



Looking Back to our Roots to Plan for the Future: Beloit Regional Hospice Celebrates 30 Years of Providing Compassionate, Quality End of Life Care

In 1982 an oncology and internal medicine specialist at the Beloit Clinic, Dr. Burton VanderLaan, gathered together a group of dedicated individuals who shared a common interest: a truly humane way of caring for the dying individual. This steering committee was further guided by the belief that care given in a humane and compassionate way must include the family, for it is the family who understands needs that are beyond the knowledge of the health professional.

As Beloit Regional Hospice begins the year of celebrating 30 years of service and partnership in the community, it seems appropriate to reflect on some of the words of our founders at the time they built the foundation of what we now know as Beloit Regional Hospice. In the fall of 1982, Dr. VanderLaan wrote a paper entitled: Hospice: Some Reflections on Healing.

"In defining hospice, it is probably best to begin by stating very clearly what it is not. A hospice is not a noun – it is not a place where one goes to die from incurable disease. Hospice is not a synonym for euthanasia; those issues, 'the good death: discontinuing or avoiding respirators or other means of high technology life support, are not necessarily related.' Hospice is not a



substitute for ongoing, intense medical treatment. Hospice does not mean hope for medical cure or palliation is abandoned.

What then is hospice? It is first and foremost a dedication to meeting the needs of terminally ill people as human beings. It is a philosophical approach to the delivery of health care; a concept borne out of compassion. It is healing beyond curing; treating illness beyond disease...

Hospice then, is the approach to terminal illness in the larger sense. Aimed at achieving the goal of healing, it is designed about the needs of the individual as a whole. It encompasses diverse entities such as narcotics for pain relief, continued use of chemotherapy or radiation if cancer response is possible, delivery of hospital beds or other equipment for home use, friends to help prepare meals, clergy to offer prayer, guidance and spiritual

support and family to guarantee against loneliness—all related through the common denominator of compassion.

A final note: To earnestly deliver such compassionate care is not to follow an easy road. The psychologic and emotional toll upon the family, physician or clergyman can be immense. It is important to remember that the supporters will also need support; those who deliver the care will also require care.

Hospice is indeed a great challenge – to effect such care a most laudable undertaking."

While there has been much progress in the hospice field – advancement in end-of-life care, regulations and licensing requirements, understanding of grief and so much more, at its heart, Beloit Regional Hospice has maintained true to the core of the philosophy on which it was founded.

Throughout this year we will look forward to opportunities to communicate with our partners and supporters in the community. Sustaining an organization with this mission for 30 years would not have been possible without the commitment of so many individuals and businesses throughout the communities we serve. We are so grateful to our founders and those who have followed.

New Executive Director Leads Beloit Regional Hospice Forward



In November of 2011, Mary Anne Miller joined Beloit Regional Hospice as its new Executive Director. Mary Anne brings more than three decades of health care experience, both clinical and administrative, to the Executive Director position, with over ten years experience in Senior Leadership. Bonnie Wetter, Board President at Beloit Regional Hospice said, "Hiring Mary Anne was the result of a lengthy, nationwide search. We are thrilled to have found someone with her experience and her passion for hospice to lead the organization."

Mary Anne's background includes organizational development, patient, professional and employee education, risk management, compliance, quality, patient safety and accreditation. She has worked for small local, mid-sized regional and large national health care organizations in the public, for-profit and non-profit sectors. Mary Anne has been an Examiner for The Lincoln Foundation for Performance Excellence. Mary Anne is a registered respiratory therapist with a Master's in Health Administration.

Upcoming Events

- In partnership with the Beloit Health System, we will be hosting the Hospice Foundation of America's annual spring teleconference, End of Life Ethics. Mark your calendar now for April 19, 2012 at the Beloit Memorial Hospital Auditorium.
- BRH offers grief support groups for young children, teens and adults. The children's and teens' groups are being held at various schools throughout the area. New adult grief support groups will be forming throughout the year and we also offer one-to-one support.
- The next volunteer training is scheduled for Saturdays March 10 & 24, 2012 at the BRH office.
- The annual volunteer recognition event is being held on Saturday, April 28, 2012. Volunteers should look for their invitations in the Spring.
- Watch for BRH 30th Anniversary events as well!

Please contact our office toll free at 877/363-7421 or use the emails below for questions and to confirm dates and times:

General – outreach@beloitregionalhospice.com
Grief – griefsupport@beloitregionalhospice.com
Volunteer – volunteer@beloitregionalhospice.com

Beloit Regional Hospice Partner in Share the Care™ Station in Rock County

Caregiving for a seriously ill patient can become overwhelming and stressful if one person shoulders all the responsibility. Service providers in Rock County have teamed together to assist families and caregivers in adopting the *Share the Care*™ model. This model shows people how to draw upon other available resources to create a caregiving family.

Many caregivers are challenged by the question, "How can I help?" *Share the Care* helps organize a team using a simple, easy-to-follow system and guides that guarantee every job will get done and no one individual will have to do too much.

The purpose of having a *Share the Care* Station in Rock County is to promote and provide information about *Share the Care* and to coach those who need assistance to get a *Share the Care* group going. Each



family identifies, with the assistance of a station manager, two individuals who are best suited to

take on the important roles of leader and coordinator. These individuals then work to gather a team of friends, relatives, neighbors, business associates and acquaintances to help ease the burden for the patient and primary caregiver.

Ellen Wiegand, Transitions Coordinator at Beloit Regional Hospice, is one of the council members coordinating the efforts in Rock County. "Only 5 counties in Wisconsin will have *Share the Care* Stations, so we are excited to be part of this valuable service to families facing the a life limiting illness," says Wiegand.

The rollout of the program will occur in 2012. For more information, contact Julie Seeman at Rock County Council on Aging at 608 758 8455.

Breakfast & Spirit of Caring

Fantastic fun, wonderful weather, vigorous volunteers and amazing attendance once again filled the grounds at Skip's Friendly Village in Afton on August 28th for the Hospice Breakfast. This annual event has strengthened the relationship between Beloit Regional Hospice and the community, furthering the ability of BRH to do its work and thereby enhancing quality of life in our service area.



For this reason, Skip Hoffman and Larry Hopper were chosen as the recipients of the 2011 Beloit Regional Hospice Spirit of Caring Award. This honor is bestowed upon those caring individuals, organizations or businesses who have demonstrated dedication to strengthening the Hospice Concept in the stateline Community in an effort to improve quality of life. We were happy to present them with this award at Doves and Diamonds in November. Shown from left to right are Kathy and Skip Hoffman, Larry and Belinda Hopper.



Goals for Hospice

A lively group of Beloit College Women's Soccer players filled our office in late August to share a meal with staff, learn more about the hospice philosophy and the services provided by BRH. For several years Head Coach, Liz Bartley, and the team have organized Goals for Hospice, in which participants pledge a dollar amount for every goal scored by the team that season. Over \$1800 was raised in 2011! We enjoyed getting to know these wonderful women and truly appreciate their efforts to promote the quality end-of-life care that Beloit Regional Hospice provides.



Memorial quilt

Will you be remembered as a sports fan, as a member of a civic organization, or a person who liked to fish, hunt or sew? Maybe your loved ones will remember your cooking or baking, or maybe your love of gardening or travel. Many of these are beautifully represented on the BRH 2011 Memorial Quilt, which is on display now in our lobby. Each year the families of the patients we serve have the opportunity to provide a quilt square to us after their loved one has died. The quilts continue to be a meaningful remembrance throughout our office. Stop by to see them today. (Office hours are Weekdays 8 a.m. to 4:30 p.m.)



Doves and Diamonds



More than a few lucky guests at Doves and Diamonds received the instruction that they could open these small boxes...would they have a key to try in the lock on the treasure chest containing the jewelry giveaway? This was just part of the excitement at our signature event, held for the 7th year in 2011. Thanks to our sponsors, donors and guests, Doves and Diamonds generated the much needed funds to cover the costs of non-reimbursed patient care and other BRH programs. Income and in-kind donations totaled \$82,000 and over 300 people enjoyed the evening!

Long-time board member and community partner Steve Nilson of Homecare Pharmacy (left) had the winning key and is shown here with Brill Jewelers owner, Kim Beals, generous donor of the jewelry piece.





Beloit Regional Hospice

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Help Us Go Green! Using email to communicate with friends of Beloit Regional Hospice saves on paper and postage. If you would be interested in receiving the Caring Notes and other Beloit Regional Hospice communications via email, please let us know! Send your email to nmorgan@beloitregionalhospice.com.

Discovering the world of Facebook? We update information and post announcements there also. So find us on Facebook at Beloit Regional Hospice.

Of course, we are also happy to continue communicating with you in the traditional way. We just want to stay in touch.



*We are grateful to
Beloit Health System for
their ongoing partnership and
support. Their generosity makes
this publication possible.*

Wish List

Donations to Beloit Regional Hospice go a long way to helping our organization save on expenses so that we may direct our funds to the patients we serve. Below is a list of items we need. If you have a donation to make, please call the office at (608) 363-7421 and ask for Karen Johnson-Hurd for patient supplies or Jeana Lane for any other items.

Patient Supplies

- New Fitted twin size sheets for hospital beds (Prefer white and elastic all the way around. Purchase at Homecare Pharmacy or Wal-Mart)
- New Twin size flat sheets
- New Twin size egg crate mattresses (Wal-Mart, \$10)
- 9 volt batteries
- Bleach
- Shout spot remover
- Quart sized Ziplock bags
- Cat litter (for medication disposal)
- Personal and refill size hand sanitizer

Grief Support Program

- Battery operated tealights (can be purchased at Dollar Tree, 2 per pkg.)
- Regular unscented tealights
- Michael's or Berg's Party Store gift cards (used for supplies for the Kids, Teens 'n' Grief program)

- Individual packs of facial tissue
- iTunes gift cards
- Any color pocket folders with 3 prongs
- Glitter glue
- Variety packs of Sharpie permanent fine line markers
- 24 count crayons
- Assorted stickers for memory boxes
- Assorted ¼ inch or larger beads for bracelets

Volunteer Program

- Bottled water
- Pocket size hand sanitizer

Office & Kitchen Supplies

- Sticky note pads
- Legal pads
- White copy paper
- Manila envelopes (9 x 12, no clasp)
- Sheet protectors for 8 ½ x 11 paper

- White Out Correction Tape
- Facial tissue
- Black ink pens
- Bankers boxes (10 h x 12 w x 24 d)
- Manila file folders (third cut)
- AA, AAA and C batteries
- Wal-Mart or Staples gift cards
- Inkjet or laser mailing labels (2 5/8" x 1")
- Self Sealing Padded envelopes (6 x 10)
- Paper plates & cups (no Styrofoam please)
- Paper towels & napkins
- Plastic forks & spoons
- Storage bags (quart & gallon sizes)
- Cling wrap
- Dish soap

Equipment

- Locking 4 drawer filing cabinets