

Celebrating Life's Stories[®]

A NEWSLETTER FOR OUR FRIENDS

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Wedding Bells in the Courtyard: Patient Joins Granddaughter's Wedding From Her Room

Thanks to the caring staff of Ohio's Hospice of Dayton, one of our patients witnessed her granddaughter's wedding outside of her window at a local long-term care facility.

Due to the COVID-19 pandemic and concerns about her health, Joanne Goebel's granddaughter, Emily Kennedy, and her now-husband, Seth Benfer, canceled their wedding, which had been scheduled for August 2020.

"When she was originally in hospice in November 2019, I had the idea to be married in her hospice room. As she was able to talk again, we talked every week about the wedding," Kennedy said. "Fast forward to when COVID-19 shut everything down, I didn't know if I'd ever see my grandma again."

Then, in July 2020, Kennedy was in a car accident. "My luck and that situation really put into perspective how precious life is," Kennedy said. "On top of that, a few weeks later, my husband's grandfather died, and I was like 'I've got to do this now.'"

Kennedy called her husband and her mom, and the family planned a wedding in two weeks.

Ashley Waulk, BSN, RN, care manager at Ohio's Hospice of Dayton, was instrumental in helping facilitate the arrangements for the

wedding, which was held in the courtyard of the long-term care facility. She and other staff helped Goebel get set up in a room so she could see and hear her granddaughter's wedding through the window.

"The joy and happy tears from Joanne made my day," Waulk said. "I felt so touched that Emily was so selfless to have her wedding in the courtyard of a long-term care facility just so her grandma could be a part of it."

The care team from Ohio's Hospice of Dayton helped Goebel into a nice outfit and did her hair and makeup. They helped Goebel stay comfortable so she could enjoy the celebration.

"My favorite part was seeing my grandma's face as I walked down the aisle with my dad. Then, when I saw my husband and looked out at my family, it was so much more beautiful than I'd ever imagined," Kennedy said. "My parents set it up so nicely, and Grandma was so happy, which made every second of stress worth it."

Kennedy is very grateful for the staff at Ohio's Hospice of Dayton. "What they do for my grandma is above and beyond. It's been hard not being able to help her, but right now I can't. We have relied on the amazing care of hospice," Kennedy said. "I couldn't imagine a better group of people to care for my grandma."



For information on how your contribution helps provide superior care and superior services, please contact the Hospice of Dayton Foundation at 937.258.5537.

Providing Support and Care During a Pandemic



Kim Vesey, RN, CHPN, MS
General Manager, Executive Vice President
Ohio's Hospice of Dayton

As our community navigates the uncertainty created by coronavirus, we remain steadfast in our efforts to ensure the safety of our patients, families, volunteers and staff while delivering support and care. We continue to closely monitor guidance provided by the Ohio Department of Health (ODH) and the Centers for Disease Control and Prevention (CDC) to ensure that we are implementing the most up-to-date recommendations for screening and safety procedures and the delivery of care.

I've been humbled and honored to work alongside our talented and experienced care teams, as they remain focused on safely serving and caring for our community. Throughout the pandemic, the demands and personal sacrifices they have made have been and continue to be great. Despite the challenges, our care teams continue to provide compassionate care with kindness.

Thanks to the vision of our founder, Betty Schmoll, the Dayton region has one of the nation's leading Hospice Houses to assist or treat those who need more care than what can be provided at home. It's times like these that I can reflect on her wisdom and commitment to build a world-class hospice care team right here in Dayton.

While there are glimmers of hope on the horizon about vaccines and the potential slowing of the spread of COVID-19, please know that we are dedicated as ever to provide the highest quality of care to all our patients, whether that's in our Hospice House or wherever a patient calls home. As your community-based, not-for-profit hospice, we're honored and privileged to provide superior care and superior services to each patient and family. Thank you for your continued support of our Mission.

Looking Toward a Brighter Future With Your Support



Lori Poelking-Igel, CFRE, Executive Director
Hospice of Dayton Foundation

Winter, with its many celebrations, can be a difficult time for many people. This past year, the long days and gray skies left so many people feeling isolated. In the middle of winter, it can sometimes be hard to remember that spring will come, but it will.

In a few short months the frost will melt, and the cold temperatures will give way to those first few hopeful signs of a new season. The life we have known for the past year will not last forever. We will soon put our faith in science and doctors and break free from the coronavirus, much in the way that warmth breaks free from the cold clutches of winter. Though it may seem bleak, we can look toward a brighter, better future. We can look toward better times as a community, a nation and a world.

While nothing in life is certain, with your continued support, our superior care and superior services will remain a constant presence in the community. Your donations, large or small, mean that we will continue to be a pillar in the community and a resource for those facing end-of-life illnesses. Your support secures a future for our community where everyone who needs care is able to receive it, regardless of their ability to pay.

As you consider your financial plans for the year ahead, please consider a gift to Ohio's Hospice of Dayton. Your generosity gives hope to a community as we look toward a brighter future. Please reach out to me at LLgel@OhiosHospice.org or call me at 937.258.5537 with any questions.

Pathways of Hope Grief Counseling Center Offers Support Through Real-Time CareSM



Lisa Balster, MA, MBA, LSW, FT
Director of Patient and Family Support Services
Ohio's Hospice of Dayton

As we have seen over the past year, businesses and individuals have had to shift their ways of thinking and operating to comply with health and safety measures, due to the COVID-19 pandemic.

At Ohio's Hospice of Dayton, the bereavement counselors at our Pathways of Hope Grief

Counseling Center have found creative ways to connect with people in the community who are experiencing grief.

Through Real-Time CareSM, a collection of telehealth and support tools, Ohio's Hospice of Dayton is now able deliver care and support to patients and families while reducing exposure to COVID-19 and maintaining social distancing. Real-Time Care has been instrumental in the delivery of bereavement support services.

Lisa Balster, director of Patient and Family Support Services, explains the new process for delivering bereavement support.

Q. How has Real-Time Care impacted the way you are able to provide bereavement support?

A. Real-Time Care offers the possibility for the counseling staff to connect with griever in the comfort and safety of their own home environment. It has provided a way for us to work, offering emotional support, grief counseling, and grief education in a way that is physically safe during this unique time.

Q. Are there any positives you see coming out of providing mental health and grief support services in this new normal?

A. There is an ability to meet needs more quickly and easily with the virtual counseling format. Barriers such as a lack of transportation, time needed to navigate to the counseling center, and even preparing to go out in public are removed. Some people are more comfortable to cry and experience emotions in a virtual session rather than being present with a counseling professional. Clients can

even choose whether they want to be on screen or just talk on the telephone. Many people prefer the safety and comfort of the telephone format as well.

Q. In a world where we are merging the stresses of a pandemic and seasonal depression, what are some important tactics for combating stress and depression?

A. There are several things those who are grieving can do to combat stress and depression.

- Take time to check in with yourself each day. Take action to get what you need.
- Find ways to connect with others.
- Create a plan to manage anxiety/sadness that feels out of control.
- Find a way to help someone else.
- Do not hesitate to connect with a counseling professional if you are concerned about yourself or someone else. You will be received with patience and understanding.

Q. How do you see emotional support being administered in the future?

A. Emotional support will be provided in the ways that are most comfortable for people. So after the pandemic is behind us, there will be those who prefer to receive care via telehealth. In-person support will likely be most popular and will continue to be offered for individuals and groups. We believe that every single person deserves the very best that we have to offer. The professional staff members at Ohio's Hospice of Dayton have dedicated their lives to helping patients and their loved ones. We are committed to ongoing learning. Our greatest teachers are our patients and families. We are very proud to be of service to our entire community.

If you need additional support, please reach out to our Pathways of Hope Grief Counseling Center at 937.258.4991. Our bereavement counseling professionals are available to help you through this difficult time.

Honor Your Loved One With a Plaque in the Memorial Courtyard

Even in winter, the campus of Ohio's Hospice of Dayton is a tranquil place to walk, appreciate nature, and reflect. The Memorial Courtyard, set back behind the pond on Wilmington Avenue, was created as a tribute to those we have lost. For those who visit our campus, the courtyard serves as a reminder of the comfort and love given to each patient we have the privilege of serving.



The Memorial Courtyard features a waterfall and beautiful granite stones with engraved name plaques available to honor your loved ones. It is our privilege to help provide ways to remember and memorialize those we love.

If you would like to memorialize your loved one with a plaque, three sizes are available:

Large Plaque – 8"x5" - \$1,500

Six lines/65-100 characters/spaces/portrait available

Medium Plaque – 6"x3.5" - \$550

Four lines/45-65 characters/spaces/emblem available

Small Plaque – 4"x2" - \$275

Three lines/40 characters/spaces

For more information on how you might honor or memorialize your loved one in the courtyard or about our upcoming socially-distanced memorial ceremonies, please contact Marsha Bernard at MBernard@HospiceofDayton.org or 937.671.3119.

Virtual 2020 Annual Remembrance Walk Raises More Than \$50,000

More than 100 members of the community and 20 teams raised more than \$50,000 for patient care and services at Ohio's Hospice of Dayton through the 2020 annual Remembrance Walk, which was held as a virtual event in October.

Though we didn't gather together in person this year, participants were encouraged to walk at their own pace in support of our mission to provide superior care and superior services to our patients and families. We would like to thank everyone who supported our annual event.

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our sponsors!**

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Kent Anderson, CEO, Ohio's Hospice
Lori Poelking-Igel, Executive Director, Hospice of Dayton Foundation

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