.m.

Location: Joseph T. Quinlan Bereavement Center, 61 Spring Street, 1st Fl., Newton, NJ

Pike County, PA meets each month:

- Fourth Tuesday: 10:00 – 11:30 a.m.

Location: United Methodist Church, 206 East Ann Street, Milford, PA

Warren County, NJ meets each month:

- Third Tuesday: 10:00-11:30 a.m.

Location: Joseph T. Quinlan Bereavement Center, 214 Washington St., Hackettstown, NJ

Karen Ann Quinlan Hospice

99 Sparta Ave., Newton, NJ 07860
 973-383-0115 800-882-1117
 www.karenannquinlanhospice.org



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 Facebook.com/KarenAnnQuinlanHospice.org

CALENDAR HIGHLIGHTS

Friday	8- 5-16	New Jersey State Fair Begins - visit our booth *
Wednesday	9- 7-16	Hospice Volunteer Training Begins - Newton - 10:30 a.m.
Wednesday	9- 7-16	Living with Grief Lecture Series - Newton - 6:30 - 8:30 p.m.
Saturday	9-10-16	SK Paper Shred Event - Newton - 9 a.m. - 12 Noon
Sunday	9-11-16	Wine & Cheese Festival - Fredon - 2 p.m. - 5 p.m.
Monday	9-19-16	Interfaith Memorial Service - Newton - 7 p.m.
Saturday	10-1-16	Celebrate Life 5K - Augusta - 9:30 a.m.
Sunday	10-2-16	Krave Wine Pairing Dinner - Newton - 6:30 p.m.
Saturday	11-12-16	SK Paper Shred Event - Newton - 9 a.m.- 12 Noon

For Event
 Details,
 Descriptions
 & Locations :

Visit:
www.KarenAnnQuinlanHospice.org
 973-383-0115 800-882-1117

* This year's featured motorcycle will be on display at the County Building of the NJ State Fair. Stop by for a raffle chance, or call 973-383-0115 or visit hospice website.

If you wish to be taken off the Karen Ann Quinlan Hospice mailing list, please call 973-383-0115/800-882-1117.