

Hospice of Cincinnati

The community not-for-profit hospice

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MARK YOUR CALENDAR!



**2005 Hospice
Summertime Classic
Sunday, June 12
&**

Monday, June 13
More details coming soon!

*"One's destination is never
a place but rather a new
way of looking at things."*

— Henry Miller

Hospice of Cincinnati is
sponsored by Bethesda Inc.
in a collaborative
community partnership
with TriHealth and
Mercy Health Partners.

Early referral re-opens patient's world

About five years ago, Howard Geisen's world was pulled out from under him. His wife passed away and then his mother died six months later. His chronic pulmonary illness worsened as he became depressed and suffered from panic attacks. Then two very unexpected events happened.

The first was his marriage to Betty, a childhood friend who came back into Geisen's life after her sister, who worked with the alumni group at their high school alma mater, notified her of his illness.

The second event proved even more life changing – a referral to Hospice of Cincinnati.

When his primary care physician first suggested hospice care, Geisen panicked. His understanding of hospice was that it was a place you went to die. For Geisen, "This took the wind out of my sails." After reconnecting



Howard Geisen proudly displays one from more than 50 pieces of artwork he has created since becoming a Hospice of Cincinnati patient in January 2004.

with Betty, he felt better and stronger than he had in months so he didn't understand the need to even consider hospice. He assumed hospice care was for the last few days of life.

During a visit to his pulmonary specialist, Geisen was told he most likely had only a year or two to live. Geisen again was asked if he had considered hospice care. This time, he was ready to learn more.

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Journey ends but dream lives on



Indian Hill native Denise Hill completes her grueling six-month Appalachian Trail journey, which she walked in memory of her sister, Cheryl, and to help raise funds for Hospice of Cincinnati.

Denise Hill needed answers. Why had she lost her sister to breast cancer, and how did this fit into God's plan?

In memory of her sister, Cheryl, and to keep that memory alive through helping others, Ladybug (Hill's trail name) set off on the journey of her life — the Appalachian Trail. The trail offered her an opportunity to interact with God by providing the solace and freedom she needed to find peace and to celebrate her sister's life on earth.

The 2,174 mile Appalachian Trail is the oldest hiking trail in the United States. Crossing the heart of the Appalachian Mountains, it touches or crosses 14 states. After months of intense preparation, Ladybug started off April 4, Cheryl's birthday, with rousing support from family and friends.

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Message from the CEO



We are a nation of planners. We plan for college tuition and retirement, and we plan family celebrations and vacations. When someone is diagnosed with a terminal illness, most families immediately begin planning to bring forth as many curative options as possible. But, unfortunately, they typically become so consumed by the crisis that they fail to stand back and plan for end-of-life issues.

As a result, many patients who could benefit from hospice care either do not, or they do so only within the last week or two of life. This is very unfortunate considering that the Medicare Hospice Benefit, which people pay into most of their working lives, **covers up to six months of hospice care**. Additionally, 99 percent of those whose loved ones received Hospice of Cincinnati care would highly recommend our services to a friend or family member. Even so, the **average hospice patient receives our care for only 42 days**.

Lack of awareness and understanding prevents many families from accessing the patient-focused, individualized and comfort-oriented services that define hospice care. According to the National Hospice Foundation, 75 percent of Americans do not know that hospice care can be provided in the home and 90 percent do not realize that hospice services are fully covered by Medicare, Medicaid and most private insurers. Luckily for people like Howard Geisen (see story, page one), his physician convinced him to consider the benefits of hospice care sooner rather than later.

So how do you know when it's appropriate to contact Hospice of Cincinnati? The best gage is when there is a life-threatening or terminal illness with a diagnosis of six months or less (if the illness runs its normal course) and all aggressive, curative treatments have become increasingly less effective. When families consider end-of-life issues before they are fully immersed in them, they gain better clarity and control regarding the wishes of their loved ones.

Hospice of Cincinnati is committed to educating the community on the benefits of earlier referral (see LifeCycles, page 4). It's never easy to navigate in unfamiliar territory. But with a little planning and the expertise and reassuring presence of HOC staff, families and loved ones can gain improved quality of life during their final months together. There is much life to be celebrated when we all work together to enrich the end-of-life journey!

Many blessings to you in the New Year,

Steve West
President and CEO

Employee of the Quarter

Work gives employee meaning in life



Cheryl Valentine, RN

“I feel like I have finally found what I was meant to do in life,” says Cheryl Valentine, RN, a member of Hospice of Cincinnati’s Support Team and a Comfort Care nurse. “To me, it’s more than a job ... it’s a ministry.” Valentine’s caring and compassionate manner is evident to her co-workers and managers. She recently was recognized for her dedication by being named the HOC Employee of the Quarter.

Noni McBride, RN, Support Team clinical team manager, notes that Valentine has been always passionate about caring for hospice patients. “She has a strong work ethic and a very caring manner with her patients,” McBride says.

As a Support Team nurse, Valentine provides support to patients and families in their homes and at long-term care facilities after hours. “We help them with symptom management issues, pain control and any support they need.”

Valentine also supports patients and families as a Comfort Care nurse. “This is an eight-hour assignment with a specific family and patient who needs one-on-one care for an extended period of time,” she explains. “While I’m there, I do my best to ease the family’s situation.”

“Cheryl is always willing to help out whenever necessary to care for our patients and families,” McBride says. “She is someone you can always count on.” Valentine was part of the team that helped expand the Support Team to meet Hospice of Cincinnati’s growing needs.

Valentine says she feels blessed with her job and is grateful to her co-workers and the HOC team for their support. “I feel this is something that God wants me to do ... to help out people in their greatest time of need.”

“Sensation” simmers into 15th year

Thanks to the generous support of sponsors and individuals, the 15th anniversary year of A Gourmet Sensation raised more than \$160,000 for the programs of Hospice of Cincinnati.

Title Sponsors Edyth and Carl Lindner, along with The Cincinnati Hotel, Cutting Edge Selections and Delta Air Lines – Official Airline of A Gourmet Sensation — helped make this another exceptional year. Hazeleen and Lee Brewster, Kathy and Michael Brown, Robin and Chip Nielsen and Vivian and Jim Schwab served as co-chairs for this scrumptious event.

On Saturday, Sept. 11, more than 900 people attended this one-of-a-kind food and wine experiential gathering. They were dazzled by the preparations of 21 guest chefs including local chefs Bertrand Bouquin and Ellen Grayson Whitehead of the five-star Maisonette, Guy Hulin and Noreen Nagao of the Palace Restaurant, Jean-Robert de Cavel of Pigall’s and Jimmy Gherardi of



Maisonette owner Nat Comisar with Dan Due, Executive Chef Bertrand Bouquin, Chef Ellen Grayson Whitehead and Rachel Hapanowicz.

Restaurant. Also included were four-star chefs Bob Waggoner of the Charleston Grill in Charleston, S.C.; René Bajeux of René Bistrôt, New Orleans; Josh Watkins of the Driskill Hotel in Austin, Texas; Michel Rostang from Michel Rostang in Paris, France; and Todd Johnson of the Atlantis Resort in Nassau, Bahamas.

The main event was preceded by a special pre-event dinner held Friday, Sept. 10, at the Palace Restaurant in The Cincinnati Hotel. The feast was



Palace Executive Chef Guy Hulin with Pastry Chef Noreen Nagao.

prepared by co-chairs and amateur chefs Kathy and Michael Brown and was attended by major sponsors and celebrity guest chefs.

Special thanks go to Edyth and Carl Lindner, Kathy and Michael Brown, The Cincinnati Hotel, Delta Air Lines, Cutting Edge Selections, Sandy and Bob Heimann and Meijer.



Chef Jean-Robert de Cavel of Pigall’s samples the heirloom tomato popsicle created by guest chef Timothy Voss (in background) of FORTÉ in Birmingham, Mich.

Howard Geisen *continued from front cover*

“He was very anxious when I first started caring for him,” says Cathy Renner, RN, Geisen’s case manager at HOC. Geisen’s social worker, Sam Meyer, LISW, agrees. “He was very reluctant about hospice in the beginning because he thought, ‘This is the end.’”

His attitude quickly changed, however, once he began to feel better under Hospice of Cincinnati’s partnering care. “Once his symptoms were managed, he was able to do the things he liked to do again,” Renner says.

Renner began managing Geisen’s care in his home in January 2004. In addition to managing his symptoms, she brings and organizes his medication on her twice-weekly visits. She heads off problems by addressing issues early on before they magnify, helping Geisen enjoy every day to its fullest.

He has found art to be therapeutic, dabbling in a variety of media. He enjoys sketching civil war generals in pencil, and Native Americans in colored pencils. He has made treasured pictures of Betty’s children in pen and ink. He also whittles and paints models of fighter planes.

Betty also has benefited from hospice services. “Howard was very concerned that he was putting a burden on his wife,” Meyer says. “Knowing that someone is always there for me to call has been a huge weight off my shoulders,” Betty explains.

“The more time he has spent with us, the more progress he has made,” Meyer says. “He is so pleased with the care he has received that he has encouraged several of his friends to get hospice referrals from their physicians too.”

“Hospice” is an ancient term referring to a refuge for weary travelers. Today hospice is not a place; it is a philosophy of care for patients and families facing life-limiting illnesses. This philosophy focuses on comfort management, quality of life and individualized care that address physical, psychological and spiritual needs. Hospice of Cincinnati’s home-like care centers are available throughout southwest Ohio for those patients who are unable to stay in their homes.



Advance Care Planning maps the road ahead

The HOC mission is focused solely on fulfilling the growing and continually evolving end-of-life needs of our community. A special part of that mission is providing information and resources to the community about Advance Care Planning.

Planning ahead can make a crisis down the road a lot more manageable. Once everyone's choices have been made clear, families don't have to imagine what someone else may or may not want.

HOC's Community Outreach Department distributes two booklets developed by The Ohio Hospice and Palliative Care Organization. *Conversations to Light the Way* is a resource guide to help families have courageous conversations about the type of care they would want if they were unable to make

decisions for themselves. *Choices – Living Well at the End of Life* contains Ohio's Living Will Form and Ohio's Health Care Power of Attorney Form – the legal documents that formalize these decisions.

"We have given out almost 1,000 copies of these resource guides, and people of all ages are grateful to receive them," says HOC Community Outreach Coordinator Ellen Malkin.

"People understand the importance of planning their journey through the final phases of life – especially when they've had to handle a crisis without information about a loved one's choices."

If you would like to receive these booklets or other information about Advance Care Planning, please call Ellen Malkin at (513) 792-7932.

Path to new understanding, information leads to South Africa

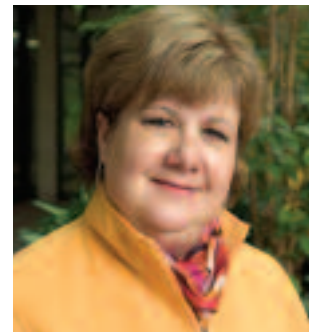
Susan Rodenberg, executive director of Fernside: A Center for Grieving Children, was invited to walk a new path to international understanding this fall. Rodenberg joined a delegation of professionals specializing in palliative care who traveled to South Africa under the auspices of the People to People Ambassador program Oct. 23 through Nov. 3. Selected as one of just 30 delegates nationally for this trip to Johannesburg and Cape Town, Rodenberg had the opportunity to interact with colleagues who are dealing with grieving children on a massive level. The delegation visited several hospices helping a patient population devastated by the HIV/AIDS epidemic.

South Africa has been identified as the country with the greatest number of HIV/AIDS infected people in the world. "South Africa's orphaned population is a macrocosm of grieving children," Rodenberg says. "Because of the HIV/AIDS epidemic, there are hundreds of thousands of grieving children who are not only orphaned but who also are parenting their own siblings."

The Interdisciplinary Palliative Care Delegation, led by Cynda Rushton, DNSc, RN, FAAN, assistant professor of nursing, Johns Hopkins University School of Nursing, provides an opportunity for bilateral exchange among professionals. In addition to Rodenberg, two representatives from Children's Hospital Medical Center and a researcher from the University of Cincinnati were part of the delegation.

People to People evolved from President Eisenhower's belief that ordinary citizens of different nations—if able to communicate directly—would solve their differences and find a way to live in peace. This simple thought—that people can make a difference where government cannot—is People to People's foundation.

Look for exciting stories and photos about the trip in the spring issue of this newsletter.



Susan Rodenberg

Hikers put both feet forward for Hospice



The Hospice Long-Term Care Team, organized by team captain Frank Meyer, took first-place honors in the Team/Corporate Division by raising \$1,425. In the Family Division, Myrtle's Turtles (Vickie Stump and Kris Gentry) placed first with \$1,090 donated by more than 30 family members and friends. George Lang took first-place honors in the Individual Division by raising \$614.

Blue Ash Hike

The rhythmic thump of tennis shoes on asphalt by more than 1,000 hikers Oct. 2 continues to echo at Hospice of Cincinnati. By walking in memory or in honor of a loved one, hikers helped raise more than \$62,000 to help enhance the journey of future HOC patients.

The 23rd annual Hike for Hospice of Cincinnati again featured WKRC-TV Channel 12's Cammy Dierking as master of ceremonies and a picnic lunch served by volunteers and students brought by Jimmy Gherardi of Restaurant.



Mike and Jackie Selby weren't deterred by the hurricanes in Florida as they made their annual October trip north to walk in the Hike.

Co-chairs were Grady Davis and Betsy Stadnick. Committee members included Tamara Behrens, Marie Bell, Jamie Favret, Beth Green, Nicole Gunderman, Mary Kelley, Nancy Landry, Sherry Lewis, Robin Lippelman, Andy Mack, Sandi Plummer, Judy Russell, J.C. Stadnik, Sandy Wagner and Jerri Spurlock.

Major sponsors were John Morrell, Tradewinds Beverage Company, Channel 12 WKRC and the Cincinnati Chapter of the GE Elfuns. New first-time sponsors were Tape Products Company, Therapy Support Inc. and Fort Washington Investment Advisors. Thanks to all our walkers and sponsors and to the City of Blue Ash and the Blue Ash Police Department for helping make this event such a wonderful success.



Nine siblings, family and friends from the Mary Mathews family walked in honor of their mother as they enjoyed blue skies and a good excuse to get together at the 6th annual Hike for Hospice of Hamilton.

Hamilton Hike

The 6th annual Hike for Hospice of Hamilton was held Saturday, Sept. 18, with about 500 hikers raising more than \$30,000 (including in-kind donations) for Hospice of Hamilton. Hikers enjoyed a light breakfast and lunch, music by the Risky Business Band, clowns, games for the children and more than 40 raffle prizes. Jazzercise of Fairfield provided a "warm-up."

Fairfield VFW Post 1069 was the Platinum Sponsor for the hike, presenting a check for \$5,000 to William Krall, MD, medical director for Hospice of Hamilton. Other major sponsors included: Internists of Fairfield, Heritage Health Alliance, General and Vascular Surgeons of Butler County, Tri-County Extended Care Center & Fairfield Pavilion, Carington Health Systems, Walmart Store #3502 (Fairfield Township), Bethesda North Medi Center and Able Care.

Local churches participating included The Presbyterian Church, Fairfield Church of Christ, St. Clair Avenue Baptist Church, Faith United Church of Christ,

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Welcome new volunteers!

July 2004 Volunteer Orientation Class

Ann Bidwell	Danny Duncan	Pauline Lupariello
Pam Miller	Kellie Peacock	Mona Weiner
Bill Bogan	Tina Eckert	Heidi Marshall
Eleanor Sattler Minturn	Cindy Reinhardt	Jerry Wright
Jill Buffenbarger	Richard Evans	Jennifer Marshall
Tracy Moore	Angela Spence	Mary Wright
Marguerite Crema	Debbie Gehlenborg	Peg McGrail
Heidi Morrissey	Susan Stanley	Mary Wulsin
Patty Datillo	Katie Lund	
Lettie Noble	Sheila Traut	

Bereavement Offerings

Grief-related topics will be covered during Thursday evening and Wednesday afternoon workshops this winter. Topics include:

Evening Support Group

Six consecutive Thursday evenings
6:30 to 8 p.m.

Jan. 13, 20, 27, Feb. 3, 10, 17

2nd Floor Conference Room, Blue Ash
Inpatient Care Center

Afternoon Support Group

Six consecutive Wednesday afternoons
1 to 2:30 p.m.

Jan. 12, 19, 26, Feb. 2, 9, 16

2nd Floor Conference Room, Blue Ash
Inpatient Care Center

For more information, contact Alan Gruber MA,
MSW, LISW at (513) 792-7967, or Polly Peterson,
MSW, LSW at (513) 936-7090.

2005 Training Classes Dates

Jan. 22 and 29

Saturdays 9 a.m. to 5:30 p.m.

May 3, 5 and 7

Tuesday/Thursday, 6 to 9:30 p.m.

Saturday, 9 a.m. to 5:30 p.m.

July 12, 14, 19 and 21

Tuesday/Thursday 6 to 9:30 p.m.

Nov. 1 and 3

Tuesday/Thursday 9 a.m. to 5:30 p.m.



Please call Judy Russell at (513) 792-6989 for more information or to register.
All sessions will be held in our Cooper Road facility in Blue Ash.

Words cannot express the gratitude I feel for everyone at the Blue Ash Hospice. My brother died there this afternoon, and everyone, from the nurses to the volunteers, treated him and my family with the utmost respect, kindness and understanding. I would especially like to thank Susan, who guided me through the deterioration process and helped me to let go and comforted me after his passing. She was truly an angel sent from above. Susan, thank you! And please remember my brother as you saw him in the pictures. I don't know if you can feel this Susan, but I am sending you a million hugs plus one. And to everyone else, know that you made a difference.

*Sincerely,
Leslie Golder*

Hikers *continued from page 5*



Hospice of Hamilton Medical Director William Krall, MD, (far left) receives a \$5,000 sponsorship check from Fairfield VFW Post 1069, represented by Robert Gerhardt. Also pictured are Ken Fields and Debbie Hauenstein.

Queen of Peace Catholic Church, Israel Baptist, Zion Lutheran, and Shandon United Church of Christ. Other groups included Associates in Adult Medicine, Internists of Fairfield, Heritage Health Alliance, TriCounty Extended Care/Fairfield Pavilion, Roth Engraving and Jazzercise of Fairfield.

Thank you to everyone who volunteered, sponsored and participated to make this year's hike the most successful yet!

For more information on next year's hikes, please contact Jerri Spurlock (Blue Ash Hike) at (513) 745-1618 or jerri_spurlock@trihealth.com and Debbie Hauenstein (Hamilton Hike) at (513) 792-6999 or debbie_hauenstein@trihealth.com.

From the Foundation

Make the Most of Your Will

Gary Algie
Director, Planned
Giving/Major Gifts



Your will is a record of your values and the contents of your estate at the time it was prepared. Unlike most legal documents, your will should be updated from time to time to ensure it reflects your current wishes and circumstances.

There are many types of gifts you can make and countless ways in which you can make them. If you have a spouse and/or children, you probably want them to have your personal effects, household furniture and automobiles. Presumably, you will want your spouse to obtain title to, or life use of, your home. Otherwise, perhaps it would be a suitable gift to a charitable organization like Hospice of Cincinnati.

The residue of your estate will probably be the largest part. Its disposition is detailed in the residuary clause of your will, where you dispose of the balance of your estate after taxes and expenses have been paid and after the bequests of specific

sums of money and items of property have been paid or delivered. Here are some useful terms for disposing of the residue.

- **Fractional shares.** You may want to think in terms of percentages or shares of the residue if you want to divide the balance of your estate among multiple beneficiaries to ensure that each beneficiary receives the proportion you desire, no matter the exact amount.

- **Trusts.** A trust is a unique arrangement that prudently manages your assets (either part or all of the residue) for the benefit of your spouse, children or others. A trust lets you plan for your beneficiaries' future financial needs and, at the same time, ensure the remaining principal will eventually be distributed to other individuals or to charitable causes, often with estate tax benefits.

If you would like to discuss ways to include Hospice of Cincinnati in your will, please call me for more information at (513) 745-1622 or send e-mail to gary_algie@trihealth.com.

Denise Hill *continued from front cover*



Along the way, Ladybug met hikers from all over the world and of all ages who inspired her. "I met a 15-year-old boy hiking with his father and a 70-year-old man who had congestive heart failure," she recalls. "The saying on the trail is 'hike your own hike,' but the support you find is incredible."

On Sept. 19, Ladybug completed the trail, becoming one of just 10 percent of the 3,000 to 4,000 hikers who make the attempt each year. "I touched the

Mt. Katahdin sign and immediately burst into tears," she relates in her journal entry upon reaching the summit, the official end of her hike. "I then sprinkled forget-me-not seeds in memory of my sister as a raven flew overhead."

But even as Ladybug lays down her hiking sticks, she continues another journey through the Cheryl Rose Walden Foundation Inc., which she established to keep her sister's memory alive. Ladybug is working on a book about her

experience and continues to seek support for the Walden Foundation, which will distribute funds to Hospice of Cincinnati from donations supporting Ladybug's hike.

If you would like to help Ladybug continue her efforts and benefit Hospice of Cincinnati, please send your tax-deductible gift to:

**The Cheryl Rose Walden
Foundation, Inc.
C/O The Fifth Third Bank
7101 Miami Road
Cincinnati, OH 45243**



“Survivor” Hospice of Cincinnati style

“Outwit. Outlast. Outplay.” Anyone familiar with the nation’s original reality show “Survivor” knows this mantra well. To help Hospice of Cincinnati staff prepare for the annual Joint Commission on Accreditation of Healthcare Organizations (JCAHO) visit, the Education Department put on their own challenges along with tree mail, tribal councils and more!

Lured by the title of sole survivor and an ice cream sundae, participating “tribes” in the survivor game included staff from all areas of the organization. Those who correctly answered



Tootsie the Gorilla (aka Linda Ruter) was a favorite at Hospice of Cincinnati's own Survivor challenge.



A disconsolate Lois Thien extinguishes her torch after being eliminated from the competition.

questions received a banana in their basket from Tootsie the Gorilla. Incorrect answers were rewarded with candy worms and cicadas handmade by the Marketing Department. After a brutal battle, the Blue Ash Inpatient Care Center tribe emerged the winner.

The game was one aspect of a five-week program the Education Department developed to prepare staff for HOC's accreditation visit.



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