

Celebrating Life's Stories[®]

A NEWSLETTER FOR OUR FRIENDS

VOL. 12 | ISSUE 1 | WINTER 2022

Providing Superior Care and Superior Services Through Complementary Therapies

At Ohio's Hospice of Dayton, we offer innovative care and services beyond what is required by Medicare or Medicaid. Quality care for hospice patients controls pain, anxiety and agitation. We have introduced an array of complementary treatments that have been proven to improve clinical outcomes for patients while reducing the need for medications. All of these complementary services are supported through donor dollars. They include:

Starlight Therapy[®]: One of the more unique therapies available from Ohio's Hospice of Dayton is Starlight Therapy, which has a 90% rate of effectiveness in helping patients find relief from agitation, anxiety and restlessness within 30 minutes. The use of a star projector to shine pinpoints of light that move like the stars helps patients achieve greater relaxation, reducing the need for medication.

Massage Therapy: Massage therapy can supplement and help decrease the side effects of various pain medications. Patients asked to rate pain and anxiety before and after massage therapy showed significant improvement in levels of anxiety, pain and peacefulness. Research has also shown benefits not only in reduced physical distress but in emotional distress as well.

Music Therapy: Music can be a powerful tool to effectively address the physical, emotional, cognitive, and social needs of hospice patients. Qualified music therapists provide opportunities for creating, singing, moving to and/or listening to music. Music also can be useful in physical rehabilitation by facilitating movement, increasing motivation, and providing emotional support for patients and their families. It encourages reminiscence and provides an outlet for the expression of feelings.

Aromatherapy: Increasing research supports the effectiveness of aromatherapy in relieving anxiety, stress, and related symptoms such as hypertension, depression and insomnia. Volunteers and personal care specialists are trained in the use of aromatherapy with patients as an adjunct approach for care and comfort.

Ohio's Hospice of Dayton is honored and privileged to offer these complementary services to our patients. We are grateful for the generous donations from members of the community. Through their support, we are able to provide these services to our patients at no additional cost. Thank you for supporting our mission.



Starlight Therapy[®] uses a star projector to project images of stars and clouds, moving in slow motion, across the ceiling of a patient room. This helps ease anxiety, pain and restlessness for patients.

Reflecting on Gratitude, Peace and Hope



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

A new year is the perfect time to reflect on gratitude, peace and hope. If the past year involved losing a beloved family member or friend, reflecting on gratitude may feel unnatural. However, we remain grateful they were in our lives, and they are no longer suffering. We also are thankful for friends and family walking with us during this time.

At Ohio's Hospice of Dayton, we are grateful for your continued support, as it is what allows us to provide care and support far beyond what Medicare requires. The impact of your generosity significantly improves the end-of-life journey our patients and families experience. A new year offers an opportunity to look inward to find peace, amid the chaos, sadness, struggles, and joys in life. May this peace help us to heal and replenish.

As 2022 begins, it is an ideal time to set our goals for the year and to be intentional about spending time with those we love. We hope that this year is filled with gratitude, peace and hope for each of us. Thank you for your continued support of our organization and the care we have the privilege of providing.

I am happy to discuss any ideas or recommendations you may have to ensure we continue to provide the most comprehensive and compassionate end-of-life care. I can be reached at: KVesey@HospiceofDayton.org

Planning for the New Year



Lori Poelking-Igel, CFRE
President
Ohio's Hospice Foundation

There is a lot to be said for the new year being a fresh start. We get to turn a collective page on our lives. At the start of the year, I like to write down my goals, both personal and professional. I get so much satisfaction setting my intentions for the year ahead of me. Over the years, I've found that when I write down everything that I want the new year to bring, I'm more apt to follow my goals. I do this for everything, including my health goals, my relationship goals, and even my financial goals.

Making plans and setting my intentions for the future is an important part of achieving my goals, but it isn't just me that I am thinking of when I make these plans. I am planning for my family, the legacy I leave behind some day, and the community of people around me. As you are looking forward to the year ahead of you, we ask you to consider Ohio's Hospice of Dayton in your plans. As we continue to provide superior care and superior services for those facing end-of-life illnesses, you can help make a difference for those families in our care through a planned gift.

Planned gifts come in many forms: a donation from a life-insurance policy, a distribution from an individual retirement account, or a gift left in your will. The plans you make and the intentions you set can leave a powerful impact. The beginning of the year is a great time to discuss your plans with your family and financial planners. If you would like to help support our mission, please reach out to me at 937.258.5537.



Celebrating the 23rd and Final Year of Cosmic Bowl for Hospice



Twenty-three years ago, Ohio's Hospice of Dayton held its first-ever cosmic bowl event to support patient and family care. Woodman Lanes in Kettering generously opened their bowling center for a day of family fun, raffles, snacks, and of course, bowling.

On November 7, community members joined Ohio's Hospice of Dayton for the final Cosmic Bowl for Hospice event. In the 23 years that this event has been held, \$1 million has been raised to support patient and family care services.



The support from community members has given thousands of patients in the region access to complementary therapies that have eased their physical

and emotional pain; provided emergency assistance to caregivers and patients in need of food, shelter and clothing; and helped ease the transition for the families with grief support services.

Thank you

for 23 wonderful years of philanthropy, fun, and lots of strikes! We would like to thank our sponsors of the event for supporting us in our final year!

The Perfect Game Presenting

In Memory of Jon Poelking



The Anchor Donor

McGohan Brabender

The Kegler Donor

Coolidge Wall Co., LPA | David's Cemetery | Meijer UnitedHealthcare | The Brethen Foundation

The Dutch Donor

Calvary Cemetery Association | Yeck Brothers Joe Poelking Family | Linda M. Weprin Realty

The Brooklyn Donor

R. B. Jergens Contractors, Inc. | The Leff Family In Memory of Jerry Poelking | D.L. Weir | King Kold, Inc.

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, please contact Marsha Bernard at: MBernard@HospiceofDayton.org or 937.671.3119.

Please visit: www.HospiceofDayton.org/Donors/How-Can-You-Help for more information.

17th Annual 3k/5k Remembrance Walk

Thank you to everyone who attended the 17th Annual 3k/5k Remembrance Walk on October 23 at the Ohio's Hospice of Dayton Hospice House.

After hosting a virtual walk in 2020, it was exciting to walk with loved ones in person. The sun was shining, music was playing, and wonderful memories were made

with friends and family. Thanks to the support of the community, more than 444 Dayton residents came out to honor or memorialize their loved ones. The event raised more than \$40,000 for patient and family care.

Thank you to our generous sponsors who helped make this event possible:

Presenting



Silver

Calvary Cemetery
Huntington Bank

Bronze

David's Cemetery
Champion Apparel & Promotions
Kettering Health
Progressive Printers
Newcomer Funeral Home

Economy Linen & Towel Services
Grunder Landscaping
Eatonform, Inc.
Insurance Works, LLC
Muffler Brothers - Belmont

Sips, Savories & Sweets

Thank you to everyone who attended Sips, Savories & Sweets. The October 9 event featured food samples from local restaurants and craft beer and fine wines from some of Dayton's top breweries and Rumbleseat Wine. This year, the event was held at the new Ohio's Hospice Care Coordination Center. Attendees got a sneak peak of the state-of-the-art building opening in early 2022.



Thank you to everyone who attended the event, our planning committee members, and our generous sponsors. We look forward to bringing the event back in 2023!

Presenting:



Sous Chef

Coolidge Wall Co., LPA
Synergy
Beth & Paul Striebel Family

Maitre D'

Dodds Memorials
Dayton Physicians
Loth
The Huntington Consulting Group
Wayne & Barb Kirby

Pastry Chef

Designworks Studio
Huntington Bank
Kettering Health
The Tatar Family
Kent & Teri Anderson

Front of the House

Drs. Mary & Charles Bane
Jan Culver & Eugene Kurtz
McGohan Brabender
Howard Michaels
USI Insurance Services
Cox Media

Save the Date: 2022 Events

Be sure to save the date for our 2022 events.

2022
Golf Classic

6.13.22

2022 3k/5k
REMEMBRANCE
Walk

10.22.22

Please reach out to Sydney Munch at SMunch@OhiosHospice.org for more information.

Celebrating Life's Stories® is published quarterly for patients, families, staff members and friends of Ohio's Hospice of Dayton, Inc.

Kent Anderson, CEO, Ohio's Hospice
Lori Poelking-Igel, President, Ohio's Hospice Foundation

Ohio's Hospice of Dayton has served the community since 1978. If you would like to be removed from our mailing list, please call us at 937.258.5537.

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www.HospiceofDayton.org
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