

SPRING 2021

Care CONNECTIONS

Newsletter for the Karen Ann Quinlan Memorial Foundation

Dear Friends,

More than forty years ago my beloved husband, Joseph, and I opened the doors to the Karen Ann Quinlan Hospice in Newton, NJ. It has been an incredible journey. Since its inception we have grown in many ways. Our goal remains the same. To be present for patient and



Co-Founders, Julia and the late Joseph T. Quinlan

family dealing with or healing from a terminal illness.

As we continued to grow, our service

was extended to Northwest Sussex County, Warren County, Pike County, Pa, and beyond.

As the needs of patient and family changed we became aware of the need for a special place that would offer a complete continuum of care. On November 12, 2014 that dream became a reality with the opening of the Karen Ann Quinlan Home for Hospice in Fredon, NJ.

Our goal has always been to meet the needs of patient and family. Thanks to your support you have enabled us to reach and at times exceed our goals.

A very special thanks to our wonderful and dedicated nurses, aides and volunteers who consider it a privilege to care for your loved ones.

More than forty years ago we began with a vision. On April 15, we celebrated the fulfillment of that vision and now



we look toward the future with anticipation of the wonderful things to come.

Thank you to all for your tireless commitment to the Karen Ann Quinlan Hospice. And thank you for making our 40th Anniversary so special in such unprecedented times.

With sincere appreciation,
Julia Quinlan, CEO, Co-Founder
Karen Ann Quinlan Hospice

Hospice to host virtual “Hello” Game for NHCDD

NEWTON - National Healthcare Decisions Day is observed annually on April 16th and is aimed at increasing the number of Americans who have completed an advance directive “living will” in which they name the person who will make medical decisions for them in the event they are seriously ill and can’t speak for themselves. Experts say only about 20-30% of Americans have completed an advance directive even though all people age 18 and older should have one.

To help facilitate the conversation regarding completing an advance directive Karen Ann Quinlan Hospice is hosting a virtual “Hello” Game event on Wednesday, April



14 at 7 p.m. Pre-registration is required. Once registered we will mail you an official “questions” booklet, needed to play the game.

The “Hello” Game is designed to start

some of the most important conversations we can have; ones about living and dying and what matters most. Some of the questions are challenging, some are more fun, and some will make you think about things you may never have thought about before.

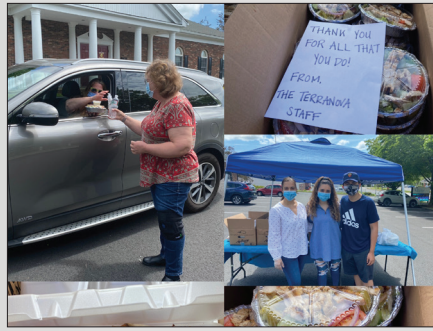
The “Hello” Game will change the way you talk about advance care planning by ensuring that it is not just an end-of-life planning tool, but the beginning of an important family conversation.

For more information or to register please call 973-383-0115 ext. 145 or register on-line at KarenAnnQuinlanHospice.org/HelloGame.



Half-for Hospice Winner

Meredith Roberts, center, receives a check for \$8,120 from Marlina Schetting, Chief Operating Officer (left) as her son and mother, Eileen Diehl look on. Winning was quite a surprise for Meredith as the ticket was purchased for her and she didn't know about it until she received the phone call from our Special Events Manager, Jennifer Smith. Check our website frequently for your opportunity to purchase a ticket for the 2021 Half for Hospice progressive raffle. Only 2000 tickets will be sold at \$10 each for the opportunity to win up to \$10,000!



FLAG and Hackettstown Rotary deliver lunch

Kristin Abromitis Jacobs, a member of FLAG Hackettstown (Front Line Appreciation Group), in partnership with Hackettstown Rotary Club arranged to have 75 meals delivered to our Administration office in Newton for all of our staff. We held a drive through pick-up in our parking lot and everyone was very appreciative. The meals provided were an assortment of individually packaged salads and stromboli's from Terranova Pizzeria and Trattoria in Allamuchy.



Subaru World of Newton Shares the Love

Chris Dexter, General Manager at Subaru World of Newton presented Marlina Schetting, COO (left) a check for \$21,461.75. Subaru World of Newton has proudly donated more than \$100,000 to the Karen Ann Quinlan Hospice since 2015. Over the last 12 years, through the Share the Love Event, Subaru of America and its participating retailers have donated more than \$176 million to charity, with customers choosing between four national and over 1,220 hometown charities.



Softball team gives back

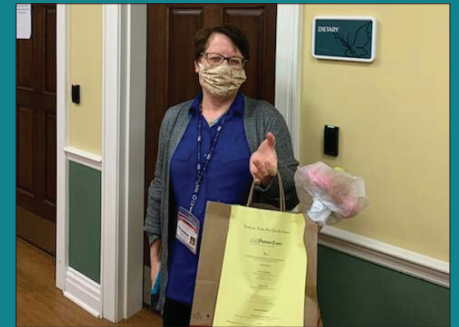
The athletes and coaches of the Kittingny Softball Team are always looking for ways to give back to the community. Their team inspired initiative last year was a "Thinking Of You Box."

They delivered letters and cards from the "Thinking Of You Box," to the Karen Ann Quinlan Home for Hospice in Fredon with the hopes that their small gesture would bring smiles and let patients know that they were being thought of everyday.



Feed the Floor...fed Karen Ann Quinlan Hospice workers

We would like to thank Sandra Polizzo from FEED THE FLOOR & Patrick Duffy and Claudia Bellino both of SKYVIEW GOLF and BANQUETS for donating 75 meals for our staff at Karen Ann Quinlan Hospice, Karen Ann Quinlan Home for Hospice and the Joseph T. Quinlan Bereavement Center! Thank you, it was the perfect way to kick off National Nurses Week!



Perona Farms continues to support the Hospice Mission

The entire staff of the Karen Ann Quinlan Home for Hospice was provided meals by our friends at Perona Farms. This is in keeping with the decades long tradition of the Avondoglio family's deep commitment and support of our community and our nonprofits. For generations the Avondoglio family has been a standard bearer, setting the bar for local philanthropy.

In a delicious irony, the meals were prepped in the Mark Avondoglio, Janice Stevens, Perona Farms Dietary room at the Home for Hospice.

Governing Board

Julia Quinlan

CEO, Chairman

Mary Ellen Quinlan

Vice-Chairman

Christian Robertozzi DPM, FACFAOM, FASPS,

Treasurer

Louis R. Ruggiero

Secretary

Honorable Paul W. Armstrong J.S.C. (Retired)

Kenneth Carter

George A. Green IV, Ph.D

Tammie Horsfield

Cynthia Jones, MD, FACS

Jamie LaCouture

Robert E. McCracken

Janice Stevens

Kevin T. Stroyan

Patricia A. Sweeney-Pawlyk

Edward M. Tirpack, DMD, MAGD

Emeritus Trustee:

Judith F. Wiegand

Honorary Trustee:

Richard D. Pompelio, Esq.

Charitable Foundation Board

Robert Vandenbergh

President, Secretary

Yanina Montau-Thatcher

Vice President

Steven Ysais

Treasurer

William Askin, Esq.

Richard R. Keiling, Esq.

Julia Quinlan

Mary Ellen Quinlan

Ethics Committee

Louis Criscuoli, Esq.

Nancy Curry

Mary Kaye Nardone

Robert J. Romano, Jr., Esq.

Jack Sebzda

Professional Advisory Committee

Mel Badway

Kerri Frank

Mary Ellen Quinlan

Jo Sacco Jr.

Medical Directors

Joseph Anthony Cirello, MD

Yogesh Viroja, MD

Key Personnel

Marlina Schetting MSW, LCSW

Chief Operating Officer

Chelsea Choma

Clinical Director/Residence Administrator

Diana Sebzda, MA, LPC, FT

Director of Bereavement

John Quinlan

Director of Foundation

Lee Ellison

Director of Marketing

Who Knew?

We're all aware of the Medicare Hospice benefit and its "6 months or less, if the disease runs its normal course" eligibility requirement. What we may not be aware of, however, is how curiously short and long that time frame feels for those most acutely impacted by such a prognosis. Our patients and families, no doubt, have vastly disparate views of this time period.

And...yet, here we all are, caregivers, professional and informal...navigating as essential workers, a similarly, but no less daunting path as our patients and their families. Now, today, we are at "over 6 months" of managing the COVID-19 Public Health Emergency...an unprecedented event. A pandemic.

Who knew?

Who knew that when we flipped our calendars over to January 1st, 2020 or shouted "Happy New Year" – what 2020 would bring for ourselves, our agency and our beloved patients and families?

Who knew that we would not only carry out our Mission and Vision of Hospice care, but we'd also transcend "Crisis Standards of Care;" meet seemingly endless challenges to staffing, census, changing CDC guidelines and states' Executive Orders?

Who knew that we would persevere through "Lock down," use Zoom calls to communicate and collaborate and find new and creative ways to do our important work.

Who knew if we had supplies and testing adequate enough?

Who knew if we had emotional and spiritual strength strong enough?

As your Chief Operating Officer and liaison with

the Boards of Directors, know that your noble work, dauntless efforts and industrious teamwork are acknowledged, respected and valued. And...if you haven't heard this enough over the past 6 months, on behalf of the Boards of Directors and Management team, I "thank you."

Individually and collectively we have, we do and will continue to make a difference to our community, each other and those who've come to profoundly rely on us. Be proud of yourselves. I am.

So...when we may sometimes feel our confidence falter or our fortitude wane... I trust the tiny murmur inside of each of us will answer the question....Who Knew? Who Knew we could be so strong? So Caring? So Determined?

With a resounding voice that shouts our courageous tenacity, I trust you will all say: "WE KNEW. WE KNEW IT ALL ALONG."



Marlina R. Schetting
Chief Operating Officer



Thank you for your vote:
Best Non-Profit Organization - 11 years
Best Home Health Care Service

Charitable Board names Vandenbergh as President

Robert A. Vandenbergh has been named President of the Karen Ann Quinlan Charitable Foundation Board of Directors. Recently retired as Chief Operating Officer of Lakeland Bank, Vandenbergh has served on the Charitable Board since its inception in 1999.



Robert A. Vandenbergh

Stepping down as President is Julia Quinlan, Chief Executive Officer and Co-founder of the Karen Ann Quinlan Hospice, who will remain as a Trustee. "Bob has been an integral part of the success of the Karen Ann Quinlan Charitable Foundation since the start. His hard work formulating policy, procedures and mission has been invaluable. It is reassuring to know that Bob's commitment to assuring the sustainability of the Karen Ann Quinlan Hospice as an independent, not for profit, patient centric Hospice will continue into the future," said Julia Quinlan.

"It is an honor to be assuming the role of President of the Charitable Foundation but clearly, I am not replacing Julia as that just isn't possible," said Vandenbergh. "I will however work diligently with the other members of the Charitable Board to protect and grow the financial resources of the organization to ensure continued support of the Hospice's programs, the excellent staff and administration and the strategic mission."

"Having had first-hand knowledge of the compassion and deep caring provided by Hospice, I am happy to contribute in this way to show my gratitude for that service and to acknowledge the remarkable achievements of Julia Quinlan over the years," continued Vandenbergh.

Vandenbergh lives in Byram Township with his wife of 47 years Barbara. They have one son, Eric and two grandchildren, Holly and Travis. "Everything that I do is focused back to my family," said Vandenbergh. In his spare time Bob enjoys golfing and relaxing at the couples' home on Shelter Island.

Judge Armstrong awarded prestigious Lighthouse Award

The New Jersey Commission on Professionalism in the Law recently awarded it most prestigious award, The Lighthouse Award to the Honorable Judge Paul Armstrong.

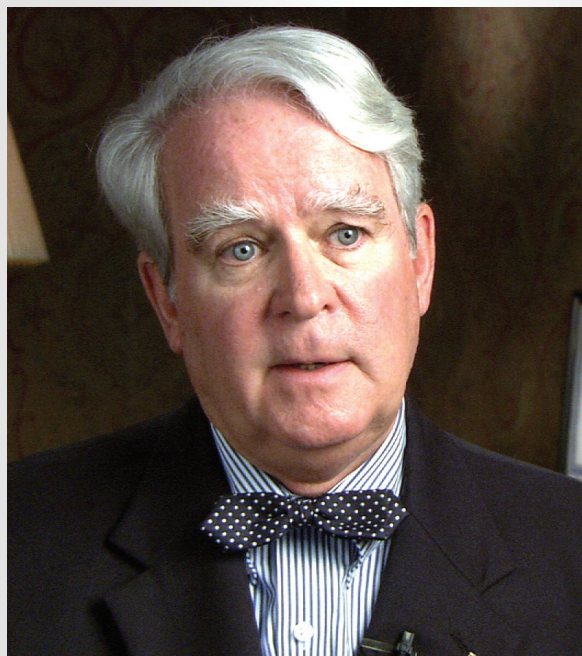
The award honors individuals who uphold the professions highest ideals and who have accomplished significant career achievement.

The Professional Lawyer of the Year Awards are presented in cooperation with the bar associations across the state, to lawyers who are respected by colleagues for their character, competence and exemplary professional behavior.

Judge Armstrong is a founding member of the Karen Ann Quinlan Memorial Foundation and has served on the Governing Board for more than 40 years.

Please join us on congratulating Judge Armstrong for the exceptional accomplishment.

Armstrong's acceptance speech can be viewed and or read on our website at KarenAnnQuinlan-Hospice.org/Armstrong



Honorable Judge Paul W. Armstrong J.S.C.

Karen Ann Quinlan Hospice reaches highest level of national program providing Veteran-centric Hospice care

NEWTON – Karen Ann Quinlan Hospice is proud to announce it is now a Level 5 Partner with We Honor Veterans, a program of the National Hospice and Palliative Care Organization. Level 5 is the highest level WHV partners can attain and includes several new required activities and yearly recertification. Currently, Karen Ann Quinlan Hospice is the only organization in New Jersey with this designation.

As a partner, Karen Ann Quinlan Hospice is providing specialized care to Veterans who are facing a life-limiting illness. Aside from existing partner requirements,

Level 5 partners place a greater emphasis on staff education and caring for Vietnam-era and combat Veterans. Additionally, Level 5 partners take on the role of regional mentor to other WHV partners working to enhance their programs.

“When we set out to create the Level 5 program we knew that it had to be different to truly showcase the efforts needed to go above and beyond. Not only have you demonstrated your commitment, but you have helped shape the program and have continued as an example of what all hospice partners should strive to be,” said



WE HONOR VETERANS

NHPCO President & CEO Ed Banach.

NHPCO and the Department of Veterans Affairs launched We Honor Veterans in 2010 to address the growing need for Veteran-centered care, especially as Veterans are aging and need access to palliative and hospice care.

Learn more about the We Honor Veterans program at KarenAnnQuinlan-Hospice.org.

Quinlan appoints two members to Hospice Governing Board



Jamie LaCouture

NEWTON – Julia Quinlan, Co-Founder and CEO of Karen Ann Quinlan Hospice is pleased to announce the appointments of Jamie LaCouture and Robert E. McCracken to the Memorial Governing Board.

Jamie LaCouture is the Communications and Engagement Manager at Thorlabs where she oversees community engagement, charitable giving and volunteerism,

as well as leads internal communications and efforts focused on diversity and equity.

Jamie sees to the needs of the community regularly by leveraging her connections at Thorlabs to focus on integrating academics, youth development, and community engagement into the Newton area and surrounding townships, a vision-driven from Thorlabs' owner and founder, Alex Cable.

As a lifelong resident of Sussex County, Jamie is honored to serve with many local nonprofits in the community. Her interests include efforts directed at humanity, animal welfare, and education. She Vice Chair of the Foundation Board at Sussex County Community College, Vice Chair of the SCARC Foundation, Board Secretary for the Sussex County Chamber of Commerce, and a director on the board for Center for Prevention and Counseling.

Jamie holds a Master's Degree in Management, Strategy, and Leadership from Michigan State University as well as a Bachelor's Degree in Psychology and Communication Studies from Fairleigh

Dickinson University. In her free time, she loves gardening, drawing, painting, hiking, and spending time with her family and pets.

Robert E. McCracken, Manager of Smith-McCracken & Wood Funeral Homes grew up in Sussex County, where he graduated from Newton High School, then did a post-graduate year at Blair Academy in nearby Warren County. He graduated with honors from the University of Florida and later graduated cum laude from the American-McAllister Institute of Funeral Services in New York City.



Robert E. McCracken

He serves on the Board of Directors of Atlantic Health Systems, is the former Advisory Board Chair at Newton Medical Center, and is one of thirty-one former chairpersons of the Newton Memorial Hospital Board of Directors during its eighty years of being independent. Bob is also a member of the Board of Directors at Lakeland Bank, a Board Member of the 200 Club of Sussex County, a member and past chair of the Sussex County Chamber of Commerce, a member of Branchville Businessmen's Club, a member of the Newton Chamber of Commerce, a member of Newton Rotary and a member of Newton Country Club.

Professionally, Bob is a member of Tri-County Funeral Directors Association, the New Jersey State Funeral Directors Association and the National Funeral Directors Association.

He and his wife, Deborah, have twin sons, Ryan and Kyle.

GROUP SUPPORT SCHEDULE

Monthly:

Second Monday
Third Tuesday
Fourth Tuesday
First Wednesday

Location:

Sussex County via ZOOM
Warren County via ZOOM
Pike County via ZOOM
Sussex County via ZOOM

Time:

7:00 - 8:30 p.m.
10:00 - 11:30 a.m.
10:00 - 11:30 a.m.
12:30 - 2:00 p.m.

Please check our KarenAnnQuinlanHospice.org or call us direct at 973-948-2283 for additional group times, meeting ID's and passwords or for more information.

MORE NEWS...



Karen Ann Quinlan Hospice welcomed Milford, PA community at Open House

Karen Ann Quinlan Hospice held an Open House in early October at the new location of their Milford Office on 200 Third Street.

Karen Ann Quinlan Hospice is proud to be part of the Pike County Community, especially Milford. At the larger facility the Hospice, also the home of the Milford area Joseph T. Quinlan Bereavement Center, will host community education seminars, children's bereavement workshops, group bereavement sessions and more.



Butterflies set to soar in remembrance of those we love

It is our honor and privilege to celebrate the life of your loved ones at our annual Butterfly Release Celebration to be held virtually via ZOOM on Sunday, June 13. Please share this day with us as we com-

memorate each name, enjoy music, special guest speakers and the thoughtful conclusion of the release of butterflies to soar as a stunning reminder of those lives well-lived.

Sponsored annually since 2000 by Smith-McCracken and Wood Funeral Homes, this event will benefit the programs and services of Karen Ann Quinlan Hospice. You can register your loved ones name to be read at: KarenAnnQuinlanHospice.org/Butterfly2021.



Director of Bereavement hosts "Grief Matters" podcast

Karen Ann Quinlan Hospice and the Joseph T. Quinlan Bereavement Center present: Grief Matters. A place to ask your questions and connect with others in conversations about life and death. This podcast is hosted by Diana Sebzda, MA, LPC, FT Director of Bereavement at the Joseph T. Quinlan Bereavement Center.

If you have any suggestions for topics or questions for Diana please submit them at <https://bit.ly/2CksRfs>. Each submission will be given consideration, but please recognize that we may not be able to answer all questions. The podcast is available on all streaming platforms including Spotify, Apple Podcasts, YouTube and more.



Sparta Elks Lodge 2356 support Hospice

Sparta Elks Lodge 2356 has been very active in the the local community. Lodge members delivered N95 Masks to three local Rescue Squads as well as the Sparta Police Department and the Karen Ann Quinlan Hospice.

Due to the support of the community the lodge distributed nearly 400, N95 masks.

Also in 2020 Lodge 2356 invited KAQH to their Flag Day Ceremony, honoring the symbol of our country, and presented us

with a very generous donation.

M I L E S T O N E S

Please join us in recognizing the following employees for their outstanding dedication and commitment to the Karen Ann Quinlan Hospice Mission. Employees were recognized at our annual Mega-Mandatory Meeting and a video acknowledging their contributions can be viewed at KarenAnnQuinlanHospice.org/Gallery.



Marlina R. Schetting
COO/Administrator
30 Years



Mary Bowden
Events Secretary
20 Years



Laura Entwistle
Counselor
20 Years



Machele Foster
CHHA/CHPNA
15 Years



Diana Sebzda,
Dir. of Bereavement
15 Years



Anthony Grigal
Community Liaison
10 Years



Diana Lewis
Home Health Aide
10 Years



Georgiana Licata
CHHA
10 Years



Margaret Mohr
CHHA
10 Years



Josephine Spagnuolo
Support Services/
Patient Care
10 Years



Denise Webster
Nurse Practitioner
10 Years



Cesar Casas
CHHA
5 Years



Kelly Smith
Licensed Practical Nurse
5 Years



Margaret "Peg" McCully

Karen Ann Quinlan Hospice
Home For Hospice
Resident Administrator

Rest In Peace
Sunday, January 10, 2021

Karen Ann Quinlan Hospice.org

99 Sparta Avenue
Newton, NJ 07860



HOSPICE
EduHONORS



Quinlan's third book, "Legacy of Love" tells of Hospice journey

"Legacy of Love" is the story of the Quinlan Family and the foundation of the Karen Ann Quinlan Hospice. The author, Julia Duane Quinlan, is the mother of Karen, a young woman who was kept on artificial means of life support against the will of her family. The predicament received worldwide coverage, and lead to new laws to honor a person's right to determine their own end-of-life fate.

Far from ending with Karen's death, though, Karen's influence lives on. The Karen Ann Quinlan Hospice was founded in her memory more than forty years ago, setting an example and touchstone for hospice care. Related programs have also been founded by the family, and have met the needs of thousands of people to die in a loving and dignified way.

The book is extremely moving, as well as inspiring. Hospice workers are truly caring people who love and respect those they care for, and learn from them as well. The experience of working in, or being

a recipient of hospice care is not grim.

People have hope, and have a life expectancy in which new things can be accomplished, albeit in a relatively brief time-frame. Laughter, happiness, and grief are all present. The true stories recounted in this book are some of the most extraordinary and moving that you will ever read.

"Legacy of Love," is available for purchase on-line at: KarenAnnQuinlanHospice.org/Legacy. For a limited time readers can also download the original book "Karen Ann," in digital format at the website listed above using code **KVDWQP** in the cart when checking out. This offer is for a limited time only while supplies last.

Karen Ann
The Quinlans Tell Their Story
Joseph and Julia Quinlan with Phyllis Battelle



USE CODE: KVDWQP for
FREE DIGITAL DOWNLOAD



KarenAnnQuinlanHospice.org

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