

WINTER / SPRING 2016

# Care CONNECTIONS

Newsletter for the Karen Ann Quinlan Memorial Foundation



Facebook.com/KarenAnnQuinlanHospice.org



## KAREN ANN QUINLAN HOSPICE

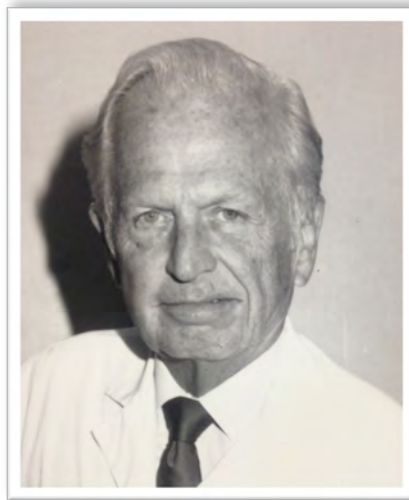
# Honors

CELEBRATING THOSE  
COMMITTED TO OUR HOSPICE MISSION



**Honorable Paul W. Armstrong  
J.S.C. (retired)**

Paul Armstrong met the Quinlans in 1975 when he agreed to take their case to have Karen Ann freed from artificial means of life support. He won the landmark case for the Quinlans in the Supreme Court of NJ.



**Lucian Fletcher Jr., MD**

Doctor Fletcher was instrumental in the formation of the Karen Ann Quinlan Hospice in 1980, serving as one of the founding Board Members. He has helped guide our hospice for over 35 years.



**Cecelia T. Clayton MPH**

Cecelia Clayton was appointed Executive Director of Karen Ann Quinlan Hospice in 2001, but started with the hospice in 1990. This year marks 26 years of service and during that span she has grown hospice to include two offices with independent licensing for NJ and PA and a dedicated Bereavement Center.

*Please join us in paying Tribute to these Hospice Innovators and Leaders.*

April 28, 2016 Panther Valley Golf and Country Club, Allamuchy, NJ 6:30 PM

For tickets or more information contact [JohnQuinlan@karenannquinlanhospice.org](mailto:JohnQuinlan@karenannquinlanhospice.org) or Jennifer at [jsmith@karenannquinlanhospice.org](mailto:jsmith@karenannquinlanhospice.org), or call 973-383-0115- toll free 800-882-1117.

# REFLECTIONS

By Cecelia Clayton, MPH



We obligingly accept and exist through the gray days of winter - although to be honest we have had some pretty amazing warmer temperatures this season! But with every winter the days are shorter, the nights longer, and the skies grayer. And as of this writing, with the exception of a late January Blizzard we haven't seen

that much of the "white stuff" which can start as early as October or November.

I know many who are happy about that and just as many who aren't! It can be difficult to maintain our exuberant natures during those times - even under the best of conditions. There is less daylight, we have to be more careful how and where we walk, we're carrying extra pounds (of the extra clothes of course- we won't talk about holiday calories!). It's a chore to keep our homes warm and then we worry about the heating bills! Plus you CAN NOT find a decent tomato!!

So, have I cheered you up yet? Bear with me - I am going somewhere with this...

Actually, that's what started it - I was going somewhere - on my way down to do a Bereavement meeting. After a full day of work, I was actually enjoying the ride down Rte. 517, letting my mind mosey and marvel as I watched the road. But as was driving my eyes kept going up to the right - to the west, you know, where the sun sets. It was magnificent! Glorious! The colors were flowing across the sky in purples, yellows, oranges and reds. Then there were these milky streams of light coming down out of deep gray clouds but the tops of the clouds were incandescently white against a soft blue sky. And every time I looked over it had changed!!

No, I am not back in school taking a creative writing course. This meager description of mine doesn't begin to do the scene justice. What got to me though was how, in spite of myself, I kept looking at the sky. So, it's been a long day, the sky has been dreary all day, its been cold, gray, damp, and I'm on my way to meet the bereavement group - trying to "center" myself so I can be of support to them. And all of a sudden this scene appears to me, and I, of course, must analyze the whole thing, but I do think I have something here....

In weather and in our life we want and like the blue skies, the bright sunshine - no clouds, no gray. Doesn't it make you smile to step outside on a "perfect" summer day and look at the expanse of blue, as opposed to seeing heavy clouds across, dark and dreary? But, ever see a sunset in a blue sky? Pretty boring - just a big red ball. What created the beautiful colors I saw were the clouds!!! Without them, no colors in the sunset. I'm sure one of my scientist volunteers can explain in detail to me the what's and why's and I know it has something to do with droplets of moisture reflecting the light, but that doesn't matter to me.



What I did get from this whole experience is how the "clouds" in our life are responsible for a lot of the "color" in our life. Through the grayness comes the light. Our tears do cleanse and in the healing we learn so much. The light that is within us brings clarity and radiance to ourselves, and through us, to others as well. Sometimes that radiance is the gift that others give to us in their dying. As they physically leave our life they bless us with an everlasting gift of love, of memories, a presence - not that we can touch, but that which touches us. Like those milky streams of light that radiate from the clouds and descend to the earth, so the presence of that person becomes radiance emanating from within us, to others. It is true, what the philosophers claim; it is through the struggles and the pain that we are finished and polished, to shine as gold. We are all gold; radiant, precious, rich and beautiful.



The end as we know it is only the beginning. The end is another gift, another beginning of growth and of a deeper understanding of love and life. Love is meant to be shared. Indeed, it can't exist, maintain itself, and feed itself, unless it is shared. Sometimes it hurts, deeply, intensely, but as sure as the rainbow only appears with moisture, after the storm, only through the tears can we see clearly and thereby create the rainbow in our own life, and in the lives of others.

Spring is just around the corner.



# Above and Beyond

Hospice volunteers, staff and our community take those extra steps to make sure our hospice patients and families have all they need.



## BLIZZARD BAGS!

Pictured (L to R) are volunteers Joanne Ruffino, Gwen Scott, and Eunice Howley.

Every year, volunteers and the hospice Social Services team gather storm preparedness items for patients and their families. The Blizzard Bags hold such essential articles as flashlights, can openers, canned food items, etc., and other emergency information.

## Sometime all it takes is a thoughtful Aide and Pandas!

Certified Home Health Aide, Mabelle Foster cares for a female patient in Belle Reeve, who was emotionally down. Learning that the patient loved animals, Mabelle lent the patient one of her I-Pads that she had tuned to the Panda Cam, 24-hour coverage/surveillance of a baby panda and her mother. The patient truly loved checking the status of the animals, and they brightened her day and spirit. Her room now has panda decorations, and Mabelle has recently "adopted" a panda through National Wildlife that our patient can name. Our Hospice team is the BEST!



## STRIKE A POSE!

Pictured (L to R), Dawn Charlton, Hospice Volunteer, Mary Bezak, Hospice Billing Manager, Lynn Cohen, Beth Sylvester, Home for Hospice Administrator, Julia Quinlan, Hospice President and Co-Founder, and Caroline Grasso, Atlantic Health Care.

Julia Quinlan joins Lynn Cohen, (owner of Interplay Couture, Sparta, NJ) along with some event models finalizing details for the Fall Fashion Show hosted on Thursday, November 12 at the Selective Insurance Auditorium in Branchville. The memorable evening was filled with featured fashions from Interplay Couture, light fare from Krave Café + Caterer, wine tasting from George's Wine & Spirits Gallery, silent auction, and shopping.

## SPECIAL TREAT

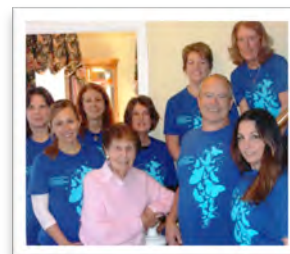
Every season busy hands step up to help Sue Morrow, Hospice Volunteer Coordinator, bake and package cookies for special delivery by the staff to hospice patients and their families.



## DENTAL DAY FOR HOSPICE

Pictured (L to R), Patricia Taggart, June Roberts, Nancy Gallo, Bea Smith, Jeanette Klemm, Lisa O'Hara, Julia Quinlan, Dr. Edward Tirpack, DMD, MAGD, Laura Tirpack, Gay Van Etten, Gail Burckes, and Mary Finnegan.

Dr. Edward Tirpack and Laura Tirpack presented a check to the members of the Friends of Hospice that represented the proceeds from the 22nd annual Dental Day for Hospice totaling \$4,841.80. This event, hosted on November 2 at the Sparta Dental Designs, welcomed the community, including new patients, to participate in Dental Day by scheduling their appointment for routine dental services including dental work, exams, x-rays and screenings. Thank you to Dr. Edward Tirpack, DMD, MAGD, Dr. Seth Perlmutter, DMD and Dr. Kathleen B. Dunn, DMD and the Sparta Dental Designs professional team for donating their time and proceeds. "The commitment to Dental Day for Hospice from the doctors and the Sparta Dental Designs team is truly appreciated and has helped many, many patients and family members throughout Sussex and Warren Counties in New Jersey and Pike County, Pennsylvania since its inception in 1993," –Lisa O'Hara, President of Friends of Karen Ann Quinlan Hospice.



Sparta Dental Designs team with Julia Quinlan. Sparta Dental is located at 16 Lafayette Rd, Sparta, NJ 07871 973-729-2113 spartadentaldesigns.com

The winner of this year's Harley-Davidson Road King in Superior Blue was John Falzarano of New Jersey. Thanks to all who purchased tickets in support of Hospice.

# More above and beyond!

## CHILLY CHILI RUN

Hundreds of motorcycle enthusiasts took to the road Friday, January 1st, 2016 for the 42nd annual Dale's Chilly Chili run, raising money for Karen Ann Quinlan Hospice.

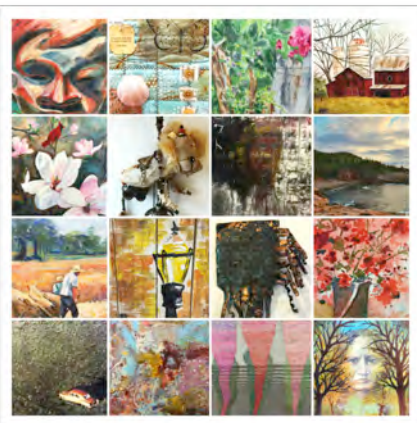
"The proceeds from an event like this go to support the new hospice residence and also go to support people in the homes that don't have any insurance or need additional care," said Cecelia Clayton, Executive Director of the Hospice. She continues, "The hospice is a not-for-profit. Medicare doesn't cover everything, and we can run at a significant loss when we do everything we can for a family, extra equipment, extra home health aid time. Thank you to all participants and all those who help with this event every year."



## ARTISTS DONATE!

Skylands Gallery and Studio hosted a reception for its Blazing Colors exhibition on Saturday, Oct. 10, at the gallery, 7 Boulder Hill Blvd in Wantage.

The gallery exhibits many new and exciting pieces in its expanded space, all from local artisans, including pottery, jewelry and stained glass. Dozens of new works were created for this show with more than 400 on exhibit. During the event the gallery honored recently deceased local artist, Janet Smith with 10% of proceeds during the evening being donated to Karen Ann Quinlan Hospice. For more information on the Gallery, visit [skylandsgallery.com](http://skylandsgallery.com).



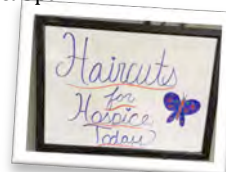
## SALONS DONATE!

### HAIRCUTS FOR HOSPICE!

- Andover**  
County Classic
- Augusta**  
Salon Bleu
- Branchville**  
Total Image Salon
- Budd Lake**  
Lighten Up Salon & Spa
- Franklin**  
Simply Hair
- Hamburg**  
Cutz & Beyond,  
Headz UP Hair Salon
- Lake Hopatcong**  
Razorz Edge Barber Shop
- Newton**  
Augusta Barber Shop  
CJ's Barbershop  
Hilites Hair Salon  
His N Hair  
Salon DiPanache  
Salon Fig  
Serenity Now Hair Salon  
The Scissor Joint  
Ultima Hair Designers Salon & Spa
- Sparta**  
Hair Glow  
Salon DiMichele  
Salon Serendipity  
Salon 181  
Supercuts  
Visible Difference Hair Skin & Nail Salon
- Sussex**  
Becky's Hair Therapy  
Main Street Barbers  
Salon and Spa at Boulder Hills  
Shear Intensity
- Wantage**  
Tips & Toes

November 5th,  
2015 these  
amazing  
barbershops  
and salons  
donated their  
proceeds to  
Karen Ann  
Quinlan  
Hospice.

THANK YOU  
FOR A  
GREAT JOB  
AND YOUR  
GIVING  
SPIRIT!



## BANK DONATES!

### LAKELAND BANK DELIVERS!

Lakeland Bank's Sussex County Golf Classic raises funds to support local charities. Presenting the check was Lakeland Bank's Raymond Cordts, Vice President of Sales, center Julia Quinlan, Hospice Co-Founder and Chairman of the Board and left, Cecelia Clayton, hospice Executive Director.



### FLOWERS TO BRIGHTEN!

Thank you to Joan (pink scarf) and Larry Bono for their annual donation of dozens of poinsettia plants shared with hospice patients and family

members over the holiday season.





# THE HOME FOR HOSPICE TEAM CELEBRATES AND EDUCATES!



Julia Quinlan, Hospice Co-Founder and Chairman of the Board, shares with staff and volunteers the one-year anniversary of her "dream come true".



## FIRST BIRTHDAY

November 2015 marked the one-year anniversary of serving patients and celebration of the Karen Ann Quinlan Home for Hospice.

We are so grateful for all the support and help that allowed this dream to be realized. We look forward to many more years of serving patients and families in our community.

## October Cider-Fest

On Thursday evening, October 15th, Beth Sylvester, RN, BSN, CHPN, CALA, Home for Hospice Administrator and her team created a networking opportunity, and Q&A dedicated to the health professional.

The event gave those in the health or related fields an opportunity to see the new facility in action and meet the staff!

Attendees were encouraged to ask questions and share thoughts in order for the Home staff to better serve the health community and their patients.

Anyone interested in a tour of the facility is welcome. Contact Anthony Grigal, Hospice Liaison at [agrigal@karenannquinlanhospice.org](mailto:agrigal@karenannquinlanhospice.org) or call 973-383-0115.



Beth Sylvester, (Left) is discussing what is available at the Home for Hospice with Erin Groover, Social Worker on the oncology floor at Morristown Hospital



Health professionals and attendees are given the opportunity to network.



Peg McCully RN, Michele Leinaweaver RN, Judy Brock, and Administrator Beth Sylvester await guests.



# SNAPSHOT

Jennifer Smith / Special Events Manager

## 16th Annual Karen Ann Quinlan Hospice Butterfly Release Celebration Set to Soar!

Karen Ann Quinlan Hospice will host its 16th annual Butterfly Release Celebration with three events throughout Sussex and Warren Counties in NJ and Pike County, PA on



Bob McCracken addressing the attendees at Butterfly Celebration on the grounds of Sussex County Community College.

the weekend of June 11th and 12th. "This beautiful event honors the life of family and friends who are still with us and celebrates the memory of those loved ones we have lost," explained Cecelia Clayton, Executive Director of Karen Ann Quinlan Hospice. Since its inception, Smith-McCracken and Wood Funeral Homes have been central to the success of the event, leading the way as the major Sponsor from the beginning. "We are very proud to support hospice and the annual Butterfly Release Celebration. This event and the hospice exemplify the importance of friends and family," stated Robert McCracken. Participation begins with the purchase of a butterfly for \$20.00 in the name of a loved one. Included in the purchase is a commemorative butterfly lapel pin, which will be sent along with a personalized acknowledgement card to the designated recipient and your loved one's name printed in the program. Monarch Sponsors donating \$100.00 receive a stunning butterfly sun catcher; a new design in the series is introduced annually offering a thoughtful collection opportunity. Attendees enjoy a mix of live music with the reading of names and conclude with the release of dozens of Monarch butterflies.

### Locations and times:

June 11th, 11:00 am- Warren County at the Karen Nash Memorial Butterfly Garden on the grounds of Memorial Elementary School in Washington, NJ.

June 11th, 4:00 pm Pike County, PA in the Gazebo in Milford's Memorial Park.

June 12th, 2:00 pm- Sussex County, at the Gazebo on the College Green of the Sussex County Community College.

The celebrations are hosted rain or shine; in the event of inclement weather, the butterflies will be released when conditions are suitable. For additional information about the Butterfly Release Celebration or to celebrate the name of a loved one, please visit [www.karenannquinlanhospice.org](http://www.karenannquinlanhospice.org) or call 973-383-0115 or 800-882-1117. Butterfly pins can be purchased on the day of the event prior to the ceremony.



## Shredded Bliss

2016 marks the 10th anniversary for the SK Paper Shred Events to Benefit Karen Ann Quinlan Hospice! Skip Klimas, owner of SK Paper Shred, has been a long time friend of the Hospice and in 2006 approached the special event team with his idea of a SK Paper Shred Event to benefit the organization. It was a win-win community outreach as the awareness and warnings about identity theft and the proper destruction of confidential materials was on the rise. There was one shred event that year that eventually evolved into several each calendar year, and since 2006 there have been forty-nine SK Paper Shred Events to benefit Karen Ann Quinlan Hospice.

2016 SK Paper Shred Events  
Saturdays 9:00 am to 12 Noon  
Karen Ann Quinlan Hospice  
99 Sparta Ave, Newton, NJ  
973-383-0115  
March 12 ~ May 14 ~ July 9  
September 10 ~ November 12

**\$6.00** per grocery-sized bag shredded. Pre-purchased SK Paper Shred Bag can be purchased for **\$5.00** at the above hospice location. Save time and money by simply dropping off your pre-paid material at any of the above events.

Skip Klimas works his state-of-the-art, commercialized shred truck, and hospice representatives assist with the collection of donations and help customers unload their materials into a shred bin. From there they are

mechanically lifted into the truck and destroyed. Klimas' truck even features a video monitor should inquisitive customers request to view the shredding of their private property. Thank you, SK Paper Shred for a fantastic decade of events, your generosity and dedication to our hospice mission is truly appreciated!





## Governing Board

Julia A. Quinlan, Chairman  
 Mary Ellen Quinlan, V. Chairman  
 Louis E. Luddecke, Treasurer  
 Louis R. Ruggiero, Secretary  
 Hon. Paul W. Armstrong, J.S.C. (Ret.)  
 Jodi J. Butler  
 Kenneth Carter  
 Michael Devine  
 Paul D. Ferguson  
 Lucian Fletcher, Jr., MD  
 George A. Green IV, Ph.D.  
 William E. Hinkes, Esq.  
 Tammie Horsfield  
 Lisa O'Hara  
 Christian Robertozzi, DPM  
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 Glen Vetrano  
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 Mary Kaye Nardone  
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 Jack Sebzda

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Nancy Curry  
 Reverend Ernest Kosa  
 Mary Ellen Quinlan

## Medical Directors

Joseph Anthony Cirello, MD  
 Bohdan E. Halibey, MD  
 Ken Janowski, DO  
 Yogesh Viroja, MD

## Key Personnel

*Executive Director*  
 Cecelia Clayton, MPH  
*Administrator*  
 Marlina Schetting MSW, LCSW  
*Residence Administrator*  
 Beth Sylvester, BSN, CALA  
*Bereavement*  
 Diana Sebzda, MA, LAC, FT  
*Foundation*  
 John Quinlan  
*Communications & Marketing*  
 Roxanne Debski-Seigel, Ph.D.

Dear Friends,

On April 28, 2016 "Hospice Honors" banquet will be held at Panther Valley Golf and Country Club to honor Individuals, Companies and Foundations that have advanced the cause of hospice. The Honorable Paul W. Armstrong will be honored with the "Pioneers Award", Doctor Lucien Fletcher Jr. and Cecelia Clayton will be honored with the "Excellence in Leadership" Award and Nurse Sue Dell will be honored with the "Excellence in Care" Award. Volunteers Noel Balch and Frances Howe will be receiving the "Spirit of Hospice" Award and Skip Klimas from SK Paper Shred will receive the "Heart of Hospice" award. Please join us and celebrate the dedication and commitment of the honorees.

Also this past year at the annual staff meeting we recognized the outstanding service of eighteen staff. It was a pleasure to congratulate and present a gift to each individual. What makes our program unique is teamwork. Cecelia Clayton, Executive Director and Marlina Schetting, Administrator work closely with directors, nurses, staff, clergy, and volunteers to assure the highest standard of service. If longevity is a benchmark of success, Karen Ann Quinlan Hospice is number one. Congratulations and thank you for your dedication and efforts to assure quality in every aspect of our service.

Julia Quinlan, Co-Founder  
 Chairman of Governing Board

Hospice employees hit milestone years.

25 years: Cecelia Clayton and Marlina Schetting #1 (LtoR)

15 years: Laura Entwistle and Mary Bowden #2 (LtoR)

10 years: Machel Foster and Diana Sebzda #3 (LtoR)

5 years: (Left to Right Top Row): Josephine Nittolo, Denise Johnson, Margaret Palm, Anthony Grigal, Alan Martin, Josephine Spagnuolo, Georgiana Licata, (Seated): Margaret Mohr, Diana Lewis, Karla Barbour (Not pictured: Denise Weber, Bonny Chuquiruna)



**WINTER/ SPRING 2016**



*Joseph T.*  
**Quinlan**  
Bereavement Center



Diana Sebzda,  
MA, LPC, FT  
Director of  
Bereavement

### 2016 Memorial Services

5/16 7:00 pm Monday: Warren County, NJ  
United Methodist Church of Washington.

6/20 7:00 pm Monday: Pike County, PA  
United Methodist Church of Milford.

9/16 7:00 pm Monday: Sussex County, NJ  
Newton First Presbyterian Church, 54 High Street.

### 2016 Bereavement Facilitator Training Series

Wednesday, July 27 from 8:30 am to 4:00 pm

### 2016 Bereavement Seminar for Helping Professionals

Wednesday, August 24 from 8:30 am – 4:00 pm

Contact [bereavement@karenannquinlanhospice.org](mailto:bereavement@karenannquinlanhospice.org) for enrollment packet or more information.

**Free Grief Support Groups** open to the community are held in Sussex and Warren Counties, NJ and Pike Co, PA.  
**Pet Loss** support groups also available.

For current times or more information for any of these programs please visit [www.karenannquinlanhospice.org](http://www.karenannquinlanhospice.org)  
Call 800-882-1117 or 973-940-0413 or email: [bereavement@karenannquinlanhospice.org](mailto:bereavement@karenannquinlanhospice.org)

Karen Ann Quinlan Hospice:  
Keeping it "REAL"  
for 36 Years...



Reliable & Responsible Staff –  
creating an agency with a  
Respected Reputation.



An Engaged, Empathetic  
and Enthusiastic Team  
Administering to our  
Patients and Families needs.



Accountable and Able  
Practitioners, Ambassadors  
of the Agency and  
its Philosophy.



Loyal Leaders Living our  
Mission and Legacy Everyday.

2016 – This Year We Continue to  
Deliver Real Care to Real People  
in the Real World.