

Journey

A Publication of Hospice of the Western Reserve



**HOSPICE
OF THE
WESTERN
RESERVE**

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OUR MISSION

Hospice of the Western Reserve provides palliative and end-of-life care, caregiver support, and bereavement services throughout Northern Ohio. In celebration of the individual worth of each life, we strive to relieve suffering, enhance comfort, promote quality of life, foster choice in end-of-life care, and support effective grieving.



A Lifetime of Lessons

Dr. Lori Stevic-Rust shares her grandmother's inspirational story at the Volunteer Appreciation Event

Clinical health psychologist, nationally acclaimed speaker, author, and hospital consultant Dr. Lori Stevic-Rust will headline Hospice of the Western Reserve's annual Volunteer Appreciation Event on Wednesday, April 15, at Executive Caterers at Landerhaven, Mayfield Hts.

In her most recent book, "Greedy for Life: A Memoir on Aging with Gratitude," Dr. Stevic-Rust documents an inspiring view on aging that reflects guidance provided by her 103-year-old grandmother. Her keynote remarks to our 3,000 volunteers will focus on some of the life lessons from the book, including how to embrace your failures as hidden guides to success and finding your purpose through forgiveness.

"As a 103-year-old woman, my grandmother witnessed and experienced some incredible social upheavals," Stevic-Rust says, "including women's rights and racism. On a personal level, she grew up in an impoverished family as one of eighteen children on a farm in Pennsylvania. She got an early taste of what it feels like to be judged,

socially excluded and bullied. Other children in the community would make fun of her worn out shoes."

Later in life, Stevic-Rust's grandmother experienced other circumstances that would prove to have a lasting impact on molding her values of resilience, empathy and tolerance. Her sister was raped in the woods at a time when society presumed women to be at fault. She was shamed and ostracized by the family. At age 16, she was forced to leave home. "Later, as a young mother, my grandmother lost an 8 month old infant to pneumonia – an experience that haunted her for the rest of her life. It deepened her awareness of the troubles that can impact others and instilled a strong sense of compassion and tolerance."

Her grandmother's ability to remain positive despite life's obstacles and setbacks and her choice to live a life filled with gratitude—even when life gets tough—have had a lasting impact on Stevic-Rust. "She taught me that as long as we know our

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Letter from the CEO

Make Your Choices Known

April 16 is National Healthcare Decisions Day. Admittedly, this day is not as enjoyable to recognize as Valentine's or Sweetest Day, but it is an opportunity to show your loved ones how much you care about them. Because thinking about what you want in terms of life-sustaining treatment and end-of-life care, and making sure your choices are known is a gift you can give your family and friends.

If you're healthy and young, why should healthcare planning be important to you? Quite simply, the unexpected can happen. If you were in a car accident or had a sudden medical event, who would speak for you if you were unable to talk? Who would interact with the doctors caring for you? Would your family feel confident they are carrying out your personal choices or would they be placed in the agonizing role of guessing what you want?

More than 90% of us say we do not want to be in pain, ventilated, intubated or resuscitated at the end of life. And yet only about 25% of us have ever discussed our choices with anyone, let alone put our advance directives into place to make sure our preferences are followed.

April 16 might be the dedicated day, but any day

of the year is a good day to start planning—and talking—about your healthcare choices. It's not a process that will happen overnight, so don't rush things. Realistically, you will probably need several discussions with your loved ones. Your goal right now is simply to start the process.

Hospice of the Western Reserve can help. We offer a free downloadable personal guide that provides helpful tips and worksheets, and includes all the legal documents required by the State of Ohio in case of emergency. This guide is also available in Spanish. Additional links and resources are available at hospicewr.org/decisions.

There is no wrong way to begin and no better time than now. And, if you decide to recognize National Healthcare Decisions Day with chocolate and roses, as well as with a thoughtful conversation with the one you love, even better.

Sincerely,

William E. Finn
Chief Executive Officer



Rev. Neroy Carter



David Mordarski



William Springer

Board Members Recognized for Service

THREE HOSPICE OF THE WESTERN RESERVE Board Members and veterans, Rev. Neroy Carter, David Mordarski and William Springer, were honored at a recent board meeting. The three were "pinned" by Provider Relations Manager Nate Gradisher to honor their service in the Armed Forces.

Veterans Recognition Ceremonies are available to all veterans, free of charge, whether or not they have any affiliation with Hospice of the Western Reserve. For more information and to schedule a Veterans Recognition Ceremony contact Cheryl Strang at 216.502.4444.

Leaving a Legacy

When Telling the Story is Life Affirming



Lori Scotese, Volunteer Service Manager at David Simpson Hospice House, shares cake with Jerry Pockar at Malik's 19th birthday party.

JERRY POCKAR HAS A GIFT FOR STORYTELLING. Pockar, of Euclid, Ohio, is a long-time feature writer and the editor of John Carroll University's alumni magazine, but it's the legacy work he does as a volunteer for Hospice of the Western Reserve that is most satisfying.

Over the past four years, Pockar has met with 35 patients, often in the last stages of life, who want to record their personal histories. "It's a privilege," he says of his work. Pockar visits with patients, taping anywhere from five to 15 sessions before transcribing the conversations and writing their life stories.

Pockar has come to understand that while many of the real life stories he's transcribed hold special meaning for the loved ones, for *patients*, simply telling their story can be an affirmation of their life.

"There are two parts," he says. "There's the writing of the story and there's the telling of the story. The telling is the big deal, even if it's never put into writing. Even if it's never finished, having the patient be able to tell their story is a big deal for them."

The life story is then professionally printed with photos and bound into a keepsake book that provides a tangible memory loved ones. Pockar credits the final product to Mary Ann Aue, a retired owner of a graphic arts company who handles the layout. He calls her an "equal, invaluable and extraordinarily generous collaborator" in the legacy book projects. Patients and loved ones are given 10 to 20 copies.

While most of Pockar's patient stories are full of many decades of memories, some lives and life stories are all too brief.

MALIK'S STORY

Pockar met Malik two and a half years ago

when he was just 16 years old. Malik suffers from Duchenne Muscular Dystrophy, a painful and debilitating disease. When they met, he and his healthy twin sister Malikah were living in foster care.

"Most (patients) are not suffering so manifestly," Pockar says. Spending time talking with the twins, Pockar captured Malik's life story, including the painful deaths of his two older brothers and a cousin, from the same hereditary disease.

Their visits resulted in a 3,000 word life story illustrated with family photos and filled with words of such hope and grace that Pockar was deeply affected.

Pockar didn't see Malik again until his 19th birthday at David Simpson Hospice House, where he now lives receiving 24/7 care.

"Malik said he wanted to inspire people and wanted his story shared on Facebook," Pockar says. "He wants people to be aware of what he's been through and offer inspiration."

"Malik has shown such grace under astonishing suffering," he says.

An abbreviated version of his story was posted on Facebook and viewed by thousands. Malik's words illustrate that despite his illness, his spirit remains strong. "The illness with which I struggle 24 hours a day has taught me about life, about the preciousness of all souls and about the healing wonder of love," "I am still learning how God's way can be mysterious and very difficult while remaining a path given to us so we can learn, grow and ripen as souls."

For Malik, it was not just the telling of the story, but also the sharing of it that was so important. He says he was "so happy that his story is being shared," adding he wanted to thank Pockar for putting his words into written form.

OFFICE LOCATIONS

DAVID SIMPSON HOSPICE HOUSE
AND LAKESHORE CAMPUS
300 East 185th Street
Cleveland, OH 44119-1330
p. 216.383.2222 or 800.707.8922
f. 216.383.3750

THE ELISABETH SEVERANCE PRENTISS
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p. 216.486.6838 f. 216.649.1986

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In Brief

Whipping Up a Sweet Time

On Saturday, April 25, place your bid on several delectably sweet treats at the Ashtabula County Board of Realtors Cake Auction. Auctioneer Gary Heaven leads the festivities, held in center court at Ashtabula Town Square and is joined by entertainers Johnnie Fisher, Carole Hill and the Magic Touch Band. Since 1992, this Hospice Heroes event has raised thousands of dollars for Hospice of the Western Reserve, with the proceeds staying in Ashtabula County. For more information and to register for the Cake Auction, please contact Clorice Dlugos at 440.812.2542.

To learn more about how you can take part in the Hospice Heroes program, contact Bridget Murphy at 216.383.3715 or bmurphy@hospicewr.org.

Share Your Memories of David Simpson Hospice House

Twenty years ago, Hospice of the Western Reserve had the vision and foresight to create a landmark care campus, one that has served as a model for other hospice care centers across the nation. Since its opening, the house has provided care for thousands, and created memories for thousands more—each and every day. As we prepare to celebrate this anniversary, we invite you to share your memories. To submit your story, visit hospicewr.org/vision. Your story may be a part of our summertime celebration.

Lunch Series Explores Senior Topics

Hospice of the Western Reserve, in partnership with 107.3 The Wave, is excited to announce its sponsorship of the radio station's Senior Lunch Series. Each event will address a variety of "hot topics" seniors face every day. In addition, guests will enjoy live entertainment and door prizes. Events will be held across Northern Ohio on May 26 (Holiday Inn in Independence), Sept. 22 (DeLucas in Lorain) and Dec. 8 (The Manor in Euclid). Tickets are \$15 each. For more information, visit 1073thewave.net.

Honor the Memories at the Mother's Day Tea

Those who have experienced the death of their mother or mother figure are invited to join The Elisabeth Severance Prentiss Bereavement Center for a Mother's Day Tea, on Saturday, May 2, from 2:00-4:00 p.m. Guests are welcome to bring a photograph to share at the "Table of Remembrance" and may also bring a special tea cup or mug to honor the memory of those special relationships. For more details, call Felicia Dunlop-Stanley at 216.486.6335. Please register by April 24.



A Lifetime of Lessons

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purpose in life and stay true to that, we can drive through to something better. Everything else will eventually take care of itself."

What message does she hope Hospice of the Western Reserve volunteers will take away from her presentation? "I would like them to know that I have such great admiration for their desire to give so generously to others. The greatest gift we can give is the gift of ourselves. Through my

grandmother's influence, as well as through my career, I have learned that volunteerism is also one of the healthiest and most life-affirming things we can do for ourselves. It's honoring the values that are at our core."

For more information on the Hospice of the Western Reserve Volunteer Appreciation Event, visit hospicewr.org/volunteerevent or call 216.383.5280.



Cynthia Marek Lundeen (far right, in pink hat) and presentation attendees.

The Romance of Wearing Fine Millinery

CYNTHIA MAREK LUNDEEN recently held a special presentation, *The Romance of Wearing Fine Millinery*, at David Simpson Hospice House. A U.S. patent holder, Cynthia is a past recipient of the Kentucky Derby Hat Contest. Her work has been featured in several national publications. The event was open to all paid and unpaid staff.



HOSPICE
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2015 Camps

Riding Through Grief

Held in collaboration with Fieldstone Farm Therapeutic Riding Center, this camp is for children ages 8 through 12 who have experienced the death of a loved one.

**Week 1: June 22-26 OR
Week 2: July 13-17**

Call 216.486.6702 for more information.

Together We Can

A day camp for grieving children ages 6 through 12.

**August 4-6
9:00 a.m. - 3:00 p.m.**

Red Oak Camp, Kirtland (Transportation available from three convenient locations.)

Call 216.486.6042 for more information.



“If I had a single flower for every time I think of you,
I could walk forever in my garden.”
—CLAUDIA ADRIENNE GRANDI

Remember Your Loved Ones With a *Floral Tribute*

TO ORDER:
For *Mother's Day*,
order by May 1

For *Memorial Day*,
order by May 15

For *Father's Day*,
order by June 12

ORDER ONLINE:
hospicewr.org/floral



THIS SEASON, ALL FAMILY AND FRIENDS who have donated a brick or paver are invited to purchase an individually created floral tribute to celebrate the lives of those they love. These lovely tributes – designed from either cut or potted blossoms reflective of the holiday – will be created on order and placed on or near your loved one's tribute brick or paver.

Floral tributes are available in recognition of Mother's Day, Memorial Day and Father's Day. They will be placed in the Tribute Gardens the day before the holiday you choose.

Tribute Bouquet—a beautiful mix of fresh cut annuals and everlastings will be placed in a forest green vase and personalized with your loved one's name. The arrangement will be placed on, or very near, your tribute brick or paver.

Tribute Planter—a 10" pot overflowing with locally grown, colorful annuals that our gardeners choose for their beauty and hardiness. Your loved one's name will be included and the planter will be decorated with a seasonal ribbon and placed on, or very near, your tribute brick or paver. If you do not wish to take your tribute planter home, the flowers will be planted nearby to beautify the Gardens all season long.

Proceeds from this program will help us to continue to nurture our Tribute Gardens.

Floral Tribute ORDER FORM

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Name of Your Loved One's Tribute/Memorial for Placement: _____

Location: Vista Walk at David Simpson Hospice House Tribute Walk at Ames Family Hospice House

Floral Tribute Options:

Bouquet \$25 (\$13.50 tax deductible)

Planter \$50 (\$28 tax deductible)

Payment:

Check (Payable to Hospice of the Western Reserve)

Credit Card

Name on Card _____

Visa MasterCard Discover American Express

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Please send completed order form to Development, Hospice of the Western Reserve, 17876 St. Clair Ave., Cleveland OH 44110



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WE HONOR VETERANS



HOSPICE
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WALK TO REMEMBER 2015

Sunday, June 7 | Cleveland Metroparks Zoo

8:00 a.m. to Noon, Rain or Shine

A fun, leisurely Walk through the Zoo! Walkers receive full-day admission to the Zoo and Rainforest, a limited-edition t-shirt, complimentary beverages, healthy snacks and more. Enjoy entertainment and activities for children of all ages, plus the chance to honor the memory of your loved one.

\$25 for individuals | \$60 for families

All Walk proceeds support seriously ill patients and their loved ones throughout Northern Ohio.

Register online at hospicewr.org/walk

Presenting Sponsor:



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