

SPRING 2014

Hospice Alliance™

Ask for us by name

Hope NOTES...

COMING EVENTS

Go to our website calendar for details and updates:
www.hospicealliance.org

June 25
Annual Remembrance Event & Brick Dedication
Kemper Center - Kenosha

July 27
8th Annual Car Show and Craft Fair
Pleasant Prairie Office

August 7
Anita LaMacchia
“For the Love of Golf” Outing
Bristol Oaks Country Club

September 18
1st Anniversary Celebration
Racine Hospice House

November 13
Ring & Remember Event
National Hospice Month
Pleasant Prairie Office

“Our sincere gratitude for the excellent care and personal attention you gave to our mom.”

Help us save postage!

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



Shall We Dance? Hospice Alliance First to Launch New Therapy



Hospice Alliance Dance/Movement Therapist Kamahria Hopkins guides a patient through dance movements that help her express her feelings of joy.

Hospice Alliance is now the first provider in SE Wisconsin to offer Dance/Movement Therapy (DMT) and its benefits for the mind, body and spirit as part of care services for patients and grieving families.

Dance/Movement Therapist Kamahria Hopkins started providing the

therapy February of this year as part of Hospice Alliance’s individualized patient care. She has also offered DMT in group settings at our grief support workshops and at a partner dementia care facility.

Hopkins uses a variety of music and colorful props, along with expressive, *continued on page 2*

SAVE THE DATE - July 27

Bring Your Family to Our 8th Annual “FUN-Raiser”

Hospice Alliance will host its 8th Annual Car Show – Art & Craft Fair on Sunday, July 27th from 10:00 am to 3:00 pm.

In addition to the “show and shine” format Car Show and Art & Craft Fair, the event will offer a Family Fun area that includes free, kid-friendly activities. Our team of volunteers will host a homemade bake goods sale.

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A Message from Our Executive Director



Rita Hagen,
Executive Director

Although it's taken some time, we can all smile that spring is upon us. Hospice Alliance is delighted to be bringing more smiles into the lives of patients and families, too.

You read about Benevolent Touch in our last newsletter. Now 100% of our staff is trained in this gentle, nurturing therapy.

I hope you enjoy reading about Dance/Movement Therapy in this current newsletter. These new therapies are just two more ways Hospice Alliance provides more care and more support to those we are blessed to serve.

And we wouldn't be able to do so without your blessing. As a friend of Hospice Alliance, you helped make these programs possible. Whether your donations are monetary, in-kind gifts or gifts of your time, you are the reason our mission continues and so many facing life-limiting illness are able to find solace and comfort.

I leave you with a few words from Elisabeth Kübler-Ross, author of the book *Death and Dying*. She was one of the first to speak in support of home care for the dying (instead of institutional settings) and argued that patients deserve choice and a voice in the decisions that affect their destiny.

"There is within each one of us a potential for goodness beyond our imagining; for giving which seeks no reward; for listening without judgment; for loving unconditionally."

Warmest Regards,

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SHALL WE DANCE? continued from page 1

improvisational dance movements in her therapy sessions. Patients participate in the therapy by mirroring Hopkins' guided movements or initiating their own.

Even patients who are bed- or wheelchair-bound benefit from deep breathing and relaxation techniques that are also part of DMT.

"I'm delighted to be able to help bring more quality of life to Hospice Alliance patients and their families, says Hopkins. "When I work with people using DMT, I often see a new type of energy emerge...it could be peacefulness or more engagement. The results are unique to each person."

Physical benefits of DMT may include increased coordination and mobility and decreased muscular tension. Emotionally, it helps people gain a greater sense of well-being and provides an outlet to express their feelings.

Dance/Movement Therapy has been shown to:

- Enhance sense of self-esteem
- Improve interaction and socialization
- Decrease muscle tension and increase coordination
- Increase range of movement potential
- Gain awareness of emotional state
- Decrease feelings of grief, depression, anger and anxiety
- Improve sense of fulfillment, through self-expression

DMT is the second innovative therapy introduced into patient care services by Hospice Alliance this year. Benevolent Touch Therapy (a specific type of light touch massage) was introduced in January.

Both DMT and Benevolent Touch align perfectly with the hospice philosophy. They are based on the premise that the body, mind and spirit are interconnected.

"The goal of Hospice Alliance has always been to provide more life at the end of life," says Rita Hagen. "By introducing Dance/Movement and Benevolent Touch Therapies, we're using two more outstanding tools to help our patients and families feel better physically, emotionally and spiritually."

SAVE THE DATE - August 7

Anita LaMacchia "For the Love of Golf" Outing

Don't Miss the Anita LaMacchia "For the Love of Golf" Outing benefiting Hospice Alliance and Alzheimer's Research. The event will be held Thursday, August 7th at Bristol Oaks Country Club.

Last year's event raised \$32,000, which was split between the two charities. For more information and to register, contact Mary Karnes at (262)694-6643.



First Friday Quilters Guild Donates “Circle of Life”

When “First Friday Quilters Guild” Founder Barbara Vallone was presented with the hand-pieced, batik fabric quilt by Kathy Trimberger of Kansasville, she named it “Circle of Life” and asked Kathy if she could donate it to Hospice Alliance.

Trimberger crafted the quilt by piecing together strips of batik fabric, which has rich colors and intricate designs on front and back. The fabric is then cut again into squares before it is stitched together.

“I believe quilts reflect life,” says Vallone. “Things come together, they break apart, then come back together again.”

The First Friday Quilters Guild of Racine County, which Vallone founded in 2006, donates from 250-300 quilts every year.

The quilter usually selects the charitable organization to receive the donation. However, Vallone suggested Hospice Alliance be the recipient of Trimberger’s quilt after reading in the newspaper about our Racine Hospice House.

“We’re delighted to be the recipient of the ‘Circle of Life’ quilt,” says Rita Hagen, Executive Director. “Its message speaks to the hearts of our patients and caregivers and we appreciate the many hours of work and creativity that went into this beautiful gift.”



Racine County Quilters Guild founder, Barbara Vallone, poses with the “Circle of Life” quilt crafted by Kathy Trimberger of Kansasville.

Thank You for Donating Your Time & Gifts!



Welcome Spring 2014 Volunteers!

1st Row: Michael Brooker, Linda Fonk. 2nd Row: Terri Maxwell, Carla Larson-Struss, Kerry Anderson, Rosemary Chaput, Karen Hansen. 3rd Row: Patty Farmer, Lorraine Marzini, Judith Turner, Laura Burmeister, Judy Miller, Khristina Taylor. 4th Row: Dennis Pizarro, Ralph Annina, Colleen Flynn, Cheri Kagan, Paul Hickey.



Two non-crafters and a crafter teamed up to crochet this beautiful afghan for one of our deserving vets. (Right to left) Debra Reinfeldt, Jody McCarron (who bought the yarn) and Donna Lewens (who crocheted the afghan). Our heartfelt thanks!



James G. Sharkey, who has trained professionals, including ski patrol and hospital staff, in the use of defibrillation to stop cardiac arrest, presented two portable units (called AEDs) to Rita Hagen as a donation to Hospice Alliance. The donated AEDs will offer an extra measure of health safety for staff and visiting families at our Kenosha and Racine Hospice Houses.

Help us save postage! Subscribe to our new Hope Notes e-newsletter at www.hospicealliance.org

SAVE THE DATE - July 27 Funraiser (continued)

This is a wonderful community event started by Phil "Fire-Suit" Pofahl, a long-time classic car enthusiast and Hospice Alliance supporter. Although, Phil passed away, his torch is carried on by wife, Barb Pofahl, and daughter, Linda Holly.

Nearly 200 hundred people turned out for last year's event, making it a great showcase for local businesses. Sponsorships are available starting at \$100 and include your logo on banners throughout the event, in our newsletter, website and on our Facebook page.

If you aren't able to sponsor, but still want to show support, volunteers are needed to sell raffle tickets. Donations of items to raffle and for food concessions are also requested. All proceeds go to support our



Founded by Phil "Firesuit" Pofahl, and carried on by Barb Pofahl and Linda Holly, the 8th Annual Car Show to benefit Hospice Alliance will be Sunday, July 27.

mission of providing compassionate care for terminally ill people and their families. To volunteer, sponsor or donate, call Anita Alfaro at (262) 652-4482 x 1254.

Last Chance to Order a Memorial Brick

Engraved memorial bricks create everlasting memories of your loved ones. Order yours by **May 19, 2014** and be part of the 2014 Remembrance and Brick Dedication on Wednesday, June 25.

This year's event will combine our spring, fall and June events all into one, at the beautiful and spacious Kemper Center.

"We have simply outgrown our modest conference room at our Pleasant Prairie Administration Office," said Executive Director Rita Hagen. "Kemper Center

is the natural place to hold this event, since our brick memorial walkway is located here. Families will be able to reconnect with their caregivers and see the lovely memorial walkway with their inscribed bricks at the same time."



We hope to see you at the June 25th event! To order a memorial brick, use the form below or go to our website.

Order by May 19, 2014. Return form in the enclosed envelope with your check payable to Hospice Alliance Foundation or go online www.hospicealliance.org

Your Name _____

Your Address _____

City, State, Zip _____ Phone _____

Regular brick: \$150.00 - Print up to 12 letters & spaces X 3 lines. Large brick: \$500 - 19 letters & spaces X 7 lines.

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