



# Hospice of Cincinnati

*The community not-for-profit hospice*

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## Get your holiday cards!



Support HOC by purchasing your holiday cards from the Bethesda Auxiliary. Choose from two designs—with and without a holiday message. Prices range from \$8 to \$12. To order, contact Jerri Spurlock at (513) 745-1618 or email at [jerri\\_spurlock@trihealth.com](mailto:jerri_spurlock@trihealth.com).

Hospice of Cincinnati is sponsored by Bethesda Inc. in a collaborative community partnership with TriHealth and Mercy Health Partners.

## Couple's bond transcends all



HOC nurse Robyn DeHart helps Alma and Joseph Adelsperger stay in their home.

**A**fter 70 years of marriage, Alma and Joseph Adelsperger—known to those who love them as Toots and Dodie—want to spend their last days together in their own home. Thanks to Hospice of Cincinnati and their family, they are doing just that.

“Without Hospice, I don’t know where I’d be,” their daughter-in-law and caregiver D.J. Adelsperger says. “I made a promise to my late husband that I would take care of them. Hospice is making it possible.”

The couple—both in their early 90s—receive daily care from Keri, an HOC home health aide. “There’s no way we could stay here without Keri’s help,” Alma says. “She helps us take a bath, she fixes my hair...she is so much help.” Joseph agrees. “We don’t want to leave, period. It helps that we have someone to take care of us.”

Alma suffers from chronic obstructive pulmonary disease and is almost blind. Joseph has congestive heart failure. Both use walkers to move around their home. “They have matching walkers and matching lift chairs,” Sam Meyer,

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## Hiker conquers sand, snow, snakes for Hospice

**W**hen Denise Hill’s terminally ill sister asked her to make two promises, Hill lovingly obliged. She promised to develop a closer relationship with God and to make sure people wouldn’t forget about Cheryl, who died from breast cancer in 1998.

Little did Hill know that these promises would lead her to embark upon the grueling 2,650-mile Pacific Crest Trail (PCT) in April, a feat that only 300 or so people attempt each year. And for good reason.

“I knew it was dangerous,” Hill confesses, “but I’m pretty careful about everything I do.” Hill’s five-month hike on the Appalachian Trail



Pacific Crest Trail hiker Denise Hill takes a break with her husband, Bruce, at Tenaya Lake in Yosemite National Park.

in 2004 gave her a good taste of life on the trail. But nothing could prepare Hill for what awaited her at mile 200. She came shoulder to tongue with a rattlesnake sunning on a California boulder. As she tiptoed cautiously away, she soon realized she was an unwelcome guest in a den of rattlesnakes! Hill called 911 and was air rescued.

*continued on back cover*

## Message from the CEO



All hospices are not created equal. While many do a very good job of providing end-of-life care, only one not-for-profit hospice exists solely for the purpose of serving the people of Hamilton, Butler, Warren and Clermont counties, regardless of ability to pay. And that hospice is Hospice of Cincinnatiati ... **the community not-for-profit hospice!**

Serving our community means more than offering high quality end-of-life care. It means returning any excess of operating revenues versus operating costs right back to the community in terms of enriched programs and new or expanded services that add further convenience, comfort and value to the HOC experience. All totaled, HOC returned \$1.3 million to the community last year.

One example of this community giveback may surprise you—our inpatient care centers. You don't see many inpatient care centers run by for-profit hospices because these centers carry low profit margins. However, at HOC, we absorb the high fixed costs associated with inpatient care centers to provide a peaceful, home-like alternative to hospitalization and a safety net for our home care patients.

We return our profits to the community in many other ways, such as:

- An expansive bereavement program that operates far beyond the Medicare requirement by offering bereavement services to the entire community, including the nationally renowned Fernside: A Center for Grieving Children;
- An aggressive charity policy that operates at 400 percent of the federal poverty guidelines, allowing families to focus on their loved ones instead of on the stress of financial hardship;
- A full-bodied volunteer program featuring about 450 volunteers who cumulatively give more than 27,000 hours of their time each year;
- Clinical education agreements with area colleges and universities that offer future physicians and nurses hands-on experience with hospice care;
- A community education program, community partnerships, speakers' bureau and diversity program that educate a broad audience about the hospice care philosophy, which can boost earlier referrals and therefore yield higher quality of life; and
- A comprehensive holistic health program that enhances hospice care with pet, music and art therapy, as well as healing touch, massage, reflexology and other complementary services.

This fall, our service-mindedness will take us out of Cincinnati to South Africa, where we will assist Bophelong Community Hospice through a joint venture mission with Cincinnati's Crossroads Community Church and its sister church in Mamelodi Township. Bophelong Community Hospice is being developed as a magnet hospice model within South Africa to help deal with the country's HIV pandemic crisis.

Nurturing hospice care development throughout southern Africa through nurturing "sister relationships" between leading American hospices and emerging local African hospices has become a high priority goal of the National Hospice and Palliative Care Organization. HOC is both proud and excited to play a national

*continued on page 4*

## Employee of the Quarter

# *Nurse dispenses care, compassion in endless supply*

**W**hen Evelyn Crawford walks into a patient's room, she doesn't see their race, illness or social standing. She sees a person who needs the compassion she extends as regularly as a handshake. And while some patients are not as quick to warm to her, Evelyn's gentle touch soon has them feeling at ease.

As an African American nurse caring for patients at Hospice of Hamilton, Crawford occasionally experiences a patient who's not comfortable with her race. According to HOH inpatient unit manager Sister Donna Prickel, some people only see that her hands are black, "but in the end, these hands make all the difference to these patients."



Evelyn Crawford

Crawford explains, "This is a calling more than a profession. I really enjoy working at the bedside and caring for patients and their families beyond the nursing care."

Sister Donna remembers a patient who was very disfigured from his treatment for head and neck cancer. A former drug abuser, he was very unkempt and distraught. While in the middle of fighting his disease, his wife left him. "Within a few short weeks, he lost his wife, his home, and was losing his life," Sister Donna recalls.

"He withdrew completely. Evelyn went in and held his hand and prayed with him. She gave him far more comfort than any drugs we had." The patient's pain continued to escalate, and he became increasingly agitated. The staff struggled to control his symptoms and keep him comfortable.

"He was terrified to be alone," Sister Donna says. "He was afraid he would go to sleep and die alone. Evelyn spent hours sitting by his bed and holding his hand." The patient died calmly and comfortably. "It was Evelyn's companionship and trust that calmed him more than any medication we tried."

Sister Donna says Crawford routinely connects with all her patients. "She works in a very calm and unassuming way and doesn't judge her patients." She volunteers for multiple committees, picks up other shifts if needed and will take on any extra project that is needed. "She is a great example of what Hospice is all about."

# Annual Classic scores big for Fernside



More than 220 golfers enjoyed a picture-perfect day of golf. From left to right: Chris Barnett, HOC chief marketing officer; Joe Hackworth, MD, HOC Board of Trustees; Channel 12 WKRC-TV's Cammy Dierking; Sandra Lobert, HOC Board of Trustees and Terry Hellman, TriHealth Safety and Risk Management manager.

The fifth annual Hospice of Cincinnati Summertime Classic, held June 4 and 5, raised more than \$165,000 to benefit Fernside: A Center for Grieving Children, Hospice of Cincinnati's children's bereavement program. Hyde Park Golf & Country Club hosted this two-day event that offered the opportunity for both golfers and non-golfers to support Fernside. Norine Gettys served as chairperson.

More than 275 guests enjoyed dinner Sunday and participated in a silent auction featuring more than 80 unique packages. Channel 12 WKRC's Cammy Dierking hosted the evening's program and presented the premiere of the Fernside 20th anniversary video, featuring stories of several Fernside alumni families.

Monday's golf tournament was played in two flights with more than 220 golfers. Hole-in-one contests were sponsored by Jaguar of Cincinnati, Kings Toyota, James Free Jewelers and Hill-Rom.

We extend special thanks to our generous major sponsors: TriHealth, Mercy Health Partners, Ablecare Medical, American Nursing Care, AmeriMed, Cincinnati Reds, Fifth Third Bank, Hospice Pharmacia, Patient Transport Services, Staples and Therapy Support.

Planning for the 2007 Hospice of Cincinnati Summertime Classic already is underway. Please contact Erin Walker-Long at (513) 745-1613 or [erin\\_walker@trihealth.com](mailto:erin_walker@trihealth.com) if you are interested in serving on next year's committee, volunteering at the event, golfing or considering sponsorship.

# New executive director to continue Fernside's success



Vicky Ott

Vicky Ott recently was promoted to executive director for Fernside: A Center for Grieving Children. "Vicky emerged from within the Fernside ranks as the obvious choice to lead this outstanding, nationally recognized children's bereavement program," explains Hospice of Cincinnati President and CEO Steve West. "Her leadership will be crucial as Fernside expands in the future to further meet the large and growing unmet need for this vital community service."

Many exciting things are occurring as Fernside celebrates its 20th anniversary. A 20-minute video premiered at the HOC Summertime Classic June golf outing, showcasing Fernside's programs with interviews of families, volunteers and support groups. "We are hoping to use the nearly 30 hours of video footage to develop different versions to use for orientation, training and marketing," Ott says. The Bethesda Foundation provided partial funding for the video. Additionally, Fernside is revamping its website with links to the video and other exciting features.

Previously, Ott served as interim director of Fernside and program manager. For the past eight years, she has been

responsible for children's bereavement programming development and peer group oversight at Fernside, following several years as a Fernside community volunteer. Her previous professional positions included providing personal, social and career counseling for children and adolescents, adults and families at Hyde Park Psychological Services, TriHealth Counseling and Psychological Services, and Bridgeport Counseling and Psychological Services.

"I have been able to be part of the extraordinary growth Fernside has experienced the past 10 years," Ott says. "I'm thrilled to be in this leadership position to help us reach our goal: to continue reaching out to anyone in the community who needs our help."

# Bereavement Offerings

## Blue Ash

### Evening Support Group

This evening support group meets on consecutive Thursdays from 6:30 to 8 p.m. Call for dates.

### Afternoon Support Group

This ongoing support group meets weekly from 1 to 2:30 pm on Thursday afternoons to address grief-related issues.

### Parent Loss Support Group

This ongoing support group is designed for adults, ages 27 and older, who have experienced the death of a parent or surrogate parent. The group meets on Monday evenings from 6:30 to 8 p.m.

All Blue Ash groups are held in the Second Floor Conference Room (Community Room) at 4310 Cooper Road. Please call (513) 936-5811 or (513) 936-5813 for more information or to register.

## Western Hills

This afternoon support group meets weekly on Tuesdays from 1 to 2:30 p.m. at Mercy Franciscan at West Park, Main Meeting Room, 2950 West Park Dr.

## Fairfield

Weekly ongoing support group meets Wednesday afternoons from 1 to 2:30 p.m. at the Fairfield Community Arts Center, Green Room, 411 Wessell Dr.

## Holiday Support Groups

Held from 7 to 9 p.m. on Wednesday, Nov. 15, and Wednesday, Dec. 6, in the 2nd Floor Conference Room (The Community Room) at 4310 Cooper Road.

For more information about any bereavement offerings, contact Alan Gruber MA, MSW, LISW, at (513) 936-5811, Polly Peterson, MSW, LSW, at (513) 936-5814, or Martin Lawson, MSW, LISW, at (513) 792-6914.



## Registration open for teen camp

Teens ages 12 to 18 who are grieving the death of a family member or friend are invited to the 2006 WeBelong Retreat Nov. 4 and 5 at Camp Joy. In this picture, teens from last year's retreat gingerly try the high ropes course. The retreat provides a unique way to help teens grieve by offering a variety of activities. For more information about this year's retreat, call (513) 745-0111.

## CEO Message *continued from page 2*

hospice leadership role in helping develop this potential magnet hospice within South Africa. Read more about this exciting global outreach venture in a future issue!

Unlike for-profit corporate hospices, HOC doesn't answer to Wall Street or a profit-driven board of directors. End-of-life care is too personal and too important to be driven primarily by business decisions. Our community-based Board of Trustees expects us to operate efficiently and productively but also to pursue excellence as we carry out our primary mission. And that mission is to bring the highest quality hospice care to as many families as possible locally while serving as a model of hospice care leadership nationally through the example we set every day.

All the Best,

A handwritten signature in black ink, appearing to read "Steve West".

Steve West  
President and CEO

# HOC Board of Trustees names new members



Iris Diamond

Hospice of Cincinnati is proud to welcome Iris Diamond and Ken Page as the newest members to the HOC Board of Trustees.

## Iris Diamond

Diamond, a lifelong Cincinnati resident, has an impressive history of community service with organizations, including the Free Store Food Bank, Cincinnati Cooks, the Cedar Village Classic Golf Tournament and the Social Action Committee of Adath Isreal Synagogue.

“Iris Diamond stands out as a shining example of dedication to serving others,” comments Steve West, HOC president and CEO.

Currently a member of HOC’s Community Resources Development Committee, Diamond has assisted with major fundraising for the organization over the years. West speaks highly of Diamond’s accomplishments. “We welcome her to the HOC Board with gratitude for her past service and stand ready to join with her in future endeavors to help HOC continue its critical work with terminally ill patients and their families.”

## Ken Page

Ken Page currently serves Mercy Health Partners as senior vice president and has been an executive with the organization for 12 years. His responsibilities include advocacy, government relations, community relations, cultural awareness/diversity, managed care and HealthSpan.

“Throughout Ken’s more than 30 years in the health care industry, he has established a proven track record of leadership and results,” West says.

Prior to joining Mercy Health Partners, Page worked in public health, managed care and hospital/health services administration. “His knowledge and expertise will be invaluable in our efforts to foster the continued growth of HOC to serve as many Greater Cincinnatians as possible,” West notes.



Ken Page

Couple *continued from cover*

HOC social worker, says with a smile. The couple was referred to HOC after Alma fell several times and both experienced continual weight loss.

“Because of our ability to refer them to the appropriate community services in addition to our support, we have been able to help them stay in their home,” Meyer explains. Too often, families wait to begin hospice care until the patient is so



HOC’s help allows D.J. to spend quality time with her in-laws.

close to dying that they are not able to fully benefit from HOC’s comprehensive range of services.

As a result of their early referral, Alma and Joseph have enjoyed many more months in their home. “I never realized what hospice does,” says D.J.

HOC nurse Robyn DeHart visits the couple weekly to monitor their medication and to address any changes in their condition. “Joseph sleeps most of the day. Anything he does is exhausting for him. Alma also gets very short of breath very easily.” D.J. notes that DeHart also offers her considerable support. “I never had anybody I could talk with the way I can talk to Robyn.”

D.J. says she would have had to move her in-laws without this help. “I was going over several times through the week to help them take care of themselves and check on their medication. It was just too much.” Now D.J. can go to work knowing her in-laws are being well cared for during the day, and she has the energy to visit with them after work.

This is not D.J.’s first experience with Hospice. Her husband and his brother were both cared for by the staff at Hospice of Hamilton. To honor them and thank the staff that cared for her loved ones, D.J.—along with her co-workers—walk in HOH’s Hike for Hospice each year. “I am sure I’ll do something special when Toots and Dodie pass away,” D.J. says softly. “I just don’t know what I’d do without this help.”

## Become an HOC volunteer!

Please call Judy Russell, program assistant, at (513) 792-6989 or Jo Ann Ropp, manager, Volunteer Services, at (513) 792-6982, or visit our website at [www.hospiceofcincinnati.org](http://www.hospiceofcincinnati.org).

# Take a virtual tour of HOC's new Inpatient Care Center—East

**H**ospice of Cincinnati's beautiful new inpatient care center opened in Anderson Township in late June. Located on the first floor of the Mercy Health Plaza, 7691 Five Mile Road, the new facility includes 16 inpatient rooms and provides the same high quality end-of-life care found at other Hospice of Cincinnati sites. A variety of holistic services are also available for patients and families. Take a tour of this facility offering warmth, comfort and peace to patients and families on Cincinnati's east side.



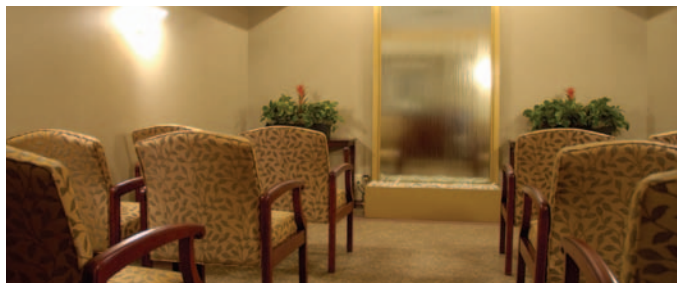
## Nurse's Station

Enter our doors and the first thing you will see is our state-of-the-art nurse's station. Our highly-trained staff works closely with Medical Director Karyn Dyehouse, MD, to keep our patients comfortable throughout their final days.



## Patient Room

This is one of the 16 patient rooms—all with a unique layout and private bathroom. To ensure a more home-like feel, oxygen and suction equipment are located in cabinets above the bed, and each room has a TV/DVD player, a personal refrigerator and a couch for families who wish to stay with their loved ones.



## Chapel

A soothing water fountain on the wall accents the chapel, which provides patients and families a space for quiet reflection, prayer or a more formal ceremony.



## Atrium and Gardens

Patients and families can enjoy the sun, beautiful flowers and calming pond in the comfortably furnished atrium or outside on the sheltered patio.



## Fish Tank

Enhancing the peaceful, home-like environment is this brightly colored fish tank for all to enjoy.

## From the Foundation

# *Life insurance: Three ways to make a major gift with ease*

Gary Algie  
Director, Planned  
Giving/Major Gifts



One asset that nearly everyone has—and eventually outgrows the need for—is life insurance. The benefits of your insurance policies may be cut in half if left to face federal estate taxes. A charitable organization like Hospice of Cincinnati, however, can fully benefit from your unwanted or unneeded policies.

The following three common scenarios can make the most of your outdated life insurance policies, helping you create a legacy to honor your life's work.

### **Insurance contract**

An insurance contract provides the opportunity to guarantee ongoing support for a specific project that is important to you or to advance an organization's reputation for excellent programs and services. By leveraging small amounts of annual premiums, you may find that a larger gift develops over time.

### **Contract ownership transfer**

If you have policies for which you no longer have use, you may choose to transfer ownership to a charitable organization such as Hospice of Cincinnati. In addition to removing the asset from your estate, it will often generate an income tax deduction equal to the lesser of the original cost or fair market value of the policy.

### **Wealth replacement**

Life insurance can be used to offset charitable gifts of assets by replacing the wealth so your heirs aren't unduly affected. These so-called "wealth replacement" policies are very popular when working with large bequests and charitable reminder trusts or gift annuities. It might seem more tax efficient to have heirs receive an asset that always steps up in value at death, unlike receiving annuity payments or retirement plan proceeds, which come with an accompanying income tax and artificially inflate the taxable estate of the deceased donor. If the life insurance is properly structured and held outside of the estate, then the proceeds pass to heirs without income, gift or estate tax liabilities.

Should you consider the gift of an insurance policy? A good place to start is to review what policies you have in place; don't forget any group or employer plans. Look carefully at the ownership and beneficiary designations and then modify to fit your current situation. Life insurance policies as charitable gifts can leave a legacy that exemplifies the caring nature of your life's mission while also helping to fulfill ours.

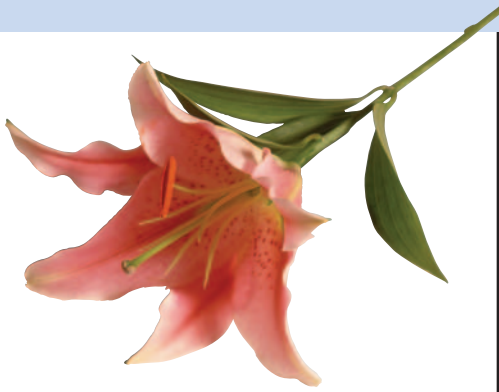
For more information on these life insurance gift options, please contact Gary Algie at (513) 745-1622 or [gary\\_algie@trihealth.com](mailto:gary_algie@trihealth.com).

## *A feast for the senses!*

Patients, families and community members experienced Hospice of Cincinnati's holistic therapies at an Art Fair held June 11 at the Blue Ash Inpatient Care Center. HOC music therapist Yumi Sato and intern Becky McCue enveloped the guests in soft music as they wandered through the fair, viewing prints, sculpture and other artwork beautifully crafted by patients. Volunteer massage therapists and staff member Tina Bross provided relaxing massages, while other HOC holistic health volunteers offered healing touch, reiki and reflexology to guests. "This was a wonderful opportunity for many to experience the therapies we offer our patients on a day-to-day basis," Ann Ossim, manager of Holistic Services, explains.



HOC art therapist Anne Rettig shares patient artworks with family members.



## The florist who keeps on giving

Dean Lutz, owner of Piepmeir the Florist in Western Hills, brings infinite hues of color to patients' lives. After several loved ones were cared for by Hospice of Cincinnati—his mother at the Blue Ash Inpatient Care Center and his uncle at the Western Hills Inpatient Care Center—Lutz was so touched by the care they received that he began donating flowers to Hospice of Cincinnati. He added a beautiful touch to the opening of the Western Hills and Eastside inpatient care centers for both grand openings. Lutz also continues to provide flowers for the Western Hills care center on a weekly basis. Volunteers arrange the flowers in vases and distribute them to patients and families. HOC is grateful and fortunate to have the continued support of Piepmeir the Florist.

### Hiker *continued from cover*

But a few snakes did not discourage this Indian Hill mother of three, who had little camping experience before 2004. Nor did three weeks of body-twitching poison oak; waking up to sub freezing temperatures; hiking in 100-plus temperatures; traversing 12-inch deep, snow-covered mountain passes; or navigating shoulder-high, ice-cold streams – all while sporting a 45-pound backpack.

Hill was driven to keep Cheryl's memory alive through her PCT hike. She chose Hospice of Cincinnati as the beneficiary of her hike to honor Cheryl's calling in life, which was caring for terminally ill patients at a local nursing home.

Hill kept the second part of her promise through her reflection-rich solitude on the trail. "I wish everyone could do this—experience the solitude. It's the little things you take the time to see that you might not see in city life."

One point of reflection that stands out for Hill is that things do happen for a reason. "When you're out there in nature, you can believe this," she explains in a voice as soothing as a steady rain. "Death is a part of life, and I know that Cheryl is with God and that she's in a better place."

Hill amassed many memories and experiences before her hike was cut short at mile 1331. She turned 50 on the PCT, celebrated her 25th wedding anniversary with her husband, Bruce, and camped in fields of flowers, on mountaintops and in the middle of nowhere. "It's so cool to have your life on your back," she explains. A slow-healing rib injury eventually caused Hill to wince with every step. Reluctantly, Hill decided it was time to come home and heal.

If heart, mind and spirit were the only things needed to finish the journey, Hill would still be hiking. "I'm still unsettled with it [not finishing] emotionally," she remarks. "This was a charity hike so it was difficult to end it early." However, Hill says she will always cherish her time on the PCT. "My life will be forever enriched ... and Cheryl's memory lives on still as my footpath of pride!"

### A message from Denise Hill (a.k.a. Ladybug)

While my physical journey has prematurely ended, the need for high-quality hospice services continues every day. I invite you to join me in honoring the loving spirit of my sister by helping me support Hospice of Cincinnati, which provides comfort and peace to so many just as my sister did. Please make checks payable to Cheryl Rose Walden

Foundation. All donations will be given to Hospice of Cincinnati through the Cheryl Rose Walden Foundation. Please send donations to:  
**Cheryl Rose Walden Foundation Inc.**  
**c/o Hospice of Cincinnati Inc.**  
**4380 Malsbary Road, Suite 100**  
**Cincinnati, OH 45242**



*The community not-for-profit hospice*

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