



## Winter Newsletter 2010



Follow us on the web



[www.hospiceofknox.org](http://www.hospiceofknox.org)  
[general@hospiceofknox.org](mailto:general@hospiceofknox.org)



### HOPE FOR THE HOLIDAYS

Becky Pfister, LISW

Director of Support & Community Services

Facing the holidays can be one of the most challenging experiences that the bereaved must endure. Everything around us reinforces that the holiday season is one of family, tradition and “peace on Earth, goodwill toward men”. For the bereaved, this may be a time of profound sadness as past, present and future collide. Rather than being a time of joyful celebration, the holiday season may be anticipated with trepidation and anxiety.

But it doesn't have to be. There are ways to help you cope with your grief during the days ahead. The following are some suggestions and guidelines that others through the years have found to be helpful. We hope that you will too.

- ◆ The anticipation is often worse than the reality. Be aware of the challenges that you may face but don't try to block the bad moments. Be ready. Let the feelings come and deal with them. Then let them go.
- ◆ Plan ahead. Lack of concentration can be paramount at this time. Make lists. Decide what is really important. Think about where you want to be during this time.
- ◆ Be honest with yourself in your expectations of yourself. Accept your limitations. Give yourself permission to choose in what you will and will not participate. Don't be afraid to change some traditional routines.
- ◆ Take care of yourself. Exercise. Get enough rest. Eat a properly balanced diet. (Oatmeal Chocolate Chip Cookies contain all the “good for you” foods, don't they?)
- ◆ Expect some physical and/or emotional response to your grief at this time. This is normal.
- ◆ It's okay to feel sad. It's okay to feel good. Give yourself permission to feel. It's okay.
- ◆ Allow yourself to cry when you feel you need to. Crying helps both physically and emotionally. It can reduce stress and calm anxiety.
- ◆ Find someone that you can confide in, someone who will just listen without trying to come up with answers. You need to say the words that are bottled up inside.
- ◆ Appreciate your other loved ones. As hard as it may be, don't deprive others of *you*. They need your love too. And their love in return can lift you up during this difficult time.
- ◆ Help someone else in need. This can be a temporary release of your own distress and pain. Being of service can create in you a sense of value.



Make the best of tough circumstances. Lower your expectations. You may hurt but you will survive.

There **is** Hope for the Holidays.

## STAFF

**Executive Director:**  
Glenda Toth, RN

**Medical Director:**  
William Elder, M.D.

**Director of Patient Care**  
Tracy Storts, RN, CHPN

**Nurse Case Managers:**  
Patti Anderson, RN, CHPN  
Brian Ford, RN, CHPN  
Valerie Ghiloni, RN  
Beth Sheffer, RN, CHPN

**Staff Nurses:**  
Angie Baker, RN  
Becky Davis, RN  
Tracey Graves, LPN, CHPN  
Debbie Schiller, RN, BSN

**Hospice Aides:**  
Denise Burgess, STNA  
Erin Conkle, STNA  
Beverly Abshire, STNA  
Tierany Remen, STNA  
Nannette Koppenhaver, STNA  
Debbie Layton, STNA

**Admin. Assist./Med. Records:**  
Cindy Wiseman

**QAPI:**  
Patricia Wolf, MSN, NP

**Executive Assistant**  
Babette Cichanowicz

**Supervisor of Support  
& Community Services:**  
Becky Pfister, LISW, MSW

**Bereavement Coordinator:**  
Kathy Wantland, LSW

**Bereavement Adm. Assistant:**  
Mollie Pool

**Social Workers:**  
Denise Komitau, LSW  
Jeremy Varughese, LSW

**Music Therapist:**  
SallyJane Mathias

**Chaplain:**  
Terry McLaughlin

**Director of Human Resources:**  
Merri Foltz

**Interim Volunteer Coordinator:**  
Debbie Schiller

**Mission Advancement Director:**  
Matt Levering

**Marketing:**  
Tracey Graves, LPN, CHPN

**Community Relations Specialist:**  
Melissa Jones

**Financial Director:**  
Kim Giffin

**Fin. & Human Resources Assist.**  
Cheryl Sheldon

## Southside Diner's 13<sup>th</sup> Annual Thanksgiving Dinner a Success



Hospice of Knox County is thankful for the wonderful staff at Southside Diner. For thirteen years, owner's of Southside Diner, Roger McCoy and Myron Coblentz, along with manager Paul Neighbarger have opened the restaurant and arranged the event the Sunday prior to Thanksgiving.

This year's event could not have succeeded in raising over \$7,100 without the dedication and hard work of Southside Diner's caring staff. Many staff members had already worked the breakfast and lunch shifts, and stayed to help with the benefit. Lannings Foods, Gordon Foods, U.S. Foods, Coca-Cola, and Schwebels also donated products.

The dinner is a time to gather with friends and family, many saying they would not miss this for anything, "We come every year.", stated one couple, "We wouldn't miss it!" Guests are offered their choice of a turkey or ham dinner with all the fixings, including pumpkin pie or pumpkin cake for dessert.

Benefits such as *Southside Diner's Thanksgiving Dinner* allows us to continue our mission of providing these services for years to come.



## Staff & Volunteer Recognition Banquet



Volunteer Allen Emrich with Executive Director, Glenda Toth



Kathleen Breneman, Volunteer



Glenda with Volunteer of the Year recipient Pat Kaiser, & Board President, Brenda George



Employee of the Year, Kathy Wantland (center) with Glenda Toth and Brenda George



SallyJane Mathias, Music Therapist, provided musical entertainment along with Mary Elder (not pictured)



Dave Carter, with wife Lois, was guest speaker



Carol Durbin, Volunteer

*Thank You to all  
Staff & Volunteers!*

Each and every employee and volunteer is a valuable member of the Hospice of Knox County team. All of us, working together, can achieve more than any one of us alone. Your dedication is what has allowed Hospice of Knox County to provide exceptional care to patients, families, and the community throughout 2010. Thank you for all you do!

*Glenda Toth*  
Executive Director

## Hand in Hand Donation Form

Enclosed is my gift of: \$25 \$50 \$100 Other\_\_\_\_\_

Please notify this person about my gift:  
(no amount will be mentioned)

Please record this gift as coming from:

Name: (please print)\_\_\_\_\_

Name:\_\_\_\_\_

Address:\_\_\_\_\_

Address:\_\_\_\_\_

City:\_\_\_\_\_ State:\_\_\_\_\_ Zip:\_\_\_\_\_

City:\_\_\_\_\_ State:\_\_\_\_\_ Zip:\_\_\_\_\_



Please record this gift: in memory of in honor of  
the following person:\_\_\_\_\_

Please make checks payable to **Hospice of Knox County**.

**Mail to:** 17700 Coshocton Road, Mount Vernon, OH 43050

All gifts received remain in Knox County and are tax deductible.

Phone: 740-397-5188 8a.m.—4p.m. Web site: [www.hospiceofknox.org](http://www.hospiceofknox.org)

Thank You for supporting Hospice of Knox County...  
Providing Exceptional Care to Patients, Families and the Community Since 1983.

## Hand in Hand campaign

*The Hospice of Knox County team works **Hand in Hand** with patients and families providing compassionate, loving care. Throughout the month of November, 46 local businesses joined together **Hand in Hand** in raising funds for our organization. Each business agreed to host a month long fundraising promotion to benefit Hospice of Knox County. The campaign was well received and finished with great results.*

*Now is your chance to get involved and support this much needed and valued organization. We are asking community members to support the Hand in Hand campaign by making a year end donation. Every gift makes a difference and helps us meet our mission of providing quality, end of life care to patients and families throughout our community. Please support and help make a difference in the lives of our patients. Thanks!*

Sincerely,

A handwritten signature in black ink, appearing to read "M. J. Levering".

**Matt Levering – Mission Advancement Director  
Hospice of Knox County**





17700 Coshocton Road  
Mount Vernon, OH 43050

Phone: 740-397-5188

Fax: 740-397-5182

Email: [general@hospiceofknox.org](mailto:general@hospiceofknox.org)

[www.hospiceofknox.org](http://www.hospiceofknox.org)

NONPROFIT ORG.  
U.S. POSTAGE  
**PAID**  
MOUNT VERNON, OH  
43050  
PERMIT #100



### Or Current Resident

## ACTIVITIES CALENDAR

### DECEMBER

- 17-24 Memory Ornament Pick Up
- 24 Office Closed
- 31 Office Closed

### JANUARY

- 7 Healing Hearts Potluck  
6—7:30pm
- 10 Passage 5:30—7:00pm  
Doorways 7:15—8:45 pm
- 17 Passage 5:30—7:00pm
- 18 Memorial Service  
@ Country Court 2:00pm
- 24 Passage 5:30—7:00pm
- 26 Memorial Service  
@ Country Club 2:00pm
- 31 Passage 5:30—7:00pm

### FEBRUARY

- 4 Healing Hearts Potluck  
6—7:30pm
- 7 Passage 5:30—7:00pm
- 10 Hospice Memorial Service  
@ Lakeholm Church 7:00pm
- 14 Passage 5:30—7:00pm  
Doorways 7:15—8:45 pm
- 12 Dirko's Blizzard Open
- 28 Passage 5:30—7:00pm

### MARCH

- 4 Healing Hearts Potluck  
6—7:30pm
- 7 Passage 5:30—7:00pm
- 14 Passage 11:30am-1:00pm  
Passage 5:30—7:00pm  
Doorways 7:15—8:45 pm
- 17 St. Patrick's Day Celebration  
@ Parkside Restaurant
- 21 Passage 11:30am—1:00pm  
Passage 5:30—7:00pm
- 28 Passage 11:30am—1:00pm



### Hospice of Knox County Board of Directors

- Brenda George, *President*
- Diane Henwood, *V. President*
- Jeanne Phillips, *Secretary*
- Doug Campbell, *Treasurer*
- James Cullers
- Marge Armstrong
- Father Mark Hammond
- Barb Tier
- Bruce Hawkins

Hospice of Knox County's licensed staff provide individual counseling for children, youth, adults, and families who have experienced a death.

This includes accidental death, non-hospice medical death, homicide, and suicide.

**Contact our Bereavement Department for additional information (740) 397-5188**