

Our wishes to you for a Happy & Healthy 2012!

If you wish to be removed from the Karen Ann Quinlan Memorial Foundation Care Connections Mailing List please call (973)383-0125. We apologize for any inconvenience.



www.KarenAnnQuinlanHospice.org



*We are taking Shredding
Seriously to a New Level!!*

Beginning in April, 2012
Every Second Saturday of Every Month!
April-September
9-12 Noon

Karen Ann Quinlan Hospice 99 Sparta Ave, Newton (across from Quick Check)

Approx. \$6.00 per legal size box

To Benefit Karen Ann
Quinlan Hospice
Shredding provided by;



Now no need to think of dates, just remember...
Every Second Saturday of Every Month—April-September.

Paper **SK** Shred

ID Theft Protection Office Organization Clean-it-Up and Out!

Karen Ann Quinlan Hospice nurse Karla...

TAKE ONE! ❄️

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Friends of Hospice presented to Julia Quinlan, President of Karen Ann Quinlan Hospice, a check in the amount of \$12,000 for The Karen Ann Quinlan Home for Hospice. This was a culmination of part of the proceeds raised from the many activities the Friends hold throughout the year on behalf of hospice. "our fundraising efforts have been keeping in line with what we have raised in the past, for which we are very grateful" stated Bea Smith, FOH Treasurer. FOH members L to R back row—Colleen Ruggiero, President Lisa O'Hara, Secretary Gail Burckes; front row L to R Irene DeGroat, Julia Quinlan, Bea Smith, and Jane Hasenbalg. Thank you for helping others!



S o you wanna piece of me?????



Reflections by Cecelia T. Clayton

“So, you wanna piece of me?” “Do you wanna piece of me!” So goes a well-known quote from a final episode of Seinfeld, uttered by George’s father to Elaine in the midst of a heated argument. The scene seems headed to fisticuffs but we are never allowed to see the end result.

These words came to mind recently as I was having a moment of relaxation (or was it exhaustion?). At this time of year, which I define as at least 10 ½ months long, but intensifying in the last 6 weeks, it appears that everyone and everything wants a “piece of us.” And what do we do? Well, usually we give whomever or whatever a “piece” of us. We try our best to fill the need, do the deed, help out, etc. We stretch ourselves to the max. The only part of us getting thinner and thinner is the inner self – no calories are burned in the execution of this process! And we go on and on and on and on.....

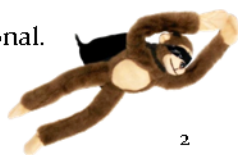
And if you don’t see yourself in the above scenario of being asked for a piece of yourself, are you instead like the scarecrow from the Wizard of Oz? There is a poignantly funny scene where the Scarecrow is laying on the ground after being attacked by the flying monkeys. When Dorothy comes to help him he tells her that he is “all over the place! Some of me is over there, some is over there, some is everywhere!”

And his friends proceed to pick up all the pieces and stuff them back in so he can be whole again.

So, who are the piece takers and “flying monkeys” in your life? Who are the ones that descend upon you and take a piece of you everywhere? And who are the ones that you just have to give a piece of yourself to because they need you and you are the only one who can do it? And after you do this and that, and give thus and such, and have stretched yourself beyond the breaking point, tell me, who are you?

Or, to put it more aptly, who is what is left of you? There must be an opportunity to re-fresh, to re-whole ourselves. Like a coupon we redeem at a store where we can get something for nothing, there has to be a time when we can do nothing and get something! Moments like this are few and far between and unfortunately the flying monkeys aren’t going to stop flying, and those to whom we give all our pieces aren’t going to stop needing us. The most difficult thing about doing this particular kind of nothing and getting a particular kind of something is that it totally has to come from within. You have to give a piece of yourself to yourself; to allow the flying monkey in your mind to take some of you, all of you, to a nothing place. A place that is quiet with a space that is not empty but is actually being refilled with the essence of you. A brief respite, if you will, where you can understand the bigger picture of who and what you are; an opportunity to see the meaning behind your busyness, the fruits of your labors, the purpose of your life. It is possible that you will begin to appreciate the “who” of you, begin to re-know the reason why so many others want, need, and yes cherish the piece of you that you give to them.

In this quiet place there will come a knowing to your heart that what others really want and need is a not perhaps always a “Piece” of you but the “Peace” of you; what the flying monkeys really want and need is not you “all over” but a bit of rest that the wholeness of you can help them find. And in this space we won’t worry about whether the scene ends in fisticuffs because we know that the scene can only end with hugs—physical, mental and emotional.



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- Cathy Shane, *RN, BSN Nursing*

From Development: Glen Lewis

Many people have expressed an interest in the progress of the Karen Ann Quinlan Home for Hospice. So much has already been accomplished in the planning stage, including all the site and building plans approvals. This will be a beautiful home, and, as most of you already know, it will serve the needs of so many people by keeping their personal treatment in the forefront with daily, round-the-clock care, while preserving their dignity and the dignity and privacy of their families. If you have not had the opportunity to see the plans, please feel free to stop by the office and have a look.



Glen Lewis, Director of Development showcasing the new plans for the Home for Hospice at the September Wine & Cheese Festival held every year at Water Wheel Farm in Fredon.

The next stage, of course, is raising the dollars necessary to build such a place. That has begun, mostly behind the scenes so far, and we are also having many successes with our fundraising, which, for the most part has been dedicated to the building fund. Other funds are expected to come from individuals, corporations and foundations who have shown that they have an interest in the work we’ve done since 1980, and what we plan for the future.

As we continue to develop the public portion of our capital campaign for the Karen Ann Quinlan Home for Hospice, I invite you to contact me at 973-383-0115 or at glenwis@karenannquinlanhospice.org. Let me know if you’d like to come by to discuss how you might help, or if you just want to stop by and view the architect’s drawing and plans of the home. It will be my pleasure to welcome you.



Opera singer William L. Bolella of Wantage, NJ and Julia Quinlan, President of the Karen Ann Quinlan Charitable Foundation at the Opera at the Museum.

Opera at the Museum a great hit! An audience of over 75 music enthusiasts enjoyed the operatic tones of William L. Bolella at the Karen Ann Quinlan Hospice Lite Opera at the Museum held Sunday, October 23rd. The Columns Museums in Milford Pa, also known as the Home of the Lincoln Flag, generously opened their doors for the afternoon to host the event. Julia Quinlan, President of the Karen Ann Quinlan Charitable Foundation, spoke to the crowd of the proposed Home for Hospice. “We have entered a new phase of our journey; to build the Karen Ann Quinlan Home for Hospice” announced Mrs. Quinlan.

The afternoon included a program of two musical sets performed by Mr. Bolella, accompanied on piano by Richard Karabetsos, with an Intermezzo featuring wine and appetizers. The food was donated by River Rock Inn, Milford, PA, and the wine was a generous contribution from the committee; Barbara Buchanan, Jane Brace, and Kevin Stroyan, who helped to arrange the event.

“It was an absolutely wonderful event” an excited Julia Quinlan commented, she continued “I was so impressed by the music and the interest in our project.”

I am the hands of service,
I crouch at bedsides, soothing damp brows.
A sanctuary I make of crisply folded sheets,
a warm meal, and a welcoming smile
I make the unacceptable, somehow comfortable.
I am your angel, your Home Health Aide.

I am the voice of guidance,
I warm the stethoscope before listening to your
pounding heart,
Sense I make of doctor's orders,
scary terminology and medical unknowns.
I make the painful, somehow bearable.
I am your solace, your Visiting Nurse.

I am the light in your darkness,
I enter your doorway with cards and books,
A safe refuge I make of conversation,
Pinochle games, and silly laughter,
I make a heavy situation somewhat lighter,
I am your friend, your Volunteer.

I am the salve in your suffering,
I kneel at your bedside, offering prayers,
Blessings I invoke through your misfortunes,
your relationships, and your triumphs,
I make the chaotic, somehow peaceful,
I am your spiritual companion, your Chaplain.

I am the hands and feet of your body,
I coach you in reawakening your reticent limbs,
An adventure I make of exercise, motivation,
painful gaits and daunting staircases,
I make what seems impossible, hopeful.
I am your "fighting spirit," I am your Physical Therapist.

I am the nudge of intuition,
I sit at your kitchen table, listening to stories,
exploring feelings and challenging your views,
Journeys I travel through joyful "eureka's,"
tearful sorrows and fervent questioning,
I make what seems worthless seem worthwhile.

I am your confidante, your Social Worker, your Counselor.

I am the hum behind your words,
I train your reluctant vocal chords to resonate,
Purveyor I am of glottal stops, fricatives,
barium swallows and quality of life discussions,
I make what is silent, audible.
I am your voice. I am your Speech Therapist.

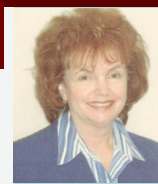
I help fuel the engine of your body,
I counsel in its unique, dynamic function.
Success I make of calories, blood sugars,
low-sodium and nutritious meal plans.
I make a major life change, manageable.
I am your will. I am your Dietician.

I am the sentinel of your medical care,
I navigate its labyrinth with you, offering you aid.
Interpreter I am of lab reports, PDRs,
medical terminology and your fears and dreams.
I make what seems hopeless, hopeful.
I am your healer, your Physician, your Medical Director.

I am your anchor in a sea of chaos,
I answer distressed calls on your behalf and
Make your transitions to care as smooth as possible,
Folly I make of faxes, photocopies, scheduling,
medical filing and computer syncs,
I am the energy charging your team's soul. I am your Support Team.

I am your compass in the storm of uncertainty,
I envision the house where you'll find your final
repose,
Responsibility I take for annual reports, budgets,
survey results and agency solvency,
I make the tragedy of the past, a vision for the
future,

I am your Founder, Board Member, and Management Team.



From QAPI/Education Corner

Mary Pugliese,
RN, BSN, CHPN

CONGRATULATIONS and
WELCOME new team members:

Back row L to R Brenda Capra,
Carol Weiss, Rosemary Hall,
Diane Dowd, Romy Florant,
Kaila Ogrodnick, Jennifer
Miller, Emily DeBoer.

Front Row L to R Kathleen
Sasdi, Daniela Capel, Corinne
Roberts, Mayra Deppner.



The Certified Home Health Class from September 2011 has received their license numbers from the New Jersey Board of Nursing to practice as Certified Home Health Aides for the Karen Ann Quinlan Memorial Foundation programs of service. The educational department holds these classes twice a year in order to provide qualified aides for our patients. We welcome the new home health aide members of our team as they will go out and serve community members in all three of the areas we provide service. Home Health Aides work under the direct supervision of a registered professional nurse and provide great practical support to both the patients and families. Their duties are many and include offering personal patient care, assistance with walking and transferring patients, providing nutrition support with safe feeding, and maintaining a clean and safe environment for the patient.

"When Mirage Studios called me to see if I could supply a nurse for one of their corporate client's film shoots, I immediately said "of course", and there was also \$250.00 in it!" exclaimed Dr. Rox. Hospice nurse Karla Messerschmidt, RN stepped up and agreed to be the nurse in front of the camera.



WINNER!

Chuck Roberts of Sparta had the winning bid of \$1000.00 for the limited edition Millennium Bourbon auction. Thank You!

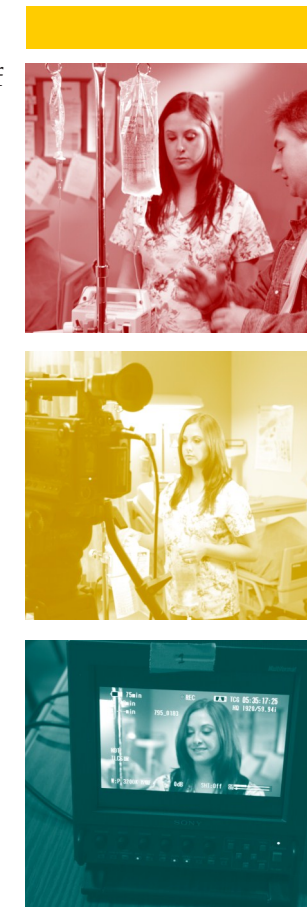
TYPE CAST!

Brian of Mirage Studios is directing Karla as to the role she is to play for the production. As a trained nurse, there was no problem handling an IV and all the equipment.

Now performing in front of the camera. "It was very interesting and I was happy to do it" Karla said.

Karla turned over the \$250.00 fee to the Home for Hospice project. Thank you .

The shoot took a good part of the day, but the results were excellent.



Veteran memorabilia brought in by hospice staff honoring family members from WWI through today.



15 Years' Service

Lorri Opitz-Bereavement Counselor
Linda Rose Richardson-Patient Secretary

10 Years' Service

Sue Morrow-Volunteer Coordinator
Mario Spadaro-Chaplain

5 Years' service

Mary Bezak-Finance
Stephanie Bootsma-Social Services
Maritza Cortez- CHHA
Steve Downing-RN
Dawn Lauridsen-RN
Rey Marquez-Physical Therapist
Laurel Mason-RN
Joanne Simmons-Storm-RN
Cathy Shane-Director of Nursing
Nancy Tarazona-CHHA

Congratulations to the 15, 10, and 5 year Service Award Recipients for 2011.

The adjacent employees were recognized at the annual meeting and holiday lunch for their loyalty and service to the Karen Ann Quinlan Memorial Foundation of Services, including Karen Ann Quinlan Hospice, Karen Ann Quinlan Home Health Care, and the Joseph T. Quinlan Bereavement Center.



The Year in Events!

Thank you everyone for a successful 2011!

Dr. Roxanne Debski-Seigel
Director of Marketing & Advancement

Marketing and Events team:
Mary Bowden, Linda King and
Anthony Grigal

Jennifer Smith
Events Manager



Fund-Raiser, Fun-Raiser and Friend-Raiser...the community has embraced our outreaches with a level of compassion and support that helps us strive to meet our goals and support the mission of our organization.



Randy Burke with Julia Quinlan at Wine & Cheese Festival

We have filled the last twelve months with music, food and thoughtful memorials, not to mention great fun on the golf course and time with our friend Skip with regular SK Paper Shred Events. It is the teams of supporters for each event that have ensured our success and our MVP's include the Friends of Hospice; this team of 24 volunteers meet monthly to organize a calendar of events that have become the cornerstone to our fundraising structure.

Events like the Wine & Cheese Festival held on the Klemm's farm with Burke's Wine & Liquor, High Tea for Hospice and the annual Harley-Davidson Raffle contribute to the energetic support of hospice. We hope to keep you in the picture. "Family Faces are like magic mirrors; through them we see the past, present, and future..." our Butterfly Release Celebrations sponsored by Smith-McCracken Funeral Home and the annual Lights of Life Tree Lightings sponsored by Illiff-Ruggiero Funeral Home have become pillar events giving 1000's of families an opportunity to reflect upon those they love.



For Music, Jeff Gaynor, our longtime volunteer and coordinator of many music-themed events introduced us to R.E.N.O., a well-known area band that loves to make music and help others and we soon embarked on the Heart of Hospice Music Festival. A day of music that spanned ten hours and many genres; thank you to R.E.N.O., Carolyn Jackson, Mike Lawlor Banned, Mission, Lorg, Cardon



Raquet, Jeff Gaynor and the Wiggle Stix, Fish House Road, Sideshow Bob's Musical Emporium and Camouflage. Camouflage's special guest was Alyssa Manzo, Linda King's 4-year-old granddaughter that joined the band with her tambourine and the poise of a true musician. Each year concludes with the Somers Dream Orchestra striking up the band for the Big Band Holiday Concert. "Food warms the heart," and 2011 welcomed the efforts of the following eateries as they gave our community many opportunities to gather in support of

our mission: Friendly's, Arby's, Sussex Dairy Queen, Newton Pizza, Krave Café all have contributed their talents to us.

We ask all of you who have helped, whether behind the scenes or out in front, to please stay in the **Picture!** Thank you!



Seasonal Stars!

- Burke's Wines
- Illiff-Ruggiero
- The Klemm's
- Lakeland Bank
- Morville Agency
- New Jersey Herald
- RoNecto
- SK Paper Shred
- Smith-McCracken



Diana Sebzda MA LPC CT
Director of Bereavement

http://twitter.com/dianasebzda

FaceBook.com - search: Grief Girl Friend
bereavement@ karenannquinlanhospice.org



Professional Development

The Bereavement center now has approved providers of continuing education credits for the National Board for Certified Counselors for the following courses:

- Compassion Fatigue
- Bereavement Facilitator Training
- Healing in the Classroom
Call 973-940-0413 for 2012 dates.

CALL 800-882-1117 FOR
INCLEMENT WEATHER
CLOSURES



Bereavement staff commemorated "Children's Grief Awareness Day" by wearing blue.

Founded in 2008, Children's Grief Awareness Day is now observed every year on the third Thursday of

From Left - Joseph T. Quinlan Bereavement Director Diana Sebzda, and Counselors Joel Peterson, Lorri Opitz, Jennifer Smetana.

November to focus attention on the impact death has on children and what people can do to help a grieving child.

The center helps 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; 61 Spring St. Newton; in Warren County; 214 Washington St., Hackettstown; and in the Pike County area, PA; The United Methodist Church, Milford and the Church at Hemlock Farms at Lords Valley, Hawley.

Karen Ann Quinlan Home Health Care

Karen Ann Quinlan Home Health Care

joined forces with Home Instead Senior Care to help them with their eighth year of "Be a Santa to a Senior Program" this past holiday season.

This successful program had been launched to brighten the Christmas Holiday for seniors who are alone, shut-ins, or what has been known as "senior orphans" from Warren County. The Karen Ann Quinlan Foundation this past season joined forces with gift contributions as requested by local seniors. Lucy Hurley, Community Relations Director of Home Instead—a local non-skilled home care agency, spearheaded the campaign and with the donation of gifts made by many of the Karen Ann Quinlan Home Health Care and Hospice employee's, the program for the season was a success.

Santa's helpers (L to R) Lucy Hurley, Community Relations Director from Home Instead Sr. Care with Cathy Shane Director of Nursing from Karen Ann Quinlan Home Health Care.



Congratulations and Thank you 2011 Pike Co, PA Volunteer Graduates.



Standing (l-r) Sue Morrow, Volunteer Coordinator; Jim Landon, Liz Sember, Jim Garlette Seated (l-r) MaryAnn Matos, Marguerite Nemeth, Julia Quinlan, Co-Founder and President of Karen Ann Quinlan Hospice