

Journey is published semi-annually for patients, families, staff members and friends of the Hospice of Butler & Warren Counties.

Kent Anderson, President/CEO
Brenda Humfleet, President
Hospice of Dayton Foundation

Hospice of Dayton and Hospice of Butler & Warren Counties have served more than 109,000 families. Send suggestions and comments to Lori Poelking-Igel, Director, Leadership Giving. If you would like to be removed from our mailing list, please call us at 513-422-0300 or visit www.hospiceofbwco.org and choose the newsletter link and follow instructions for removal.

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5k Remembrance Run & Walk: A New Date! October 10, 2015

By Charles Dawes, Associate Director of Development

We invite you to join us for what promises to be a great day to make a difference. Rain or shine, people of all ages will come together for the 4th annual 5k Remembrance Run & Walk, generating more than \$20,000 for terminally ill patients. Each registration and donation will ensure that all people in our two counties have extraordinary end-of-life care.

Mark your calendar for October 10, 2015. Adults \$25; youth under 7 is \$15. Sign up a team of 10 or more and your entry fee is discounted to \$20 per person. Smith Park is located at 500 Tytus Ave., Middletown, Ohio.

We thank our 2014 Sponsors:

Presenting Sponsor: AT&T

Supporting Sponsors: Premier Health, Middletown Meijer, Greg and Patti Pursley Atkinson

Participating Sponsors: Garland and Johnson Dental, Selection.com, Team Fastrax

Friends: Middletown Ford, Collette Propane, Anytime Fitness Springboro, Senator Shannon Jones, Representative Tim Derickson

We recognize individuals who raised money by asking their friends and family to donate for a great cause. We express our deepest thanks to those who went above and beyond by gathering donations. We thank Darlene Ferris and her team, The Faith Uniter, for raising the most money in 2014, over \$500!

Online registration is coming soon at hospiceofbwco.org. Be sure to sign up before September 28, 2015 to receive your event t-shirt. If you would like to register or donate now, please contact Charles Dawes at 513-659-0959 or cdawes@hospiceofbwco.org.



Fearless Living and Loving

By Vicky Forrest, Director of Mission & Public Information

Hospice of Butler & Warren Counties Chaplain John Love started writing spiritual reflections to share with his patients and families three and a half years ago. The positive response he received from hospice patients, families and caregivers motivated him to turn his reflections into a book. The newly published *Fearless Living and Loving – Christian Hope for the Sick and Their Caregivers* guides readers through a spiritual journey of self-discovery.

“As a chaplain, I’m sensitive to honoring all faith traditions,” Love explains. “I didn’t write this book to change what people believe. Rather, I think it will help people clarify their beliefs and encourage readers to examine what their faith means to them. I also wanted to provide an uplifting message, a book that offers hope for people facing chronic or terminal illness and for those who love and care for them.”

Love has observed that end-of-life care presents unique challenges for professional caregivers. He says, “Hospice organizations are blessed to attract the very best of the best: nurses, aides, counselors, and so on. But the physical and emotional demands of the work can deplete caregivers and lead to burnout. I believe that spiritual work helps us grow in love and faith. And as we grow in love and faith – as we feel closer and more connected to God – we are better equipped to handle the daily stress which comes our way.”

Fearless Living and Loving is available through WestBow Press, a division of Christian publisher Thomas Nelson & Zondervan. It can be ordered online at www.westbowpress.com or by calling WestBow at 1-866-928-1240.



A Collaboration for the Ohio Palliative and End of Life Care Center of Excellence

By Kent Anderson, President/CEO

Hospice of Dayton and Hospice of Butler & Warren Counties has joined with Ohio's other largest hospice provider, Hospice of the Western Reserve, in a collaborative initiative to ensure delivery of the highest quality of care for all Ohioans. Our partnership will focus on creating "best practice standards" for hospice and palliative care, pro-actively sharing quality data, benchmarking performance to continuously improve care delivery to create the most skilled workforce.

Phase one of the partnership will emphasize the sharing of best practices, integration of evidence-based care, standardization of education, enhancement of community advocacy activities and the promotion of world-class hospice care across Ohio. New programs for disease management and high-risk care management will also be initiated in partnership with health systems and managed care providers. Future initiatives will focus on refining operating efficiencies, sharing electronic medical records with our partners in care, and elevating the presence of best practice hospice care.

As not-for-profit, mission-driven, community organizations, Hospice of Dayton, Hospice of Butler & Warren Counties and Hospice of the Western Reserve are proud to be counted among the nation's legacy providers with decades of experience and service to the Northeastern, Southwestern and Central communities of Ohio. We are grateful to the communities we serve for their continued support and faith in our mission and services. 🌿

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The Best Things

By Brenda C. Humfleet, Chief Development Officer Hospice of Butler & Warren Counties, President Hospice of Dayton Foundation

Amidst the chaos of daily living, we sometimes forget to stop to enjoy the best things about each day. Peggy Anderson authored a book entitled, *The Best Things in Life Aren't Things*. She reminds us that at the end of our lives, we

will attach little importance to much of what we spend so much time worrying about. Ms. Anderson says, "Our lives become meaningful when we focus on those essentials that enrich the lives of others and in return, enrich our own lives."

Living a life where we remain true to our core values of kindness, faith, family, friendship, and love brings meaning and purpose to our existence on this earth. Each of us face times of adversity. Adversity doesn't build character, it reveals it. My mother's favorite saying was, "It could always be worse." She strongly believed in the power of having a faith-based, positive attitude and giving back to help others whose problems were probably bigger than ours.

Whether we give our time, talent, or treasure, the amazing paradox is that we can never help another person without helping ourselves. Last year, more than 5,000 individuals received end-of-life care from Hospice of Dayton and Hospice of Butler & Warren Counties. Their loved ones received grief counseling and dozens of youngsters benefitted from our kid's camp geared to children facing grief-related issues. Additionally, many of our patients received visits, homemade birthday cakes, lap blankets, and activity mats used by dementia and Alzheimer's patients. These extraordinary services and many more were made possible due to very generous community support.

The best things in life aren't things. It is being kind, caring and sharing. If you have an interest in sharing your time, talents, or treasure to help our patients and those suffering the heartbreak of loss and grief, please return the enclosed reply card. You will make a difference in the lives of others. 🌿

Preparation for 2015 Camp Pathways is Underway

By Jonathan Haag, LISW-S, ATR-BC

Pathways Breakaway, a mini-camp experience funded by community dollars, was held this past January on Martin Luther King Day at the Kettering Recreation Center. Going through this day-long event in age specific groups, 33 kids enjoyed grief activity groups utilizing discussion, art, music, a labyrinth and maze as well as a balloon launch. Fun activities included swimming and ice skating.

Now with the Breakaway event successfully completed, I am gearing up for Camp Pathways. Although there are a host of tasks and details, the thing I most enjoy about preparing for camp is telling families, children and teens who have never gone before all about it. I say, "Camp Pathways is a wonderful and life changing event that cannot be duplicated in any other way. It is the one weekend of this year where you can have both big fun and the opportunity to pay attention to your grief in meaningful ways."



Camp Pathways offers over 50 children summer camp fun along with opportunities to explore, share, and gain understanding of their grief experiences. This year's camp is scheduled to begin on Friday morning, June 26 and will end on Sunday afternoon, June 28 at Camp Joy in Warren County. Supervised outdoor group activities such as swimming, fishing, canoeing, a climbing wall and ropes courses offer fun and healthy distractions. Grief group support activities, evening campfires, art, music, and a memorial service provide opportunities to pay attention to and express grief. 🌿

Sweet Sorority Sisters

By Vicky Forrest, Director of Mission & Public Information

Over 87 pounds of butter, 142 pounds of sugar, 120 cans of condensed sweetened milk, and nine gallons of corn syrup equals over \$2,600 in donations to Hospice of Dayton and Hospice of Butler & Warren Counties mission. That's the short version of the story to this year's 382 pounds of caramel sales by the Epsilon Lambda sorority. This group of sorority sisters has been together for sixty years. Founded by Sally Frost because she wanted to keep her group of high school friends together, the group raised their children together, maintained friendships and contributed countless hours to good works and deeds in support of Hospice of Butler & Warren Counties as well as other local charities. They presented a check to the Foundation for the proceeds of their annual caramel sale during the annual Volunteer Holiday Luncheon and have raised a total of \$29,250 since 1999. 🌿

