

Every Day Matters

A NEWSLETTER FOR FRIENDS OF GENESIS HOSPICE & PALLIATIVE CARE

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SPRING ISSUE



Community Matters

At Genesis Hospice we are blessed to be able to care for members of our community. Our mission is to provide compassionate care, and that's what we've been doing at Genesis Hospice for more than 32 years. However, we couldn't provide the excellent care our community has come to count on

without your guidance. Community members are an integral part of our organization. I'd like to share with you a few of the many ways you help lead and direct the care we provide to our family and friends.

Advisory Board

Did you know there's a Genesis Hospice & Palliative Care Advisory Board? Our advisory board helps evaluate our program, acts as a liaison with other organizations in the community and identifies unmet hospice needs. The grassroots advisory board meets quarterly and gives graciously of their time, talents and professional insight to help Genesis Hospice provide the best care possible.

We appreciate the group volunteering their time to ensure we have a community-based quality hospice program. Anyone in the community can be a part of the advisory group. If you'd like to join the advisory group or would like more information, contact us at (740) 454-5364.

Caring Volunteers

If you'd like to help in other ways, there are plenty of opportunities for volunteering. Our fantastic group of volunteers touch the lives of patients, families and staff. We're grateful for the hours our volunteers provide through Hospice downs, therapy dogs, inpatient care at Morrison House, fundraisers and the We Honor Veterans program.

The We Honor Veterans program provides education and support to the community. For example, the "Salute to Veterans" is a youth essay and art contest designed to honor those in our area who have served our country. All Muskingum County fifth graders are invited to participate. Veterans in our area are also honored with pinning ceremonies and other recognitions.

Recently, our volunteers participated in a moving Fallen Comrade ceremony, and you can read about the event inside this issue. Genesis Hospice also coordinates with other organizations in the community to offer a bereavement support group, suicide support group, annual memorial service and grief sessions for kids at summer camp. Our strong community partnerships enable us to help all ages.

I'd like to take this opportunity to say thank you to all who trust us with your loved ones' care, and thank you for your continued support.

Pebbles Thornton

Pebbles Thornton, BSN, RN, OCN
Director Genesis Cancer, Palliative Medicine and Hospice Services



Serving Our Community

Genesis Hospice Care serves the communities of Muskingum, Morgan, Perry, Coshocton, Licking and Guernsey counties and has been providing care to these counties for over 32 years. The care is provided either in the patient's residence or at the inpatient unit, Morrison House, on Forrest Avenue in Zanesville.

The Morrison House was built in 1988 from donations given to the Hospice Foundation from our community. Donations are now submitted to the Genesis HealthCare Foundation. Genesis Hospice continues to provide care for people who need support at the end of life. These monetary donations are used to help pay for care if the patient does not have health insurance coverage.

Genesis Hospice board pictured bottom row left to right: Lori Junk, Pete Peterson, Sherry Ryan, Gretchen Sayre, Heidi Williams and Mariann Rittberger

Shown top left: Maggie Nussbaum, Alice Graham, Barbara Mitter, Ernie Bynum, Rev. Dawn Remster, Pebbles Thornton and Shannon Nezbeth

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100 Years of Sweet Music

Fundraiser for Genesis Hospice

Looking for a fun way to spend a Saturday afternoon or evening? The theme for this year's Follies Family Show is "100 Years of Sweet Music." The Follies Family is a group of volunteers producing a variety show to raise funds for Genesis Hospice Care.

The show is **Saturday, March 28**, with a matinee at 2:30 p.m. and an evening show at 7 p.m. Ticket information is available on FolliesFamily.com.



Genesis Hospice Care
A GENESIS HOSPITAL DEPARTMENT

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Continued from front page –

Serving Our Community

The monetary donations are sent to the Genesis HealthCare Foundation in the hospice account and are put to great use. Over the years we have used these funds to help pay for equipment, including hospital beds, oxygen and patient medications as needed. Without these donations, providing hospice care and meeting the needs for each patient would be challenging.

The community's generosity to help those who are so ill is truly amazing. The Genesis Hospice team is truly blessed by such a giving community.

– by Lori Junk, R.N., BSN
Manager, Genesis Hospice Care



Volunteers are integral part of providing compassionate care at Genesis Hospice. Pictured left to right is Ernie Bynum, Maggie Nussbaum, Melody White and Alice Graham.

Caring Volunteers

The Eleventh Hour

When you think of hospice, you might envision someone surrounded by friends and family who care and support the patient. And while this is the usual scenario and always our goal, there are occasions when families are out of state, elderly and/or ill and can't be present, or maybe the patient does not have family left. We reach out to identify this type of situation and can plan to have volunteers available when the end of life is near.

Genesis Hospice Care has an Eleventh Hour program, and 12 volunteers have recently completed training. These volunteers learn how to be a calming presence, a soothing companion during final hours for patients who have no one beside them.

A Calming Presence

There are many ways our volunteers can create a peaceful environment such as playing soothing music, dimming the lights in the room, applying moisturizer to lips, lotion to hands and feet, or reading calming stories, poems or scriptures, based on the patient's preference. Providing compassionate care is part of our mission, and that's why we bring this connection into our patients' lives. The connection upholds the dignity and caring that we all need and deserve at the end of life.

Annual Ethics Symposium

Learning More

Genesis Hospice has hosted a free ethics symposium for 17 years. Open to everyone in the community, the symposium focuses on a community need and provides continuing education credits.

The 2020 Ethics Symposium is **Thursday, Nov. 5**. Registration for the free event will be on the Genesis website at genesishcs.org > Classes & Events in the fall.

Support For Our Community, Right From the Start

Admission Nurses Share Joys

Receiving the news that you or your loved one would benefit from hospice services can be one of the most difficult things to work through. Genesis Hospice Care is here to help.

A hospice referral is a frank and open discussion that begins the moment you ask to hear about services we can provide. A doctor's order is not needed to receive information about hospice; anyone can ask to talk with us in your home, at the Morrison House, or a location of your choice on a date and time that best suits your schedule. We are available 24/7 to assist you and those you care about.



Our admission nurses share the positive impact hospice provides. Hospice admission nurse, **Rhonda Wright, R.N., BSN**, explained, "We begin to introduce you to our holistic approach of nursing services, including aide support, social workers, dietary staff, spiritual support, volunteers and music therapy. Together we work with you to develop the type of care plan specific to your needs, as well as the education needs and support of your loved ones," Rhonda said.

"Our team learns about you and your family and how we can help navigate this path," Rhonda said. "From the first conversation, our patients and families are put back in control of a seemingly out-of-control situation. They are surrounded by a team of caring and supportive hospice providers."



"Watching the relief flood across the patient and family's faces when I tell them the names of the nurses, social workers, chaplain and nursing assistant who will be seeing them is wonderful," explained **Kay Feldner, R.N., BSN**. "They are typically stressed and feel they are 'in this alone.' But when we talk about surrounding them with support and all we will help with; it's wonderful to see their expressions change."



"Meeting the needs of the patient right from the start is what drew me to an admission position," said **Selena Lewellen, R.N., BSN**.



Jennifer Armstrong, R.N., BSN, finds that working in hospice has made her appreciate the service even more. "Being able to meet with people one-on-one in their home and to get to know them and connect with them makes it worthwhile. Our patients are not a number; not a diagnosis. They are people who have lived and worked in our community."

During the referral process patients and families have shared with Jennifer that they needed medication or medical equipment but could not get it due the cost or no coverage through their health insurance. "I've watched their eyes light up, often through tears, when I tell them that we can provide needed medication or equipment through hospice. I have heard people many times say, 'I don't know why we didn't have hospice sooner.'"

"Many patients and families I have worked with comment on what a difficult job it must be to work for hospice," Rhonda said. "I respond by sharing that most of us have traveled this path ourselves with our loved ones. And for us, this is not a difficult job; it's an honor to be entrusted as part of this most sacred journey."



Pictured left to right is Jon Brooks, president, Genesis Volunteers; Carol Kohler, treasurer, Genesis Volunteers; Pebbles Thornton, director, Cancer, Palliative Medicine and Hospice Services; and Jerry Nolder, executive director, Genesis HealthCare Foundation.

Genesis Volunteers Present Check

Genesis Hospice Receives Donation

Genesis Volunteers presented a check for \$8,000 to Genesis Hospice Care from the Genesis Volunteers Tree of Love fundraiser. "Our volunteers are a committed group of individuals who are dedicated to helping our community. We are glad that the Genesis Volunteers donated a portion of the funds raised from the Tree of Love to Genesis Hospice," said Jerry Nolder, executive director, Genesis HealthCare Foundation.

Pebbles Thornton, R.N., BSN, OCN, director, Cancer, Palliative Medicine and Hospice Services said, "We're grateful for the Genesis Volunteers' donation as well as the compassion the volunteers give to our patients and families every day." Genesis Hospice is not for profit. The donation from the Genesis Volunteers also provides medications and supplies for those being cared for at home by Genesis Hospice. Go to genesishcs.org for more information about Genesis Volunteers, Genesis Hospice Care and Ways to Give.



Pictured left to right is Rita Tucker, Marianne Calixte, Joyce Snyder and Bonnie Bean at Morrison House.

Sweet Adelines Singing Valentines 2020

A Successful Season

The Sweet Adelines have once again brought smiles and beautiful, uplifting voices to our community. Rita Tucker, director of Friendship VII Sweet Adelines, said, "It is our pleasure to provide this act of love on such a special holiday." There were two groups of ladies to provide singing Valentines for this year's busy Feb. 14.

The Sweet Adelines raise donations for patients cared for in Genesis Hospice. This year, each Valentine included a song of the donor's choice and a carnation bringing joy to the hearts of loved ones in the Zanesville and the surrounding area. For out of town loved ones, Valentines were provided by phone.

The Sweet Adelines started in Tulsa, Oklahoma in 1945, and the Friendship VII chorus was chartered in 1976. The local group began with the idea of singing Valentines in the early 1990s to raise donations for Genesis Hospice Care. "We have so much fun bringing smiles to the recipients and supporting hospice," Rita explained. This year was the biggest fundraiser in several years with quartets performing about 45 Valentines.



Fallen Comrade Ceremony

Genesis Hospice Care staff, volunteers and Vickie Kumorowski, director, Genesis Spiritual Care, had an opportunity to participate in the Fallen Comrade Ceremony in October.

The ceremony's purpose was to provide an avenue for veterans to begin a healing for the un-mourned loss of comrades who fell in the line of duty, time spent away from their families, or guilt feelings harbored for things they felt they should or shouldn't have done while in the service. Palm-sized rocks were used as symbols of the weight of the guilt and grief that many veterans carry. Veterans were asked to write about a loss on these rocks and to symbolically "give the guilt or sorrow away" by placing the rocks on a table in the front of the room. Civilians and family members were asked to take a rock and put it in a place of honor, showing that we as a community can help share some of their burden, help them on their way to heal, and essentially "have their backs."

Veterans Welcomed Home

This was a moving ceremony that included veterans and their families receiving special pins, Vietnam Veterans being "welcomed home" with special beads made for them by other Vietnam Veterans, and veterans receiving an apology from those in attendance for the way they were treated after arriving home.

A special "thank you" to the Genesis Hospice Care staff and volunteers who helped with this program: Nathan Nordine, chaplain; Rachel Watson, social worker; Linda Tompkins, social worker; Sherrie Grubb, secretary; and Hospice volunteers Kim Lowe, Chris Zimmerer, Denise Phelps, Wanda Founds, Mary Perone, Maggie Nussbaum, Joyce Hardbarger and Linda Coleman.

– Heidi Williams, R.N.
Volunteer and marketing consultant

Volunteers are Busy

Our volunteers were busy in 2019. Here's a summary of some of our volunteer activities:

- 84 Veterans' pinning recognitions
- 2 Rosie the Riveters pins presented
- 86 Birthday deliveries
- 2 Anniversary deliveries
- 62 Hours for Veteran activities and special projects
- 135 Hours from hospice beautician
- 359 Hours for home/nursing home companion visits
- 60 Hours gardening at Morrison House
- 204 Hours for pet therapy visits at Morrison House & Kids Camp

Find out how you can make a difference in the lives of others. If you'd like to volunteer, go to genesishcs.org, or call Heidi Williams, R.N., volunteer consultant, at (740) 454-5365 for more information.



Spiritual Matters

What is Community?

You may have noticed that this edition of our newsletter has a theme of "community." When possible, I try to incorporate the newsletter's theme in this column.

A couple of months ago, just before writing this, one of our referral/admission nurses sent a note about a patient she admitted into our program. At first it seemed as though it was just some basic facts that everyone needed to know as we anticipated caring for this person and her family.

The penultimate, next to last sentence, caught my eye and spoke to me in a way that I did not anticipate. This new hospice patient still wanted to keep a scheduled appointment with her doctor that she had made before enrolling in hospice care. Typically, we tell patients that future medical appointments are unnecessary. But it's up to the individual — patients can keep an appointment if they wish to.

Saying Goodbye

This appointment was different though. Our admission nurse noted that this person wanted to keep her doctor's appointment so she could say "goodbye" to her doctor and staff who had taken care of her up to this point in her life. She wanted to say goodbye; she wanted to properly end her relationship with these people because she knew they had done all they could for her, and this was going to be her last chance to bid them adieu. I believe it was her opportunity to thank the doctors and nurses for being part of her "community."

What is community? It's a collection of people who come into our lives and give meaning, in some tangible way, to our growth and personhood. Community is part of what gives meaning to our lives. Community can be family, friends, colleagues, faith-based, and yes, the medical community. Almost all humans live in community, as opposed to being totally isolated. Those people in our community become important to us, and sometimes we form close interpersonal relationships with them. We share our lives together.

Farewell

Saying goodbye to our community can be hard and I imagine, freeing. When someone is dying, community can take on a whole new meaning and importance. Being able to say farewell can indeed be an important and liberating necessity when you know that death is soon.

I believe that hospice can allow people to embrace that opportunity to close relationships with those that have been part of their community. Hospice can enable each of us to recognize those important relationships and allow us the ability to say, "God be with ye," to say goodbye. All of us, especially those of us working in hospice, need to remember that saying "goodbye" can be just as important to a relationship as saying "hello." Goodbye lets us move on to that next journey and all that lies ahead.

— Tim Patton, Hospice chaplain



Genesis

HEALTHCARE SYSTEM

2503 Maple Ave., Suite A
Zanesville, OH 43701

CHANGE SERVICE REQUESTED



Therapy dog, Buck

The Power of Pet Therapy

Owning a pet can be one of the most wonderful, relaxing, beneficial reasons to get out of bed in the morning. Our furry friends have been proven to improve overall health by:

- Lowering blood pressure
- Improving cardiovascular health
- Releasing endorphins (oxytocin) that have a calming effect
- Diminishing overall physical pain
- Lifts spirits and lessens depression
- Decreases feelings of isolation and alienation
- Encourages communication
- Provides comfort
- Increases socialization and sense of community

Pet therapy visits have been proven to help our hospice patients. We're looking for volunteers for pet therapy visits to Morrison House and for patients in nursing homes.

Your pet must be a certified pet therapy dog, current with all shots, and have a temperament conducive to therapeutic visits with our hospice patients. Pet therapy owners must adhere to the guidelines of the pet therapy training. Please call Heidi Williams, R.N., volunteer consultant, at (740) 454-5365 for more information.

Genesis Hospice helps patients and their families live life to its fullest. If you'd like to volunteer, donate or need more information, call (740) 454-5364 or go to genesishcs.org.

Every Day Matters is published twice a year for friends of Genesis Hospice & Palliative Care.

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