

# Hospice Alliance™

Ask for us by name

# Hope NOTES...

## Sage Insights from a Life Well Lived

When it came time to get her papers in order, Patricia Richards, did more than a typical Hospice Alliance patient. She didn't just ensure her Healthcare Power of Attorney, Last Will and Testament and other medical and legal documents were in place. She put together her "pamphlet."

Known to family and friends as "Pat," she gathered up all the scraps of paper she'd been collecting over the years, tucking them away along with those she'd also been cataloging mentally. Those snippets each contained a quote or saying that she found meaningful. The passages

were from scholars such as Plato, poets including Emerson and celebrities such as Dr. Phil. In addition, she'd been jotting down some consequential thoughts of her own.

When she signed on for care with Hospice Alliance, due to complications from COPD, it was the impetus to assemble these quotes. Due to her loss of sight, her husband, Paul, and best friend, Mary, helped her. And the resulting product is "Wisdom of the Sages – Past and Present."

"The Pamphlet serves as a self-help guide. Basically it gives people something to think about regarding the value of their lives. It has bothered

me that people don't read. They don't think," Pat noted.

"I've always been very philosophical – a pragmatist.



Pat shares her Pamphlet: "Wisdom of the Sages – Past and Present" – a compilation of quotes she's found meaningful throughout the years.

Some people say that it's not a good way to live, but I'm realistic. 'Get Real!' as Doctor Phil says," she shares. "The most important quote, the one that got the ball rolling is from Plato. He stated: 'The unexamined life is not worth living.'"

The 87-year-old was born in Stanley, Wisconsin, and after several moves, landed in Kenosha for 7th grade. Here, at Mary D. Bradford, she met her future husband Paul, a State Champion Swimmer and Class President who reminds her

Hospice Alliance launched a new Community Outreach and Fundraising program "Dining for Donations." Each month, we team up with an area restaurant to support dining at its location. In turn, a portion of each sale is donated back to Hospice Alliance.

## Dining for Donations


**Thursday, August 18**  
**Mason's Pub & Eatery**  
7000 74th Place, Kenosha  
11am - 12 midnight

**Thursday, September 15**  
**Bull & Bear**  
**Eatery & Tavern**  
4017 80th Street, Kenosha  
10am - 2am



Hospice Alliance volunteers assist with greeting and serving at the May Dining for Donations event at Culver's!

For more details and updates on event times:  
[www.hospicealliance.org](http://www.hospicealliance.org)

Like Us on 

*continued on page 4*

## It's Just What We Do...



Rita Hagen, RN, MSN  
Executive Director

When I remind people to “ask for us by name,” it often leads me to explain how Hospice Alliance is exceptional.

### ***This is what I share:***

While all hospices are governed federally, and have the same basic standards, asking WHY a hospice provides care will lead to the discovery of some remarkable differences.

At Hospice Alliance we are conscious of the standards. We work hard to stay in front of new regulations and on top of best practices. In fact, we received a deficiency-free state survey in June! Our “basics” are covered. And we are proud of that!

But what I am equally proud of, and so passionate about, is WHY we provide care. At Hospice Alliance, we live by our Mission Statement: **“...dedicated to caring for the terminally ill and empowering those who support them. We strive to provide comfort in order to enhance the quality of life each day.”**

**Caring for the terminally ill** – That’s what we do; and that’s all we do. Our board of directors, our staff and our volunteers are laser-focused on providing extraordinary hospice care. After all, we are caring for our friends, family and neighbors, as all of us at Hospice Alliance live in the communities we serve.

**Empower those supporting the patient** - We listen. We teach. We understand. We hug. We help the caregiver take care of his or her loved one. And after the loved one leaves us, our bereavement team is ready to assist, going well above and beyond the “standard” handful of letters and phone calls.

**Provide comfort to enhance the quality of life** – We simply say: “Add Life to Days.” This includes traditional medical treatment, but it goes beyond that to include Complementary Therapies. (None of which are reimbursable through insurance... but it’s just what we do.) It also includes granting wishes such as weddings in our Hospice House garden, Harley trips or simple car rides through Petrifying Springs to enjoy the Fall colors.

As a mission-driven non-profit, we are able to constantly reinvest in the service we provide. We choose to identify ways we can live our mission – opening our bereavement services to the entire community, growing our Complementary Therapies program, providing care for those in need, regardless of their insurance coverage or ability to pay.

And, of course, our Hospice House - a shelter in the storm for so many families - truly embodies WHY we do what we do.

As an advocate for Hospice Alliance, we appreciate your on-going contribution to Hospice Alliance’s mission. On Page 3, you will see some of the ways Hospice Alliance goes above the “basics” and WHY you want to “Ask for us by name.”

Sincerely,

A handwritten signature in black ink that reads "Rita".

## Volunteer Spotlight “You get more than you give” is the consensus.

The group, comprised of two Marthas, a Judy, a Betty, a Donna, a Linda, and the dearly missed matriarch, Nellie, were unofficially known as “the girls in medical records.” Nellie had been a volunteer for 25 years, which made the rest of the group with between 4 and 10 years of service practically new-bees!

They came to Hospice Alliance with skills and experience as unique as their paths here. Recently they reminisced of the years when packets of paperwork were prepared daily for the Care Teams and filing was truly endless.

With the implementation of Electronic Medical Records, the group found its workload lightened. It was during those slow days that they transformed into the “Coffee Mates.” As their time entering data, copying, filing and sorting was limited, they could be found filling their typical volunteer schedule baking cookies and



The Coffee Mates: Judy O., Donna B., Martha O., Martha W. and Betty C. Not pictured: Linda.

muffins for our Hospice House and outreach initiatives. Between batches, they sipped coffee and socialized.

Their friendships have grown to also include: meeting up for coffee, dinners out, catching a movie, and for Judy O. and Martha W., meeting up in Arizona for lunch!

“We thank our “Coffee Mates” for a nearly infinite number of volunteer hours, their dedication to our Mission and their willingness to advocate for Hospice Alliance care in the community. I am thrilled that they have found life-long friendships, making their volunteer time with us worth even more than we could ever thank them,” Rita Hagen, Hospice Alliance Executive Director, noted.



## The Hospice Alliance Difference

For 35 years, Hospice Alliance has taken the philosophy of personalized care to the next level. A diverse team of care providers specializes in “adding life to days.” The following is a sampling of our services bringing further comfort and hope to patients.

### **Benevolent Touch**

Although the mind may forget, the body still remembers and responds. This is why Sheri Milligan-Holborn, RN MS Clinical Educator, comments on the “fullness of love” patients feel from the loving and nurturing intent of gentle massaging. Benevolent Touch improves physical and emotional symptoms by decreasing anxiety or restlessness and bringing greater feelings of affection. All patient care staff and volunteers are trained in this gentle touch therapy.

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### **Complementary Therapies**

A variety of therapies are offered – including Dance/Movement, Art, Aromatherapy and our new Music of the Soul program. Kamahria Hopkins, MA, R-DMT, Coordinator of Complementary Therapies and Employee Wellness, notes that the therapies “focus on what the patient can do,” personalizing each session to their abilities and needs to make connections between the mind, body, and spirit.

### **Pet Therapy**

Known to make improvements to a patients’ physical, social, emotional and cognitive functioning, spirits may be brightened with a short visit from a furry friend.

### **Veterans Program**

In addition to participating in the “We Honor Veterans” national program, upon admission, veterans in our care receive a “Thank You for your Service” package – a framed certificate of appreciation, a flag lapel pin and a handmade red, white and blue lap quilt or afghan. “All veterans have made a sacrifice to serve our country and protect our freedoms. It’s important to acknowledge their service to our country,” says Libbi Weisinger, Customer Relations Manager. Additionally, Hospice Alliance partners with a local elementary school to create handmade Veterans Day greeting cards to patients.

### **Prayer Shawls**

A prayer shawl is provided to be a warm embrace when additional comfort and peace is needed. With each stitch, a warm thought and prayer was offered for the individual needing it most – sometimes the patient and sometimes a caregiver.

*continued on page 4*

Patient, Marlene W., enjoys the comfort of a Prayer Shawl handmade by a volunteer.



Pet Therapy team, Atticus and Karen, enjoys a day of visits at the Hospice House.



Veteran’s Day “Thank You” cards created by Whittier Elementary students packaged for delivery to our Veteran patients and Nursing Home/Assisted Living resident Vets.



that she was and still is his “Prom Queen.” After a family relocation in late high school, Pat and Paul frequently traded letters. Upon completing high school and seeking a larger town, she returned to Kenosha with the rest being “history” as they say.

“She and Paul are a hand and glove – they fit together so well – anticipating each other’s needs. They have a unique relationship, in that it is based

on true honesty which enlightens who they both really are: honest in both deeds and word,” observed Hospice Alliance Chaplain Charlie Hansen.

She and Paul married and raised a family of three daughters. One of whom, Terry, is an artist, who designed the pamphlet. When the girls were old enough, she earned her Associate’s Degree in Interior Design at Gateway. Despite a successful

career, she wasn’t satisfied with her education and continued with classes at U-W Extension.

“It was the “Psychology of Human Relations” class that inspired me to start paying attention to wise men and women,” Pat shares.

She challenges people to ask the questions: Who am I?, Why am I here?, Where am I going?, That they find a purpose. To lead a life that is worth living.

#### *Hospice Alliance Difference... continued from page 3*

##### **Vigil Volunteers**

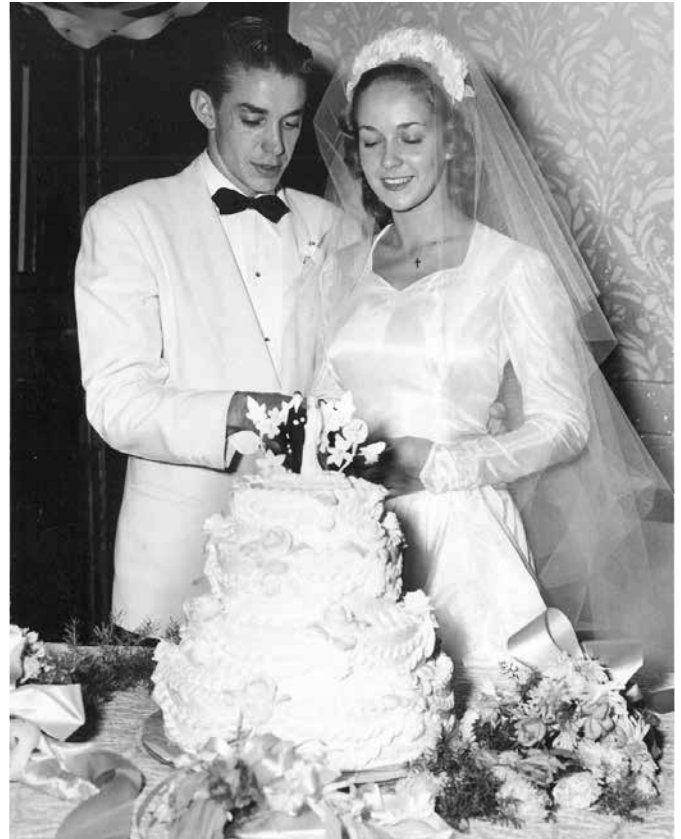
When a family member cannot be present, volunteers will be there as a comforting voice, a hand to hold, or a supportive presence wherever it is needed to ensure that no Hospice Alliance patient feels alone throughout the end-of-life process.

The fall edition of Hope Notes, will feature “The Hospice Alliance Difference” for families and friends who’ve had a loved one in our care.

With compassion and a commitment to “adding life to days” of our patients, Hospice Alliance’s Julie M., CNA enjoyed spending time with her patient, Shirley H.

“I always carry a copy of “Wisdom of the Sages...” with me,” said her Hospice Alliance Case Manager, Cindy Love, RN. “It reminds me of a no-nonsense style of living, but with thought and compassion.”

Oftentimes at Hospice Alliance, our Circle of Care team members help to lead patients and families on their journeys as the end of life draws near. In the case of Pat Richards, she just may be here to lead us.



Pat, pictured with her “Prom King” Paul at their 1948 wedding. Her wedding dress was handmade from Paul’s brother’s World War II parachute.







## A Time to Remember

On Wednesday, June 22nd, Hospice Alliance hosted our annual Service of Remembrance and Memorial Brick Dedication at Kemper Center. Despite the passing storm, nearly 150 people attended the event, which was moved into Founders Hall.

This year's service consisted of a lovely testimonial by Ginny Brydges, whose father was in our care, a vocal duet by Hospice Alliance's own Libbi Weisinger and Sharon Wadlington, RN, as well as a ceremonial rifle volley and playing of "Taps" by the Kenosha Area Vietnam Veterans Color Guard.

Following the service, guests were invited to enjoy a variety of refreshments, homebaked by our volunteers and a digital slide show honoring the loved ones of those in attendance. Guests were also encouraged to write the name of the person being remembered on a decorative leaf to be hung on The Remembrance Tree which is on display at the Hospice Alliance Hospice House.

Family and friends who memorialized a loved one with a brick, enjoyed the break in the storm as they gathered on the brick walk to locate their special symbol. Many saw the dedication as an opportunity to travel to town and enjoy a family gathering.

The event is traditionally held on the 3<sup>rd</sup> Wednesday in June and is scheduled for June 21 in 2017.



After the rain, families and friends located their Memorial Bricks and reminisced about their loved ones.



Guests took time to share the names of loved ones on leaves hung on the Memory Tree displayed at the Hospice House.



## A Special Memory

Engraved memorial bricks create an everlasting memory of your loved one! Order yours today and enjoy your special placement in the Hospice Alliance Memorial Brick Walk around the fountain at Kemper Center. Memorial Bricks are \$150 for a 4"x 8" traditional sized brick or \$500 for the 12" x 12".

For more information or to order your Memorial Brick, visit [www.hospicealliance.org/events/bricks](http://www.hospicealliance.org/events/bricks) or call Megan Frazer at 652-4400 ext. 1253.



Violist, Faith F., provided uplifting notes both before the ceremony and during the following reception.



For more details and updates on event times: [www.hospicealliance.org](http://www.hospicealliance.org)



**October 18**

**Screening of:**

***Consider the Conversation 2:  
Stories about Cure, Relief and Comfort***

Kenosha Public Museum

5500 1st Ave., Kenosha

Time: 6pm

Please RSVP – 262.652.4482 ext. 1452

**November 3**

**4th Annual Ring and Remember**

Hospice Alliance

10220 Prairie Ridge Blvd., Pleasant Prairie

Time: 4pm or 6pm

Please RSVP – 262.652.4482 ext. 1452

**March 4, 2017**

**An Evening of Wishes**

U-W Parkside University Ballroom

For more information, to be included on our invitation list or to learn more about sponsorships or donating, please contact Megan Frazer at 262.652.4482 ext. 1253



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## Hospice Alliance Wish List

- Gift Cards (Pick 'n Save, Walmart, Stein's, Jo-Ann Fabric, etc.)
- Mixes (Bisquick, muffin, cookie, bread and pancake)
- Travel Size: hand/body lotions, deodorant, shaving cream, lip balms, body wash
- Wheeled laptop computer bags (used for patient visits)
- Memory Bear Supplies: buttons 5 or 6 to a card, 5/8 inch ribbon, fiberfill
- Craft feathers, sand, pinecones, river rock, stencils, buttons, acrylic paint, needle and thread, watercolor palettes, oil pastels, soft chalk pastels, paint brushes, pad watercolor paper for Art Therapy
- iPads for telemedicine (to be able to facetime with patients and families)
- iPods (new or gently used), iTunes gift cards, headphones for our Music of the Soul program

Please drop off items at Hospice Alliance,  
10220 Prairie Ridge Blvd., Pleasant Prairie. *Many Thanks!*



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Hospice Alliance is your compassionate, community, non-profit hospice,  
incorporated in 1981.

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