AUGUSTA - Members of the “Hero Club,” were recognized recently with a plaque and champagne reception at the Joseph T. Quinlan Bereavement Center in Augusta. Each member of the club made a donation of $3,000 which will permanently fund the Expressive Arts for Children Program. The money will go into an enduring endowment for the purpose of endowing scholarships to the program for children whose families would not otherwise be able to afford the $100 fee.

The program helps children deal with grief after the loss of a loved one. “One in 20 children suffers the loss of a close family member by the age of 18,” said John Quinlan, Director of Foundation at Karen Ann Quinlan Hospice.

The art program, for children ages 6-12, helps them deal with the loss through artistic expression. It meets for two hours one night a week for four weeks, using art to help the children get in touch with their feelings. Parents must participate as well in a simultaneous group. This group is intended to be educational and supportive in nature.

Approximately 30 children a year go through the program, which is held in the Spring, Summer and Fall, and about half of those cannot afford the cost, which the foundation has been paying as a scholarship, which creates a budget shortfall, Quinlan said.


Ten children are enrolled in each bereavement program class session. These programs have been offered for more than fifteen years. They were created in order to address the unmet needs of grieving children, who are frequently known as the “forgotten mourners.”

“From a developmental perspective, young children lack the verbal capacity to express their grief, often leading to internalized emotions, which in turn can lead to somatic symptoms,” said Diana Sebzda, MA, LCP, FT, director of bereavement.

“Since its inception, the program has provided an expressive outlet for bereaved children to get their “inside feelings out,” convey their emotions, process their feelings of grief and learn coping strategies,” said Sebzda.

“The generosity of the members of the ‘Hero Club,’ means that we will always be able to offer this program to the community. The help and support we can provide to these children can change their lives. Thank you, thank you,” said Sebzda.

Individual counseling at the Joseph T. Quinlan Bereavement Center is available if your loved one was a Hospice patient in our program, or if you are a member of the community who has suffered the loss of a loved one. There is a suggested donation amount of $25 per session. No one is ever denied access to services based on ability to pay.
Thank you for your vote!
The New Jersey Herald conducts a Readers’ Choice survey annually for the past 14 years. For the last 10 years Karen Ann Quinlan Hospice has received top honors for Best Non-Profit Organization. We would like to thank our loyal supporters for once again choosing us for this award.

The survey asks readers to nominate their favorite business or company in more than 70 categories. The awards honor local businesses and organizations and reward those that have made the area an ideal place to live. The results of the survey are published in a special section that many readers keep to reference the top-ranked places to patronize in the varied categories.

Pronesti defends rib eating title
Vinny Pronesti of Dingman’s Ferry PA, defended his rib eating title at the ninth annual contest, held at Franklin Sussex Auto Mall. For the second year Vinny has won the top prize of a $500 donation to Karen Ann Quinlan Hospice.

The contest served as a precursor to the Rock, Ribs & Ridges Festival held at the Sussex County Fairgrounds in Frankford.

Seven local non-profit organizations were represented at the event, with each contestant chowing down on ribs cooked by Texas Smoke BBQ with hopes of winning the $500 cash prize donated by the car dealership. Pronesti said that he would be back to defend his title in 2020 with hopes of a three-peat.

Donation of crocheted butterflies help make Butterfly release extra special
Colorful, crocheted butterflies were created by Sis Sipley and her sister Nel. The sisters donated the butterflies to Karen Ann Quinlan Hospice, in memory of their mom, Helen Bennett with love from her daughters, Nell, Sis and Jen.

The beautiful, keepsake creations were sold at the 19th Karen Ann Quinlan Butterfly Release Celebration that was held in June with proceeds benefiting the Karen Ann Quinlan Hospice.

Our next memorial celebration will be the Celebrate A Life, 5K walk to be held on September 28 at the Sussex County State Fairgrounds.

Volunteer Appreciation Luncheon
The Annual Volunteer Appreciation Luncheon was held recently at Green Tree Village Club House in Sparta to recognize the efforts of our amazing team of volunteers.

Hospice volunteers who work directly with patients, caregivers, and families are considered direct care volunteers. The spirit of hospice volunteering is borne from a genuine desire to give comfort, peace, and care to patients, caregivers, and families during the end of life.

The next direct care volunteer training will be held in September. For more information please contact Sue Dougherty, volunteer coordinator, at 973-383-0115.
Transitions...

I wanted to write about transitions—and it would seem that our team and agency have been through several of these in the past few months. Change is unsettling and the elements of the “unknown” can be uncomfortable for most people. Transitions are a mixed bag—and I say this for the following reasons.

Transitions encompass 3 elements:
• A loss of what’s past. (and we know something about this!)
• An uncertainty or stress in the present.
• An apprehension or excitement for the future.

Over the past few months we’ve had changes in our leadership. I have been appointed Interim Chief Operating Officer/Administrator. I ask for your continued support as I transition into this post. Chelsea Choma is the Clinical Director of the organization and she is in charge of “all things medical.” And Peg McCully is now our Residence Administrator at the Karen Ann Quinlan Home for Hospice.

While transitions can be difficult we have also shared much joy and happiness these past months. Milestone birthdays, and anniversaries, welcome additions to team families, upcoming wedding announcements and the launch of our 40th Anniversary countdown!

One of the great strengths of our team and our organization is that we are resilient. To paraphrase President Calvin Coolidge:

Nothing in this world can take the place of persistence. Talent will not. Genius will not. Education will not. Persistence and determination alone are omnipotent.

I feel compelled to tell our team that I value their efforts, gifts and dedication to our common cause, mission and legacy. This agency is based on the courage of our forbearers and we carry a distinguished and perhaps a seemingly heavy mantle. I am, and I hope you too are tremendously proud to be an ambassador of this agency and the expertise we bring to our team. Our legacy is what inspires us; our courage and resilience are what define us and our teamwork and adaptability are what will propel and ignite us through a new future.

This is what I strongly believe—that we will move courageously through any current and future transition because we are “Better Together.”
Dear Friends,

Karen Ann Quinlan Hospice and the Quinlan Family are pleased to share 40 significant moments documenting the progress of our hospice from dream to reality. During the next 40-weeks we will feature key moments in the New Jersey Sunday Herald and online that lead us to our 40th anniversary on April 15, 2020. Our 40th Anniversary Gala will be held on Saturday, April 18, 2020 at Perona Farms in Sparta.

Some of these moments are personal stories and some are historical events that changed the way our community, nation and even the world look at the way we live and the way we die. The journey takes us from a time when hospice care in Sussex County was an idea that became reality with the support of the community.

We thank families for allowing us the privilege of caring for your loved ones. We thank our valued employees, volunteers, sponsors and supporters for making these moments possible. Thank you for making Karen Ann Quinlan Hospice your local, not-for-profit, award-winning Hospice. Remember to ask for us by name...there is a difference. Visit us online at KarenAnnQuinlanHospice.org.

Sincerely,

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

Launch Party sets the stage for year-long celebration

Dorothy H. Dunn of Branchville recollected with hospice nurse Cathy Smith her joy for gardening and her desire to get her hands in the soil once again. Cathy quickly shared this conversation with social worker Stephanie Bootsma and a plan was in motion. Stephanie reached out to Joseph Westcott, manager of the Home Depot in Newton, seeking his support. Without hesitation, Mr. Westcott supplied Stephanie with an array of flowers, planters and soil to share with Dorothy and to assist her in fulfilling her gardening wish.
National Nurses Day celebrated in a special way

Nurses week is celebrated May 6 – 12 nationally. The purpose of this week-long celebration is to raise awareness of the value of nursing and help educate the public about the role nurses play in meeting the healthcare needs of Americans. The week ends on May 12, the birthday of Florence Nightingale.

Students at the Ogdensburg Public School with the help of one of their teachers Lisa Bruning made “thank you” cards for the nurses at Karen Ann Quinlan Hospice. Lisa also enlisted the help of fellow teachers grades K-2 to help make cards as well.

When asked why they chose the local, not-for-profit hospice as recipients of the cards Lisa Bruning said, “I think it is important for the kids to have an understanding of how working together in a small community can be so impactful and Karen Ann Quinlan has been a staple in this community for many years.”

Chelsea Choma, RN, BSN, MSN, CHPN, Clinical Director at Karen Ann Quinlan Hospice helped students kick-off the week-long celebration at Ogdensburg school at a special assembly for grades K-2 where she read the book, “Germs Are Not For Sharing,” by Elizabeth Verdick. After the reading, she did an exercise with the children about sneezing and covering their noses to avoid spreading germs. The kids all giggled as Chelsea sprayed them with a water bottle to imitate what it is like to be sneezed on.

“Lisa and I have been friends since the second grade and it was a wonderful experience to blend our two careers together to help spread education to the community.” At the end of the assembly Choma was presented with more than 40 handmade cards to be given to the nurses at Karen Ann Quinlan Hospice. “This will be such a personal and touching surprise for all of the nurses to receive these cards. The nurses at Karen Ann Quinlan give so much to their patients and families every day. I am so proud to be able to present them with individual notes thanking them for their hard work.”

Welcome to our new team members!

Brittany Bingel CHHA
Maria Simmenroth CHHA
Adele Sweeten RN
Kelly Drake CHHA
Karen Fritz-Martin CHHA
AUGUSTA - The third annual Celebrate Life 5K Walk will be held on Saturday, September 28th 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.

The Centers 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.

Participants are encouraged to bring a photo of their loved one to place on the memory wall sponsored by Biggs Kids. A memory celebration with the lighting of a symbolic memorial light is held during the opening ceremonies with each walker receiving a commemorative lighted star pin.

Last year Team Dominator led by Dana Noll raised more than $1,500 with a large donation from the BPO Elks #1388. The team walked in memory of Dominick Noll.

Registrants are encouraged to form a team to raise funds. There will be prizes awarded to individuals and teams who raise the most money. Individuals who raise $100 or more will get a memorial marker with their loved one’s name displayed along the walk route. All money raised will stay in the community and benefit the Bereavement Center.

Food and refreshments will be provided the day of the walk and there will also be a vendor fair with a wide variety of items on display.

Please call 973-383-0115 ext. 131 for more information on how you can get involved. If you are unable to walk we always have need for volunteers to help out on the day of the event. On September 28, we will all walk together so that no one has to walk alone.

Hospice social workers selected for educational video series

Karen Ann Quinlan Hospice was selected by SAGE Video to participate in “In Practice Video Series.” SAGE is currently developing a large collection of short, educational videos designed to supplement their collection of texts and academic materials by extending learning to practice - to show students and professors how the skills and theories in the texts can be applied in the workplace. The videos are developed to demonstrate effective practices as well as spark discussion and reflection in the classroom.

The Hospice was selected to participate in the Social Work video collection. Through interviews and footage of our social workers in the field and in-office, students will be able to see the skills, traits and practices involved in being a hospice social worker as they are applied in everyday activities and interactions.

“We were very honored to be the selected hospice for this education series,” said Marlina Schetting, COO, Administrator at the Hospice. “Out of all the hospices, nationwide, our name and reputation earned us this opportunity. It says a lot about the work we do and the impact our hospice has nationwide.”

Five Pebbles, production company led the development, production and editing of the video series. They sent a team to capture footage on a two-day shooting schedule.

SAGE Publishing is a leading international publisher of higher-education textbooks, journals and digital resources with offices in California, D.C., and London.

The videos can be viewed by visiting KarenAnnQuinlanHospice.org/SocialWork. The segments give an overview of the organization and a closer look at one component of the interdisciplinary team that is assigned to each patient.
**Hospice strives for five stars**

Karen Ann Quinlan Hospice is recognized by the Department of Veterans Affairs (VA) and the National Hospice and Palliative Care Organization as a “We Honor Veterans” level four agency. The program focuses on respectful inquiry, compassionate listening and grateful acknowledgment to those who have served.

One of the ways that “We Honor Veterans,” is by holding a pinning ceremonies. The pinning ceremony is a way to publicly acknowledge the military service and sacrifices made by a Veteran and his/her family. The ceremony gives an opportunity for each veteran to share part of his or her story. By doing so, a sense of meaning and purpose can be gained by the Veteran.

We hold ceremonies when there’s a need for the Veteran to find meaning and purpose for his/her life. Having a sense of meaning and purpose becomes more important at the end of life. We all want to know our life and work has value. If you know of a Veteran whom you would like honored in this way please call our office to schedule a ceremony.

Karen Ann Quinlan Hospice is currently working towards being a Level 5 - We Honor Veterans Partner. As part of this initiative we are expanding our training to all employees, volunteers and the community specific to educating them about the care of Veterans.

We are conducting a search for our “Veteran to Veteran” initiative. Veterans in our hospice program need someone to talk to, someone who understands, someone they can trust. Speaking to another veteran who “gets it” is crucial and can provide an extra comfort to those facing a life-limiting illness.

If you have served in the military and would like to learn more about how you can become an in-home volunteer as well as a general office/event volunteer please contact Sue Dougherty at 973-383-0115 ext. 121 or Jacqui Gieske at ext. 126. We need you and our veterans need you.

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**Events**

- Tuesday .......... 8/6/2019 .......... Dine to Donate • Taphouse Grille
- Monday .......... 8/26/2019 .......... Home for Hospice Memorial Service
- Wednesday .......... 8/28/2019 .......... Happy Hour & Silent Auction
- Wednesday .......... 9/4/2019 .......... Expressive Arts Workshop for Adults
- Thursday .......... 9/5/2019 .......... Dine to Donate • James on Main
- Saturday .......... 9/7/2019 .......... SK Paper Shred Event
- Sunday .......... 9/8/2019 .......... Pet Memorial Day with Abbey Glen
- Monday .......... 9/16/2019 .......... Sussex Memorial Service
- Thursday .......... 9/19/2019 .......... Mindfulness Presentation for FIS Support Group
- Saturday .......... 9/28/2019 .......... Celebrate A Life 5K Run/Walk for Hospice
- Thursday .......... 10/3/2019 .......... Expressive Arts for Children Program
- Wednesday .......... 10/30/2019 .......... Coping with the Holiday (Sussex)
- Thursday .......... 11/7/2019 .......... Fashion Show
- Thursday .......... 11/14/2019 .......... Haircuts for Hospice
- Thursday .......... 12/5/2019 .......... Lights of Life, Pike
- Wednesday .......... 12/11/2019 .......... Half for Hospice

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

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Jacqui Gieske, Lee Ellison and volunteer John Drinkard all members of the “We Honor Veterans,” committee at Karen Ann Quinlan Hospice recently conducted an in-service presentation for more than 75 staff members at Barn Hill, in Newton.

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**35th Wine and Cheese Festival scheduled for September 8th**

Guests are invited to sample wines, enjoy live music and the afternoon’s exciting auctions—all while surrounded by the amazing views at Waterwheel Farm. Friends of Hospice, a volunteer group that supports Karen Ann Quinlan Hospice will host its 35th annual Wine & Cheese Festival on Sunday, September 8, from 2 to 5 p.m. (rain date: Sunday, September 15) at Waterwheel Farm, 124 Fredon-Marksboro Road, Newton, NJ 07860.

“The Wine & Cheese Festival has become a tradition on the event calendars of wine enthusiasts throughout the area for many years,” Jeanette Klehm, Vice-President and founding member of Friends of Hospice, said.

Since the first Wine & Cheese Festival 35 years ago, the event has remained the same—a big reason for its success! Jeff Gaynor and Smooth Sailin’ will entertain the crowd with their musical backdrop of summer favorites. Festival guests sample from 18 tables of wines selected to include a full spectrum of samples from across the globe. And guests can participate in both silent and live auctions.

Along with the Friends of Hospice, Randy Burke, owner of Burke’s Wine & Liquor in Sparta, coordinates and assembles more than 100 wines and champagnes from around the world for guests to sample. Tickets for the Wine & Cheese Festival, an adults only event, are on sale at the pre-event price of $40.00 and can be purchased at Karen Ann Quinlan Hospice, 99 Sparta Avenue in Newton and at Burke’s Wine & Liquor in Sparta or online at www.karenannquinlanhospice.org/wine. Ticket prices increase the day of the event to $50.
Karen Ann Quinlan Hospice.org

99 Sparta Avenue
Newton, NJ 07860

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