



Holiday Good Will delivered to Hospice Families

Karen Ann Quinlan Hospice volunteers create holiday delights for families

December 8th, 2008-Monday morning was the site of the great cookie exchange sponsored every year by the volunteers from Karen Ann Quinlan Hospice and Home Health Care. Volunteers braved the 15 degree weather and showed up to prepare hundreds of trays filled with home baked cookies. "These cookies were baked by volunteers, employees, High Point High School students, and then our volunteers make trays full of all the varieties." Sue Morrow, Volunteer Coordinator explained. "We have been doing this for 18 years". This year the Girl Scouts also contributed gift bags of candy. "It is always an inspiring event to watch all the volunteers in action; it helps bring the season's message to the office." Dr. Rox, Director of Marketing, observed. Once packaged the nursing staff, home health aides, and volunteers deliver the packages to hospice families who are taking care of their loved one in their final days, home care patients and grieving families.



"All hospice can do is hope to bring a little holiday joy to families who are going through a difficult time." Said Cecelia Clayton, Executive Director.

If you are interested in learning more about becoming a hospice volunteer, please contact Sue Morrow at 973-383-0115 or 800-882-1117. There are many opportunities for men and women to participate and classes are held three times a year at different locations.

Next classes for 2009: 4 Weeks March 4th to March 30.
Monday & Wednesday Mornings 10:00-12:00 pm
Classes will meet at The Joseph T. Quinlan Bereavement Center
214 Washington St., Hackettstown, NJ.

Gingerbread Houses, YUM...YUM



These treats were hand baked and filled with M&M's by the students of the Veritas Christian Academy High School. Hospice staff then delivered them to patients and their families.



Pictured L to R, Joan Bono, Beth Sylvester, Clinical Care Coordinator, and standing Cecelia Clayton, Executive Director

Poinsettias ready to go

Every year Joan Bono and her husband of Highland Lakes contribute poinsettias for hospice to distribute. They bring a touch of the Christmas Spirit to the homes of patients and their families. Thank you Bono Family.

REFLECTIONS

By: Cecelia Clayton, MPH

Say “thank you”...most of us, from the time we are little, are told to always say “please” and “thank you.” And we usually do. Generally when the word is “please” we are asking for something that we need or want. When we say “thank you” we are expressing our gratefulness for something that we needed or wanted that was received. Most would readily agree that not only is it the right thing to do but they would agree that it is second nature to them. Saying “thank you” is considered so important that we have a separate holiday just for that purpose!

There are times when “thank you” is not something we want to say, and in reality it isn’t even a thought that occurs to us! But there are many instances when “thank you” is not only appropriate but the recognition and acknowledgement is necessary, not for the other person, but for our own growth and even our health. For example, who thinks about saying “thank you” to the person who cuts you off in traffic? Or to the person who is rude, overbearing and bossy? Or the person who knows everything and lets everyone know it every chance they have? Or the supervisor who is demanding, or egotistical or demeaning or disrespectful. Or, how about the person who cuts in front of you on line in the store, steals the parking space you were waiting for, grabs the item off the shelf that you were just reaching for? Or the parent who lives by the motto “not my child?” All of the above instances are opportunities for us to say “thank you.” I would caution you though not to say it out loud – it probably would not be accepted in the manner that you mean it to be!

Saying thank you in the above instances will not change the behavior, it won’t change the outcome, the other person won’t know it was said, so, why bother? I propose that it be said because it is good for us! When we say “thank you” we are not only recognizing the action but having the thought of thank you usually elicits a calm response within us. If we say what we would probably like to say it is highly doubtful that the calming response will occur, and in that situation who is being hurt, us or them? So, that is the first reason.

The second reason is for the unknown. What if the person who cut you off in traffic actually prevented you from having an accident by slowing you down? Or, kept you from getting a ticket? That rude, overbearing, obnoxious individual... saying thank you there means we recognize that the behavior is not acceptable and we see how very hurtful it is. Learning that lesson at someone else’s expense keeps us from making the same mistake! The person who knows everything? Perhaps their bravado hides a deep insecurity and fear that they will never be good enough, that they will never be accepted, that their world is an unsafe place. Recognizing that can give us the opportunity to be kind, nurturing and compassionate to the inner pain of another. A bossy, demeaning, disrespectful supervisor? Well, “thank you” for showing us how not to treat other people. And thank you for giving us the opportunity to learn patience and understanding. As far as the rushing, grabbing individual? Perhaps in that case we get a lesson in trying to see outside the norm. Perhaps there is an emergency in their life and they only have minutes to pick up that special something that will bring joy to the face of someone who is suffering. Their actions were not “all about us” but truly all about something of which we know nothing. The parent who refuses to see any issues with their child can be the person who helps us recognize something in our child that we had ignored and who provides the impetus for teaching a lesson that would have gone untaught.

There are opportunities everywhere, everyday, for us to become frazzled, aggravated, frustrated, angry, indignant. Opportunities for us to make ourselves sick, raise our blood pressure, use creative language that only serves to create disharmony. But these same opportunities can teach us to take a broader view of life, to learn lessons of the best sort, to be healthy in our thoughts and in our bodies, to give thanks for being alive, involved and interacting with others.

As this New Year begins we have new opportunities to remember how very important it is to say “thank you”, silently in our hearts, or with our words, for so many blessings that we are sure to encounter most every day.

Hospice Volunteer receives NJHPCO Hospice Team Award

Richard Clayton, one of our many dedicated volunteers was awarded the Volunteer of the Year award at the New Jersey Hospice & Palliative Care Organization eleventh annual conference held in Eatontown, NJ this past November. At the conference dinner he was described as a “jack of all trades” by Karen Ann Quinlan Hospice staff and board of directors. His nominators praised his tireless efforts ranging from physical labor and light bulb changing to his pivotal roles in last year’s

office renovation. Clayton also is a trained hospice volunteer and spends time with patients; reading to them, running errands, even playing poker; whatever the patient needs. A former law enforcement officer, he is also a member of the Blue Knights of New Jersey and produces its annual New Year’s Day Chilly-Chili Run whose grand prize is the Harley-Davidson motorcycle. Since 1991 hospice has raffled off a new Harley, selling tickets throughout the year.

Friends of Hospice rely on Clayton to trailer the bike from location to location. He can be seen arranging tables, carrying items, or selling tickets at most hospice fundraisers or events. “We couldn’t do it without you.”—Friends of Hospice.



Nora Bertocci, NJHPCO Board Chairperson presents Richard Clayton from Karen Ann Quinlan Hospice Volunteer of the Year award in Eatontown, NJ.

Hospice is always seeking volunteers and has many different opportunities for everyone. If you or someone you know is interested in learning more about Hospice volunteering, please call us at 973-383-0115 and ask to speak to Volunteer Coordinator, Sue Morrow. Volunteers are needed in Sussex and Warren Counties NJ, and Pike County, PA. For more information on NJHPCO and their activities or information about hospice, please visit their website www.njhospice.org. For more information on the Harley ticket raffle, please visit the hospice website or call 973-383-0115 or 800-882-1117



Karen Ann Quinlan Hospice provides Blizzard Packs for patients. and their families

Just in time for winter, but handy to keep all year round were the Blizzard Packs put together by our Social Service team. Social worker Stephanie Bootsma became aware of a need in patients homes for basic essentials when in crisis, for example if the power goes out or similar unexpected interruptions. Hospice social service team members, Director Marlina Schetting and

Stephanie sought to come up with a plan that would help in advance to put families at ease. Jennifer Smetana, an intern social worker with hospice, who started in August, began almost immediately to fill the need and worked this fall to get the blizzard pack items either donated or funded. The donations and purchases, including emergency provisions, flashlights, non-electric

can openers, hygiene items, energy bars, soups, first aid kits, cozy socks, and more were made by hospice employees, Dr. Tirpack of Sparta Dental Designs and Friends of Hospice. Fifty bags were prepared and distributed by the Social Service and hospice nursing staff in Sussex, Warren, and Morris Counties, NJ and Pike County, PA.



Smetana made this one of her first projects with hospice recognizing “when these emergencies happen, families already have enough to think about in taking care of a dying loved one...by providing them with this blizzard pack, it is just one thing less they have to consider.”



What's the Story Behind the Mask?

Looking at these masks evokes a variety of feelings and emotions. What do they represent? Who decorated them? What are they?

These are "emotion masks" and one of the more popular projects that the children get to create when participating in the Children's Art Bereavement Program. The program is designed to explore the common feelings experienced by children when someone they love has died. The activities offered help build resiliency and offer healing and comfort after such a loss. These projects may also help children understand what

grief is, learn how to get their "inside feelings out," and provide an environment where they can ask questions and express their fears about death.

The mask project involves decorating a mask to describe how they felt when they first heard about the death of their loved one. We usually see technique and color describing sadness, anger, confusion and shock. Next the child is asked to decorate a mask to describe what they look like when they are having "grief feelings" but are in a place where they may not be able to openly express these emotions (i.e.,

school, church, and grocery store). Here we usually see brightly colored smiles, happy faces, and sparkling eyes – with just a touch of grief still evident somewhere on the mask.

The "emotion masks" and the Children's Art Bereavement Program were recently presented at the New Jersey Hospice and Palliative Care Organization's annual conference. The participants not only learned about the use of creative techniques with children who are grieving, but participated in making their own "emotion masks" as well.



These "emotion masks" serve as a creative and sometimes very telling outlet for children's feelings as they grieve over the loss of a loved one.

If you would like more information about our Children's Art Bereavement Program, or would like to be put on the list for the Spring Registration, please call 973-383-0115 and ask for Lorri Opitz or Diana Sebzda.



Diana Sebzda

Email us: Bereavement@karenannquinlanhospice.org

And the winner is....Congratulations Judge Paul Armstrong!

The annual Blue Knights Chilly Chili Motorcycle run produced a great day for riders and about 200 participants. The Ogdensburg Fire house crew served the famous "Dan's" chili to all. Also every year at the event, the winner of the Harley

Bike is drawn. The 2008 winner was The Honorable Paul Armstrong, who was very excited when he received the call. Judge Armstrong took the 1975 landmark Quinlan case through the courts to victory and has been a supporter of the Karen

Ann Quinlan hospice since its beginning in 1980, and a friend to the Quinlans. Paul, we all hope you enjoy the ride for many years!



Blue Knights taking off with a blue sky for the 31 mile bike run through Sussex County in The 2009 Chilly Chili Motorcycle Run to benefit Hospice.

Lights of Life lit up the season for many stars

Every one's loved one who was memorialized at the Lights of Life was a shining star throughout the holiday season. Families gathered in Sussex and Warren Counties, and in Pike County, PA to watch and remember as names were called and the tree lights were lit. "...this ceremony always

brings a tear to my eye, it so moving" said a participant. New this year was the tree in Milford Pa, it was all pruned and re-decorated by Greco Landscaping. "...it is so nice to have this tree look so beautiful, especially since it stays lit all year round", Jennifer Smith, Hospice Events Manager, com-

mented. This year well over 1000 memorial stars were sent out by the marketing department in honor loved ones.

"...this ceremony always brings a tear to my eye, it so moving"-a participant.



Warren County Tree of Lights. L to R, Mario Spadaro, Peggie Calvani, Lorri Opitz, Cecelia Clayton, Maureen Fox, Lori Colon, Phyllis Kosanovich.

We "kicked" our message to the curb

During November, people driving by the Karen Ann Quinlan Hospice office building in Newton were able to share in the hospice message. The significance of Love, Hope, and Dignity is celebrated by hospice organizations throughout the

country during the nationally recognized month. The road signs delivered this message to everyone who passed by, serving as a gentle reminder how all of us, today and during our final days, should have all three.



Dental day brought big smiles to patients and hospice

Dr. Tirpack and his staff have been leading the way with Dental Day for fifteen years. This year Laura Tirpack worked to introduce a new dentist practice to the cause. Drs. Michael Markoff and Edward Rosenbaum of the Randolph Center for Oral

& Maxillofacial surgery, located on Newton Sparta Rd., Newton, joined us and donated their earnings from Dental Day for Hospice. The total for the event contributed \$5,558.00 to hospice. Thank you Doctors and staff who contribute their

time and services to help those who need hospice.



Pictured L to R, Dr. Edward Rosenbaum, Julia Quinlan, and Dr. Michael Markoff of Randolph Center for Oral & Maxillofacial.



Dr. Edward Tirpack and Laura Tirpack of Sparta Dental Designs, 16 Lafayette Rd, Sparta, NJ

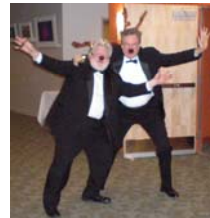


Big Band Concert a Big Success

The Somer's Dream Orchestra played for two sold out performances. The afternoon show featured The Mohawk Avenue Fifth Grade Choir, directed by Ms. Melva Cummings, enchanted the audience with popular versions of old favorites. The evening performance showcased the

Newton High School Madrigal Choir directed by Mr. Butch Dominico, who entertained all with traditional holiday selections. The new Performing Arts Center (PAC) at SCCC was host to the event. The smaller theatre enabled the orchestra to embrace the audience and have fun with the concert. We would like to thank

the Sussex County Community College, our sponsors, volunteers, and staff for supporting this event. Next year we hope to have three shows so all can enjoy this wonderful holiday tradition.



Somers Dream Orchestra played their hearts out for us.

Clambake nets \$3000.00 for Hospice

Neither wind nor rain kept the boys from the Sussex County Corrections Department from keeping their mission. The "mission" was the Jailbreak Clambake, held September 6th of last year. Those in attendance will remember the hurricane weather conditions

and how the "boys" kept the clams cooking, despite having to keep the tents from sinking under the water-logged circumstances. The Clambake has been put on by the officers, with the leadership of Lt. Ed Pandiscia, for three years, and each year the event grows.

The festivities include a police escorted motorcycle ride through Sussex County, ending at the Sussex County Fairgrounds. There, the riders and participants enjoy dining on clams and other food, music, and good company, all for a good cause. Thank you!



Julia Quinlan, center, gives a heartfelt thank you to (from L to R) Officer John Bannon, Officer Walter Chadwick, and Lt. Ed Pandiscia.



The Warren county office and their home health care and hospice staff got a gift this December. With emergency preparedness playing a more important role in our everyday lives, bringing our offices and equipment up to par are all part of those plans

Warren office will be granted \$10,000

and criteria to meet certifications. Our social services director, Marlina Schetting, prepared and presented our plans in hopes of receiving grant monies to purchase the necessary equipment. Her success has lead to a ten thousand dollar grant from the NJ Department

of Health and Senior Services. The grant will allocate the funds to purchase a new computer server to be installed in the Warren office, electronic dispatching equipment and software, and training for 50 staff personnel.

"...this is a very exciting opportunity for our Warren Office staff and for the growth of the organization" – Marlina Schetting, Director of Social Services.

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Getting to know our Board Members :

Mary Ellen Quinlan, Vice Chairman

Mary Ellen was part of the founding board of directors for the Karen Ann Quinlan Hospice in 1980. She then took a sabbatical to complete her education and earned a BS in Music Therapy from Centenary, and completed her masters at Loyola University in New Orleans. Her course study in Music Therapy included both classical and opera music. After working in a group home for the developmental disabled and for a nursing home located in Clifton, she completed an internship at a Psychiatric Hospital. She moved

back to Sussex County in 1996 with her husband Richard Forzano, and has lived in the county for the past sixteen years, sharing their home with their two cats, Spice & Butterfinger. At that time she returned as a full-time board member, serving on the personnel committee and chairs the Marketing Committee. She currently is the Community Relations Specialist with the Sussex County Homestead, and has been with them for the past twelve years. Mary Ellen's interest are as a gourmet cook and baker and shares her exceptional sense of humor with all of us at Hospice. "And she is athletic like her mother, we sit and watch." —Julia Quinlan

Mary Ellen Quinlan, ACC serves as the Community Relations Specialist for the Homestead, the Sussex County long term facility.

The Milford Hospice Office increases staffing

The office in Milford Pa, continues to grow with patients and staff. It has been less than a year since the office opened, and already there has been a need to increase the nursing staff to include three nurses, Carol Cowan, Laurel Mason, and Ann Demlein, the newest RN to be included. The office also has increased in certified home health aides. Serving the organization and the patients are Maritza Cortez, Machel Foster, Brenda Semanko, and Ruthann Noto. Keshia Hete, who started in the office part-time, is there now as a fulltime Administrative office clerk.

In addition to homebound patients, the staff serves patients in Assisted Living facilities Belle Reve and Milford Senior Care in Milford, PA, and Twin Cedars in Shohola, PA.

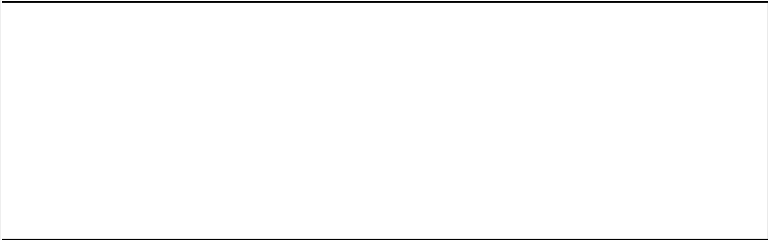
"We have a very friendly office." stated Keshia Hete, Milford Administrative office clerk.

Friends of Hospice present check for 2008

This year at the annual Karen Ann Quinlan Holiday celebration, the Friends of Hospice presented the organization with a check in the amount of \$32,000. This amount represents the proceeds from such fundraisers as the Wine & Cheese, The Harley Motorcycle raffle, Dental Day, the Hospice Tea, and contributions by sponsors. Thank you for all your efforts!

FOH President Jodi Butler presents check to Julia Quinlan at the holiday reception hosted by Dr. & Mrs. Fletcher at their home in Fredon.





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.

Living with Grief – Four Part Lecture Series
 Tuesdays – April 7, 14, 21, 28 7-9 p.m.
 Hackettstown Regional Medical Center
 651 Willow Grove St., Hackettstown, NJ Call Hospice 800-882-1117 for info or to register.



Shredding for a Cause.

Skip, owner of SK Paper Shred has been shredding for the hospice cause since 2006. When participants bring their items to the Karen Ann Quinlan Hospice shredding event they are protecting themselves by preventing personal or business documents from getting into the wrong hands. Skip brings his computerized truck and shreds on site. The cost is minimal and proceeds go to hospice to help those who need hospice services. If you would like reminders of this event, please send your email address to jsmith@karenannquinlanhospice.org or visit our website for updated information.

Ty and Skip Klimas
of
SK Paper Shred.

2009 Shredding dates: Saturdays 9-2 pm
March 28 August 15 October 10

Shredding truck will be located in the parking lot of
 Karen Ann Quinlan Hospice office building, 99 Sparta Ave, Newton