Healthcare Decision Day important for everyone

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.

"It's understandable that people would put off discussing the topic of serious illness and death, but it's essential to have this family conversation in advance," Marlina Schetting, administrator at Karen Ann Quinlan Hospice said. "It's a discussion that should take place in the living room, not in the hospital waiting room when it may be too late."

Lee Ellison said Karen Ann Quinlan Hospice will be featuring Aging with Dignity's **Five Wishes**, America's most



popular living will with nearly 30 million copies in national circulation. The I2-page document is easy to use and deals with personal, family and spiritual matters in addition to medical and legal concerns.

Five Wishes is also a valuable tool for beginning often difficult family discussions. It meets the legal requirements of New Jersey and Pennsylvania and 41 other states and is useful in those states that still require other forms and mandatory notices.

"Five Wishes deals with the things people say matter most to them," Aging with Dignity President Paul Malley said. "It allows them to clearly state what kind of treatment they want or don't want so their families aren't left to guess or second-guess."

Five Wishes has changed the way we 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.

On April 16th at 5:30 p.m. Karen Ann Quinlan Hospice will host an Advance Directive Workshop at the Joseph T. Quinlan Bereavement Center in Augusta. The workshop will cover how to use the "Five Wishes," guide, how to make an advance directive video, and how to start the conversation with your family. All participants will receive a copy of the Five Wishes, workbook, a \$5 value. Call 973-383-0115 or register online at karenannquinlanhospice.org/advance.

Half for Hospice Winner

NEWTON - Brian Williamson, a martial arts instructor with Hudson Valley HaganaH, was alerted that his lucky ticket #731 was drawn on December 31st and he would start off 2019 with a prize of \$9,097.50 from the year-long 50/50 presented by the Friends of Karen Ann Quinlan Hospice.

"It felt like a blessing from Dad," stated Suzanne Williamson, Brian's wife. Suzanne is a special education teacher in Hamburg. Suzanne's father,

Mr. James Zylstra was a patient at the award-winning Home for Hospice two years ago.

The Williamson's, who reside in Milford, PA, both retired from the New Jersey Army National Guard, shared their warm sentiment about the care extended to Susan's father and their family during his days at the Home for Hospice.

They have no specific plans on how to spend the money, but are grateful to have won.



Thank you...









Pretty in Pink Classic

HIGH POINT - We would like to thank everyone involved with the Pretty in Pink Classic and the Carmen J. Liuzza Jr. family for their generous donation.

At the Pretty in Pink Classic basketball game held on Saturday, January 19, Karen Ann Quinlan Hospice was presented a check for \$2,500 in honor of Carmen J. Liuzza Jr. Esq. Liuzza of Fredon passed away peacefully at his home in December. Presenting the check to MaryEllen and Julia Quinlan was the family of Carmen, his wife Christina, son, Carmen J. III and his daughters Sara Rose and Christie A.

The Pretty in Pink Classic, now in its ninth year, was founded by former High Point basketball player Taylor Smith in 2010 and has raised more than \$300,000 for cancer awareness and research since its inception.

SB One Insurance fulfills wish list items

NEWTON - We would like to give a heartfelt thank you to SB One Insurance Agency. Each year the organization asks their employees which charity they would like to support with a charitable wish list drive. The employees, several who personally benefited from the services of Karen Ann Quinlan Hospice and the Joseph T. Quinlan Bereavement Center, chose our not-for-profit. A team of ambassadors from SB One Insurance dropped off the wish list items. WOW! Thank you. The efforts of the employees were matched by the company. Thank you for helping us to help our patients.

Pictured I to r: Pati Metter, George Lista, Tara Juszynski, Marlina Schetting, Community Administrator, Stephanie Bootsma, Social Worker and Victoria Amorese.

Subaru World of Newton shares the love with hospice

NEWTON - From November 15, 2018 to January 2, 2019, Subaru pledged to donate \$250 for every new Subaru vehicle purchased or leased at more than 628 participating Subaru retailers nationwide.

Karen Ann Quinlan Hospice was selected as the local charity recipient by Subaru World of Newton. Eleven years running, this year's Subaru Share the Love Event marks the third consecutive year there will be no cap placed on the total donation from Subaru of America to its charitable partners. By the end of this year's event, the automaker hopes to exceed a grand total of \$140 million donated nationwide since the Subaru Share the Love Event started in 2008.

Friends of Hospice present check

SUSSEX - The Friends of Hospice presented a check for \$35,000 to the Karen Ann Quinlan Memorial Foundation on December 14th. The Friends of Hospice is a volunteer group that hold fundraisers throughout the year to raise money for Karen Ann Quinlan Hospice. The money is used to help patients and families who are experiencing financial hardships while coping with a life-limiting illness.

The signature Friends fundraisers include: Half for Hospice, a progressive 50/50 raffle, the Wine and Cheese Festival and High Tea for Hospice which will be held on Thursday, February 28, 2019.

The Friends are always looking for new members and membership is open to anyone in the community. They meet on the second Monday of each month at 4 p.m. at the Karen Ann Quinlan Hospice administration building located at 99 Sparta Avenue in Newton.

Governing Board

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Key Personnel

Marlina Schetting MSW, LCSW
Community Administrator
Chelsea Choma
Clinical Director
Jean Leone, MSN
Residence Unit Administrator
Diana Sebzda, MA, LPC, FT
Director of Bereavement
John Quinlan
Director of Foundation
Lee Ellison



Somedays, as perhaps you do, I need to sit calmly and reflect upon the week's events. What went right and what went wrong and how did we do in our attempt to fix, change or make a difference. I become mindful, philosophical, and, yes,

perhaps a bit sappy! I came in today to help a fellow teammate out and organize the plethora of paper that has been sitting in my file drawer.. .growing. Knee



Marlina SchettingCommunity Administrator

deep in my paperwork I happened upon an old project. It is our Mission Statement and the staffs feedback to one important question: "Why am I here?" Translated: "Why do we work for the Karen Ann Quinlan Memorial Foundation?" Then I revisited an anonymous and nicely typed statement, years old, entitled "DIGNITY":

- **D** Devoted to providing the highest quality of care possible
- - Integrity
- **G** Guidance through Education
- N Not for Profit
- **I** Incredible Staff
- T Teamwork

Y - Your right to Life with Dignity

Dignity is what the Quinlan family fought so hard for Karen to have. Even the letters address who we are and what we stand for. It is our legacy. It is what sets us apart and makes us so unique.

Then, a light bulb seemed to go off in my head and I know in my "heart of hearts" this is all true. That is why I am here. That is why, I would say, we are all here. We believe in upholding personal dignity in all that we do. This is seen in each gentle word, each hand held at the bedside, each affirmation given to a team member. We believe in the strength and good of others and try to bring it out in them. We don't need to make ourselves big by making others feel small. We work for the best in others, regardless of who they are. Even when we feel frustrated, tired and at our worst, we consistently strive to do our best. We are the best. That is my belief. That is why we are here. . .

Because dignity counts.

PS - Later. . . I discovered our anonymous writer! She is none other than Nadine Balint, our former Finance Manager.



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, NI 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

Director of Marketing

Annual High Tea for Hospice planned for Thursday, February 28th

Dear Friends,

On February 28, 2019 the Friends of Hospice will host their Annual High Tea at the beautiful Lake Mohawk Country Club's ballroom. Our guests will enjoy an array of scones, sandwiches and tea while they are entertained with live musical entertainment. There will be a fantastic silent auction featuring many lovely items and prizes.

For over three decades the Friends of Hospice, a dedicated group, have sponsored many events to raise funds to support the Karen Ann Quinlan Hospice. As a not-for-profit organization we depend on the community for support to enable our nurses, aids

and volunteers to continue to give the professional and compassionate care and support to patient, family and neighbors when they are in need of the special care we offer.

We're excited to introduce a High Tea Hat Contest at this year's event. Dust off your vintage hats and fascinators; or express yourself with a one-

of-a-kind creation.

There will be an array of featured categories and prizes awarded.

I look forward to enjoying the day with you and although my birthday is a few days earlier, it will be nice to celebrate friendship and fond memories with you all.

Tickets are \$45 per person and for your convenience reservations can be placed online at: karenannquinlanhospice.org/hightea or by calling 973-383-0115.

Sincerely, Julia Quinlan, Co-Founder Karen Ann Quinlan Hospice Chairman of the Governing Board



Children's Art Bereavement Program



Thursday Evenings: March 7, 14, 21, & 28 • 6:00 - 8:00 p.m.

This pirate themed program is designed for children (age 6-12) who have experienced the loss of a loved one through death. This program will focus on meeting the individualized needs of grieving children through art and play.

This series also helps children understand their own unique feelings in grief, allows them to come together with others who have also experienced the loss of a loved one, and provides an environment where they feel comfortable asking questions and expressing their feelings and fears about death.

The tuition is \$100 per child and scholarships are available. Please call 973-948-2283 for more information.

Expressive Arts Workshop for Adults planned for Wednesdays in April

AUGUSTA - The Joseph T. Quinlan Bereavement Center will present "Expressive Arts Workshop for Adults" on Wednesdays starting April 3, 6-8 p.m. The four-week series will be held at the Bereavement Center located at 5 Plains Road in Augusta.

"I've always wanted to do something for adults after seeing how well it has worked for the children, in terms of being able to externalize – give voice – to their many different feelings in grief," said Diana Sebzda, MA, LPC, FT, Director of Bereavement.

The program will include four sessions, once a week, that introduce a different expressive art modality that could be helpful in expressing their grief – Music, Art, Drama and Writing," said Sebzda.

We would like to invite any adult, who has suffered a loss through death, to participate in this new workshop. We will have reserved space for ten and the cost of registration is \$100 to help cover the cost of materials and supplies. Please call 973-948-2283 for more information or to register. Those interested can register online at KarenAnnQuinlanHospice.org/ExpressiveArts or call 973-948-2283.

Hospice welcomes new Clinical Director

NEWTON - Julia Quinlan, Chairman and Co-Founder is pleased to announce the appointment of Chelsea Choma as Clinical Director at Karen Ann Quinlan Hospice.

In this position Choma will be responsible for the planning, direction, supervision, and oversight of the hospice program

Choma was born and raised in Sussex County and grew up the youngest of seven children in Franklin. She graduated from East Stroudsburg University with a Bachelors of Science in Nursing in 2006 and started her career as a registered nurse at St. Barnabas Medical Center in Livingston.

While at St. Barnabas Choma worked on an orthopedic and neuroscience floor for three years and then took a position floating to twelve medical surgical units for the next two years where she became ventilator and telemetry certified.

During that time she married Damien Choma in 2009 and they bought a house in Glenwood. After five years at St Barnabas she left to explore the home care and hospice world. She decided to go to hospice after working in the hospital for many years

and experienced a lack of informed decisions families made regarding end of life care. "I wanted to feel like I was allowing people to live their last days however they wanted," said Choma. "Also, my husband had lost both of his parents to cancer when he was in his 20's and I saw the impact hospice made on his life."

Damien called Karen Ann Quinlan Hospice for his father who was on service for several months."I remember the peace he had knowing he had support," said Choma. The support continued after the passing of his father when the bereavement services would call to check in on him and offer the ongoing support and guidance that was needed.

Choma started out as a hospice and supportive care case manager in Morris county, and then advanced to team leader and manager of the hospice and supportive care team.

After graduating from Ramapo College with a Masters in Nursing Education, the Chomas welcomed twins into the world, Carly and Cole who are the best of friends

in 2015. Choma continued her studies and became Hospice and Palliative Care Certified in 2017. Also that year the family moved to their current





Chelsea Choma

Mohawk."...where the kids enjoy beach days and walks on the boardwalk and of course ice cream," said Choma.

Later that year she was promoted to Associate Director of Clinical Services and continued to manage the hospice and supportive care program as well as the home care clinical component of Sussex and Warren County. "I am now excited to join the Karen Ann Quinlan Hospice family as the Clinical Director," said Choma.

Hospice Honors set for April 18 at Bear Brook Valley

NEWTON - In 1980 Julia and Joseph Quinlan founded Karen Ann Quinlan Hospice in loving memory of their daughter. April 15, 2019 will mark the 39th year as the preeminent hospice for Sussex, Warren and Pike counties. As the only local, non-profit hospice the mission of Karen Ann Quinlan Hospice has remained strong and been

carried by many to ensure the best possible care is extended to patients and their family members in need of hospice support.

To recognize the efforts of those individuals whose work has advanced the cause of hospice, the organization has planned a Hospice Honors Banquet to be hosted on Thursday, April 18 at Bear Brook Valley, 23 Players Boulevard, Fredon, NJ at 6:30 p.m. Presenting sponsor, Lakeland Bank, invites guests to enjoy this special evening that will commemorate the honorees dedication, spirit and commitment to decades of hospice support. The evenings festivities will include: a social hour, dinner, award presentations, chamber music and an enticing silent auction.

"This memorable evening is designed to



John and Margaret Post



Tammie Horsfield



Diana Sebzda



Jennifer Smith



highlight where we are now and to honor the people who have helped us get there," said John Quinlan, Director of Foundation for Karen Ann Quinlan Hospice.

Since the Karen Ann Quinlan Hospice opened their doors to the community, the personal connection between the organization and the area residents has been the cornerstone of its growth and development. From the famous court battle and landmark decision that opened the Quinlan's' eyes to the need for end-of-life care for patients and families: to the creation of the Karen Ann Quinlan Hospice; to the staff and volunteers that work diligently to help so many; to the community business leaders that reach out to the organization to help their mission. For these people, Karen Ann Quinlan Hospice proudly announces:

2019 Hospice Honors recipients:

Hospice Heroes

John and Margaret Post

Hospice Champion

Tammie Horsfield

President Sussex County Chamber Commerce

Excellence in Care Award

Diana Sebzda, MA, LPC, FT

Director of Bereavement

Spirit of Hospice

Jennifer Smith

Manager of Special Events

Heart of Hospice **Bea Smith**

Treasurer Friends of Hospice

For more information please call 973-383-0115 or visit karenannquinlanhospice. org./honors

For Our Pets - Advance Care **Planning Seminar**

NEWTON - When facing a life-limiting illness many patients worry about who will take care of their beloved pets once they are gone.

Having a plan in place can help ease some of the worry and anxiety. Some options include: a will provision, a pet trust, a DIY pet protection agreement or an informal agreement with a family member or friend.

Every year between five and seven million companion animals enter animal shelters due to the death of their owners, reports the American Human Association. Of these, approximately three to four million are euthanized (60% of dogs and 70% of cats) when adequate homes cannot be found for them. Older pet owners usually have older pets that can be hard to find adoptive homes for.

Placing a pet in a shelter who has spent most of its life in a loving home, sharing a bed, sitting on the couch surrounded by its toys and memories can be very stressful to the pet. If no provisions have been made and no family or friends are able to step forward and care for the pet, a "no-kill" pet rescue organization can be an option to help the pet find a new home.

Please join us on Friday, May 3, 2:30 - 4:30 p.m. for a FREE, informative workshop on advanced planning for your pet. This workshop is being presented at the Senior Life Center at SCCC and is being sponsored by one of the Center's partners, The Karen Ann Quinlan Hospice. Each and every pet has certain needs that should be recognized and respected. This workshop will review how to make sure your wishes for your pet are carried out if you are no longer with us. It will also cover topics on how to care for a pet who is facing a life-limiting illness, how to cope with your anticipatory grief and some options for honoring and memorializing your pet when they pass away.

WORKSHOP SCHEDULE:

Dr. Nancy Gallo, Moderator SCCC Legal Studies Program Coordinator & Senior Life Center Director

2:30 p.m. -Dr. Karen Bullock

Wantage Veterinary Hospital

End-of-life care, palliative care, long-term illness

3:00 p.m. -Elenora L. Benz, Esq.

> Author - Original Pet Trust Law in NJ Pet Trusts, Estate Planning, Wills

3:30 p.m. Diana Sebzda, MA, LPC, FT

> Joseph T. Quinlan Bereavement Center Anticipatory Grief/Grief Pet Loss

4:00 p.m. -Heather Schwenke

Abbey Glen Pet Memorial Park

After Life Options

Register online at:

KarenAnnQuinlanHospice.org/OurPets or Call 973-383-0115 ext. 145



Paper Shredding Saturdays 2019

March 9 ◆ April 13 May 11 ◆ July 13 September 14 ◆ November 9

9 a.m. - Noon, Rain or Shine! at Karen Ann Quinlan Hospice 99 Sparta Ave., Newton, NJ

Have your Confidential Documents Professionally Shredded On-Site for Only \$6.00 per Grocery Bag and Support a Great Cause!





skpapershred.com

For More Information, Call 973-383-0115 or 973-875-3444

EVENTS

Thursday	2/20/10	High Too foul lossies
		High Tea for Hospice
Thursday	3/7/19	.Children's Art Bereavement Program
Tuesday	3/12/19	. Healing in the Classroom Workshop
Wednesday	4/3/19	Expressive Arts Workshop Adults
Monday	4/15/19	Hospice 39th Anniversary
Tuesday	4/16/19	Health Care Decision Day
Tuesday	4/16/19	HCDD Seminar
Thursday	4/18/19	Hospice Honors Banquet
Wednesday	5/1/19	Movie Night - Bereavement Ctr.
Friday	5/3/19	For Our Pets Seminar

Dates subject to change. Please visit our events page at Karen Ann Quinlan Hospice.org for complete, updated information.

Employees recognized at annual Mega-Meeting for 5+ years of service



Desiree Mills, CHHA
TEN YEARS



Ruthann Noto, CHHA TEN YEARS



Nancy Theodore, RN FIVE YEARS



Ilene Germer, RN



John Sanker FIVE YEARS



Alicia Murch, CHHA
FIVEYEARS



Sabine Schmid, CHHA FIVE YEARS



Lorraine Thompson, CHHA
FIVEYEARS

HOSPICE KNOWLEDGE QUIZ

Hospice care is a special kind of medical and supportive care that focuses on symptom management and emotional support when a patient is expected to live six months or less.

In hospice, the focus of care is not only the patient, but the entire family.

This quiz is based on Medicare guidelines for hospice. Permission to use this quiz was granted by The University of Maryland School of Social Work and the Hospice Foundation of America.

Understanding Hospice: Getting the Answers: (Check the Correct Answer.)

I) "Hospice staff are available by phone any time, day or night."

□True □False

2) "Hospice must stop services if an individual lives longer than 6 months."

☐True ☐False

3) "Hospice care is available only to individuals with cancer."

□True □False

4) "Hospice services are typically paid for by health insurance."

□True □False

5) "Hospice provides grief support for families." □**True** □**False**

- **I) True** Families can depend on 24/7 assistance and advice by phone. When a crisis or concern arises while receiving care, hospice should be your first call.
- If a crisis cannot be handled over the phone, it is common for a nurse to make an in-person patient visit.
- 2) False Care can be extended past 6 months if a person's health continues to get worse or the physician believes he or she still has 6 months or less to live. Under Medicare guidelines, hospices are required to stop care if the patient's condition improves beyond a brief or temporary period so that life expectancy is now greater than six months. Hospices refer to this as a discharge. The Hospice Medicare Benefit, which pays for the vast majority of hospice, does not expire.
- 3) False The majority of patients have conditions other than cancer. Hospice serves those with other life-threatening illnesses including heart and lung disease, dementia, kidney failure, and many other conditions.
- **4) True** Hospice is covered by nearly all insurance plans, including Medicare and Medicaid.
- Individuals and families typically do not pay out of pocket for hospice services. However, there are some limits to what is covered by hospice. For example, nutritional supplements, disposable supplies (e.g., bed pads), nursing home room and board, and over-the-counter medications unrelated to the patient's primary illness are not typically covered.
- **5) True** Hospices are required to offer bereavement services to the grieving family for at least a year after a loved one dies. Grief support may be offered in a variety of formats: one-on-one counseling, group sessions, or periodic phone calls. Many hospices also offer grief support to the general public, regardless of whether hospice was involved.

Welcome to our new team members!



Denise Bozenbury RN/BSN



Barbara Carney RN. BSN. MS



Chelsea Choma RN, MSN, CHPN



Kim Coddington CHHA



Tina Franco



Fatima Lainez



99 Sparta Avenue Newton, NJ 07860













Bereavement Awareness and Support Community (BAASC) Initiative

AUGUSTA - The Joseph T. Quinlan Bereavement Center is promoting a grief awareness and support campaign. As a community leader in grief and bereavement, our agency is launching the BAASC initiative. This initiative aims to facilitate a dialog surrounding the topics of grief and bereavement resources. We are seeking to connect with all potential grief and loss "first responders," both professional and non-professional, to develop an on-going community of collaboration and mutual support to promote the well-being of children and adults within our community.

The BAASC initiative aims to endow community members and professionals with the agency's specialized experience and knowledge for use during grief and bereavement support provision. The Joseph T. Quinlan Bereavement Center will create a network of community members, interdisciplinary professionals and organizations to promote a network of bereavement awareness, resources and support. This will be done through Grief A.S.K. (Awareness, Support and Knowl-



edge) supports, Guidance and Psycho-educational Sheets (G.P.S.) and the Healing Our Community (HOC) Bereavement Training Series to increase trainings and resources.

Grief A.S.K. (Awareness, Support and Knowledge) informational services are available to professionals and community members. Our agency aims to serve as a resource to our community and is available to provide direction information regarding grief, bereavement and related supports. These informational supports are accessible via telephone or e-mail and provide brief advice and direction without the need for a formal service appointment.

Our Grief Support Mentoring program is a more comprehensive and

formal component of our Grief A.S.K. services. Our Support Mentoring services are distinctive from our individual counseling as participants of this program are seeking to learn to support others rather than receiving support themselves. Professionals and community members can enroll in this program and will receive three one-on-one sessions from a bereavement counselor in order to receive individual instruction on how to provide grief support to a bereaved individual. There is a fee of \$150.00 for our Support Mentoring program.

Please call our bereavement center to speak with agency staff (973-948-2283) with any questions you have regarding the BAASC initiative or to inquire about our supports, resources and training opportunities.



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