

## COMING EVENTS

Go to our website calendar for details and updates:  
[www.hospicealliance.org](http://www.hospicealliance.org)

**February**  
**Volunteer Training Begins**  
Pleasant Prairie Office

**April**  
**Educational Program**  
Helping Adolescents Cope with Loss

**May 6**  
**“I Remember Better When I Paint”**  
Golden Rondelle–Racine  
Sponsored by Hospice Alliance and Alzheimer’s Association

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

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

*“Thank you for all the care given to my sister. I would not have been able to keep her at home without the care of Hospice Alliance.”*

– Carol B.

Like us on  Facebook

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

## Patients to Benefit from New Benevolent Touch Therapy

The Hospice Alliance staff is currently being trained in Benevolent Touch, a new type of therapy especially beneficial for patients with dementia or with sensory loss due to aging.

Benevolent Touch has been shown to reduce feelings of anxiety and decrease pain, agitation and restlessness. It also helps patients by building relationships and trust, enhancing the ability to relax and sleep as well as increasing energy and alertness.

Facility Liaison, Sheri Milligan-Holborn, RN, and Volunteer Coordinator Heidi Skokut were certified as Benevolent Touch trainers by St. Ann Center for Intergenerational Care in November and began training Hospice Alliance certified nursing assistants (CNAs) in December.

CNAs have the most interaction with our patients, so have the opportunity to incorporate Benevolent Touch in their daily care,

enhancing the quality of the lives of our patients.

“Our goal is for everyone at Hospice Alliance to be trained in Benevolent Touch. It will allow us as caregivers to communicate a message of caring and a feeling of safety to all of our patients,” said Executive Director Rita Hagen.

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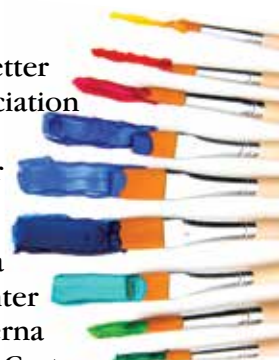
Volunteer Coordinator Heidi Skokut demonstrates Benevolent Touch techniques.

## SAVE THE DATE - May 6

### Join Us For “I Remember Better When I Paint”

Join us at the Golden Rondelle for a viewing of “I Remember Better When I Paint” on May 6. Hospice Alliance and Alzheimer’s Association will co-sponsor the showing of this internationally-acclaimed documentary, which depicts the positive impact of art and other creative therapies on people with Alzheimer’s Disease.

Among those who are featured are noted doctors and Yasmin Aga Khan, president of Alzheimer’s Disease International and daughter of Rita Hayworth, who had Alzheimer’s. The film’s producer, Berna Huebner, will be among the guest presenters at the local event. Go to our website for more details: [www.hospicealliance.org](http://www.hospicealliance.org).



## A Message from Our Executive Director



Rita Hagen,  
Executive Director

It is hard to believe that another year has come and gone, but with that, comes the joy and excitement of a New Year.

My wish for all of you in this upcoming year is to enjoy life, spend time with those you hold most dear, work to live – don't live to work, and appreciate

even the smallest gifts that life brings to each of us each day. Pay it forward, find your passion and live it, look for the good and keep your glass half full – everyday!

I also want to take a minute to thank each and every one of you for your continued support of Hospice Alliance. Without each of you and your gifts, whether it is donations of goods, money, time, or talents – we could not continue our mission.

Finally, for those of you who have lost someone near and dear – I would like to share with you the words of St. John Chrysostom, *Those whom we love and lose are no longer where they were before. They are now wherever we are.*

I wish everyone a blessed, happy and healthy new year!

Warmest Regards,

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Pioneered by Sr. Edna Lonergan, Benevolent Touch consists of light touch massage that can minimize some of

the effects of Alzheimer's

Disease and sensory decline. The theory behind Benevolent Touch is that even though the mind deteriorates, the body, often still healthy, remembers.

Benevolent Touch therapy consists of 10 techniques, beginning with massaging shoulders, back, hands, head and/or feet using light squeezes and flat palm circle movements.

More complex techniques include "slow stroking" (flat hands stroke the area, in a hand over hand motion), which can decrease restlessness and anxiety. Another technique, "combing the shadow" (running hands down the patient's silhouette, from head to feet) helps patients feel safe in their environment.

Naturally, the first step is ensuring the patient is comfortable receiving the therapy. Approaching patients in a way that respects their privacy and wishes is also part of the training.

By March 2014, all Hospice Alliance staff and volunteers will be certified in this compassionate, non-invasive method of giving more care and support to our patients.



CNAs Karen Ingram and Julie Martiny practice Benevolent Touch massage to the head and shoulders.

## Welcome New Hospice Alliance Employees

Marybell Aguilar, CNA  
Amber Hirtreiter, CNA  
Karen Koktwoski, RN  
Brenda Krause, LPN  
Nicole Kunze, CNA

## Ring & Remember Event A Success



A new tradition, Ring & Remember, was introduced by Hospice Alliance on Nov. 21 to a standing-room only gathering at our Pleasant Prairie office. This new celebration was created to remember and celebrate loved ones who have touched our lives and hearts.

The November date was selected in recognition of National Palliative & Hospice Care Awareness Month.

The Carthage College Hand Bell Choir entertained attendees with uplifting music. The names of loved ones were recited and memories were shared, accompanied by the tinkling of charming keepsake bells.

## Plan Now for June 25 Brick Dedication

Engraved memorial bricks create everlasting memories of your loved ones. Order yours by **May 14, 2014** and be part of the 2014 Remembrance and Brick Dedication.

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. "Founder's Hall



The Carthage College Hand Bell Choir performed classic songs for Ring & Remember attendees.

Refreshments were provided by the St Anne's Community Christmas Ministry. As an added treat, volunteers donated homemade pies for attendees to purchase and enjoy for the Thanksgiving holiday.

Watch for a repeat of this delightful event next fall.

at 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 there! To order a memorial brick, use the form below or go to our website.

**Order by May 14, 2014. Return form in the enclosed envelope with your check payable to Hospice Alliance Foundation or go online [www.hospicealliance.org](http://www.hospicealliance.org)**

Your Name \_\_\_\_\_

Your Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone \_\_\_\_\_

**Regular brick: \$150.00 - Print up to 12 characters X 3 lines. Large brick: \$500 - 19 characters X 7 lines.**

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19



## Thank You for Supporting Us in So Many Ways!



Our Kenosha Tap owners Nasser (left) and Terry (left) Museitif presented Rita Hagen with two checks totaling \$1,000 in donations from two fall events, Laborfest and a Spaghetti Dinner. Also pictured is Tina Molinaro (right). The events were held in memory of John Statema, a close family friend, and Frank Molinaro (Tina and Terry's father).



Common Thread Acappella Christmas group, led by Dr. David B. Jackson, lifted the spirits of Hospice Alliance patients and guests by singing holiday melodies at both Hospice Houses in December.



Players for Tremper High football team awarded Hospice Alliance with \$1,400 raised from games held on behalf of Cancer Awareness and dedicated to the memory of Coach Matrise's sister, Marie, who was a patient in our Hospice House. Pictured here: Kyle Griffin, Leif Nedweski, Rita Hagen, Zach Fuhrer, and Brandon Rodriguez.



First place thanks go to volunteer Beth Knessel for crafting the Hospice Alliance "Care-Crow". Beth's design took 1st place in ManorCare Kenosha's Annual Scarecrow Alley contest for the second year.

*Dear Hospice Alliance Staff,*

*After being a volunteer with Hospice Alliance for almost eight years, I found myself suddenly "on the other side" when my friend became a patient in your care.*

*I have often sung the praises of your wonderful organization, but will now be screaming them to all.*

*Her care was extraordinary. There are far too many staff members to mention by name—but when I say everyone was there for my friend, her family, and me—I truly mean everyone. I am so proud to be a part of Hospice Alliance.*

*Hugs and love to all,  
Kathy Tenuta*



## Betty Rings in Retirement!

Betty Delfield, the "voice" of Hospice Alliance for nearly 12 years, officially hung up the phone to enjoy retirement on November 15, 2013. Betty and husband, Frank, traveled over the holidays to visit their children and grand-children and plan to enjoy more travels in 2014. We miss the sweet ring of your voice, Betty.



**Read about Hospice Alliance events as they happen!**

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