

Stars and Stripes Forever

Hospice Alliance CNA Manager Lynda and Volunteer and Reception Manager Beth offered to accompany two Veterans on an October Stars and Stripes Honor Flight. They are part of Hospice Alliance's We Honor Veterans Committee and also serve as frequent hosts at the Veteran's Café at Berkot's Super Foods in Burlington every 2nd Thursday of the month.

It was at the Veteran's Café that Lynda and Beth met Veterans Ross Danielson, who served in the Army Air Corps. during WWII, and David McDonald, who served in the Army in Vietnam, which prompted them to serve as their Honor Flight companions!

Be sure to check out Hospice Alliance's Facebook and Instagram for updates and photos of this meaningful trip!



Lynda and Ross enjoy time together at the Heroes Café prior to their trip to Washington D.C.

Aromatherapy Provides Comfort

Throughout his life, Peter preferred a more holistic approach to wellness. When he signed onto hospice service with three types of cancer, although experiencing pain, those preferences remained.

"Aromatherapy can sometimes be a helpful way of getting in the room and accompanying our patients. It's a tool we can utilize to connect with our patients and their caregivers; and an opportunity to provide active listening and encouraging reflection," says Hospice Alliance Aromatherapist and Registered Nurse, Nicole. She implemented her pain, refresh, and chill blends with Peter, and provided benevolent touch and foot massage during their conversations. She also brought his loved ones a grief blend to roll topically onto their heart chakra after he passed.



Patient, Peter, and Nicole, RN and Aromatherapist, enjoy the time they spend together discussing the best ways to keep him comfortable.

Their time together provided more, though. Peter was in pain but felt that taking medication would be a surrender of who he had always been. Nicole understood his conflict and suggested unnecessary suffering wasn't "ok." She encouraged Peter to give himself permission to experience relief and helped him process his decision. She noted, "death is spiritual – whether you practice any religion or not." For Peter her presence through aromatherapy visits offered an opportunity for sharing and openness that may have made all the difference during the profoundly difficult time.

Sally found aromatherapy helpful too. On a particularly nauseous



Sally, Hospice House patient, enjoyed her view of the garden and discussing the impact of Aromatherapy with visitors and staff.

A Message from our Executive Director



Rita Hagen,
Executive Director

We spend our Fall season enjoying all things pumpkin spice - from coffee to cookies to candles. But what I think we are really seeking in the flavor or aroma is the season it represents and all that it brings – Friday night football, beautiful changing leaves, cozy sweatshirts, and a warm mug in chilly hands.

The pumpkin spice season allows the world to experience the essence of Aromatherapy. Just as our patients benefit from the curated scents to

assist with physical and psychological symptoms, we all benefit from aromatherapy daily without even realizing it.

Without the support of friends like you, Hospice Alliance wouldn't be able to provide many of the services that you read about in this edition of Hope Notes. From Aromatherapy to community services like grief support (open to anyone in need), to Dementia Live (shared with all skilled nursing and assisted living partner staffs) and our commitment to the unique needs and recognition of Veterans in our care, your gift makes the difference.

As we settle in with a good book and a cup of tea (pumpkin spice, of course!), I think of you and all you do to add life to days - not only for our patients but for our friends and neighbors, too.

Gratefully,

Rita Hagen
Rita Hagen, MSN, RN
Executive Director

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day, she experienced relief immediately when RN Case Manager Rick waved mint essential oil under her nose. When her windows were being replaced during the summer's wildfire smoke, eucalyptus helped her breathing. She recalled enjoying the smell of pickling spices, so Nicole put together a unique blend to bring forth those nostalgic memories!

“Aromatherapy can sometimes be a helpful way of getting in the room and accompanying our patients.”

While traditional medicine can relieve symptoms, aromatherapy can too - changing the way we feel both physiologically and psychologically. We are grateful for the support of generous donors whose gifts allow Hospice Alliance to provide complimentary therapies that add quality of life to days. In addition to Aromatherapy, music, massage, pet, and Benevolent Touch therapies, are available to benefit patients in our care.

Leave your Legacy Through a Planned Gift

As we begin this season of giving, many families are deciding the best way to leave a legacy that can benefit future generations. Planned gifts to Hospice Alliance Foundation help ensure our community has access to quality, compassionate end-of-life care for everyone in need, regardless of ability to pay.

Planned giving, through a charitable gift, helps donors make an impact. The most common form of planned giving is a bequest which is a gift made through the donor's will. The benefit of establishing a bequest is that the donor does not part with money until death and no estate tax is due.

Our foundation is grateful to people who have so thoughtfully provided a planned gift. Including Hospice Alliance Foundation in your estate plan will ensure access to palliative and hospice care, including stays in our Hospice House for years to come.



Stay connected!

Follow us on Social Media to stay connected to all Hospice Alliance's activities and offerings.

- facebook.com/hospicealliance
- instagram.com/hospice.alliance
- linkedin.com/company/hospice-alliance
- community mailings: hospicealliance.org/outreach

Sun Shines Bright at Service of Remembrance



Our Remembrance Tree is filled with “leaves” noting the names of the loved ones celebrated at the annual event.



The Kenosha Area Vietnam Veterans presented the colors and commemorated our Veterans with a 21-gun salute.

On June 28th, we were blessed with perfect weather for our 2023 Service of Remembrance and Memorial Brick Dedication. Families with loved ones on our service and members of our team gathered at Kemper Center near downtown Kenosha to remember those lost in the last year.

At the service, families decorated our memorial tree with sweet messages to their loved ones. Our newly decorated tree and its notes are displayed in our Hospice House and will stay there to be cherished until next June’s ceremony – always held on the 4th Wednesday in June.

Our Executive Director, Rita Hagen, welcomed us into the evening; Clinical Social Worker, Connie, read ‘May You Find Comfort: A Blessing for Times of Grieving’ by Joyce Rupp; Bereavement Coordinator and Social Worker, Jenny, read ‘On Grief and Grieving’ by Elisabeth Kubler Ross; and Chaplain Charlie gave a dedication for our newly laid memorial bricks. In between readings, the amazing Janet Germinaro and Sandy Wade gave touching performances, and afterwards, the Kenosha Area Vietnam Veterans Honor Guard presented a ceremonial rifle volley for our families. As volunteer Sarah Billings closed the evening with Taps on trumpet, families enjoyed comfort cookies and took photos near their bricks.

We are grateful for this celebration of life each year and want to thank everyone for attending with us.



Care team members enjoy reconnecting with families of those in their care. In addition, Chaplain Charlie annually provides the blessing of the bricks and a poignant reflection to wrap up the service.



Volunteers Keep the Beat

One of the many important roles of Hospice Alliance volunteers is spending time with patients who appreciate the companionship. Long time volunteer, Al constantly seeks new ways to connect with the patients he visits.

Sometimes, simply reading the newspaper or bible is preferred. But other times, volunteers come across unique activities to offer to share. These days, Al and our patients are easy to find in care facilities - if you listen...because he’s sharing his tongue drum! The percussion instrument is well-known for its relaxing sounds and intuitive playing. Easily “beat” with your hands or mallets, it encourages creativity and fun!

Volunteer Al and patient, Dixie, spend time delighting in playing a tongue drum – one of the many creative activities our volunteers enjoy with patients!

Here for the Whole Family

At Hospice Alliance, we offer a safe and compassionate space for individuals and families to navigate the difficult journey of grief. The mission of our bereavement department is to support one another, provide education and to honor the grieving experience.

We offer a wide variety of grief services including individual consultations, group sessions, and our children's 'Connections' program. We also provide grief support and education for facilities (like those our Bereavement Coordinator, Jenny, is currently offering at St. Monica's and St. Catherine's Commons), and for anyone in the community, regardless of whether their loved one was a patient of ours.

Our team often hosts public events to commemorate those dear to us. In August, we held our annual 'Planting Memories' activity for children and teens to paint and plant a flowerpot keepsake in memory of someone special. If you'd like to join us for our next event, Ring & Remember is right around the corner, and our bereavement team is always here to help in the meantime.

RSVP and Join Us

- **Connections:** Held the third Thursday of October through May from 5pm - 7:45pm. (Registration required.)
- **Group Support:** Sessions held throughout the year. Visit hospicealliance.org/grief-support for specific dates. (Registration required.)
- **Getting Through the Holidays Group Offerings:** Tuesday, November 14th, and December 12th from 3pm - 4:30pm.
- **Ring & Remember:** Held Thursday November 9th from 5pm - 6pm at Kemper Center.



A record crowd painted terra cotta pots and planted a flower in memory of someone they missed at August's Planting Memories event.

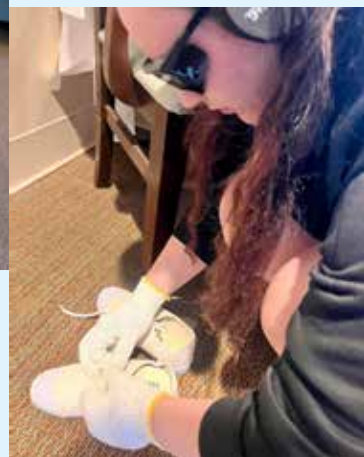
Hospice Alliance Offers Dementia Education

As part of our commitment to quality care, Hospice Alliance provides experiential dementia training to assisted living and skilled nursing staff throughout the areas we serve.

Utilizing AGEucate's Dementia Live program, employees experience a simulation of life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change.



Community Liaison, Judy, reads tasks to accomplish to St. Monica's staff member in the dementia simulation experience.



Willowbrook team member works to tie shoes despite wearing gloves which reproduce one of the challenges that a person with dementia could encounter.

Shine Bright, Do Good 

SHOP FOR GOOD IN-STORE OR ONLINE!

December 1st and 2nd

Enter code

GIVEBACK-EXBFD

in your cart or at checkout on kendrascott.com, or mention it at checkout in-store, and 20% of your purchase will benefit Hospice Alliance.



Not combinable with other offers.

Memorial Bricks Make Great Gifts!

Create an everlasting memory of your loved one with an engraved brick at the Hospice Alliance Memorial Brick Walk

When you purchase an engraved brick to be placed at our Kemper Center Brick Walk, your special tribute also helps to support Hospice Alliance's mission of "adding-life-to-days" and providing exceptional care and supportive services to all, regardless of ability to pay.

Brick Grid Message - Use the grid below to spell out the message for your brick. Punctuation and spaces count as characters. Please make sure we can distinguish between upper and lower-case letters in the spaces below, if you choose to use both.



BRICK — 4" X 8"
\$150.00 - 3 Lines
12 Characters and Spaces per Line
White area of grid



SUPER BRICK — 12" X 12"
\$500.00 - 7 Lines
19 Characters and Spaces per Line
White and blue area of grid



Your Name _____

Your Address _____

City, State, Zip _____

Phone _____

Email _____

PAYMENT OPTIONS

Payment for your brick purchase should accompany this form.

_____ A check payable to Hospice Alliance Foundation

Return this form and check to Hospice Alliance,
10220 Prairie Ridge Blvd., Pleasant Prairie, WI 53158

_____ Charge my credit card \$ _____

_____ Visa _____ Mastercard _____ Discover _____ Am Ex

Card# _____

Expiration: ____ / ____

Orders may also be placed with a credit card through our secure website. Visit form.jotform.com/HospiceAlliance/bricks. For more information, call Megan Frazer at (262) 652-4482 X1253.

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



Our 11th Annual "An Evening of Wishes" will be held Saturday, **March 2, 2024** at The Club at Strawberry Creek. To be included in event communications, please call (262) 652-4400.

Please check hospicealliance.org in case of scheduling changes.

Veterans Cafe

Berkot's Super Foods
690 W. State St., Burlington, WI
Every 2nd Thursday, 8:00AM - 10:00AM

Connections - Planting Seeds of Hope Children's Grief Support

Hospice Alliance
October - May, 3rd Thursday, 5:00PM

Ring and Remember

Kemper Center, Founders Hall
November 9, 2023, 5:00PM

Dining for Donations

Nothing Bundt Cakes
November 13th – 18th

Kendra Scott Gives Back

Online Fundraiser (See details on page 4)
December 1st & 2nd

Dining For Donations

Luigi's Pizza Kitchen
January 26th, 11:00AM - 10:00PM

An Evening of Wishes

The Club at Strawberry Creek
March 2, 2024

Thank You For Your Support!

**For more information visit
www.hospicealliance.org**



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