



Hospice of Cincinnati

Experience. Compassionate. Caring.SM

IN THIS ISSUE

HOC in the community

Page 3

New board chair, members appointed

Page 4

Gourmet gratifies

Page 6

Coming to a living room near you!

In the next few months, families cared for by Hospice of Cincinnati will tell their stories in a series of commercials to air on local television stations. Their testimonials will bring to life HOC's distinctive care that 4,500 families rely on every year.

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

Home calls to us all

Home. Your own soft bed, familiar pictures on the walls, and the smells you associate with that place of great comfort. In sickness and in health, home calls to us all.

Staying at home is very important to Gerald Duncan. Now 62, he was diagnosed with progressive supranuclear palsy (PSP), a rare brain disorder, in 2002. Sometimes misdiagnosed as Parkinson's disease, PSP causes a gradual deterioration of brain cells in the brainstem. The disorder has left Gerald with blurred vision, general muscle weakness and an inability to walk or talk. He is beginning to have trouble swallowing since the muscles in his throat are affected by the disease.

Gerald's physician referred him for hospice care in April 2008 when his condition worsened considerably. "I don't think I could have kept

him at home without Hospice of Cincinnati's help," Gerald's wife, Phyllis, admits.

continued on page 5



Hospice of Cincinnati provides much needed support to Phyllis Duncan so her husband, Gerald, is able to stay at home as his disease progresses and caring for him becomes more difficult.

Outreach continues to South African partner

Hospice of Cincinnati continues to extend a helping hand to its partner hospice in South Africa. In the spring, a team from Hospice of Cincinnati made a follow up visit to evaluate Bophelong Community Hospice's progress.



Kathy Ritter, RN, Hospice of Cincinnati director of Clinical Operations, meeting one of Mamelodi Township's youngest residents.

Hospice of Cincinnati President and CEO Sandra Lobert, former President and CEO Steve West and Director of Clinical Services Kathy Ritter also visited this Mamelodi Township hospice to introduce Sandra Lobert to the Bophelong team. Lobert had the opportunity to go on home visits to get a good feel for the kinds of patients living in Mamelodi.

"The National Hospice and Palliative Care Organization is encouraging all of the hospices in the United States to partner with a hospice in Sub-Saharan Africa," Lobert explains. "It is so gratifying to see the huge impact we can have by sharing our expertise."

She and West spent a great deal of time discussing the need for human resources management and more caregivers. "Having the appropriate nurses and staffing levels in place is

continued on page 6

Message from the CEO



When a family member becomes terminally ill, life changes for all involved. Stress levels go up. Faith issues are sometimes challenged.

Feelings of helplessness and hopelessness often set in. The family unit is in crisis, and most people are not sure how to pull all the pieces of the puzzle together.

This is where Hospice of Cincinnati comes in, providing all the right resources to bring patients and families the care, comfort and peace they need to enjoy positive and meaningful time with one another. Our cover story demonstrates how our services have helped Phyllis and Gerald Duncan enjoy life together in their own home.

Gerald's degenerative disease worsened more than a year ago, and the family was referred for hospice care. They have utilized a variety of Hospice of Cincinnati services, relying on their case manager to ensure the highest level of comfort for Gerald. Phyllis also has accessed inpatient respite care for Gerald, giving her the periodic respite she needs to rejuvenate. This, combined with volunteer visits that allow Phyllis to leave home and spend time with her daughter and grandchildren, has helped keep things in balance for the Duncans.

The Duncans' story represents the experience of about 4,500 families a year who rely on Hospice of Cincinnati for sensitive, personalized and compassionate end-of-life care. Soon, our community will hear more of these kinds of stories via TV ads to begin airing over the next few months.

Using our new tag line – "Experience. Compassionate. Caring." – these TV ads will display the benefits of Hospice of Cincinnati care to Greater Cincinnati families. Our ultimate hope is that more people will begin to understand the increased benefits when families access us earlier rather than during the last few days. With earlier referrals, we can do so much more to bring positive and meaningful experiences to families during their remaining time together.

Whether in patients' homes, in nursing homes or in our inpatient care centers, we provide the care and environment families need to continue being families. There is nothing more important than having all the right pieces fit together at the end of life. Hospice of Cincinnati remains passionate about ensuring this for each and every family we serve.

Warmest Regards,

Sandra Lobert
President and CEO

Employee of the Quarter

Compassion in a smile



Bev Young

Bev Young's smiling face graciously greets families and patients when they visit Hospice of Cincinnati's Anderson Inpatient Care Center after 3 p.m. "I'm the first one they see when they arrive," the unit coordinator explains. "Sometimes, if I can help out with a kind word or a hug, it helps ease their anxiety a little." Young's supervisor,

Noelle Houser, agrees that Young has a positive impact on families. "Bev is so gracious to everyone who comes through our front door," she says. Young recently was named the Employee of the Quarter by HOC's Service Excellence Committee.

As a unit clerk, Young explains it's her job to make sure the unit runs smoothly. Besides answering phones and patient call lights, she also can be seen giving new families tours of the facility and assisting staff in meeting the individual needs of patients and families.

"Beverly has excellent people skills and customer service skills," Houser notes. "She is constantly going above and beyond to try and meet everyone's needs."

Young says she is a firm believer in teamwork. "I make sure all of the paperwork and charts are together so when a new patient is admitted, everything is ready for the nursing staff," she says. "I make sure I am there for whatever the staff needs me for and more."

Young helped open the Anderson unit three years ago. A TriHealth employee since 2000, she says her move to Hospice of Cincinnati has impacted her life. "I get to know the patients and their families," Young explains. "It also makes me really appreciate what I have when I see what patients and families have to face when they lose a loved one."

Young says it is easy to do the best job she can for Hospice of Cincinnati. "I give 110 percent every day and I always do the best job I can do," she says. "But it is so easy to do because I love my job."

If you do not wish to receive future issues of Hospice of Cincinnati's quarterly newsletter, or any other future fundraising communications from Hospice of Cincinnati of Cincinnati, Ohio, you may request to be deleted from our mail list. Please send a letter to the below address requesting to be deleted from the Hospice of Cincinnati mail list.

ATTN: Hospice of Cincinnati List Manager Bethesda Foundation Inc.
10500 Montgomery Road, Cincinnati, Ohio 45242

HOC in the community



Teen volunteer honored with national award

Hospice of Cincinnati teen volunteer Rachel Mashini recently received the Spirit of Women National Young Persons Role Model Award. A volunteer with the Anderson Inpatient Care Center since 2007, Mashini logged more than 90 hours visiting with

ailing patients and their families. Mashini now attends St. Louis University in the pre-medicine program, but continues to volunteer at the Anderson unit whenever she is in town.



Scarf It Up Club knits up comfort

The St. Ignatius Scarf It Up Club puts busy hands to good use knitting and crocheting a wide range of items for several area charities, including Hospice of Cincinnati. Beautifully hand-

crafted afghans and lap covers are given to patients in the West

home care and long-term care programs, as well as those in the Western Hills and Hamilton Inpatient Care centers. Hospice of Hamilton chaplain Eileen English provides prayer shawls for patients and families at the Hamilton Inpatient Care Center. The Club also makes 'chemo caps' for HOH patients who have lost or are losing their hair. *To donate yarn, fabric scraps or other sewing materials to the Scarf It Up Club, please call Volunteer Services at 513-792-6989.*

Horse-n-around to help Hospice

The Horse-N-Around 4H Club of Hamilton hosted the second annual Mike Hauenstein Fun Horse Show, raising more than \$1,200 to benefit Hospice of Hamilton and the American Cancer Society. Horses were available for those who wanted to participate but did not bring a horse.



For more information on how to host a third party fundraiser for Hospice of Cincinnati or Hospice of Hamilton, contact Diana Fogel at 513-865-1617.



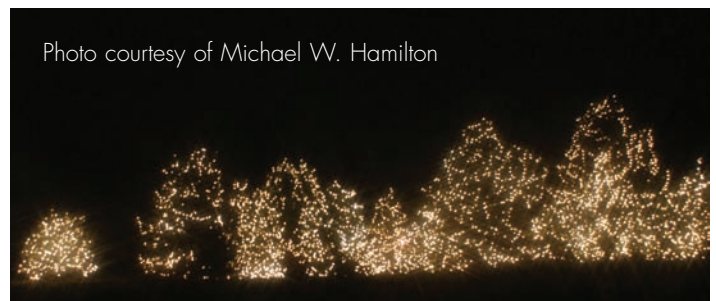
Soup's on

Thank you to our newest restaurant partner, **Parker's Blue Ash Grill**, 4200 Cooper Rd., who donates one of its specialty soups to our Blue Ash Inpatient Care Center Family Canteen every Monday. Thank you also to the Grand Finale and Stone Creek restaurants, our existing soup partners. *If your restaurant would like to donate soup to patients' families and visitors, please contact Judy Russell at 513-792-6989 or judy_russell@trihealth.com.*

A dazzling display!

Help families facing terminal illness celebrate life! Purchase lights – in honor or memory of a loved one – to decorate our campuses this holiday season, and know that your gift will brighten the lives of families throughout Greater Cincinnati. Lights can be purchased for \$25 each at our Blue Ash, Anderson, Western Hills or Hamilton campuses. Signs will be placed at each campus, labeling the displays as a "Celebration of Life." Individual names will not be printed on the signs, but recognition will appear in a future issue of this newsletter. *Please contact Diana Fogel at 513-865-1617 or diana_fogel@trihealth.com for more information.*

Photo courtesy of Michael W. Hamilton



Wiltse named Board of Trustees chairman



David Wiltse, MD

David Wiltse, MD

David Wiltse, MD, recently was elected chairman of the Hospice of Cincinnati Board of Trustees. He has been a member of the Board for six years.

“Dr. Wiltse has a wonderful sensitivity about how physicians can play an important role in creating more positive end-of-life experiences for their patients, and this interest led to his

membership on the Hospice of Cincinnati Board,” comments HOC President and CEO Sandra Lobert. “He has been very active in reaching out to the physician community to help them be more proactive in making earlier referrals for hospice care.”

A native of Cincinnati, Dr. Wiltse graduated from Johns Hopkins University and the Yale School of Medicine. He has worked as a pulmonary and critical care physician in Western Hills for 29 years, and has been the director of Pulmonary Medicine at Good Samaritan Hospital since 1982. He is the immediate past president of The Academy of Medicine of Cincinnati.

“I have a real passion for guiding patients and families through end-of-life decisions,” Wiltse says.

HOC welcomes newest board members



Leonard M. Randolph, Jr., MD

Leonard M. Randolph, Jr., MD

Leonard M. Randolph, Jr., MD, serves as senior vice president and divisional chief medical officer for Mercy Health Partners – Southwest Ohio. He brings extensive health care management experience to the Hospice of Cincinnati Board of Trustees from both the private and public sector. Dr. Randolph is a retired Major General USAF; former Deputy

Surgeon General USAF; and former Deputy Assistant Secretary of Defense, Health Affairs.

“Dr. Randolph has such an amazing background,” says Sandra Lobert, Hospice of Cincinnati president and CEO. “The depth of the experience he brings to the Board is extensive, as he has held leadership positions in both private sector and military organizations.”

Dr. Randolph currently lends his expertise to many boards, including Marietta College, the Hall of Excellence for the Ohio Foundation of Independent Colleges, the Health Foundation of Greater Cincinnati and the Greater Cincinnati Health Council Quality Improvement Council. A member of Leadership Cincinnati XXIX, he resides in Mason with his wife and five children. Dr. Randolph enjoys running, writing and fine dining.



Gregory A. Meyer

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Gregory A. Meyer is the owner of B. J. Meyer Sons Funeral Homes, Inc., with locations in Bridgetown and Price Hill. He brings a great deal of business management experience to the Hospice of Cincinnati Board of Trustees. Meyer has successfully run his company—a family business—for more than 25 years.

“Mr. Meyer brings a new, unique perspective to our Board,” Lobert says. “He deals with families, many of whom have not experienced hospice care, and has fresh ideas on how we can reach out to similar families. He also is a life-time resident of the Westside and has established good relationships in that community.”

A native Cincinnati, Meyer has been involved with the Western Hills Exchange Club—dedicated to the prevention of child abuse—for more than 23 years. He has two children, one of whom has joined the family business. Meyer’s hobbies include road racing, snow skiing, sailing and golf.

Hospice of Cincinnati chaplain Myra Wentworth visits weekly and says the love and spirituality between the couple has kept them strong. “Phyllis has bent over backwards to take care of him,” Wentworth remarks. “His care is really overwhelming,” she adds. “But Phyllis does it 24/7 without a complaint. So whatever we can do to help her, we do.”

An HOC nurse’s aide comes daily to provide Gerald’s personal care needs. “Our aide, Carol, is just like part of the family now,” Phyllis says warmly. Case manager Kathy Fleig, RN, manages his overall medical care and medication to ensure he is as comfortable as possible. His disease has led to multiple bladder infections, which she monitors carefully.

Fleig recently ordered a new hospital bed for Gerald, because he tries to get out of bed on his own and is at risk of falling. “His mind still thinks he can do it, but his body can’t,” Phyllis explains. The new bed can be lowered to the floor to avoid these potential accidents.

Wentworth notes that Gerald once was a very strong, busy man. “He has done so much in his life,” she says. “He’s flown airplanes, rode motorcycles ... being in this condition is very difficult for him.”

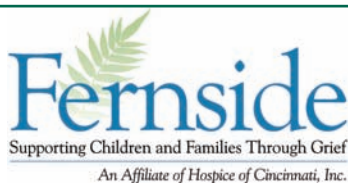
“His care is really overwhelming... but Phyllis does it 24/7 without a complaint. So whatever we can do to help her, we do.”

“She really keeps us grounded,” Phyllis remarks. “We talk about how there is a reason for everything, and why things just happen. We like her real well.”

Volunteer Tom Ball gives Phyllis some time to spend with her daughter and granddaughter and grandson once a week when he visits with Gerald. “When Tom is here with Gerald, I know I can safely leave and have a few hours to shop or run errands,” Phyllis gratefully notes.

The Duncans have taken advantage of more extensive, much needed respite for Phyllis. Gerald has been cared for at both the Hamilton and Blue Ash inpatient care centers periodically.

“You don’t realize how hard it is to take care of someone like this until you are doing it 24 hours a day,” Phyllis says. “But Hospice has definitely made it easier.”



Campers write poems, paddle canoes to deal with grief

*Camp has bugs, that's for sure
Camp was fun because I got to zip line
I liked making fishing poles and I caught two fish
I really liked tie-dyeing t-shirts
At camp, I had fun canoeing
Finding out my Dad was dead is like being
at the big swing
Camp has really helped me with grieving
Camp is a magical place where we meet new friends
and create new memories
We have our ups and downs in our grief,
but Camp Erin
has helped us to do that
Camp is the best place in the world!*



The Blue Bumper Cars sharing circle wrote this poem at Camp Erin—Cincinnati, a summer camp offered by Fernside, an affiliate of Hospice of Cincinnati. Held at Camp Kern July 30 through Aug. 2, the camp offers opportunities for physical and emotional grief work for grieving children ages seven to 12. Campers also experience traditional camp activities. Camp Erin is sponsored in part by the Moyer Foundation, the Dater Foundation and Summertime Kids.

“Gourmet” gratifies once again

Gourmet Sensation enjoyed a record crowd of more than 1,000 guests who dined on some of the finest foods and wines in the land. The event welcomed a fresh design, a silent auction, a tasting sponsored by Brown Forman & Woodford Reserve and the Gourmet “Late Night” Sensation, raising more than \$240,000 for Hospice of Cincinnati.

Title sponsors Edyth and Carl Lindner, along with major sponsors The Cincinnati Hotel, Cutting Edge Selections and Claire B. Phillips, helped make this another successful year for this unique and palate-pleasing event. The Gourmet Steering Committee as well as a host of volunteers gave long hours to ensure the event’s success.

Guests enjoyed delectable dishes prepared by 17 of the nation’s best chefs and were entertained by local band 2nd Wind. Among the participating chefs were Jose Salazar and Summer Genetti of The Palace Restaurant, Cincinnati; Robert Waggoner of U Cook with Chef Bob, Charleston; Michael Bulkowski of the Revolver, Findlay; Colby Garrelts of bluestem, Kansas City; Miles James of James at the Mill Restaurant, Johnson, Arkansas; Wally Joe of Brushmark, Memphis; Tandy Wilson, City House, Nashville; Joe Miller, Joe’s Restaurant, Los Angeles; Todd Johnson, Artisan Bread Company, Ft. Myers, Florida; Radhika Desai, Top Chef Season 5, Chicago; Matt Durham, The Oakroom at The Seelbach, Louisville, Kentucky; Neal Fraser, Grace, Los Angeles; Jim Gerhardt, Limestone, Louisville; and Don Yamauchi, Motor City Casino, Detroit.

Special thanks go to Edyth and Carl Lindner, The Cincinnati Hotel, Cutting Edge Selections, Claire B. Phillips, Consolidated Health Services, Fifth Third Bank, The Loth Experts, Lamson Design, Macys, Mercy Health Partners and Healthspan, Executive Transportation, Sandy



Enjoying the evening are Hospice of Cincinnati Medical Director Rebecca Bechhold, MD, and her husband, Christopher Bechhold.

and Bob Heimann, Harry’s Corner Flooring, Therapy Support, Jan P. Knisely, MD, Blank Rome, LLP, Fort Washington Investment Advisors, Marie C. Huenefeld, Queen City Surgical Consultants, PowerNet Global Communications, Bethesda Center for Reproductive Health and Fertility, Bethesda Inc., Group Health Associates, FOCUS/FGW, Goodwin Lighting, Oncology Hematology Care, Berman Printing, Duke Energy, Schottenstein, Zox & Dunn, Cardiology Center of Cincinnati, Riverhills Healthcare and TriHealth, Turner Construction, The Urology Group and The Urology Center, US Foodservice and Sherri and Steven Warshaw.

For more information on next year’s Gourmet Sensation, please contact Rose Grafton at 513- 865-5223 or rose_grafton@trihealth.com.

SOUTH AFRICA *continued from cover*

critical to both caring for their patients and achieving accreditation,” Lobert says.

Ritter noted one of Bophelong’s biggest issues is the lack of professional or registered nurses. “They lack the funding for these trained professionals, and this limits the number of patients they can admit,” she says. As part of HOC’s mentoring, Ritter met with one of the accreditation surveyors to ensure that Bophelong can apply for funding as long as they continue to move forward in the process.

Most gratifying, said Ritter, were the patients they visited who had been so ill or close to death on their last trip in 2006. She remembers a small boy who was terribly ill on their last visit. Today he is healthy and attending school. “We can

see people are getting the treatments they need to improve their lives and are living with HIV.”

In addition to expanding classrooms and orphanages, long-term care facilities are under development in the community. “So many older folks are losing their children to AIDS, so there is no one to care for them once they are older and need a caregiver,” Ritter explains. “This really shows the devastating effects of HIV/AIDS on every generation.”

Lobert says she was struck by the Bophelong staff and how they function so well as a team. “They were truly empowered. Every employee took such ownership for every patient, she says. “It was very inspirational.”

From the Foundation

Double the change with a charitable gift annuity

Gary Algie
Director, Planned
Giving/Major Gifts



Many people give to charitable organizations because they wish to help make a difference while at the same time continue a stable income. With a charitable gift annuity, you can help an organization such as ours make a difference by funding its cause, and you'll benefit by ensuring enough income for your financial security.

A charitable gift annuity is easy to set up and doesn't require a huge investment. The donor transfers funds to Hospice of Cincinnati in exchange for lifetime annual income payments. In addition, the donor (and a survivor, if desired) can receive a guaranteed and attractive rate of return, free of investment worries and responsibilities.

Plan benefits

1. Steady income – The rate of payment you receive doesn't fluctuate with the stock market, interest rates or inflation. It is firmly set at the time of your gift and never changes. A brief contract spells out the annuity payments and their frequency (usually annually, semi-annually or quarterly.)

2. Tax breaks – If you itemize deductions on your tax return, you get a tax break for a portion of your gift, based

on the payment you receive and your age at the start. Generally, part of the annuity payments you receive are tax-free throughout your life expectancy. If you give appreciated securities for a gift annuity, your capital gains tax is much smaller than if you had sold those securities. Plus, it's normally spread over your life expectancy, rather than being reported all at once.

3. Deferred payments – A charitable gift annuity provides the benefit of immediate payments, but if you defer the payments, the benefits multiply. If you are currently earning a sizable income, deferring payments can secure additional retirement income when you may be in a lower tax bracket.

By creating a charitable gift annuity, you'll receive dependable and unchangeable payments for life, enjoy significant tax savings and you'll ensure high quality end-of-life care for Greater Cincinnati by supporting Hospice of Cincinnati.

If you would like to learn more, we can work with you and your financial advisor (at no obligation) to calculate benefits in your particular case. Contact me for more information at (513) 865-1622 or e-mail gary_algie@trihealth.com.

Adult Bereavement Support Group offerings

Grief support groups are available at our Anderson, Blue Ash, Hamilton and Western Hills locations. For information about these programs and other Hospice of Cincinnati bereavement services, please call: Alan Gruber at 513-686-8120, Vivian Jones at 513-686-8139, Claire Peasley at 513-686-8121, or Polly Peterson at 513-686-8122.

Please call the number listed for each group for more information and to register.

Adult Bereavement Support Group

Young Adult Grief Support Group offered by Fernside: A Center for Grieving Children for young adults ages 18 to 26. Call 513-745-0111 for more information or to register.

BLUE ASH

Afternoon Support Groups

Tuesdays 1 to 2:30 p.m.; call Polly Peterson at 513-686-8122 for more information or to register.

Thursdays 1 to 2:30 p.m.; call Claire Peasley at 513-686-8121 for more information or to register.

Evening Parent Loss Support Group

for adults, ages 27 and older, who have experienced the death of a parent or of a surrogate parent figure. Thursday evenings 6:30 to 8 p.m.; call Claire Peasley at 513-686-8121 for more information or to register.

WEST SIDE

Evening Support Group

Call Alan Gruber at 513-686-8120 for more information or to register.

HAMILTON

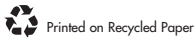
Afternoon Grief Support Group

Thursdays 1 to 2:30 p.m.; call Polly Peterson at 513-686-8122 for more information or to register.

Volunteers needed

Why volunteer for Hospice of Cincinnati-Hamilton? Because you receive more than you give. We need compassionate and committed volunteers to help our patients and families. To learn more about how you can help, visit our website: www.hospiceofcincinnati.org. Training classes are scheduled for: Feb. 20, May 1, and Aug. 1. Pre-registration is required. For more information or to register, contact Judy Russell at 513-792-6982 or judy_russell@trihealth.com.

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Dancers from the Charity and Faith Mission Church Choir are dressed in colorful, traditional African garb as they perform a benefit performance, raising nearly \$26,000 to support Bophelong Community Hospice.

South African choir raises funds, voices

The “Sounds and Songs of South Africa” concert thrilled concert-goers Sunday, Oct. 4, and supported Bophelong Community Hospice in Mamelodi Township, Hospice of Cincinnati’s sister hospice in South Africa.

Dressed in colorful, traditional African garb, 12 members of Mamelodi’s Charity and Faith Mission Church Choir performed, featuring traditional African instruments and dance moves at Crossroads Community Church. Almost 3,000 people attended, donating nearly \$26,000 to support the Bophelong hospice.

In addition to the dance-oriented, culturally-rich music, concert-goers enjoyed “Steel Away,” a steel drum band with performers from the University of Cincinnati’s College Conservatory of Music. The four-member band set the tone for the event with a 10-minute short set of upbeat, Caribbean-style instrumental music that rounded out the evening of culture and celebration.

Hospice of Cincinnati continues to support Bophelong Community Hospice with professional expertise. Hospice of Cincinnati President and CEO Sandra Lobert visited Bophelong last spring, along with HOC’s Director of Clinical Services Kathy Ritter and former HOC President and CEO Steve West. This visit provided an opportunity for information exchange and clinical support and facilitated deeper understanding of the unique challenges associated with hospice care in South Africa. See front cover for more information about this trip.

Go nuts this holiday!



Looking for a holiday gift idea? The Auxiliary of Bethesda Hospital is selling Koeze nuts and chocolates as an annual fundraiser. Proceeds provide grants to Bethesda North Hospital and Hospice of Cincinnati for services and programs that enhance care for patients and their families. The Auxiliary has chosen the Koeze nut and candy variety because of its uncompromising quality, distinctive packaging and special services, including decanter customization and direct shipping.

For information on how to order, please contact Jerri Spurlock at 513-865-1618 or jerri_spurlock@trihealth.com.