

CARE CONNECTIONS

Newsletter for the Karen Ann Quinlan Memorial Foundation



HELP US
BUILD THE
HOME FOR
HOSPICE.

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PLEASE SAVE THE DATE

**APRIL
27TH**



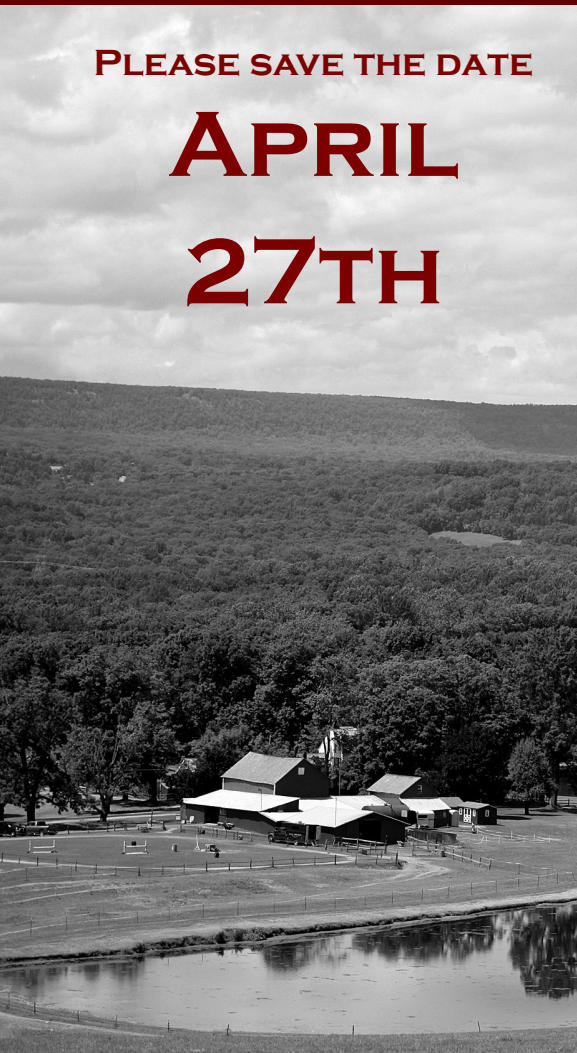
Celebrate
EVERY MOMENT OF
Life
SPRING GALA

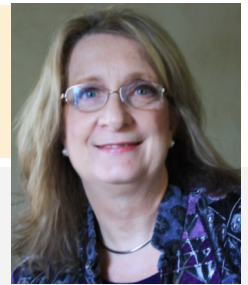
DINING, DANCING, AND SILENT AUCTION.

*CELEBRATE
WITH US*

APRIL 27, LAKE MOHAWK COUNTRY CLUB, ON THE BOARDWALK, SPARTA, NJ.

*AS WE MOVE
CLOSER TO
OUR VIEW OF THE
FUTURE*





Have you ever seen the wind? Have you seen warmth? Have you seen love, or anger, or joy, or grief or sadness? Is the snowflake the snowman or is the snowman the snowflake? Are we as strong as we think we are, or are we fragile and weak? Are we all the same or are we all unique? What is real, what is not? So many questions, not so many answers!

At the start of the New Year we often become more introspective and ponder the many intricacies of our lives. Perhaps it is the short days and the long nights, perhaps it was the traditions at the end of the year that encouraged us to examine our existence, perhaps it was the celebrations and holidays that caused us to look at the people, and the priorities in our lives. And, yes, as we delve into ourselves we reveal the questions, and try to create the answers that will bring understanding to our unknowns. It is so very important therefore that we always remember that not everything is what it seems to be, and what they are is what we define them to be. There are many sides to all things, and to have one side without the other side is not possible.

For anyone who has experienced the fury of a hurricane the strength of the wind is obvious. We can see the aftermath, the huge trees toppled, the branches littering the roads and yards, the roofs

torn apart. But we cannot see the wind – yet we know it exists. It is not possible to touch warmth, to smell it, to hold it, and yet we know that it too exists – in many ways. There is the warmth of a fire burning in a fireplace, the warmth of the summer sun, or the warmth that comes to our



hearts when we feel loved. And no, we can't see love but we can see the images and actions of love: the kindnesses and hugs, the handholds and the caresses, the looks and the care. We cannot see anger or joy yet we know when we experience them in ourselves or in others. And grief and sadness? No, we cannot box them up and pack them away; we cannot capture them and keep them from ourselves or others. There is no way to avoid them and often no way of knowing when they will appear.

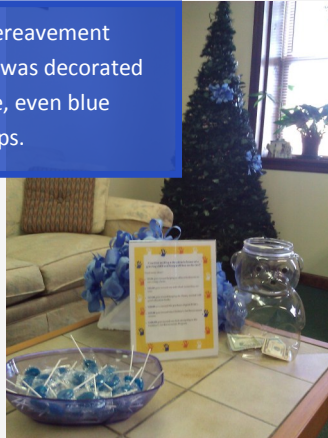
The snowflake that falls from the sky will melt in an instant in our hand and yet if enough come together they form a blanket that coats all that we see, yet we can no longer see the snowflake. We ourselves are so fragile that our physical survival demands that we constantly have nourishment and protection from the elements around us – and yet we are each of us more powerful than we can possibly imagine. Like the coating of a snowfall we appear to be the same, yet like the snowflake we are all incredibly unique – all formed through the experiences of our ongoing creation, formed by the lives we touch and by whom we are touched.

At the close of the year when the days were the shortest and the darkest we used light as a prominent part of our celebrations. Houses, trees, windows, religious symbols all are bathed in lights. But surely we noticed that in the daylight the lights we have used are not very well seen. Yet we know they are there. It is only in the darkest of the nights that the lights shine so brilliantly! And so it is with the “un-seens” of our lives – we can't always see what we know is with us when we are so busy, but in the quiet of our searching hearts, in tragedies, and in celebrations, we know what is real – and we know that it doesn't have to be seen...to be believed.

Children's Grief Awareness Day is every year on the third Thursday of November.

The Joseph T Quinlan Bereavement Center in Newton held an open house on November the 15th for the community and professionals to visit the center, meet the counselors, and receive information on how to best support grieving children. Children are often the forgotten mourners when in actuality they need to be heard and supported.

The Bereavement Office was decorated in blue, even blue lollipops.



Supporting "Children's Grief Awareness Day" is a way to bring grieving children who have had a loved one die out of the shadows and feel less isolated. The Joseph T. Quinlan Bereavement Center united with organizations across the nation and along with thousands of adults and children wore blue to commemorate the day and call attention to the issue.

The Day originated in 2007 in Pennsylvania by the Highmark Caring Place, a Center for Grieving Children, Adolescents and Their Families and is observed every year on the third Thursday of November. The time of year is a particularly appropriate time as the holiday season is especially difficult. Showing awareness brings attention to the fact that support can make all the difference in the life of a grieving child.

Bereavement counselors Jen Smetana (L) and Lorri Opitz, wearing blue, work with grieving children.



Cuddle Cushions, Busy Blankets & Pillows.

Cadets of the Byram Girl Scout Troop 849 worked for over 50 hours to achieve their Silver Award with the creation of 9 busy blankets to be presented to Karen Ann Quinlan Hospice to be shared with the patients in their program. The blankets were a base of soft, brightly-colored fleece, highlighted with different tactile adornments such as buttons, laces, pockets, faux fur. Members of the troop shared their creative challenge as many have not had a great deal of sewing experience or a pattern to work from. Working together, even over the summer months, their project was completed and also was accompanied with over a dozen Cuddle Cushions, small pillows used by

Photo l-r: Victoria Tullo, Michele Christian, Scout Leader Cris Franco, Darrin Adams, Cassandra Rilinger, Scout Leader Dawn Christian and Rebecca Franco with Darrin Adams, Administrator at Karen Ann Quinlan Hospice.



patients to add additional support and comfort. Darrin Adams, Karen Ann Quinlan Hospice Administrator explained "The time and creativity shown by these scouts is wonderful. These blankets are so valuable to patients with Alzheimer's or Dementia, as the everyday tasks and soothing materials keep them occupied and comfortable." The troop has recently graduated and have become Senior Girl Scouts.



Front to Back : Tara Coston, Elizabeth Broderick, Judy Irvine, Susanna Lee, Gaye Kalosy

BLIZZARD PACKS

Student interns and volunteers of the Karen Ann Quinlan Memorial Foundation were busy getting the agency's Blizzard packs out right before Hurricane Sandy! Blizzard Packs are packages given to patients and their families to remind them of needed items to have on hand in case of emergencies.

Included in the Blizzard Packs are such items as battery operated flashlights, manual can openers, toiletry items and canned foodstuffs. Also included are Office of Emergency Management telephone numbers and utility companies within their municipality. Two Hundred packs were assembled by our awesome team!

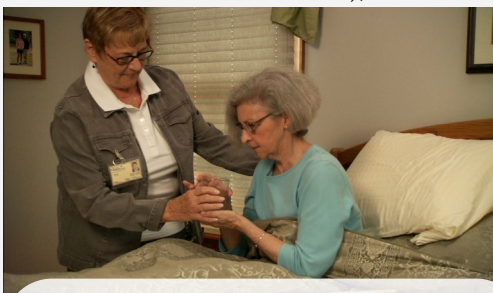


What is the role of the Hospice Volunteer—Roxanne Debski-Seigel, PhD

It was thirty years ago when the Medicare hospice benefit was passed. Prior to this many hospices, including Karen Ann Quinlan Hospice relied on volunteer staffing to manage the hospice care provided and services had to be paid for by the individual or families. But when Medicare hospice legislation was signed into law under President Ronald Reagan, it gave millions of Americans the ability to benefit from the highest quality of end of life care provided by the dedicated hospice community.

In addition, this federal legislation had the provision to create a well-trained corps of volunteers not yet seen elsewhere in the healthcare community. Under Medicare, five percent of all hospice patient care hours must be provided by trained volunteers. This requisite emphasizes the important role that hospice volunteers play in caring for the dying and their family caregivers.

The trained hospice volunteer brings dignity to the patients while providing support for the caregivers. There are few limits apart from clinical as to what volunteers will do to provide comfort and enjoyment to their hospice patients. “I actually had a



Karen Ann Quinlan Hospice holds volunteer hospice training classes three times a year in different areas. The classes are 4 weeks long, two mornings per week and are held in September for the Newton area, November for Pike County, PA, and every March in Hackettstown.

For future classes and details visit KarenAnnQuinlanHospice.org or call Sue Morrow at 800-882-1117.

ship that develops between the patient, their families, and the volunteers. “Sometimes it is turned around; we had a hospice patient who taught one of our volunteers how to knit. That volunteer still knits to this day” said Sue.

Some of the other common functions of the volunteers are to read, play cards, games, and music for the patients while also running errands, grocery shop, and more. For the caregiver, the hospice volunteer provides a reprieve and will stay with the patient while they shop, do yard work, or participate in any form of respite. Morrow explains that she makes every attempt to match the patient with a volunteer who could offer the most to fulfill their needs.

The National Hospice and Palliative Care Organization has reported that in 2010 (the most recent year NHPCO has statistics), an estimated 458,000 hospice volun-

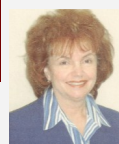
teers provided more than 21 million hours of service to hospice programs. Karen Ann Quinlan Hospice currently has 80 active volunteers, half of

which offer care to patients and their families.

Anyone who wishes to dedicate time as a volunteer may sign up for any of the area classes.

It is advised that to be an active patient volunteer, the individual should not have experienced a significant loss within the past year. Volunteers are also welcomed to participate in agency fundraisers and administrative assistance.

Editor’s Note: In the Fall issue the Medicare benefit increases and reductions were sourced from www.kaiserhealthnews.org.



From QAPI/Education Corner

Mary Pugliese,
RN, BSN, CHPN



Congratulations to our most recent graduating class of Home Health Aides. The New Jersey Board of Nursing has given all graduates a license which allows them to care for our growing census of patients in all three of the counties we serve. Please welcome:

- | | |
|-------------------|----------------------|
| Carol Ann DeRise, | Nichole Pene |
| Flora Baton | Maartje VanWingerden |
| Bonnie Moore | Lorraine Thompson |
| Brenda Treible | Jennifer Smith |
| Jennifer Montorio | Valerie Lisa |
| | Monica Gauden |



Hospice Month Recognition for home health aides. These capable and caring front line workers at Karen Ann Quinlan Hospice were recognized by the



staff and the work they do was celebrated. We all had fun presenting each aide with a “Tony” award and a complete “Playbill” certificate stating their personalized award. The organization also showed its appreciation and presented each aide with a custom designed pen and flashlight to help remind them how they are so valued by the hospice.

Quality Assurance and Performance

Improvement -We are proud of the quality of care we provide here at Karen Ann Quinlan Hospice. There is a system in place that allows us to receive feedback from those patients and families we serve to be sure we meet their goals and specific needs. Recently, CMS (The Center for Medicare/Medicaid Services) has asked all hospice programs to voluntarily submit their responses along with tracking data we gather to prove we are a quality agency. The report period is from October 1 to December 31, 2012. It is our pleasure to comply with this request. We know we are good and now others will know it too!

2013 Very Meaningful to Karen Ann Quinlan Hospice

There has been so much talk about what 2013 will have in store for our hospice. Of course the Home for Hospice project has become a topic that many are discussing, and almost without exception, the phrase I hear people use to describe the new home is, "This is something we really need in our area."

We see 2013 as a very significant date in Karen Ann Quinlan Hospice history because, at a minimum, it is the year that construction will begin on the 10-bed hospice facility on the Waterwheel Farm in Fredon. We are hopeful that it is also the year that the doors will open to patients and their families.

I want to stress that this is a time when we need to appeal to our friends and contributors for a large push of financial support to coincide with the beginning of construction. We have been very pleased with your generosity over the past several years, and it has

allowed us to keep moving forward with our plans to build the Karen Ann Quinlan Home for Hospice. We are hoping 2013 will be a year that we proudly add as a significant milestone on our timeline, and we hope that you will make your presence known, whether you are a first-time giver or one who is adding to your legacy as a longtime hospice supporter. I sincerely hope that 2013 is very kind to you and your extended family. Thank you.

Glenn R. Lewis
Director of Development

TEXT TO DONATE

TEXT: HOSPICE to 24104



THANK YOU
for Helping us build a
Home for Hospice

Karen Ann
Quinlan Home for Hospice

Another great Wine & Cheese Festival!

The Friends of Hospice and Volunteers worked to make the afternoon of September 9 at the Waterwheel Farm in Fredon an exciting one filled with wine supplied by Burke's Wine & Liquor, great cheese, silent auction items, a live auction and beautiful weather! Thank you to Ray Cordts who brought the live auction to life, and to all the wine handlers provided by Randy Burke. Thank you to our musical entertainment The Full Gaynor Band, our book advertisers and our major sponsors; Lakeland Bank, Ferguson Funeral Homes, Century Link, Bruce & Beverly Gordon, Deacon Homes, and Heath Village. And to all those who worked behind the scenes.

Thank you!



Back row (L to R) Amy Swistack, Linda Jorritsma, Gail Burckes, June Riehl, Gay Van Etten, and Ginny Jones. Front row (L to R) Eunice Howley, Janet McGee, Jane Hasenbalg, Carolyn Williams, Frances Donaldson, Colleen Ruggiero, Jeanette Klemm, and Lisa O'Hara.

Missing from the photo but not from the action, Julia Quinlan, Hospice co-founder, Treasurer Bea Smith, and Irene DeGroat.

Special thank you to Jeanette and Willard Klemm for the use of their wonderful Farm.

Hospice heroes were found everywhere in a storm that surpassed worst expectations.-

by Roxanne Debski-Seigel

Those who work for hospice live everyday with the mantra that every moment of life is precious, but as Hurricane Sandy roared through our area, it brought all of us a little closer to that experience. We all felt a bit more fragile during such a storm, but imagine if you can, sitting bedside with a loved one who is dying. That by itself is sad and frightening without having to face the urgency of basic survival of keeping warm and staying out of harm's way. There were patients who were on oxygen or were in need of medication; those families needed the support and guidance from their hospice team.

At the very worst of the storm, Karen Ann Quinlan Hospice and its nursing staff needed to get to those patients and their families, but with fallen trees and wires down, it was treacherous and risky. The Sussex County Sheriff's department immediately stepped up and escorted any hospice nurse who needed to get to a patient's home, and held that offer open. Patients, nurses, and families thanked them for making sure they received the care they needed.

"The nurses worked tirelessly putting their own safety at risk as well as their needs to make sure we did the right thing by our patients; insuring their patients had enough oxygen, meds, and warmth" Beth Sylvester, Karen Ann Quinlan Nursing Supervisor told us. With the gas shortages and lines, the office staff remained on stand-by to use their own vehicle if necessary to escort a nurse to a patient's home. Executive Director Cecelia Clayton and Receptionist Josephine Spagnuolo manned the office the day after the storm, assuring patients and families we would "weather this" with them and they were not alone.

Our local medical facilities, Newton Medical Center and St Luke's in Warren County, along with medical supplier AtHome Medical also deserve accolades for all their backing during this time.

In Pike County, PA, the local heroes of hospice were the Milford Fire Department. One of the hospice social workers at the Karen Ann Quinlan Hospice Milford office contacted them in need of generators, and they delivered them the very day after the storm.

Realizing the devastation in New Jersey, aid came from all over the country; Calvert Hospice, located in Prince Frederick, Maryland wanted to help so they decided to "adopt" a New Jersey Hospice and send up needed supplies. They chose Karen Ann Quinlan Hospice as they thought much of the help was being focused on Southern Jersey,

and wanted to reach out where there was less attention being asserted. "When their Director of Development, Linda Gottfried contacted me and explained their mission, it was truly heartwarming".-

Roxanne Seigel, Director of Marketing and Advancement, Karen Ann Quinlan Hospice. Seigel continued "I immediately went to our department heads to find out what was needed to bring comfort to our patients and their families".

The Calvert Hospice arranged to have delivered blankets, gas and kerosene cans, batteries, flashlights, gloves, hand warmers, and small toiletries, all donated by their staff with a message; "Dear Sister Hospice, you are in our thoughts and prayers".

For most of us life has returned to normal, but there is still the devastation around us and on the news; infrastructures destroyed, debris piles that were once homes, and just the loss of security, the thoughts of what if that tree had fallen and can it or will it happen again? What will I do differently to prepare is top of the mind for many.

For those who are recently grieving the loss of a spouse or loved one, it may be more complicated, for it was the first time dealing with a crisis without their loved one. This also brings to the surface feelings of being alone and isolated. For others, they feel that they have had to "put their grief away" in order to cope with their immediate needs (water, heat, food). At the Joseph T Quinlan Bereavement center, their Monday night support group following the storm had a record number of people in attendance with many new faces. "The hurricane was a big topic at the beginning of the meeting." Diana Sebzda,



Michael Nieman, (pictured right) delivered supplies donated by Calvert Hospice, MD in the wake of Hurricane Sandy. The supplies were used for hospice patients and families in need. Pictured L to R, are Karen Ann Quinlan Hospice's Administrator Darrin Adams, Social Services Director Marlina Schetting, and Executive Director Cecelia Clayton.

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Diana Sebzda, MA, LAC, FT *Bereavement*

Welcome Aboard!



Dr. Christian Robertozzi joins the Karen Ann Quinlan Memorial Foundation Board of Directors

NEWTON, September 20 2012 –Dr. Christian Robertozzi has joined the Karen Ann Quinlan Memorial Board which serves as the governing board for Karen Ann Quinlan Hospice. He began his Newton practice in 1983 and is certified by both the America Board of Podiatric Orthopedics and Primary Podiatric Medicine and the American Board of Podiatric Surgery. He is an author and lecturer on various podiatric subjects and has been instrumental in starting podiatric residency programs.

Dr. Robertozzi is a graduate of Seton Hall University and the California College of Podiatric Medicine, and completed a podiatric surgical residency at Huntington General Hospital under the tutelage of the internationally known Robert Fryberg, DPM. Upon completion, he joined the Army Reserve.

Over the last 30 years, Dr. Robertozzi has received numerous awards including the Stanley S. Bergen Jr. MD Award for Achievement in Medicine, Service Citation from NJPMS, Podiatric Physician of the Year from the fund for Podiatric Medical Education, Podiatric Management Top 150 VIP DPMs, John Lucas, MD Emerging Physician Leader Award, The Carl R. (Bud) Luthman Spirit Award and the Sussex County Chamber of Commerce Customer Service Award.

Dr. Robertozzi is closely aligned with Newton Medical Center serving and chairing numerous committees such as Staff Leadership, Medical Executive, Operating Room and the Foundation and is currently the Vice President of the Medical Staff and Chair of the Quality Improvement Committee.

Serving as a member of the Karen Ann Quinlan Capital Campaign and events committee over the last year and from his own personal experiences with hospice, "I have learned first-hand about the wonderful work done by Karen Ann Quinlan Hospice"-Christian Robertozzi.

Dr. Robertozzi's office is located in Newton at 222 High St, Suite 201 in the Norman Silbert Medical Arts Building. His office telephone is 973-579-5777 or visit website www.afacare.com.

Five Year Employee awards were given to (L to R standing) Carmen Cruz, Brenda Semanko, Roxanne Debski-Seigel, Deborah Burd, and Jacqueline Gieske; (kneeling), Anita Horn, and seated in the center, Julia Quinlan, Co-Founder of the Hospice.



Annual Staff meeting at
the Lafayette House,
12/4/2012



Executive Director Cecelia Clayton shares with the staff at the annual meeting after the sale of the Karen Ann Quinlan Home Health Care Agency in Warren County, "we are returning to our main mission of Hospice."



Ten year Employee awards were given to (standing L to R) Linda Pushko, and Kathleen Hoffman.



If you wish to be removed from the Karen Ann Quinlan Memorial Foundation Care Connections Mailing List please call 800-882-1117. We apologize for any inconvenience.



www.KarenAnnQuinlanHospice.org

Lighting the Season with Memories and Magical Moments.

