

Hospice launches new campaign

November is National Hospice and Palliative Care Month and hospices across the country are reaching out to raise awareness about the highest quality care for all people coping with life-limiting illness.

Throughout the month of November, Karen Ann Quinlan Hospice will be joining organizations across the nation hosting activities that will help the community

**#SOONER
IS
BETTER**
KarenAnnQuinlanHospice.org

understand how important hospice care can be, especially if services are received early enough. We are launching a “Sooner is Better,” campaign in November. The campaign was developed by The Center for Hospice Care in Connecticut and will focus on the five main reasons “Sooner is Better,” when choosing hospice care.

1. You live longer. Studies show that people in hospice care live longer than patients getting curative treatment for the same illness.

2. You feel better. The side effects of aggressive treatments for cure of life-limiting illnesses frequently make you feel sicker. By choosing to stop treatment and start hospice care, our patients feel better and gain quality time.

3. You regain control of your life. In hospice care you can socialize and focus on living. And by managing your symptoms, our care will keep you out of the hospital.

4. You don't have to stay. If you get better, you can leave hospice care, no problem. And you can re-enter hospice whenever you need us – simple as that.

5. We share the care with family members. It's difficult for family to be your full-time caregivers – difficult for you and them. We manage and coordinate your care, which means that your loved ones get to be your family again.

You don't need to be in the last days or weeks of life to qualify for hospice. Our care is about living – living well in the time you have left. *The sooner you call us the better you'll live.*

Receiving our care is easy. Just call us. You don't have to wait for your MD. You, your family, or even a friend can refer you to us. We'll work with your MD and be your advocate. And you or your family can call us 24 hours a day.

If you have a life-limiting illness with a prognosis of six-months or less and meet criteria for care, you can access hospice, and you and your family can immediately begin to reap the benefits.

It's your choice. Ask for Karen Ann Quinlan Hospice by name. The sooner, the better.

Please visit our website KarenAnnQuinlanHospice.org for more information on activities and outreach events that are scheduled during November.



WE HONOR VETERANS

It's never too late to say 'thank you' to our nation's Veterans: even at the end of life

Americans across the country celebrate Veterans Day on November 11, a special day to salute the men and women who have bravely served our country in the military.

These fellow Americans have made profound sacrifices in defense of freedom and they deserve our heartfelt thanks and appreciation. Honoring our nation's Veterans includes supporting them throughout their entire lives, especially at the end.

Karen Ann Quinlan Hospice wants to share its commitment to increase Veterans' access to caring, high quality hospice and palliative care for those who are facing serious and life-limiting illness. As part of this commitment, Karen Ann Quinlan Hospice is a part of an innovative program, We Honor Veterans, developed by the National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs. Through We Honor Veterans, we are ensuring that our organization is equipped to address the unique needs of our nation's Veterans.

It surprises many Americans to learn that every day, 1,800 Veterans die. That's more than 680,000 Veterans every year – or 25 percent of all the people who die in this country annually.

If you know a Veteran who is in need of the special care hospice and palliative care brings to people facing serious and life-limiting illness, please reach out and help them learn more about the services that Karen Ann Quinlan Hospice can provide.

To all our nation's Veterans, thank you.

Thank you...



Blue Knights Donate more than \$11,000

SPARTA - Thanks to the Blue Knights of Northern New Jersey for their generous donation to the Karen Ann Quinlan Hospice of over \$11,000 from the Chilly Chili motorcycle run that was held on January 1 at the Ogdensburg Firehouse. The Knights distributed over \$56,000 to local charities including the Hospice, the Make a Wish Foundation and three families with special needs children. Each of the families received \$12,500.

The presentation ceremony was held in a new location this year. Thanks to the Sparta VFW for the use of its hall and lawn, and to the Sparta Police for the use of their tents. Blue Knights Goodwill Ambassador Jeffrey Hunker did a great job as master of ceremonies and the food supplied by Homer's Restaurant was fantastic.



33rd Wine a Cheese Festival huge success

FREDON - The 33rd Annual Wine and Cheese Festival held on the beautiful grounds of the Water Wheel Farm in Fredon had more than 560 attendees.

The Friends of Hospice, Jennifer Smith, event manager and volunteers worked to make the afternoon exciting. Burke's Wine and Liquor of Sparta once again supplied the wines for the afternoon. In addition to sampling, guests could participate in the silent auction, live auction and enjoy the live music performed by Jeff Gaynor and Smooth Sailin'. A thank you goes to Ray Cordts who brought the live auction to life and to all the wine handlers. We would also like to thank our Spectrum sponsors, book advertisers, attendees and businesses who donated to the auction.

A very special thanks goes to Jeanette Klemm for the use of the wonderful farm and her grandson Bradley, for all his help before, during and after the event!



Hospice volunteers graduate training class

AUGUSTA - Sue Dougherty, the volunteer coordinator at Karen Ann Quinlan Hospice recently graduated a class of 15 volunteers. Dougherty holds volunteer training classes three times a year. The classes are four weeks long, two morning per week and are held in September for the Sussex County area, November for the Milford, PA area and March for the Hackettstown area. Anyone who wishes to dedicate time as a volunteer may sign up for any of the area classes.

A trained volunteer brings dignity to the patients while providing support for the caregivers. To be an active volunteer, individuals should not have experienced a significant loss within the past year. Volunteers are also welcomed to participate in agency fund raisers and provide administrative assistance.



5k walk raises over \$12,000

AUGUSTA - The second annual Celebrate Life 5K Walk was held on September 30th at the New Jersey State Fairgrounds. The walk was started as a way to help those dealing with a loss celebrate the life and memory of loved ones who have passed.

Proceeds from the walk benefit programs at the Joseph T. Quinlan Bereavement Centers. There are currently three Bereavement Center locations with the main office located on 5 Plains Road in Augusta, and two satellite offices located on Washington Street in Hackettstown and at The United Methodist Church in Milford, PA. We offer individual counseling and ongoing support groups. Anyone may use the bereavement services; you do not need to be part of our hospice program to participate.

We would like to thank all our sponsors and vendors for your generous donations of time, funds



Cecelia T. Clayton, MPH
Executive Director

Reflections

Say “thank you”....most of us, from the time we are little, are taught to 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 it is also 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 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 acknowledgment 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 and 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 thanks usually elicits a calming response within us. If we said what we would actually like to say it is highly doubtful that the calming response would become present - 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 such 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 we enter the final months of this year, as we approach the Holiday dedicated to giving thanks, we have opportunities to remember how very important it is to say “thank you”: silently in our hearts, or with our words, or in our actions - for so many blessings that we are sure to encounter most every day.

Cirello Granted the Hospice Medical Director Certified® (HMDC®) Credential

MILFORD, PA – August, 2017 – Karen Ann Quinlan Hospice is proud to announce that Joseph A. Cirello, M.D., H.M.D.C., of Milford Family Practice, was recently granted the Hospice Medical Director Certified credential by the Hospice Medical Director Certification Board. Dr. Cirello was recognized for his commitment to improving the quality of life by displaying professional competency in the hospice industry.

Hospice practice includes patient care, medication management, performance improvement, engagement in interdisciplinary group (IDG) activities, and much more. Professional certification affirms a knowledge and experience base for hospice physicians to display commitment to their career, dedication to patient and family care, and the sustainability of the hospice organization and industry. HMDC designation is granted for six years and is renewed through continued validation of knowledge and re-assessment.

Dr. Cirello is board-certified in family medicine and began practicing in Milford, Pennsylvania, in 2009. A graduate of Fairleigh Dickinson University and St. Matthews University School of Medicine, he completed his residency training at Overlook Medical Center. Dr. Cirello accepts patients of all ages into his family practice, and is committed to his community.

He serves as the Delaware Valley School physician, he is a board

member for the Center for Development Disabilities, and medical director of Karen Ann Quinlan Hospice. In addition, he is on the Palliative Care Committee at Newton Medical Center.

“We are honored to have Dr. Cirello serve as a medical director at Karen Ann Quinlan Hospice,” said Cecelia Clayton, Executive Director. “Dr. Cirello always brought an incredible wealth of knowledge to the team and an unparalleled depth of caring to the patients we serve. This additional credential certification as a Hospice Medical Director benefits not only our organization but also our patients with expanded, specialized hospice care.”

Currently there are approximately 800 Certified Hospice Medical Directors across the country.

Dr. Cirello is on staff at Newton Medical Center, is affiliated with Atlantic Medical Group and is a participating provider of the Atlantic Accountable Care Organization.



Joseph A. Cirello, M.D., H.M.D.C

Giving Tuesday to benefit local families in need



NEWTON – Karen Ann Quinlan Hospice is putting the final touches of this year’s #GivingTuesday Campaign which will be held on Tuesday, November 28. Giving Tuesday is a global giving movement. Campaigns are launched by many organizations that promote helping others through the gift of time, donations, or goods.

Karen Ann Quinlan Hospice raised over

\$700 in the 2016 #GivingTuesday campaign that benefitted the capital campaign for the purchase of the Bereavement Center.

This year we would like to continue to help meet the needs in our community. All proceeds from #GivingTuesday will go towards purchasing food and necessities for hospice families that are struggling financially. The families will be identified by our Social Workers and a needs assessment will determine how best we can meet their needs with food, toiletries or other basic necessities.

You can help by visiting our web page on November 28th and making a #GivingTuesday donation. Thanks in advance for your support.



Blizzard Pack assembly line

NEWTON – Student interns and volunteers of the Karen Ann Quinlan Hospice were busy getting the agency’s Blizzard Packs together. Blizzard Packs are given to patients and their families to remind them of needed items to have on hand in case of emergencies. Included in the 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!



Support Group Schedule

Please feel invited to just attend

Monthly:	Location:	Time:
Second Monday	5 Plains Rd., Augusta, NJ	7:00 - 8:30 p.m.
Third Tuesday	214 Washington St., Hackettstown, NJ	10:00 - 11:30 a.m.
Fourth Tuesday	206 E. Ann St., Milford, PA	10:00 - 11:30 a.m.
First Wednesday	5 Plains Rd., Augusta, NJ	12:30 - 2:00 p.m.
Third Wednesday	5 Plains Rd., Augusta, NJ	12:30 - 2:00 p.m.

Please check our website or call us direct at 973-948-2283 for additional groups and times or for more information



Holiday Elegance fashion show

That time of year is approaching when our thoughts turn to glitter, decorating, family gatherings, gifts, and yes, snow. Its a fun time shopping for that special someone or perhaps a new outfit to wear at a holiday party.

On November 9th, at the Conservatory, Augusta, the Karen Ann Quinlan Hospice will hold the fourth annual fashion show. Relax and enjoy the evening while sipping wine or enjoying hors d'oeuvres, while you watch the models walk the runway in their Holiday Elegance fashions by Onore of Sparta and Style Counsel of Warwick, NY.

Later enjoy a delicious buffet followed by delectable desserts by Krave caterer or perhaps a glass of champagne or a glass of beer supplied by Krogh's Brewery. Be sure to check out the auction items. It will be a delightful and enjoyable evening as you help to raise funds for our wonderful programs that reach out to those in need of the special services we offer.



Julia Quinlan
Co-founder and Chair
of Memorial Foundation



2017 Holiday Elegance Models (from the top, left to right): Marley Avondoglio, Elenora "Ellie" Benz, Esq., Heather Mitchell Bischoff, Bob Charlton, Dawn Charlton, Paul Ferguson, Nancy Gallo, Dr. Bohdan Halibey, Linda Jordan, Richard Kelsky, Gary Larson, Michael Montague, Mary Owens, Paul Owens, Jon-Isaac Pinheiro, Dawn Salmon, Thomas Schetting, Diana Sebzda, Janice Stevens, Aaron Tirpack

EVENTS

- Wednesday 11/1/17.....National Hospice Month
- Thursday..... 11/2/17..... Children's Art Series
- Thursday..... 11/9/17..... Holiday Elegance Fashion Show
- Saturday..... 11/11/17..... SK Paper Shred
- Sunday..... 11/12/17..... 4-Course Wine Pairing Dinner
- Monday..... 11/13/17..... Being Mortal Screening
- Thursday..... 11/16/17..... Children's Grief Awareness Day
- Thursday..... 11/16/17..... Haircuts for Hospice
- Tuesday..... 11/21/17..... Dental Day for Hospice
- Tuesday..... 11/28/17..... Giving Tuesday
- Monday..... 12/4/17..... Dine to Donate
- Tuesday..... 12/5/17..... Lights of Life, Warren
- Wednesday 12/6/17..... Lights of Life, Sussex
- Thursday..... 12/7/17..... Lights of Life, Pike
- Tuesday..... 12/12/17..... Christmas Cookie Exchange
- Friday..... 12/29/17..... Half for Hospice Raffle
- Thursday..... 4/19/18..... Hospice Honors
- Saturday..... 9/29/18..... Celebrate Life 5k Walk

SCCC Performing Arts Center
 Monday, November 13 • 6:30 p.m. - 8:30 p.m.
 1 College Hill Rd., Newton
 Free to attend • Light Refreshments Provided



BEING MORTAL

Haircuts for Hospice

Thursday, November 16th



Each year local salons participate in **Haircuts for Hospice**. Stylists donate their time and all proceeds from haircuts to Karen Ann Quinlan Hospice.

For more information on Haircuts for Hospice visit us at: KarenAnnQuinlanHospice.org



Sparta Dental Designs presents
Dental Day for Hospice
 A Benefit for Programs of Karen Ann Quinlan Hospice

Schedule Your Appointment
 973.729.2113

Tuesday, November 21
 From 8 a.m. - 1 p.m.

CELEBRATING OUR 11TH YEAR!



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2017 Commemorative Lenox Ornament

Lights of Life

With your \$200 gift, one loved one's name will be memorialized through the symbolic stars on the Lights of Life memorial trees and a commemorative Lenox ornament will be sent to you.

With your \$100 gift, one loved one's name will be memorialized and you will also receive a Lenox ornament.

With each donation of \$20, a Light of Life is added in the name of those you wish to memorialize.

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KarenAnnQuinlanHospice.org

Presented by:  **Iliff-Ruggiero Funeral Home**
 "Our Family Serving Yours Since 1900"
 Newton, New Jersey



Cookie Exchange

On Tuesday, December 12 from 9:30 a.m. until noon we are looking for volunteers to help with the annual Christmas Cookie Exchange. We need volunteer bakers and wrappers to help us bring a bit of the season to our patients, families and those in our bereavement program. The more cookies we have, the more trays we can assemble. For questions, information and to RSVP, please contact Sue Dougherty at 973-383-0115 ext. 121.

Our new team members:



Maria Cafferata
Counselor



Patricia Cooper
A/P Clerk



Jennifer Dalrymple
LPN



Donna Dibble
CHHA/C.N.A



Margaret Fritzky, CHHA



Casandra Phillips, RN



Christine Zadroga
Receptionist

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Director of Marketing

Hospice earns Platinum Seal of Transparency

Karen Ann Quinlan Hospice Charitable Foundation was recently recognized for our transparency with a Platinum Seal on our GuideStar Nonprofit Profile! GuideStar is the world's largest source of information on nonprofit organizations. More than 8 million visitors per year and a network of 200+ partners use GuideStar data to grow support for nonprofits. In order to get the Platinum Seal, Karen Ann Quinlan Hospice Charitable Foundation shared important information with the public using our profile on www.guidestar.org. Now our community members and potential donors can find in-depth information about our goals, strategies, capabilities, and progress. We're shining a spotlight on the difference we help make in the world. Check out our GuideStar Nonprofit Profile and tell us what you think: <https://www.guidestar.org/profile/22-3562304>

Project Medicine Drop

The New Jersey Division of Consumer Affairs has developed Project Medicine Drop as an important component of its effort to halt the abuse and diversion of prescription drugs. It allows consumers to dispose of unused and expired medications anonymously, seven days a week, 365 days a year, at "prescription drug drop boxes" located within the headquarters of participating police departments.

Each Project Medicine Drop box is installed indoors, affixed to the floor or wall in a secure area within police department headquarters, within view of law enforcement officers, in an area to which members of the public may be admitted to dispose of their unused medications.

Andover Police Department

134 Newton Sparta Road Newton

Byram Township Police Department

10 Mansfield Drive, Stanhope

Hardyston Township Police Department

149 Wheatworth Road Hardyston

Hopatcong Police Department

111 River Styx Road Hopatcong

New Jersey State Police, (Sussex Station)

Route 206, Augusta

Newton Police Department

39 Trinity Street, Newton

Sparta Township Police Department

65 Main Street, Sparta

Vernon Twp. Police Department

21 Church Street, Vernon

Blairstown Police Department

106 State Highway 94
Blairstown

Hackettstown Police Department

215 West Stiger Street, Hackettstown

Lopatcong Township Police Department

232 South Third Street, Phillipsburg

Mansfield Township Police Department

100 Port Murray Road, Port Murray

New Jersey State Police, (Hope Station)

501 County Route 521, Hope

New Jersey State Police, (Washington Station)

560 Route 57, Port Murray

Phillipsburg Police Department

675 Corliss Avenue, Phillipsburg

Warren County Sheriff's Office

413 2nd Street, Belvidere

Washington Township Police Department

211 Route 31 North, Washington



Karen Ann
Quinlan
Hospice

99 Sparta Avenue
Newton, NJ 07860



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HONORS elite



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for
hospice
50/50 RAFFLE



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Hospice
Home for Hospice

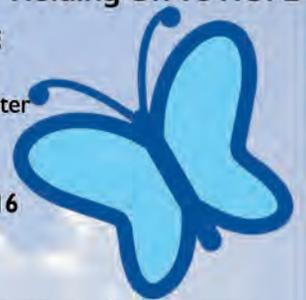
Holding On To HOPE

OPEN HOUSE

Joseph T. Quinlan
Bereavement Center
5 Plains Road,
Augusta, NJ

Thursday, Nov. 16
9 a.m. - 4 p.m.

Light Refreshments



Children's Grief Awareness Day™ Nov. 16
2017

Children's Grief Awareness Day is designed to help us all become more aware of the needs of grieving children — and of the benefits they obtain through the support of others. Children's Grief Awareness Day is an opportunity to make sure that grieving children receive the support they need. Please join us at the Joseph T. Quinlan Bereavement Center for an open house on November 16. Come tour the facility, talk to staff and show your support for grieving children by holding on to hope. Please call 973-948-2282 for more information.

KarenAnnQuinlanHospice.org



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