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Chautauqua Hospice & Palliative Care

Companion

SUMMER 2023

Together on your journey.

SAVE THE DATE

August 17

Anger Management Workshop

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December 2

Light a Life Memorial Service

Postponed TBD

7th Annual Butterfly Art & Charity Auction



Learn more at chpc.care
or call 716.338.0033

One Year of Compassion: The First Patient at The Star Hospice House

As we celebrate the first anniversary of The Star Hospice House, CHPC had a conversation with Jessica Dayton, the granddaughter of TSHH's first patient, Nancy Neal. Nancy, a lively and self-reliant 92-year-old, had spent her entire life in Lakewood, living in the very home where she was born. When she was diagnosed with stage four pancreatic cancer, her family faced a tough decision about her care.

Choosing not to pursue treatment at her age, Nancy received in-home care while her family took turns supporting her. The in-home help was excellent, but as her needs grew, it became clear that she required a higher level of care. The Hospice staff, along with the in-home care team, stepped in with compassionate support.

One of Nancy's caseworkers suggested The Star Hospice House, which was soon to open—an environment more like home than a nursing facility. The family decided to wait, hoping to provide Nancy with the comfort of familiar surroundings in her final days. In July, Nancy moved into The Star Hospice House, and it filled her heart with joy.

The Star Hospice House, with its peaceful atmosphere and caring staff, became a sanctuary for Nancy. She cherished being close to the area she had always known, surrounded by the love and support of her nearby family. The personalized care from the staff left a lasting impression on her, and she formed a special bond with the compassionate team members.

(continued on page 6)



Nancy Neal
First Patient at
The Star Hospice House

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Dear Friends & Family of CHPC,

As we celebrate the one-year anniversary of The Star Hospice House, I am filled with immense pride and gratitude for all that we have achieved together. This milestone holds a special significance as we not only commemorate a year of compassionate care but also celebrate the life of Nancy Neal, the first patient at The Star Hospice House.

Nancy's story reminds us of the impact we have on the lives of those we serve. Her journey through our hospice house, surrounded by loving family and our dedicated staff, exemplifies our mission. The comfort, dignity, and sense of home she found within our walls reflect the core values that guide our every action.

Our unified commitment to these core values is built, nurtured, and strengthened by our bonds with one another. To that end, we are excited to share with you our recent employee picnic and scavenger hunt at Vikings Lake Lodge. It was a day of camaraderie and fun that strengthened our close-knit community, unifying our commitment to providing exceptional end-of-life care. We've included some great photos from that event in this newsletter.

Finally, I want to express my gratitude to our bereavement department for their efforts in creating the "Handbook of Hope." The Handbook of Hope is an invaluable resource for families navigating the challenging path of grief. Your continued support and care during these difficult times make a significant difference in the lives of those we serve.

As we mark this significant anniversary and look forward to the future, we extend our heartfelt appreciation to each of you. Your unwavering support and compassion have touched numerous families and made The Star Hospice House a beacon of hope in our community.

Let us together carry Nancy's legacy in our hearts and uphold the legacy of The Star Hospice House, where love, comfort, and compassion are the pillars that guide us on this meaningful journey.

With appreciation,

A handwritten signature in black ink that reads "Mike Testa".

Mike Testa

President & CEO, Chautauqua Hospice & Palliative Care

Handbook of Hope: Summer 2023

Anger Management

Counselor's Corner

Hello! Welcome to our quarterly issue of The Handbook of Hope! We hope this finds you able to enjoy a bit of summer while you heal. In grief, we experience a myriad of emotions, including the dreaded anger! In this publication, and in our impending workshop, we will help you identify your anger issues and offer means to cope with it in new and positive ways. Remember...you have to feel in order to heal. Every emotion is valid and needs to be expressed in safe and appropriate ways. We look forward to seeing you soon! If you need to reach us, call 716-338-0033.

Jamie Probst & Carna Smith
Chautauqua Hospice Bereavement Dept.

Anger Management Workshop

Thursday, August 17th. 6-9 PM **RSVP by Monday, August 14th**
20 W. Fairmount Ave rain or shine!

This is our most favored workshop with lots of fun in the learning. Please RSVP by 8/14 by email or phone if you would like to attend! (I hear there may be some opportunity to break stuff!!)

jamiep@chpc.care carnap@chpc.care (716) 338-0033



7 Ways Anger is Ruining Your Health

1. **An angry outburst puts your heart at greater risk**--people with anger proneness as a personality trait were at twice the risk of coronary disease.
2. **Anger ups your stroke risk**--One study found there was a three times higher risk of having a stroke from a blood clot to the brain or bleeding within the brain during the two hours after an angry outburst.
3. **It weakens your immune system**--in healthy people, simply recalling an angry experience from their past caused a six-hour dip in levels of the antibody immunoglobulin A, the cells' first line of defense against infection.
4. **Anger problems can make your anxiety worse**-- anger can exacerbate symptoms of generalized anxiety disorder (GAD), a condition characterized by an excessive and uncontrollable worry that interferes with a person's daily life.
5. **Anger is also linked to depression**--Numerous studies have linked depression with aggression and angry outbursts, especially in men.
6. **Hostility can hurt your lungs**--Researchers theorize that an uptick in stress hormones, which are associated with feelings of anger, creates inflammation in the airways.
7. **Anger can shorten your life**--couples who hold in their anger have a shorter life span than those who readily say when they're mad.

Support Groups

Growing Anew Grief Support Groups

A six session group that runs over a three month period. It provides grief education, peer and professional support, and practical tips to navigate the grief symptoms experienced.

September 7 & 21, October 5 & 19, November 2 & 16

January 4 & 18, February 1 & 15, March 1 & 15, 2024

April 4 & 18, May 2 & 16, June 6 & 20, 2024

Fredonia Office: 3780 Eagle Street 3-5 pm

Lakewood Office: 20 W Fairmount Ave 7-9 pm

HOPE Child Loss Group

3rd Monday

6 pm to 8 pm

Dunkirk General Physician PC

3898 Vineyard Drive

Dunkirk, NY 14048

RISE Addiction Loss Group

4th Thursday

7 pm to 9 pm

Lakewood Office

20 W Fairmount Ave

Lakewood, NY 14750

The Dos and Don'ts of Anger

DO

- ✓ Express how you feel clearly and concisely.
- ✓ Recognize your early signs of anger to stop it from escalating.
- ✓ Take a time-out for at least 20 minutes to calm down.
- ✓ Find healthy outlets like vigorous exercise, or writing to express it safely.
- ✓ Make amends by acknowledging abusive anger.

DON'T

- ✗ Don't blame others for how you feel.
- ✗ Don't ignore feelings because they become stress and unresolved hurt.
- ✗ Don't just leave. Let them know you need a break.
- ✗ Don't use swearing, threatening gestures, block exits, or make physical contact.
- ✗ Don't just say sorry. Find the tools to change.

Addressing anger can provide structure to grief

I suggest you not only accept your feelings of anger but use them to help you focus during the scattered crazy-making period of your early grief. The next time your mind is hijacked by anger, grab a pen and paper and ask yourself the following questions.

Are my thoughts based on assumptions, misinformation or facts?

Am I expecting too much of myself or another?

Am I entranced by the power I feel when angry?

Is my anger really a cover for what I fear?

Is there a genuine problem that needs my attention immediately? If not, is there value in my reassessing the situation again later?

It is always good to question your thoughts. Remember: you question others' thoughts on a regular basis so why not your own?

Having a conversation with yourself sends a signal to your brain that you are interested in thinking clearly once again; that you intend to accept your feelings of anger, but you want to put a bit of distance between the feeling and your response.

<https://www.talkingbittersweet.com/anger-after-the-death-of-a-loved-one/>

Handbook of Hope: Summer 2023

Anger Management

Self Help Corner

Articles on Anger & Grief

- <https://whatsyourgrief.com/anger-in-grief-makes-you-angry/>
- <https://www.beliefnet.com/wellness/health/health-support/grief-and-loss/2000/10/anger-griefs-irate-companion.aspx>
- <https://whatsyourgrief.com/all-about-anger/>
- <https://www.scientificworldinfo.com/2018/07/how-can-i-control-my-anger.html>

TED Talks/YouTube Videos & Apps

- <https://www.youtube.com/watch?v=URVgMTy31ao>
- <https://www.youtube.com/watch?v=HOTEK3a47aUc>
- App: AIMS for Anger Management



CHPC Employee Summer Picnic

The recent employee picnic and scavenger hunt at Vikings Lake Lodge was an afternoon filled with laughter, camaraderie, and team spirit. Amidst the serene backdrop of the Lake Lodge, team members participated in a thrilling scavenger hunt that brought out their competitive spirits and creativity. CHPC Team members worked with enthusiasm to solve the challenges and complete the hunt successfully. The joyous event not only strengthened the bonds among our dedicated staff but also provided an opportunity for us to express our deep appreciation to each other for the compassionate care we provide to families during their most vulnerable moments. As we share these cherished moments with you, our dear friends and family, we hope the photos from the event reflect the sense of togetherness and passion that define Chautauqua Hospice & Palliative Care's exceptional team.



(continued from page 1)

"Within The Star Hospice House, my grandmother found not just comfort but a sense of home," shared Jessica Dayton, granddaughter of Nancy. "The caring staff made every moment count, and she treasured being the first patient. As we celebrate the first anniversary, we hold dear the impact and support provided by Hospice for Grandma and our family."

Looking back on the year since The Star Hospice House opened, the Hospice team warmly remembers Nancy and the impact she had on them. The house, equipped with five beds, has become a haven for those seeking compassionate end-of-life care.

Approaching the one-year anniversary, the family remains grateful for The Star Hospice House and the warmth it provided. Celebrating Nancy's life and the positive impact of the house, they reflect on a year filled with love, compassion, and cherished memories. The legacy of The Star Hospice House continues to shine brightly, touching many families in their time of need.



Dear Friends and Supporters,

As we celebrate the one-year anniversary of The Star Hospice House and reflect on the heartwarming journey of compassionate care that began with our very first patient, Nancy Neal, we are filled with immense gratitude for the outpouring of support from our incredible community. Your generosity has played a vital role in making our hospice house a sanctuary of comfort and dignity for families facing life's most challenging moments.

We are proud to be part of a community that helped us raise \$2.8 million towards The Star Hospice House, a testament to the unwavering commitment of our community in upholding the legacy of The Star Hospice House. With your help, we have been able to provide exceptional end-of-life care, ensuring that our patients and their families find solace and compassion in their time of need.

As we move forward, we seek your continued support to maintain our high level of care and expand our reach to touch even more lives. Every donation, no matter the size, makes a significant impact and enables us to offer personalized services and support to those facing the most challenging moments of their lives.

Your contribution to The Star Hospice House not only honors the memory of Nancy Neal, but also brings hope and comfort to countless families who rely on our compassionate care. Together, we can continue to be a beacon of light in the lives of those in need, providing them with the warmth and care they deserve.

Thank you for being an essential part of our hospice family and for joining us on this meaningful journey of love and compassion.

With heartfelt appreciation,

The Chautauqua Hospice & Palliative Care Team

6 | Together on your journey.



Donate using this QR Code
or at chpc.care/donate



Or clip and mail the
donation slip on the back
of this newsletter to:

CHPC
20 W Fairmount Ave
Lakewood, NY 14750



The following individuals and organizations made unrestricted financial contributions and memorials, or supported our fundraising events between March 21, 2023 - July 17, 2023.

Janet Abbate | Barbara Adamczak | Berk and Jill Adams | SKF Aeroengine | Brent Agett | Zachary and Breeanne Agett | Shamarie Allen | Tom Altwies | Alice Ames | Christina Anderson | Martha C. Anderson | Mr & Mrs Gary S Anderson | Todd and Linda Anderson | Rodney R. Andrews | Anonymous | Alan and Diane Atcheson | Connie Azeez | Leo and Sandy Bain | Joy Baker | Claudette Baldwin | Tabitha Bardo | Jim & Beth Barnes | Megan Barone | Ryan Beebe | Mark and Karen Belcher | Lucas Bell | Nathan & Susan Bell | Bemus Point Auxiliary 557 | Bemus Point CSD | Anna Benge | Tracy and Linda Bennett | Dan and Jane Benson | David Bernhardt | Rosemary Bestwick | Nate and Leah Betts | Wanda K Betts | Joy Bilharz Ph.D. | Yvonne Bisel | Sally Black | Theodore and Tracy Bogdan | Lynette Borst | Kindal Bouquin | Elsie Boyd | Brandon BZ Zebrowski Memorial Fund | Bonnie Brege | Kevin and Kristine Brombacher | Curtis & Shirley Brown | Peter Brown | Chautauqua View LLC Partners Bryan, Mark, Scott & Tim | David and Lucille Bryant | Donna Bryant | Cynthia Buck | Bud 'n Bloom Garden Club | Donald & Mary Bull | BJ and Salvatore Buonaiuti | Ryan and Tracy Burrows | Pamela Caccamise | Caflish Pallet & Wood Services | Emilyyn Grace Callado | James and Emily Cama | Carol Carlson | Karen N. Carlson | Linnea Carlson | Sharon I Carlson | Brian and Cynthia Carnes | Jeffrey and Melody Carnes | Betsy Carosa | Cassadaga Valley School Related Pers Assoc | Richard Castagnino & Jan Moran | Michael and Cynthia Castiglione | Cathy Card - Moon Meadow Farm | David Chancellor | Douglas and Beverly Chapman | Timothy & Stacey Chapman | Christopher Charles | Lillian Chase Family | Chautauqua County Republican Committee | Chautauqua Lake Estates | Christine Chiffin | Ruth Chipman | Cecelia Colaiacovo | Craig and Becky Colburn | Chuck & Lori Cole | Emma Cole | Frank and Cynthia Constantino | Michael Constantino | Arthur and Alice Cook | Paul and Martha Cooley | Robert A. Cordosi | Lorrie S Corsi | Jean Coughlin | Vera Coughlin | John and Nancy Dach | Kristina Damon | Mark & Vita Damon | Henry and Julie Danielson | Macey Darling | James and Penelope Deakin | Eileen Dean | Dolores Deering | Richard DeKay | Marilyn Delahoy | Laurie Dell | Jeffrey and Sally DePetro | Vincent and Bonnie DeRosa | Shirley Deszcz | Florence & Frederick Dichter | Russell and June Diethrick | Susan C. 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Glenn Jr. | Rich Glowniak | Darlene Goodman | Dolores Gould | William and Deborah Gow | Laurie Greenawalt | Jeffrey Griffin | Barbara Grove | Conrad and Debra Grubbs | Cynthia Guenther | Donna Gustafson | Ken and Shirley Gustafson | Roy and Carol Gustafson | Carole Haas | Gordon and Diane Haight | Jim and Doris Hale | Larry and Virginia Hallberg | Sharon Ann Hamilton | Rozanne Hammond | John and Carol Hardenburg | Kevin and Jennifer Harp | Stevan Hatfield | Carol Hay | Patricia A. Heath | Charlotte Herlong | Joan Himelrein | Ivana Hite | Paul and Carmen Hosta | Jennifer Hodgins | Peter and Birgitta Hofert | Makayla Hollowell | Nancy Holthouse | Cynthia Hotchkiss | Wayne and Elaine Hotelling | Jessica Houghtaling | David and Patricia Howard | Gary Howard | Rhonda Howard | Nancy Huckabone | Hazel Hudson | Hultquist Foundation Inc | Martha J Hunt | Madison Hurley | Betty Irwin | James and Mary Chimenti | Jamestown Coin Club Memorial & Special Members | Jamestown Garden Club | Jamestown Mattress Co., Inc. | John Johnson & Jo-Anne Ottoson | Brenda Johnson | David and Caroline Johnson | Emily Johnson | Jane Johnson | Jodie Johnson | Jody L Johnson | Joseph M. 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The following individuals were memorialized with financial contributions between March 21, 2023 - July 17, 2023.

David Abram | Erika Abram | Susan Ahmed | Mary Jo Albert | Scott Aldrich | Janet Anderson | Ethan Anderson | Isaac Anderson | Leon Anderson | Lucas Anderson | Douglas Wayne Auge Sr | James Baker | Howard E Baldwin Jr | James Bartlett | Alma Belcher | Clifford Belcher | Kay Bellando | Janet Benson | Michael N Benson | W Raymond Benson | George M Bernhardt | Joyce Beynon | Henk Bisel | Linda Blum | Marge Blum | Jean Bobo | Logie Bobo | Shirley Boehm | Eva Boland | Patrick Bosteels | Morgan Bradford | Paul Bradley | Christine Brand | Jane Brandmeier | Alan Brege | Dianne L Brown | Joan Brown | Richard A Brown Jr | Richard A Brown Sr | Arlene Budziszewski | Henry Budziszewski | Jim Budziszewski | George Butcher | Randall J Butts | Jim Caccamise | Barney Calhoun | Clifton Carnes | Frances Carnes | Weston Carnes | Jimmy Carney | David Carpenter | Donald Chapman | Lillian Chase | Jody Chatmon | Donald Christensen | Earledean Christensen | Myrna Cobo | Benito Colaiacovo | Robert H Colburn Jr | 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Donate using this QR Code
or at chpc.care/donate



Or clip and mail the **CHPC**
donation slip below to: **20 W Fairmount Ave**
Lakewood, NY 14750

Donate to CHPC

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Address: _____

Email: _____

Phone: _____

Amount: _____

Direct my donation to:

☐ Unrestricted (where it's
needed most)

☐ The Star Hospice House

Comments: _____

In Memory of: _____

In Honor of: _____

Notificant Name: _____

Notificant Address: _____
