

## Walking for Loved Ones

By Marsha Bernard, Manager, Special Events  
Sponsored by Exhibit Concepts & Premier Health

A freezing chill in the air brings crispness to the leaves, bejeweled with frost, that crunch underfoot. Rosy cheeked, everyone was trying to keep warm, pulling woolen hats over their reddened ears and tightening scarves over chattering teeth. The cold seeps into gloves numbing fingers until they cease to bend properly, stiffened and frigid. Hospice of Dayton's Remembrance Walk on November 1, 2014 felt like January but that didn't keep people away. A crowd of over 700 people braved the elements to show their support.

The walk generated over \$65,000 contributing to a 10-year grand total of over \$500,000 raised for our patients and their families. All proceeds from this event stay in our community and provide support for programs such as Pathways of Hope, available to anyone regardless of whether they have used our hospice services or not.

A special thanks to our presenting sponsors Exhibit Concepts and Premier Health for their continued support and David's Cemetery, Furst Florist, Garland & Johnson, MetLife and New Horizons Computer Learning and to all the individuals and teams that participated in this year's walk.

The Top Team Award winner was Hearts for Hospice who raised over \$3,500 and the Top Individual Award winner was Don Fodor who raised over \$850. THANK YOU!



**NEW DATE for the 2015 Remembrance Walk!**  
Mark it down and spread the word!

# Remembrance WALK

**SATURDAY, OCTOBER 24, 2015**  
HOSPICE OF DAYTON CAMPUS  
324 Wilmington Avenue

REGISTRATION 8:30 am • WALK 10:00 am



## Hospice of Dayton's Heirlooms Shoppes, Full of Treasures!

By Charles Dawes, Associate Director of Development

Our Heirlooms Shoppes are made special by donations from people like YOU. We take your gently used donations and sell them; 100% of the proceeds benefit patients and families who need quality end-of-life care. This is a fun way our community supports our region's only premier non-profit hospice.

We invite you to visit both of our store locations to find quality products at low, affordable costs. We sell furniture, crystal, glassware, dishes, lamps, clocks, antiques, picture frames, accessories, and so much more.

Store Highlights:

- Inventory is first sold at 50% of retail cost
- We reduce items monthly by 10%, 15%, 30%, or 50%
- We receive quality name brand items from Ethan Allen, Lazyboy, Pyrex, etc.
- Visit often because merchandise changes weekly

Please remember that we pick up large donations for FREE when you downsize or redecorate! We encourage you to drop by our shops to provide us with smaller items. If you are unsure about your donation, please feel free to give us a call.

**Heirlooms Kettering**  
1413 Wilmington Ave  
Dayton, OH 45420  
937-294-9200

MONDAY - FRIDAY 11:00 AM - 6:00 PM  
SATURDAY 11:00 AM - 5:00 PM

**Heirlooms Centerville**  
461 Miamisburg-Centerville Rd  
Centerville, OH 45459  
937-435-1588

MONDAY - SATURDAY 11:00 AM - 6:00 PM

# 20% Off

**20% Off Entire Purchase for You and a Friend!**

Visit one of our Heirlooms Shoppes with one friend. The two visitors may receive one 20% discount on their entire sale. Coupon must be submitted during purchase. Red ticket items are excluded.

This discount is not good with any other discounts.  
Expires 1/31/15.

**Heirlooms**  
Shoppes benefiting Hospice of Dayton



Hospice of Dayton Journey is published quarterly for patients, families, staff members and friends of Hospice of Dayton, Inc.

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

Founded in 1978, Hospice of Dayton has 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 937-258-5537 or visit [www.hospiceofdayton.org](http://www.hospiceofdayton.org) and choose the newsletter link and follow instructions for removal. Copyright © 2014 Ohio's Hospice, Inc. All rights reserved.

SPECIAL **2015** EVENTS

**Hospice OF DAYTON**



**NEW Steins, Stems & Savories**  
**Saturday, April 25, 2015**  
*America's Packard Museum*  
TBA



**Memorial Gardens Dedication**  
**Sunday, April 26, 2015**  
*Community Room*  
1:00 pm



**Golf Classic**  
**Monday, June 8, 2015**  
*Sycamore Creek Country Club*  
Shotgun Start - 12:30 pm



**HAIR SHOW OUTRAGEOUS 2**  
**Friday, September 25, 2015**  
*Ponitz Center, Sinclair Community College*  
11:30 am



**Remembrance Walk • NEW DATE •**  
**Saturday, October 24, 2015**  
*Hospice of Dayton Campus*  
10:00 am walk begins



**Cosmic Bowl • NEW DATE •**  
**Sunday, November 15, 2015**  
*Poelking - Woodman Lane*  
1:00 - 3:00 pm



# JOURNEY

A PUBLICATION FOR OUR FRIENDS | VOL. 5, ISSUE 1 | WINTER 2015

## The Adventure Continues...

By Vicky Forrest, Director of Mission & Public Information

"Spitfire" comes to mind when meeting Sallie Kotler. Despite her 77-years of age, Sallie is still high energy. A single conversation lets you know her life has been an adventure—and she's not done with adventures yet.

In her younger years, Sallie and her husband, Irving, owned a t-shirt shop on the beach in Hollywood, Florida. Sallie also did some night club singing, and was still rocking a mean looking bikini well into her 50s. But when Irving got ill with cancer and Sallie lost him, she gave up the beach to return to Ohio.

Sallie moved into the same apartment complex where Joe lived. The two were neighbors when Joe's first wife Millie passed away. Joe remembers the day Sallie and another friend stopped by his apartment after he was widowed. "We're going out to dinner," the two informed Joe. "Well, have a good time," said Joe, as he started to close the door. Sallie stuck her foot in the door and informed him that he was coming to dinner, too. "As soon as I met Joe I wanted to be like a Mother Hen to him," Sallie remembers.

Sallie and Joe remained inseparable friends. Then Sallie was diagnosed with lung cancer and admitted into the care of Hospice of Dayton. The couple, fully committed to the hospice concept of celebrating every day, decided to put the formal "forever" description to their friendship and devotion with a unification ceremony in September. Attendants included Joe's daughter, Pat, and her husband, Jerry, along with Sallie's hospice nurse, Tonya Kuntz. Sallie says Joe is her "biggest blessing" in life. Hospice of Dayton is honored to help celebrate the lives of Sallie and Joe.



Hospice of Dayton meets the Better Business Bureau of Dayton/Miami Valley Charity Standards.

[www.hospiceofdayton.org](http://www.hospiceofdayton.org)  
937-258-5537

## Characteristics That Make for an Outstanding Hospice

By Kent Anderson, President/CEO



Kent Anderson, President/CEO

The December 2014 issue of *Consumer Reports* offers insights into the care and services available through hospice programs and cites the characteristics that make for an outstanding hospice.

Here's what we think you should look for in a hospice program:

- Not-for-profit status and 20 or more years of experience.
- Hospice-certified nurses and doctors on staff and available 24 hours per day.
- Palliative-care consultants who can begin care if you're not yet ready for hospice.
- An inpatient unit, where patients can go if symptoms can't be managed at home.
- Ability to provide care in nursing homes and assisted living residences.
- Medicare approval. That way, Medicare will cover services, including equipment and home health aides as needed, plus counseling and grief support for the patient and the family.

We are extremely proud that Hospice of Dayton and Hospice of Butler & Warren Counties meet every one of these criteria. Our program is exemplary thanks to the generous support of the Miami Valley communities we serve.

Your contributions enabled us to touch more lives in 2014 than ever before. Thank you for your unwavering commitment to ensure outstanding end-of-life care for all, regardless of ability to pay.

## What's in Your Gratitude Journal?

By Brenda C. Humfleet, President, Hospice of Dayton Foundation



Brenda Humfleet, President, Hospice of Dayton Foundation

My Mother passed away December 27, 2012. She left behind a gratitude journal: *Today I am grateful to see another sunrise...I am grateful for good times shared with my family...I am grateful for the strength to volunteer...I am grateful to have the resources to support church and Hospice of Dayton.*

To tell what is important to someone, look at their checkbook and calendar. How they invest time and money is undeniable evidence of what is held most precious.

Philanthropy is not about money...it's about feeling the pain of others and caring enough about their needs to help.

What's in your "gratitude journal"? If you are grateful for the care we provided to your loved one, use the enclosed donation envelope to make a gift. Your gift—of any size—helps our mission of providing superior care and services. You can also volunteer. Your gratitude can also be shown by making a gift of appreciated stock. Or, the ultimate gift of gratitude: remember **Hospice of Dayton, 324 Wilmington, Dayton, OH** (non-profit ID #31-0933339) in your Will or Trust.

This year I am keeping a gratitude journal. My first entry: *I am grateful to this community for investing time and money to support our mission.* During the 18 years I've been privileged to lead our philanthropic outreach, I continue to be humbled by your generosity and concern for others. Thanks.

## Coping after the Holidays

By Lisa Balster, MA, LSW, CHA Director of Care, Patient Family Support Services



In the "chill of winter", after the busyness of the holidays, we must find what we need to not only survive, but thrive. This is particularly true for those who grieve. To care for yourself, it is important to make your wellness a priority. The following are some ideas to consider:

- **Welcome the chance to reflect on your life;** the good, bad, painful, and joyful. Take time to get quiet and listen to what you have to say to yourself. You will say something important. You can do this alone, with the help of a friend who is a good listener, or with a grief counseling professional. You have the ability to create your life going forward, and you can make it however you see fit.
- **Pay attention to your physical body.** Now is a good time to make that doctor's appointment, get a dental check up, and sign up for the local recreation center. Make wise food choices and indulge occasionally. Aim for routine sleep, resisting naps. Exercise every day, if only a short walk outside.
- **Challenge your mind.** Read, play games, solve problems, work. Whatever keeps you sharp.
- **Pay attention to your spirit.** Your spirit is just as important as any other part of yourself. What helps to lift your spirits? What helps you to feel connected to the universe? Helping others can be spiritually uplifting, while also providing us rest from our own concerns.

Peace be with you this winter season, be well.

## Hope Society Members

By Lori Poelking-Igel, Director, Leadership Giving



Hospice of Dayton Foundation has established the **Hope Society** as a way to support the unique programs and activities that Hospice of Dayton offers every day of the year to the community. As part of the **Hope Society** your donations will support Hospice of Dayton's one-of-a-kind programs and make future initiatives possible. Thank you for being a member of this special group.

### ASPIRATION LEVEL

Kent & Teri Anderson  
Robert H. Brethen Foundation  
The Steven Mason Family  
Therapy Support, Inc.  
Greg & Patti Atkinson

### BELIEF

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Pamela B. Morris & David Lemmon  
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## Striking for Perfection, Not a Moment to Spare!

By Marsha Bernard, Manager, Special Events  
Sponsored by Meijer of Kettering & Moose Lodge #73

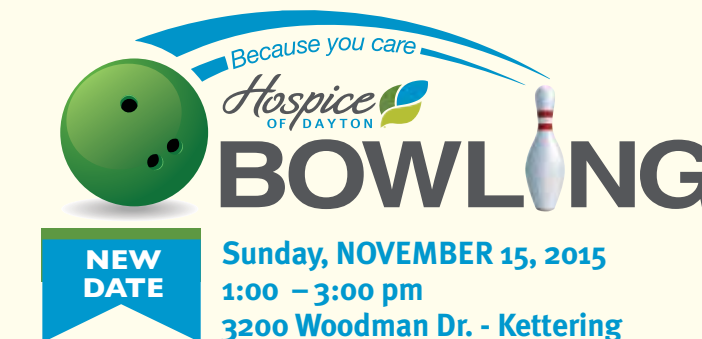


Hospice of Dayton held its 17th Annual Bowl for Hospice event on Sunday, October 5, 2014 at Poelking-Woodman Lanes with former Chief Meteorologist Carl Nichols, Meteorologists Jamie Jarosik and Tara Hastings as our hosts. Over the past 17 years, this event has raised over \$825,000 for patient care. Thanks to donor support, we are able to provide several programs to the community such as Pathways of Hope, providing grief support to anyone in the community, regardless of whether they have used our hospice services or not.

Special thanks to our growing group of sponsors and supporters:

American Legion #675  
Anthem  
Greg & Patti Atkinson  
Calvary Cemetery  
Dayton Heidelberg Dist.  
Detmer & Sons  
Ethan Allen  
Furst Florist  
Brenda Humfleet  
Jet Express  
Helen Poelking-Witt  
Linda Poelking IMO Jon Poelking  
Linda Weprin  
McGohan & Brabender

Meijer of Kettering  
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Newcomer Funeral Home  
Poelking Bowling Centers  
Riffle & Associates  
The Robert H. Brethen  
Foundation  
Routsong Funeral Home  
Yeck Brothers Company  
Papa John's  
Dave & Pat Leff



NEW DATE

Sunday, NOVEMBER 15, 2015  
1:00 – 3:00 pm  
3200 Woodman Dr. - Kettering

## "OUTRAGEOUS" - Hospice of Dayton's Hair Show!

By Marsha Bernard, Manager, Special Events  
Sponsored by Premier Health & Levin Family Foundation

Hospice of Dayton had heads turning and mouths dropping as Dayton's top salons and designers created, primed and paraded their hair-raising visions in memorable style on September 19, 2014 at the Ponitz Center. Eleven of the area's top hair salons vied to claim the title of "Top Salon." Participating salons included: A Whole New You, Dezigns by Tonya, Diversite Salon & Day Spa, Gorgeous Already Hair Studio, Hair Alinea at Salon Lofts, Michael's Salon and Spa, Posh Salon, Salon Lofts, SalonEXP, Salon on Rahn, Square One and Studio One Salon.



Premier Health and Levin Family Foundation served as our presenting sponsors. Miley Cyrus, Audrey Hepburn, Warriors and Goddess, Altered Ego, characters from Rydell High and more graced the runway in a heart-stopping, breathtaking, over the top display of style and wonder, having attendees question if they were experiencing an event in New York or Chicago.

Dezigns by Tonya, located in Enon, Ohio was crowned as DAYTON'S TOP SALON with the event raising over \$90,000 in support of programs and services for Hospice of Dayton.

A special thanks to our other sponsors of the event: CareSource, Howie Michaels, Wright State University Foundation, New Horizons Computer Learning, Kettering Health Network, Med-Trans, Inc., Deloitte, Clark Schaefer Hackett, Furst Florist, Sinclair Community College. Thanks also to our emcee Tara Hastings of WDTN, Beavercreek Professional Firefighters Local #2857, salons and volunteers who helped make a difference for the patients we serve.

Mark your calendar and save the date for **OUTRAGEOUS 2** on Friday, September 25, 2015 at the Ponitz Center.