

HOSPICE & PALLIATIVE

Companion

DEMENTIA AND END-OF-LIFE CARE

NEARLY ONE IN SIX PATIENTS WE CARE FOR HAS dementia as a primary diagnosis. Still more are battling dementia alongside other chronic illnesses. Although it mainly affects older individuals, it is not a normal part of aging.

Dementia is a progressive and persistent disorder of mental processes caused by brain disease or injury. It is marked by memory disorders, personality changes and impaired reasoning.

Dementia is a category of illnesses that include many types, some of which may be reversible. Some common types of dementia include Alzheimer's Disease, Lewy Body, and Vascular dementia. Alzheimer's is the most common type of dementia.

While dementia is not always a diagnosis that brings a patient to hospice, it is often an underlying issue that can impact the types of care a patient needs. Many illnesses, such as Parkinson's Disease and Alzheimer's can last for several years, making the illness seem more chronic than terminal. However, the end result is often death due to the symptoms such as aspiration, pneumonia or failure to thrive.

The situations that need to be addressed after a diagnosis of dementia are sometimes referred to as 'wheels, meals, spills, pills, bills and fills'. As an individual's mental function declines, these items – driving a car, preparing meals, falling, medications, financial considerations and advance care planning ("fills

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Dear Friends and Family,

Every day at CHPC we are confronting challenges both as an agency and beside the families we serve. When we began serving Chautauqua County families, most of our patients came to us with cancer as their primary diagnosis; now cancer is the primary diagnosis for less than half. Heart disease, stroke, ALS, kidney failure and dementia are just a few of the diagnoses our families are confronting. Dementia is one illness that presents unique challenges to the patient and family. I hope the cover story will help our families confronting this illness.

On the financial side of our operations we have had a significant challenge since 2012 when our Medicare reimbursement was substantially reduced ("sequestered"). Effective October 1, we were forced to take a 1% rate reduction for the category of care that constitutes 95% of our patient care days. Our costs are not going down but our reimbursement is! We have tightened our belts and we will continue to provide outstanding care with your continued support.

No challenge is more heart-wrenching than transferring a patient to an out-of-area hospice residence or facility when their home is not suitable for the care required, they have no caregiver, or they need very complex care. And every week we receive telephone calls from people whose loved ones need a place nearby to receive end-of-life care. We are in the early stages of bringing a hospice residence to our community that will turn this challenge into an opportunity. While a hospice residence will not address all the obstacles people now face in securing appropriate care, it will greatly improve the care options that we have for our families. You'll be hearing more on this exciting possibility in the near future.

Thank you for your continued support!

Shauna

CHPC Welcomes New Employees



Charcy Carte, Home Health Aid



Sue Hadley, Per Diem Chaplain



Kari Peterson, RN Case Manager



Stephanie Baird, On-Call RN



Mary Moore, RN Case Manager



Laura Seiberg, On-Call RN



Anna Estus, Administrative Support

"Art washes from the soul

THE DUST OF EVERYDAY LIFE" Pablo Picasso

FOR HOSPICE PATIENTS navigating the profound time at end of life, CHPC's art enrichment program helps cleanse the soul and bring calm when it is needed most.

Art has provided a means of expression, communication and relaxation for thousands of years. It is just as important for our patients who may be dealing with fear, anxiety, loneliness and interpersonal issues.

"By creating art, people are able to focus on their own perceptions, imagination, and feelings," says Maria Castronova-Smith, CHPC's Art Enrichment Facilitator. "The creative process allows patients to become an active participant in their own lives."



CHPC strives to bring comfort, dignity and control to the lives of its patients. Some patients late in life that come into our care have seen their independence eroded by their physical and mental decline. Caregivers and loved ones with the best intentions may have made or influenced the most important life decisions.

Art offers an experience as a way

to help an individual express what they feel, like, or dislike about their situation. Each art activity is specifically designed to meet the patient's needs or desires, and Maria notes that projects are not limited to drawing or painting. "The world of art is much more expansive than this!"

Initially a patient may be anxious, unsure, or fearful. Often a simple warm-up exercise is the best way to start, such as compiling a collection of pictures that a patient likes. This usually initiates more discussion. Then those pictures are used to create an art project. This simple exercise breaks the ice, encourages them, and instills a sense of creativity. It also opens the door to further assessing their skills, wants, needs, likes, and dislikes.

"Sometimes I sit quietly and watch a patient engage in the process of their project and I can note the calmness that comes over them," said Maria. "These are usually the times when they engage in storytelling and reflect on their life experiences."

Meeting the patient where they are at is an important tenant of art therapy. Recently a patient who was an artist needed help organizing and cataloging her work. "This was important on a couple levels," said Carna Pierce, CHPC Social Worker. "It served as a means of life review for the patient. It also served to enrich the family's remembrance and legacy of their loved one."



CHPC also offers Art Enrichment experiences through our Grief Support Program. Since her late husband was a hospice patient, Maria says that these programs hold a special personal appeal to her.

One group recently explored the subject of anger management. Participants were asked to consider what their anger would look like if it were a weed. This allowed them to give their anger physical form. "It's not about whether the painting is suitable

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Save the Date

For more information on future events, visit our website at www.chpc.care

Light A Life

Service of Remembrance and Tree Lighting Ceremony

Saturday, November 30, 2019
6PM
Gloria Dei Lutheran Church

Under The Sea

6th Annual Dinner Dance

Saturday, February 8, 2020, 6PM
Chautauqua Suites, Mayville NY

Designer Bag Bingo

March 12, 2020
Lakewood Legion

Renovations Completed!

A year of renovations and now we have a dry basement, additional offices, training space, a repaved parking lot and beautiful landscaping!



(continued from page 1)

out the forms”) - can all be challenging but critical issues for family members to address with their loved ones.

There are several ways that hospice and palliative care professionals assist patients and caregivers who are in our care.

Decision Making and Advanced Planning

End-of-life care decisions are more complicated for dementia patients and their caregivers because of the vague onset of the disease. Families are often unaware of their loved ones wishes and the effects of memory impairment make it difficult for the patient to reliably communicate. Advanced directives should be put in place soon after diagnosis, if possible, when a patient is able to communicate and before thinking and reasoning abilities fail, most likely before the patient comes into our care. If a patient comes into our care without advance directives, hospice professionals can assist families to set care goals and weigh the benefits and risks of treatment plans to enhance the quality of life of their loved one.

Communication

Communication is one of the hardest issues that families and caregivers face when their loved one suffers from dementia. Family members, especially those who live far away, often have difficulty understanding the changes that are happening to their loved one and why they are acting and responding differently than expected. CHPC care professionals help to educate families and caregivers about the physical and emotional symptoms

as the disease progresses, and to understand the changes in mood, temperament and physical abilities. They can also assist caregivers with recognizing cues and body language to help determine what a patient needs as their communication skills diminish.

Grief Support

As the symptoms of dementia progress, family members will often begin to grieve the person who no longer recognizes them. The spectrum of grief is different for each individual. The expression of love and care for someone who does not appear to understand or who may reject their love can be very traumatic. Our grief support counselors and chaplains can provide individualized grief assessments and offer emotional or spiritual comfort during this time.

Care for the Caregiver

By the time that families seek assistance, caregivers are often exhausted from keeping up with the demands of the disease. Hospice and palliative care professionals not only provide educational and social support for caregivers, but they can recommend community resources and supports to assist families and help relieve their burdens.

Community Resources

A good place to start is by calling the NY Connects Helpline offered by the Chautauqua County Office for the Aging at 753-4582. The Alzheimer's Association can be reached at (716) 626-0600. Chautauqua Opportunities offers caregiver support services and can be reached at 366-3335.

HOSPICE HEROES

CHPC is fortunate to have community organizations staging fundraisers on our behalf. Many community volunteers, sponsors and contributors make these events successful. Thanks to all those who organize and support these events between January and June of this year.

Don't Know Your Partner Charity Bowling Tournament

The 14th annual "Don't Know Your Partner" bowling tournament, organized by the men's and ladies auxiliaries of the Chautauqua Lake VFW Post No. 8647, was held on April 6 at Lucky Lanes in Fredonia. One hundred and three bowlers competed in the day-long tournament.



A banquet at the VFW followed bowling. Shawn Patrick McGraw provided live music. The event raised \$7,300 bringing the 14-year total to nearly \$70,000.00. CHPC is grateful to tournament chairperson Shannon Larson and her team of volunteers and donors for their continued generosity.

Wine Tasting Event

Financial consulting firm Andersen Cuddihy, Inc. and Integrated Benefit Solutions collaborated to host their 4th Annual Wine Tasting Charity Event held at Liberty Vineyards and Winery, in Sheridan NY. The event was co-sponsored by iShares by Black Rock, Nottingham Advisors Asset Management and Univera Healthcare. This year the proceeds of \$1,606 were directed to benefit CHPC.

Many thanks to Donna Thompson of IBS, as well as Rick Andersen and Jack Cuddihy for thinking of Chautauqua Hospice and Palliative Care and assisting us to continue providing the care that Chautauqua County has come to expect.



Moniuszko Social Club

The Moniuszko Social Club again made a generous financial contribution to CHPC on February 12 from its fundraising activities. This year's contribution of \$2,000 brings the Club's total support for the agency to \$22,735. Thank you, Moniuszko Social Club!



Shred Day

The Shred Center again held a special shred day for CHPC on April 22. The Shred Center offered its secure shredding services to drive-up customers on Earth Day in exchange

for an at-will contribution to CHPC. Proceeds from this event this year totaled \$942.

Thank you to owners Jamie and Taylor Swanson and the Shred Center employees for their continued support of Chautauqua Hospice and Palliative Care!

Hoops for Hospice

The Falconer girl's basketball team continued its Hospice nine-year winning streak. The "Hoops for Hospice" event on February 14 raised over \$3,900 for Chautauqua Hospice and Palliative Care. The proceeds were raised from tickets, basket raffle, T-shirt sales and bake sale. This year's event was dedicated in memory of Dorothea "Kay" Patterson, an avid Falcons booster, that passed away in January. "Kay" was the grandmother of JV Hooper, Kayla Lynn. The event wouldn't have happened without the help of Kay's four daughters and support from the community and many volunteers.



Light a Life

Memorial Tree Lighting Ceremony
Saturday, November 30, 2019, 6pm
Gloria Dei Lutheran Church
35 West Fairmount Ave, Lakewood, NY

Each holiday season Chautauqua Hospice & Palliative Care presents our Light A Life Memorial as a tribute to loved ones who are no longer with us. This is a time of remembrance not just for the families we have served; we invite all community members to participate regardless of whether or not we cared for their loved one. There are several ways to participate- pick the one that's right for you:



Memorial Tree Star

Memorial Tree Stars

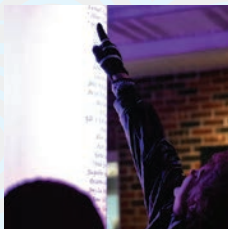
As we did last year we will be decorating our Memorial Trees with beautiful, three-dimensional reflective stars. A suggested \$10 contribution will reserve an ornament in memory of your loved one and their name will be included in our printed program and Light Towers.

Holiday Ornaments

Beautiful keepsake ornaments make wonderful gifts for the holidays. The \$50 hand-cast "Transforming Lives" ornament is hollow and made of translucent porcelain that glows beautifully when a small tree light illuminates it. The \$25 pewter tree-shaped ornament is a beautiful addition to any tree. Those memorialized with the purchase of these ornaments will be listed in our Light A Life program and on our Light Towers, as well as have a reflective star hung in their memory on our Memorial Trees.



Pewter tree ornament



Light Towers

Beautiful light towers in the yard of our offices will be illuminated with the names of all those individuals memorialized in our Light A Life program. The towers will be revealed and illuminated at the Memorial Service and will remain illuminated through the holiday season for individual reflection.



"Transforming Lives" ornament

Memorial Service and Tree Lighting Ceremony

On Saturday, November 30 at 6pm we will hold our Light A Life Memorial Service at the Gloria Dei Lutheran Church across from our offices on Fairmount Avenue in Lakewood. Following this service we will move across the street for our Memorial Tree and Light Tower lighting ceremony. Music and light refreshments will allow additional time for reflection and fellowship.

Your contribution of...

\$10 \$25 \$50 \$100+

•	•	•	•	A star on the Memorial Trees in memory of your loved one
•	•	•	•	Your loved one included in the Memorial listing and light tower
	•		•	A tree-shaped keepsake pewter ornament
		•	•	A round keepsake "Transforming Lives" porcelain ornament

Orders must be received by Nov. 15 to be included in the Memorial Program and Light Towers. Orders received after Dec. 1 may not arrive before Christmas. Walk-in purchases are welcome at our offices or they may be purchased on our website at www.chpc.care. Ornaments will be mailed to you; Memorial Stars are hung on our Memorial Trees.

In Memory Of...

The following individuals were memorialized with contributions between January 1 and June 30, 2019:

Robert Alexander	Lois Estabrook	John McFall	Hannelore Russell
Mark Andersen	Carol Evans	Robert McGuinn	Anthony Rutski
Ken Anderson	Donald Fardink	Jack McKibbin	Tony Rutski
Ona Lee Baker	Clara Fellingner	William McKinley, Jr.	Sandra Scholeno
Howard Baldwin	Audrey Fish	Margaret Mecusker	Clinton Schreckengost
Adelaide Barone	LeRoy Foster	Janet Meissner	Mary Schruers
Florence Barone	JoAnn Fuscus	Louis Meyers	Bruce Scolton
Louis Barresi	Janice Galloway	Nancy Miller	John Scorse
Orlo Bartholmew	Gwen Gane	Treasure Ann Miller	Randy Seiberg
Valerie Bartholomew	Richard Gehling, Sr.	Ruth Morse	Sarah Sherrard
Rod Barton	Robert Grace	Thomas Mroczka	Walter Sliwinski
Clifford Bauer	Dennis Graham	David Muntz	Lorena Smith
Richard Baus	Jean Graves	Charlene Nary	Mattie States
William Best	Kathleen Greene	JoAnn Nickerson	Warren Stern
Rosemary Billquist	Robert Grill	JoAnn Noon	Betty Steverson
Murray Bob	Richard Griswold	Sven Norberg	Douglas Stewart
Ronald Brake	Peter Groff	Sharon Nuse	Alyce Stock
Bonnie Burch	Patricia Guest	Francis Nutting	Diane Sturzenbecker
David Butler	Theodore Gustafson	William Ott, Jr.	Robert Swartz
Linda Cady	Stanley Hajek	Pollyanna Park	William Tallman
Elizabeth Caflisch	Gerri Hall	Diana Parker	Steve Titus
Diane Campbell	Dean Harris	Matthew Pasierb	Sarah Todaro
Chad Carlson	Eugene Heath	Jennie Paterniti	Harold Travis
Thomas Carlson	Kent Heslink	Dorthea Kay Patterson	Marie Troutman
Gerald Carter	David Himelein	William H. Paul, Sr.	Cleora Tuller
Daniel Caruso Sr.	Ralph Hover	Richard Pearson	Jennifer Uhl
Cindy Cassidy	George Howell	Charles Peterson	Janice VanDamme
Tamra Castagnino	Bonnie James	George Peterson	Caryl Vandermolen
Todd Cervantes	Steve Johnson	Rick Peterson	Grace Waite
Terry Chandler	Cleo Keeping	Susan Peterson	Henry Walas
John Cheney	James Koch	Raymond Pierce	Henry Wallace
Joseph Chudzicki	Ernest Krzyzanowski	Philip Pilato	Leonard Watchey
Irene Clamp	Leonard Kuzora	Fred Pimm	Amy Weaver
Suzanne Clark	Michael LaMancuso	Rhonda Purdy	Becky Weber
Mary Jane Cole	Catherine Lane	Evelyn Raffa	Kay Weise
Catherine Colucci	Margaret Latona	Patricia Raffa	Clayton Whittington
Jackie Conti	Ralph Lawson	Robert Ransom	Phyllis Willis
Wilbert Cooper	Raymond Leahy	Jack Reading	Joann Wilson
Todd Crafts	Gloria Leary	Lauriston Redick	Carissa Winder
Beverly C Crandall	Sandy Lindquist	Ashley Reed	Donald Woleben
William Crary	Linda Lindstrom	Anita Rettig	Paul Wood
Mary Jane Crowell	C. Richard Long	Brook Rhinehart	Bernard Wooschlager
Linda Deering	Maureen Lynch	Alfonso Richardson	Joyce Workens
Michael DiPalma	Marion Mannerberg	Clarence Robbins	Leigh Yates
George Dimon	Betty Markiel	Bowker Robert	
Gary Doremus	Gloria Marshall	Doris Rogers	
Niles Doud	Lynn Matson	Doris Rooney	
Dolly Douglas	Judy Matteson	Frank Ross	
Elizabeth Dunker	Donna McClean	Gerry Ruby	
Anthony Dutski	Marianne McElrath	Dennis Russell	

In Honor Of...

Yvonne and Jack McCredie

We're grateful to the following individuals and organization that made contributions between January 1 and June 30, 2019:

Barbara Abbey	Benevity Community Impact Fund	Sherry Calkins	Richard and Dulcie Cummings
Betty Accordino	Tracy and Linda Bennett	Kennie and Suzanne Campbell	Cummins Employees Combined
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Cheryl Adams	Harold Bentley	Linda Carlson	Cummins, Inc.
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Diane Allen	Gerald and Oladean Blank	Cassadaga Central School Class	Thomas and Mary Dascenzo
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Nancy Almquist	Renate Bob	Richard Castagnino	Kandi Davis
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Cassadaga Memorial Post	Jack Boland	Century 21 Turner Broker	Richard and Georgian Deforest
American Legion #327 John W.	Phyllis Bornand	Emerson and Sandra Chandler	Luann Defrisco
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Edwin Anderson	Elsie Boyd	Chautauqua Lake Fishing	Dewittville Christian &
Jacqueline Anderson	Bracken Funeral Home Inc.	Assoc., Inc.	Missionary Alliance Church
Kathleen Anderson	Mary Jo Bradish	Chautauqua Lake Region AACA	Dewittville Fire Dept.
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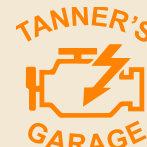
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for framing. It's how the painting allows the individual to process and see what is in their hearts and minds in a new way," said Carna.

Another session challenged the participants to paint their heart as it is now and how they hope it's going to look in the future. This was helpful because participants are usually stuck in their grief. Imagining how they want their heart to be in the future is a big step for these individuals.

"The art projects we have done in the Grief Support Group have been phenomenal," said Carna. "Some individuals rolled their eyes and said, 'I'm not an artist,' when we described what we were going to do. They came to understand it's not about being an artist but about the experience and what it does for your heart and head. They ended up having a wonderful time."

Walking beside our patients and family members is not always fun or easy but there is profound joy when "art washes away the dust of everyday life" and gives form to the beauty of the soul.

