



Hospice of Cincinnati

Experience. Compassionate. Caring.SM

THE NATION'S
FOURTH OLDEST
HOSPICE

WINTER 2019



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A knock on the door changed it all

Will Myrick credits Hospice of Cincinnati with saving his life. In unbearable pain from a collapsed hip, he was housebound by end-stage lung disease and feeling terribly isolated. Few family members and friends visited him and his wife, June. Then Hospice of Cincinnati's Central Home Care Team knocked on their door.

"I feel like I've found a family," Will says. "Someone comes and checks on me pretty much every day. They are so caring. They care about me. They care about my pain."

Before Hospice of Cincinnati took over Will's pain management, June remembers feeling helpless watching her husband suffer. "Will would just sit on the couch with tears running down his face," she says. "I just felt powerless."

The care team quickly got his pain under control. However, Will explains that pain control involves more than just medication.

"It includes having someone who cares, and Chaplain John really cares about me," he says. Chaplain John is Rev. John Madden, MDiv, Central Home Care Team Chaplain. "He is like a brother. We talk about lots of things. We talk a lot about God and what is going to happen after death."

With the care and attention of the Hospice of Cincinnati team, Will's mood and overall



Will and June Myrick felt isolated and alone until the Hospice of Cincinnati Central Home Care Team stepped into their lives. Their adopted family has brought them comfort and joy during one of the most difficult times of their lives.

well-being improved so much that he decided to throw a birthday party for himself. Chaplain John was thrilled.

"Will told me he didn't have any friends or family to talk to when I first started seeing him," he says. "Then, he had a party with all kinds of food, cake and ice cream, and musicians. What a huge change from the first time I met him!"

June's well-being has improved as well through another Hospice of Cincinnati

Continued on page 7

GRATEFUL GIVING

A million thanks

Hospice of Cincinnati has received a legacy gift from the Estate/Trust of Thomas R. and Martha Gelwicks Huheey. See page 3 for story.

SAVE THE DATES!

Fernside Classic

Friday, **May 10, 2019**
Evening celebration at Cooper Creek Event Center

Monday, **May 13, 2019**
Golf tournament at Shaker Run Golf Club

For more information, contact Lori Asmus at Lori.Asmus@TriHealth.com or 513-246-9230.

All proceeds benefit Hospice of Cincinnati's affiliate Fernside: A Center for Grieving Children.

CEO Message: Reflections

DID YOU KNOW...



You are never alone when caring for a loved one receiving services through Hospice of Cincinnati. Your care team will teach you how to handle a variety of caregiving issues, including pain control, breathing problems and delirium. If you need reinforcement, step-by-step instructions on varied caregiving topics are available on easy-to-read, downloadable PDFs at [HospiceOfCincinnati.org/for-the-caregiver](https://www.HospiceOfCincinnati.org/for-the-caregiver).

If you need further support or ever have questions or concerns, call a hospice nurse 24/7 at 513-891-7700.



Time flies, doesn't it? We've all experienced this figure of speech in different ways, especially with the beginning of each new year.

As I reflect on my years with Hospice of Cincinnati, it seems like just a short while ago that my time as CEO began. Amidst the busyness and speed of this last decade, it has remained clear how rich, humbling and inspirational this time has been. I've been honored to work with incredibly talented and compassionate team members, our dedicated volunteers and our extremely generous donors. This opportunity, experience and so many cherished relationships will stay with me forever.

It's not so different for our patients and their families.

The concept of time is almost always top of mind for them. It resides deep within their hearts, eliciting sometimes difficult questions: How much time is left? How will loved ones spend this time together? When is it time for hospice care?

For more than four decades, Hospice of Cincinnati's mission has been to support patients and families during their remaining time together and to guide them through the end of life. We help them experience more comfort, love, laughter, meaning and at times, forgiveness, than they ever thought possible.

I'm forever grateful to everyone who, throughout this last decade, has played a role in expanding Hospice of Cincinnati's reach and influence in our community. It has helped to ensure that all who can benefit from our care have access to it sooner rather than only in the final days or hours.

While there is more work to be done, I'm excited for what the future holds for Hospice of Cincinnati and our community. Through the leadership and skills of our excellent management team, Hospice of Cincinnati will continue its impact on Cincinnati-area families with the outstanding and compassionate care that has always been our hallmark.

It's been a true honor and privilege to serve this special organization and our community. I look forward to watching Hospice of Cincinnati continue to flourish and grow for many years to come.

Warm Regards,

Sandra Lobert
President and CEO

OUR MISSION

Hospice of Cincinnati creates the best possible and most meaningful end-of-life experience for all who need care and support in our community.

GRATEFUL GIVING

Donors entrust legacy of helping others to Hospice of Cincinnati Community to benefit from \$1.1 million gift

A lifetime of financial diligence and a desire to help others define the philanthropic spirit of Thomas and Martha (Marty) Huheey. That spirit resulted in a nearly \$1.1 million gift to Hospice of Cincinnati in October.

The unassuming couple lived comfortably but not to the extreme they could have, shares niece Judy Gelwicks. She and her sisters—Beth Schumacher and Jill Kennedy—are helping distribute gifts from the Estate/Trust of Thomas R. and Martha Gelwicks Huheey.

“Tom and Marty’s nieces have shared so many interesting stories about their aunt and uncle,” Hospice of Cincinnati President and CEO Sandra Lobert notes. “We’ve enjoyed getting to know this family and sincerely value the opportunity to learn more about all our donor families.”

Tom was a livestock farmer and former World War II naval officer. Marty was a nurse. They met later in life but enjoyed 36 years of marriage before Tom passed away at age 100 in 2011. Marty lived another seven years, passing away in May at 92. Both received services for several months from Hospice of Cincinnati.

“Aunt Marty was always complimentary of Hospice,” Gelwicks notes. “Hospice could do no wrong in her eyes.”

The Huheeyes began supporting Hospice of Cincinnati in 1986, having become familiar with hospice services through an out-of-state organization that cared for Tom’s brother and wanting to support their own local hospice. Gelwicks recalls her aunt’s experience with Hospice of Cincinnati in 2011 after Tom became a patient.

“Aunt Marty frequently spoke of the attentiveness and individualized care that Uncle Tom received and what a help that was to her.”

Partners in saving and in giving

The Huheeyes grew up during the Depression, and like many from that era, they were practical and frugal. They were careful and intentional with their spending and held others to the same

exacting standard. If they disagreed with the spending activities of a charity they supported, they’d cease their donations, Gelwicks says.

“As donors, they were diligent in assuring their money was used well,” she notes.

Lobert looks forward to honoring Tom and Marty’s legacy and gift intention.

“We are truly overwhelmed with gratitude by the generosity of Mr. and Mrs. Huheey,” she says. “Their wonderful gift really is a gift to the families we care for. It will strengthen our ability to offer holistic services, keep our inpatient care centers fresh and welcoming, help with patients’ pets and provide care to those in need without letting finances stand in the way.”

A desire to help others

Marty discovered early in life the impact of people helping people. Her father died when she was very young, and many came to her family’s aid. She believed in helping others just as she’d been helped.

The three sisters recognized their aunt’s giving spirit during their own childhood as recipients of periodic support for activities such as camps—a luxury in their family of seven. They saw her carry that same generosity into her marriage with Tom. Together, Tom and Marty worked hard and saved hard, building wealth to help others.

Last year, it was Marty’s turn to be helped once again when she became a Hospice of Cincinnati patient.

Schumacher notes, “She knew they [Hospice of Cincinnati] would

do anything for her.” Kennedy agrees. “She would ask, and it would be there.”



Hospice of Cincinnati recently received a gift of nearly \$1.1 million from the Estate/Trust of Thomas R. and Martha Gelwicks Huheey. Thomas was a patient with Hospice of Cincinnati in 2011, and Martha received services last year.



The nieces of Thomas and Martha Huheey present the estate gift to Hospice of Cincinnati President and CEO Sandra Lobert (far right). Pictured left to right are: Jill Kennedy, Beth Schumacher and Judy Gelwicks.

We’d love to know!

If you’ve remembered Hospice of Cincinnati through your will, trust or other method, we’d love to hear from you and thank you. Any gift size helps our community, whether in the thousands or millions. The enclosed envelope includes a box you can check that lets us know of your planned gift. Or feel free to contact Development Director Laura Kumler at 513-865-5219 or Laura_Kumler@TriHealth.com.

Lobert leaves Hospice of Cincinnati strong for the future

“Do not go where the path may lead; go instead where there is no path and leave a trail.”

—Ralph Waldo Emerson

After 10 years of dedicated service creating the best possible end-of-life care, retiring Hospice of Cincinnati President and CEO Sandra Lobert leaves a well-established, thriving hospice program completely devoted to its mission. Her dedication and hard work have helped blaze new trails, expand services and increase accessibility of end-of-life care in our community. Her efforts have helped position Hospice of Cincinnati in the top 1 percent of hospices in the nation.



A history of expertise and empathy

Eddie Goldstein, longtime Hospice of Cincinnati volunteer and benefactor, has worked closely with Lobert as a committee chair, board trustee, board chair and true friend. He credits her with running the organization like a large business—managing financial and regulatory aspects—but doing so with admirable empathy.

“Sandra’s compassion for our patients and their family members has always been the prism through which she’s viewed the programs and decisions that made Hospice of Cincinnati into the organization it has become under her leadership,” Goldstein says.

“She epitomizes the tagline that is part of our logo—Experience. Compassionate. Caring,” he continues. “The experience, compassion and caring that is her very essence resonates throughout the wonderful management team that she has assembled and throughout the entire organization.”

Lobert began her tenure with Hospice of Cincinnati in 2009 after retiring from Fifth Third Bank as a Senior Vice President. She’d previously served as a member and chair of the Hospice of Cincinnati Board of Trustees, also chairing the Marketing, Finance, Diversity and Development committees. “I’m familiar with navigating through a large corporation, yet I’m very entrepreneurial at heart,” she says.

From leaders

Sandra Lobert plans to retire this winter after living Hospice of Cincinnati’s mission for more than 10 years.

Reflecting on her accomplishments, she notes, “Overall, I’m most proud of the growth and expansion of Hospice of Cincinnati’s influence. We have been instrumental in increasing community awareness of end-of-life issues and have become a major voice and presence in the community.” She continues, “I am also very proud of both Conversations of a Lifetime® and PalliaCare.” Lobert was honored for her many accomplishments in 2014 with the Healthcare Leadership Award presented by *Venue* and *Lead* magazines. Below are highlights of Lobert’s achievements.

PalliaCare Cincinnati

PalliaCare provides home-based palliative care for those with advanced illness who are not ready for hospice. With a focus on symptom management, advance care planning and psychosocial support, patients receive help with the pain and stress of a serious illness. PalliaCare advances the goals of improved end-of-life communication and sensitive care for these patients in their own homes.



Grief services

Lobert was instrumental in developing the plan and obtaining funding to create The Goldstein Family Hospice of Cincinnati and Fernside Grief Center, Greater Cincinnati’s only comprehensive grief center offering both adult and children’s grief support services.



Sandra Lobert joins Eddie Goldstein at the opening of The Goldstein Family Hospice of Cincinnati and Fernside Grief Center. Goldstein and his wife, Arlene, made a leadership gift that helped bring the center to life in fall 2011.

“When people are grieving, it can be hard for them to even walk out to the mailbox. We helped make grief services more accessible and accomplished our goal with much less corporate overhead and a much broader reach.”

Conversations of a Lifetime

Hospice of Cincinnati’s leading-edge community outreach initiative, Conversations of a Lifetime®, formed under the guidance and management of Lobert, who developed the concept. “After receiving \$2.3 million in funding



hip to legacy

from Bethesda Inc. and Catholic Health Initiatives, we have been able to develop innovative programming to promote more conversations and transform end-of-life care in the community,” she says.

This very unique initiative has been nationally recognized and soon will be published in the *Journal of Palliative Medicine*. See ConversationsOfaLifetime.org for more information.



Positive signs of love, friendship and encouragement helped lay the groundwork for the first phase of the Conversations of a Lifetime public awareness campaign, “Things You Shouldn’t Wait to Say.”

Diversity initiative

Lobert began a comprehensive Diversity Outreach Initiative while a board member that focuses on both patient and family care and communications. According to Lobert, “It has resulted in the entire team at Hospice of Cincinnati becoming more aware of and sensitive to the subtleties that create the best possible care for each family we serve consistent with their own cultural preferences.”

A unique, dynamic online document, Celebrating Diversity, helps staff honor and appreciate cultural and religious differences related to end-of-life preferences.

Margret J. Thomas (Blue Ash) Inpatient Care Center renovation

Lobert led a community capital campaign that exceeded its goal of raising \$3.5 million. The Blue Ash Inpatient Care Center re-opened in October 2014, with updates and enhancements that provide a stronger sense of home and ensure the highest standards of comfort and care for patients and families. The following summer, the building was renamed The Margret J. Thomas Inpatient Care Center to recognize a generous gift from her grateful family.



Sandra Lobert celebrates the re-opening of the newly renovated facility with (left to right) former Hospice of Cincinnati Board of Trustees members Al Sampson, Iris Diamond and Eddie Goldstein.

Shared mission

Lobert admits her surprise when she took over leadership of Hospice of Cincinnati, witnessing firsthand the passion team members showed for the organization’s mission in all aspects of care. “It was such a pleasant surprise and not something you see all the time,” she says. She’s joined by a growing number of donors each year who share this dedication to the mission.

Goldstein speaks to his experience as a donor, in which he witnessed Lobert’s appreciation, gratitude and compassion toward all Hospice of Cincinnati donors.

“It is her appreciation of donors, along with the mission and the mission-driven people of her staff, that has been very instrumental in the endeavors I have been involved with at Hospice of Cincinnati,” he says.

“The experience, compassion and caring that is her very essence resonates throughout the wonderful management team that she has assembled and throughout the entire organization.”

Ensuring future success

Tim Elsbrock, Fifth Third Bank Regional President and former Hospice of Cincinnati Board of Trustees chair (2015–2017), believes Lobert’s dedication to positioning Hospice of Cincinnati as a leader in end-of-life care—both locally and nationally—is evident in everything she does.

“I’ve had the pleasure of working with Sandra for more than 30 years and watched the transformational impact she has made on Hospice of Cincinnati from the front row,” he says. “Her legacy of leadership leaves the organization well-positioned for future success.”

Current Hospice of Cincinnati Board of Trustees President Scott Bezjak, partner, BKD, recognizes similar strengths in Lobert—in particular, the leadership team she has assembled.

“Sandra has coached and encouraged them to flourish and try new things, resulting in a number of remarkable initiatives including PalliaCare and Conversations of a Lifetime®,” he says. “The organization and the community have reaped great rewards from her leadership—she is truly a great leader.” Bezjak also speaks to his vision for Hospice of Cincinnati.

“Sandra has developed a management team who are thought leaders about improving end-of-life care in Cincinnati,” he says. “I want to see Hospice of Cincinnati continue our current initiatives

“Her legacy of leadership leaves the organization well-positioned for future success.”

and continue to improve the community’s views on death and dying through our mission. It’s more than just serving patients and doing it well—it’s keeping Hospice of Cincinnati at the forefront of end-of-life care.”

Family hands down tradition of holiday cheer

The Tenkotte family has established a tradition of giving back to Hospice of Cincinnati that they are passing on to future generations. Every Christmas Eve since 2006, Denny and his sister, Sheila, along with their spouses, children and grandchildren, descend on the West Inpatient Care Center at Twin Towers with holiday cheer, treats and comfort.

“When my dad—and then my baby sister—were there, we realized how hard it was to get out to get something to eat when you have a loved one there as a patient,” Sheila explains. The family brings food and drinks for visiting family members and for staff. Sheila also packs a big Santa sack with women’s and men’s pajamas, which nurses distribute to patients in need, and throw blankets for each patient.

“We dress up the grandkids like Santa and his elves, and they deliver wrapped-up blankets to patients who feel good enough for a visitor,” Sheila says.

Denny explains it’s all about giving back. “The staff was so good to my family,” he says. “We just want to keep saying, ‘Thank you.’”



The Tenkotte family encourages the spirit of giving in their children, who help make Christmas Eve a little brighter for patients and staff at Hospice of Cincinnati’s West Inpatient Care Center. Pictured in their holiday finery are: (front row left to right) Brandon Bledsoe in his swanky Christmas suit and elfin Gus Goff; (back row) Katie Bledsoe, Hunter Keller, Santa Garrett Bledsoe, Sydney Bledsoe and Bailey Esterman.

East Center gets refresh

Hospice of Cincinnati’s 12-year-old East Inpatient Care Center in Anderson Township will start the new year with a fresh look.

“Each of the 13 patient rooms is getting an updated, bright and modern look,” explains Nurse Manager Linda Hawley, RN. This includes fresh paint, new flooring, furniture, blinds, artwork and televisions. “Basically, we are updating every area of the unit that patients and families see,” Hawley says.

In addition, the hallways, unit coordinator stations, vending area, solarium and conference room will greet families with a refreshed, updated look. A new call system also is being installed to enhance patient care and will be funded in part through donations. If you would be interested in supporting this project, please contact Lori Asmus, Hospice of Cincinnati and Fernside Development Officer, at Lori.Asmus@TriHealth.com or 513-246-9230.

The update is scheduled to be completed in early winter.



The East Inpatient Care Center patient rooms got a refresh with new paint, flooring, furniture, blinds, televisions and décor.

COMMUNITY GIVES BACK

Facebook fundraisers help families say, “Thanks”

Birthdays and anniversaries can be especially difficult when you’ve lost a loved one. However, some people find comfort by giving back during these times. An increasingly popular tool—Facebook Fundraising—is helping Fernside and Hospice of Cincinnati families do just that.

Adam and Cara Cahill honored the memory of their son, Timmy, by hosting a Facebook fundraiser on his birthday and raising \$2,500 for Fernside’s sibling loss program. Christine Bissmeyer also used Facebook to show her appreciation for the care her husband, Daniel, received from Hospice of Cincinnati and raised nearly \$5,000.



“Families are finding this tool more and more desirable, especially since Facebook does not charge fees for donations made to nonprofits,” notes Development Officer Lori Asmus.

Want to host your own Facebook fundraiser?

Visit Fernside or Hospice of Cincinnati’s Facebook page and select “Create a Fundraiser.” Enter information about your fundraiser and a few photos. Share with your friends now and continue posting updates. Remember to share with us, too, so we can say, “Thank you!”

Knock on the door

Continued from page 1

service. In addition to caring for Will and dealing with his terminal illness, she continues to mourn the loss of her son, Steve, and her brother. Deb Athans, LISW-S, Hospice of Cincinnati Grief Counselor, is helping June bear the loss of multiple loved ones.

"I've seen a big change from our first session together," Athans notes. She will continue to see June as long as she needs her. "It is important that June has someone consistent helping her through the whole end-of-life process."

Both Will and June are extremely complimentary of the help they've received from Hospice of Cincinnati, especially Nurse Manager Marcy Ehlers, RN. "They [the team] have been a Godsend," Will says reverently. "If Hospice hadn't stepped in when they did, I don't know if I'd still be here."

Thanks for making a difference!

Gifts made in memory or in honor of loved ones help provide experienced and compassionate care to thousands of Hospice of Cincinnati patients and families each year. Please visit HospiceOfCincinnati.org to learn more about the impact of your donation and to view a complete listing of tribute gifts.

Brown named new Support Services Manager

Hospice of Cincinnati welcomes Pat Brown, LISW-S, as its new Manager of Support Services. With a strong background in social work and management, Brown most recently served as Director of Social Work at Haven Behavioral Hospital in Dayton. She previously worked as a social worker at the Good Samaritan Hospital psychiatric unit, giving her a solid knowledge of TriHealth policies and practices.

"I am blessed to be able to work with kind and compassionate individuals who are committed to the common purpose of providing honor, comfort, support and respect while meeting the needs of the patient and family," Brown says. "Kindness, compassion and dedication to an extraordinary end-of-life experience for all involved is truly the Hospice of Cincinnati way."

Brown received her Bachelor of Arts in social work at Cleveland State University, her Master of Science in social administration from Case Western Reserve University and earned her Master of Business Administration from Lake Erie College. She replaces Pam Van Hart, who retired this summer.



Pat Brown joins Hospice of Cincinnati as the new Manager of Support Services.

Community supports hikes in Blue Ash, Hamilton



More than 600 supporters participated in this year's Hike for Hospice events held Sept. 8 at Summit Park in Blue Ash and Sept. 22 at Hospice of Hamilton. Participants helped net about \$66,000 while remembering loved ones by walking or running in their memory.

In addition to the walks, children ages 10 and under ran in the Fernside Fun Run for kids, while adults participated in the TriHealth 5K Run at Summit Park. Thank you to Local 12 News reporter Kyle Inskip, who was the emcee at Summit Park, to our sponsors for providing refreshments at both finish lines, and to presenting sponsor Clever Crazes for Kids.

Proceeds from the events help us continue our mission to create the best possible, most meaningful end-of-life experience for all who need care and support in our community.



Four-legged friends of Hospice of Hamilton love to join the Hike for Hospice to help raise funds supporting end-of-life care in the community.

SAVE THE DATES!

Hike for Hospice of Hamilton

Date to be determined

Hospice of Hamilton Inpatient Care Center

Hike for Hospice of Cincinnati and TriHealth 5K Run

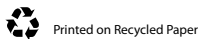
Saturday, Sept. 7, 2019

Summit Park in Blue Ash

For more information about the 2019 Hikes, please contact Lori Asmus at 513-246-9230 or Lori_Asmus@TriHealth.com.

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Fernside tackles unique issues of overdose loss

Like every grieving child, children whose parents die from drug overdose feel overwhelming grief. But, they also experience a unique challenge—the stigma that often accompanies a drug-related death. Mark Koenig, MEd, Fernside Program Coordinator, understands the sensitivities surrounding this type of loss. The support group of high school students he leads includes several teens who have lost a loved one because of drug abuse.

“Typically, they are reluctant to share the cause of death outside of our group,” he explains. “They don’t want anyone to think badly of the family member who died.” During the past five years, Fernside has seen a 10 percent increase in youth seeking grief support because of drug overdose.

“We try and normalize their feelings,” Koenig says. “While feelings of guilt are common among grieving children, it can be particularly intense for those who have lost a loved one to overdose.”

Vicky Ott, Fernside Executive Director, explains that in some cases, children have not been told the true cause of their parent’s death because families struggle with how to explain addiction and overdose deaths.

“We always—regardless of the cause of death—encourage families to be open and honest with children,” Ott says. “This gives the parent the opportunity to address any misconceptions or worries their child may have.”

The Fernside staff offers more than 30 years of experience helping children cope with loss. For more information about Fernside’s services, call 513-246-9140.



Teens participate in team-building activities at a Fernside retreat to work on grief-related issues.

The Goldstein Family
Hospice of Cincinnati and Fernside
Grief Center



Promoting Healing for Life After Loss

The Goldstein Family Hospice of Cincinnati and Fernside Grief Center is the first comprehensive bereavement center in Greater Cincinnati focusing on both adult and children’s grief. Services are free and available to all.

For more information about our programs and how to register, please call Hospice of Cincinnati at 513-891-7700, Fernside at 513-246-9140 or visit HospiceOfCincinnati.org/grief-services.

