

WINTER 2016

Care CONNECTIONS

Newsletter for the Karen Ann Quinlan Memorial Foundation

Celebrate Life 5k raises funds for Bereavement Center

AUGUSTA - The capital campaign for a permanent home for the Joseph T. Quinlan Bereavement Center was announced at the first annual "Celebrate Life, 5k Walk" that was held on October 1.

"We were thrilled with the turnout for our first walk," said Jackie Cascio, Development Associate and walk coordinator. "Unfortunately at some time in everyone's life they will experience the loss of a loved one. The services offered by the staff at the Joseph T. Quinlan Bereavement Center truly help people find the road to recovery."

"I would like to thank the committee and all of the walkers for their efforts to raise funds for the center. Nancy Gallo received the award for raising the most money for an indi-

150 walkers raise nearly \$10,000 at first walk



Left: John Quinlan, Diana Sebzda and Jackie Cascio, walk coordinators; center: aerial view of walk participants, photo by Paul Wheeler; right: Julia Quinlan welcomes "Celebrate Life 5k" walkers.

vidual and Mary Anne Condit was recognized for raising the most money for a team," said Cascio.

Diana Sebzda, MA, LPC, FT, Director of Bereavement at the centers said they are looking for a space to expand the services that are currently offered at the Bereavement Center located on 61 Spring Street in Newton. "In 2015 we offered individual counseling to

more than 915 people from the Spring Street office, that doesn't include the number of people that attend group support meetings from the location," said Sebzda.

"A new facility with better visibility in the community, better parking, and a centralized location will help us to expand our offerings and build upon the programs we currently offer."

"We are looking for a building with a calming, comforting and soothing environment that would be a refuge for those in need of bereavement counseling."

Those who wish to donate or have questions about the campaign can contact John Quinlan, Director of Foundation, at 973-383-0115 ext. 148 or visit the hospice website at KarenAnnQuinlanHospice.org/Capital.

The Friends of Hospice cordially invite you to...

High Tea for Hospice

Thursday, February 23rd
4:00 - 6:00 pm

Lake Mohawk
Country Club

Tickets online at:

KarenAnnQuinlanHospice.org
or Call 973-383-0115

Join us for this annual tradition to share time with friends, support the hospice mission and enjoy the elegant ambiance of the beautiful Lake Mohawk Country Club.

Sponsored by



Iliff-Ruggiero Funeral Home
"Our Family Serving Yours Since 1900"
Newton, New Jersey

Lights of Life

The holiday season, often a time of festive celebration is also a time of reflection.

Remember your loved ones in a special way this season by participating in the annual **Lights of Life** tree lightings and memorials hosted in Warren and Sussex County, NJ and Pike County, PA. Along with the reading of your loved ones name at one the services, a \$200 gift includes a symbolic star on the **Lights of Life** trees and a commemorative Lenox ornament will be sent to you. Each \$100.00 gift will also receive a Lenox ornament; and with a \$20.00 donation your loved ones name is added to our **Lights of Life** roster to be recited at our event's memorial service. For each name memorialized, we send a card and star lapel pin to your friend or family to acknowledge your thoughtful gift. Each counties **Lights of Life** memorial trees will shine throughout the holiday season. For more information call 973-383-0115 ext. 106 or visit KarenAnnQuinlanHospice.org.

2016 Lenox Snow
Majesty Ornament



Reflections

By Cecelia T. Clayton, MPH

It is like no other gift. No wrapping that glitters, no ribbon or bow. No tassels or decorations. The size changed as it was turned, large in places, small in others. The weight of it could not be judged, in some ways it was lighter than a feather, in others heavy, solid and dense. This gift did not beg to be opened, yet it seemed to open and close at will.

The gift comes in the darkness of desolation and loneliness. It comes in the night that seemed never ending, the restlessness of not being anywhere - and anywhere else would be the same. It speaks of the need of each person to love, be loved, to be beloved.

The gift comes in seeing the anguish of a man, a child, a woman, suffering the losses that

strike through the heart, thrown into the despair of unknowing. The gift nurtures the endurance of the spirit and the triumph of survival.

The gift comes in the willingness to be present to tears of frustration and emptiness, ours and those of others. Each drop cleansing the hurts, and opening the way of healing. It carries the pain of one person which, when so freely shared, allows the pain within the other to be touched; this pain which never completely leaves us but which shapes us, and oftentimes is the reminder that we exist. And while we each bear our own burdens, when we take on the burdens of another the two become lighter.

The gift comes in the realization of the pride carried within that destroys the good that could be done; pride that blinds us from seeing beneath the glittering image we strive to portray; pride that fortifies the walls

that shield us from being known by others, the fear of rejection. The gift brings forth the means to see that each one of us has our image and our essence, each constantly struggling to integrate the two sides of the true "us." It is not the rejection of others that we fear, but the rejection of ourselves. The Gift.

The gift came in finally seeing the crippled man struggling to walk. Each day the cars go by so quickly that a passing glance is not even given: no one to encourage each careful step, aided by crutches, eyes looking forward as he makes his way. In the seeing came the appreciation of abilities taken for

It speaks of the need of each person to love, be loved, to be beloved.

granted. In the seeing came the realization of the many ways the physical body is abused and ignored. The Gift.

The gift comes in the realization of the pain caused by words spoken hastily, however kindly meant, that increased the isolation of another. The pain that is present when feelings are not understood or even acknowledged. The gift helps us become silent and present so that in the recognition of our failures we learn that true triumphs are not heralded from without, but glow from within.

The gift is in the gaze of the dying person, seeing beyond and within, seeing that which is hidden to those who try so hard, yet so obvious to those who no longer have to pretend. The gift is the briefest glimpse into the unknown, the gazing upon the self, the awareness that we are what we are, yet we are so much more.

The gift comes as weary arms open to

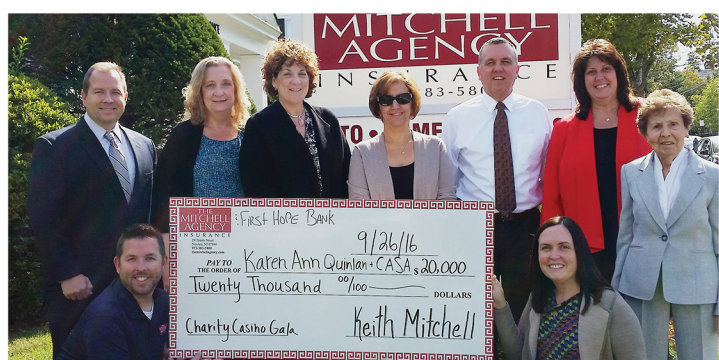


embrace and, taking a risk to be vulnerable, we walk into the solace that is both offered and needed. The giving and the taking, the softness and strength, the warmth of the body and the breath of life, freely shared so that each may be newly created.

The gift comes in the hurts and the pain that are universal yet unique to each person. When peace and love seem absent and the joys that were once shared are only memories whose intensity we fear. The gift is in the intermingling of the experiences of our life so that we become fully alive, we become complete, total, grow beyond our limitations.

The gift is ever present in our life. It is the Gift of Humanity and Humility, the Gift of Triumphs and Tragedy. It is a gift which grows with us and changes us. There is no earning or deserving of this gift, we cannot buy it nor wrap it, we cannot save it nor spend it. We can never use it up or replace it. It is given to others through us, yet it is also given to us through others. It is given to all yet is appreciated and known at different times by each individual. Sometimes it is rejected, sometimes embraced as the answer to prayers. No bow, paper, glitter or ribbon. The Gift. It shines bright when we take the time to see, not with our eyes but through the depth of our very being.

The Gift.



2nd Annual Casino Gala raises funds for hospice

NEWTON - On September 8, 2016, the Mitchell Insurance Agency & First Hope Bank proudly sponsored Mitchell Cares 2nd Annual Charity Casino Gala. The gala benefited Karen Ann Quinlan Hospice as well as a local child abuse advocacy program CASA of Morris and Sussex Counties. As a result, \$20,000 was raised to split between the two charities. The money raised will be used by CASA to provide advocacy for children who are victims of abuse and neglect and are in the foster care system. Karen Ann Quinlan Hospice will use the donated money to help provide grief counseling and educational programs, and special amenities to enhance the quality of life for dying patients - such as heating, cooling, additional caregivers, holiday meals, transportation, and specialized equipment.

A tribute to Dr. Lucian Fletcher, Jr. • 1923 - 2016

The community of Sussex County, NJ was saddened by the death of their beloved doctor, friend and mentor.

I met Dr. Fletcher (Lu) in 1980. My beloved husband Joe and I had just established the Karen Ann Quinlan Hospice in Newton, NJ. Little was known about Hospice, a new concept of caring for patients in their last stage of life. It was a learning process for doctors, nurses, aids, and the community. Lu was one of the first

"I remember his laughter, love of life, sharing stories and of course his dedication to hospice."

-Julia Quinlan

doctors to embrace hospice and joined the Governing Board in early 1981 and remained an active member for the rest of his life.

He loved life, family and country. When he was accepted to Princeton University he joined the USN-V-12 Program during World War II and attained the rank of Lt.j.g.

At the outbreak of the Korean War, he enlisted in the USAF and was posted to Iwo Jima, Guam, and Okinawa, among others. In 1952, as Capt. Fletcher, he was appointed assistant chief of medicine at the USAF Hospital at Tachikawa AFB, Japan.

After the war he settled in Sussex County where he practiced cardiology and internal medicine.

Lu was an accomplished pilot, skier and dancer. He and his wife Connie opened their beautiful home to hospice on many occasions. Connie, died 1989. Years later he met and married Dottie, together they embraced the hospice and once again opened their home to hospice. Dottie and his loving family were present at the hour of his death.

He died peacefully in the hospice that he loved and nurtured for over thirty years. His life was a life of service to his country and community. When I think of Lu I remember his laughter, love of life, sharing stories and of course his dedication to hospice. There will always be an empty seat at the board meetings.

With love and thanks for your dedication to hospice, your community and your country.



Dr. Lucian Fletcher, Jr.

*Julia Quinlan, Co-Founder
Karen Ann Quinlan Hospice
Chair of Governing Board*

Fall 2016 Volunteer Graduates



Standing, left to right: Linda Tironi, Larry Savage, Diona Nause, Jeff Junta, Charlotte Thom, Homer Wanamaker, Marie Grah. Seated: Betty Zuzzio, Lynn Cameron, Joan Foerst, Clare Cronin, Jane Varley, John Greed, Eileen Fra, Dina Ekholm

NEWTON - Under Medicare five percent of all hospice patient care hours must be provided by trained volunteers. This requisite emphasizes the important role that hospice volunteers play in caring for those with life-limiting illness and their family.

The trained volunteer brings dignity to the patients while providing support for the caregivers.

Sue Dougherty, the volunteer coordinator for Karen Ann Quinlan Hospice holds volunteer hospice training classes three times a year in different areas. The classes are four weeks long, two mornings per week and are held in September for the Newton area, November for the Milford, PA area and every March in Hackettstown. Anyone who wishes to dedicate time as a volunteer may sign up for any of the area classes.

It is advised that to be an active patient volunteer, the individual should not have experienced a significant loss within the past year. Volunteers are also welcomed to participate in agency fund raisers and administrative assistance.

Another Great Wine & Cheese Festival

FREDON - The Friends of Hospice and volunteers worked to make the afternoon of September 11 at the Waterwheel Farm in Fredon an exciting one filled with wine supplied by Burke's Wine & Liquor, great cheese, silent auction items, a live auction and beautiful weather! Thank you to Ray Cordts who brought the live auction to life, and to all the wine handlers provided by Randy Burke. Thank you to our musical entertainment Smooth Sailin', our book advertisers and our major sponsors.



Standing, left to right: Cecelia Clayton, Mark Lind, Diane Lind, Bea Smith, Lisa O'Hara. Seated: Julia Quinlan, Willard Klemm, Jeanette Klemm

A special thank you to Jeanette and Willard Klemm for use of their wonderful farm.



Karen Ann Quinlan Hospice Recognized as a We Honor Veterans Level Four Partner

NEWTON—Veterans often carry experiences from their military service that present unique healthcare challenges, and unfortunately, many of them may not know about, or have access to, specialized care. To help provide Veteran-centric care and support that reflect the important contributions made by these men and women, Karen Ann Quinlan Hospice has been participating in We Honor Veterans, a pioneering campaign developed by National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs.

Karen Ann Quinlan Hospice has recently become a Level Four We Honor Veterans Partner, the highest recognition of this exciting program! As a Level Four Partner, Karen Ann Quinlan Hospice has:

- Increased its professional and organizational capacity to provide quality services for Veterans and their families;
- Developed and strengthened partnerships with hospices, VA, Veteran organizations and other healthcare organizations;
- Promoted hospice and palliative care for Veterans; and
- Demonstrated the impact of its Veteran-centric organizational programs.



WE HONOR VETERANS

grateful acknowledgment, coupled with Veteran-centric education of health care staff caring for Veterans. To learn more about We Honor Veterans or to support this important work via a secure, online donation, please visit www.wehonorveterans.org.

“By recognizing the unique needs of our nation’s Veterans who are facing a life-limiting illness, We Honor Veteran Level Four Partners are better able to accompany and guide Veterans and their families toward a more peaceful ending,” says NHPCO President and Chief Executive Officer, J. Donald Schumacher. “In cases where there might be some specific needs related to the Veteran’s military service, combat experience or other traumatic events, these partners are now capable of providing tools to help support those they are caring for.”

Though Karen Ann Quinlan Hospice has reached the highest achievement in We Honor Veterans, their ongoing commitment and dedication to Veterans ensures

that they will continue to provide the best quality of care to those who have served our country.

The resources of We Honor Veterans focus on respectful inquiry, compassionate listening, and



“We Honor Veterans” committee members from left to right: Anthony Grigal, Lisa Burse, Jackie Gieske and John Drinkard. Missing from photo: Steven Downing.

Governing Board

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Director of Bereavement
John Quinlan
Director of Foundation
Lee Ellison
Director of Marketing

Friends of Hospice

NEWTON - The Friends of Hospice has announced that they will again graciously provide funds so that the Karen Ann Quinlan Hospice can provide free holiday meals for those in need in the regions that we serve. Meals will be provided for Thanksgiving and December holidays of Chanukah and Christmas.

The Friends of Hospice will also make funds available for holiday gifts for active hospice and bereavement families in need.

Friends of Hospice is a group of volunteers that hold several signature fundraising events during the year such as the Wine and Cheese Festival and the Harley Davidson raffle to raise funds to support the mission of Karen Ann Quinlan Hospice.

If you would like to join the Friends of Hospice volunteer group you can call 973-383-0115 for more information or attend one of their meetings held on the second Monday of each month at 4 p.m. at the Karen Ann Quinlan administrative office located on 99 Sparta Avenue in Newton.



Meet two new members of our hospice team...



**Dawn
Bump**
Chaplain



**Jane
O'Gorman**
RN

Joseph T. Quinlan Bereavement Center

Support Group Schedule



Please feel invited to just attend.

Sussex County Group Meetings

Joseph T. Quinlan Bereavement Center • 61 Spring St., 1st Floor, Newton, NJ
First and Third Wednesday each month • 12:30 - 2:00 p.m.
Second Monday each month 7-8:30 p.m.

Coping with Pet Loss

Third Monday each month • 12:30 p.m.

Warren County Group Meetings

Joseph T. Quinlan Bereavement Center • 214 Washington St, Hackettstown, NJ
Third Tuesday each month 10:00 - 11:30 a.m.

Pike County Group Meetings

United Methodist Church • 206 E. Ann St., Milford, PA
Fourth Tuesday each month 10-11:30 a.m.

Please check our website or call us direct at 973-940-0413 for additional groups and times or for more information

Help Us Find a Permanent Home for the

Joseph T. **Quinlan** Bereavement Center

We have embraced the community as a resource for individuals, families and professionals seeking support and education after the death of a loved one.

Help us plant our roots in a permanent location to expand our outreach and strengthen our community presence.

What is Bereavement?

Bereavement is a grief response to the loss of a loved one.



Why is bereavement counseling important?

Bereavement counseling helps individuals and families to understand these feelings and go on in life.

What are the negative consequences of unresolved grief?

Some may have difficulty expressing their grief, which can then lead to unresolved grief. Unresolved grief can result in poor job performance, substance abuse, depression and family problems. Unrecognized anticipatory grief can prevent one from fully caring for their loved one as is desired, leading to guilt and feelings of inadequacy before and after the death.

“The Joseph T. Quinlan Bereavement Center is a sanctuary of safety. I felt unconditional acceptance and support and left feeling renewed and hopeful”
- Charles Stackhouse



Core Services

- **Individual Counseling**
- **Coping With Loss Support Groups**
Pike County/once a month; Warren County/once a month; Sussex County/3 times a month – open to anyone who has suffered a loss through death – no charge to attend and no pre-registration is required.
- **Pet Loss Support Group**
Held once a month in our Sussex County location. Open to anyone who has lost a pet through death. No charge to attend and no pre-registration is required.
- **Annual Memorial Services**
Held in each county that is served. Open to our hospice families and the community at no charge.
- **Children’s Art Bereavement Program**
Held twice a year for children age 6 through 12 who have suffered a loss through death.
- **Healing in the Classroom Workshop**
For school professionals to help recognize loss in their students and how to support them in their grief. Twelve clock hours are offered for counselors through the National Board of Certified Counselors.
- **Bereavement Facilitator Training**
For anyone interested in organizing and implementing their own bereavement self-help support group. Six clock hours are offered for counselors through the National Board of Certified Counselors.

Letter from the Chairman

The Joseph T. Quinlan Bereavement Center opened April 2, 2000 in memory of my beloved husband. It is a Community Bereavement Center serving the needs of the people of Northwest, NJ and Pike County, PA. Over the years we have served tens of thousands of hospice families and community members.

We offer support to adults, teens and children through Individual and Group Counseling, Coping with Loss Support Groups and the Children’s Art Therapy Program. We offer children a place to reveal their emotions and share in a non-threatening way.

I am reaching out to our community to ask you to support the Capital Campaign and enable us to have a permanent home for the bereaved of all ages in a safe and caring environment. It will have a lasting effect on the lives of the people of our community.

- Julia Quinlan



“I cannot find enough good words to describe the care my family and I received when we were broken by the loss of a family member. If you are experiencing a loss, there is no better place to turn to.”
- Jean Polatnick

How Can I Help?

All services are completely funded by donations. Any contribution large or small is appreciated. At the Joseph T. Quinlan Bereavement Center we never turn anyone away.

Naming Opportunities

- Foyer (reserved) \$10,000
 - Family Therapy/Children’s Art Room (reserved) ... \$10,000
 - Support Group Room \$5,000
 - Individual Counselor Rooms (3) \$5,000
 - Library \$5,000
 - Classroom \$5,000
 - Front Porch (reserved) \$2,500
 - Scenic Patio \$2,500
 - Commemorate your loved one in our Donor Pathway \$100
- KarenAnnQuinlanHospice.org/Capital

☐ Yes, I would like to donate to the capital campaign to find a permanent home for the Joseph T. Quinlan Bereavement Center. **Please mail completed form to: Karen Ann Quinlan Hospice, 99 Sparta Avenue, Newton, NJ 07860.** Donations can also be made at www.KarenAnnQuinlanHospice.org/Capital. For more information please contact John Quinlan at 973-383-0115 ext. 148. Checks should be made payable to: Karen Ann Quinlan Charitable Foundation.

Name: _____

Address: _____

Town: _____ State: _____ Zip: _____

Phone number: _____ Email: _____

☐ Enclosed is my gift for \$ _____ ☐ Please charge my gift of \$ _____ ☐ MC ☐ Visa ☐ Discover

Account #: _____ Exp. Date: _____ 3-digit: _____

Signature _____

Thank you, your donation is deeply appreciated.



99 Sparta Avenue.
Newton, NJ 07860



WE HONOR VETERANS



FREE

ASK AN ELDER LAW ATTORNEY



- When:** Thursday, December 8 • 10:30 a.m. - 11:30 a.m.
- Where:** Pike County Public Library
119 E. Hartford Street, Milford, PA
- Who:** Karen Ann Quinlan Hospice &
The Murray Firm - Andrea R. Didio, Esq.
- Cost:** FREE - Light Refreshments Served - Registration Required
- What:** Karen Ann Quinlan Hospice is proud to present
"Ask an Elder Law Attorney."



*Our featured speaker will be Andrea Didio, Esq. a
licensed attorney in both New Jersey and Pennsylvania.*

*Please bring all your questions to ask Andrea regarding,
estate planning, planned giving, veterans benefits, living
wills, advance directives, and more during this
informative, no-pressure seminar.*

For more information please call us at
973-383-0115 ext. 145.

**Karen Ann
Quinlan
Hospice**
Home for Hospice

Ask for us by name.

Your Local, Not-for-Profit,
Community Hospice Since 1980

800-882-1117 • KarenAnnQuinlanHospice.org

Calendar Highlights

Saturday..... 11/26/16..... It's A Wonderful Life Concert
Tuesday..... 11/29/16..... Warren Lights of Life
Thursday..... 12/1/2016..... Pike Lights of Life
Friday..... 12/2/2016..... Sussex Lights of Life
Thursday..... 12/8/2016..... Ask an Eldercare Lawyer
Sunday..... 1/1/2017..... Chilly Chili Run
Thursday..... 2/23/2017..... High Tea for Hospice
Saturday..... 3/11/2017..... SK Paper Shred
Saturday..... 4/15/2017..... Hospice Anniversary
Thursday..... 4/27/2017..... Hospice Honors
Saturday..... 5/13/2017..... SK Paper Shred
Saturday..... 7/8/2017..... SK Paper Shred
Saturday..... 9/9/2017..... SK Paper Shred
Sunday..... 9/10/2017..... Wine & Cheese Festival
Saturday..... 9/30/2017..... Celebrate Life 5k Walk
Saturday..... 11/11/2017..... SK Paper Shred

Dates subject to change. Please visit our events page at
KarenAnnQuinlanHospice.org for updated information.



Like us on Facebook

Facebook.com/KarenAnnQuinlanHospice.org

Christmas Cookie Exchange

On Tuesday, December 13 from 9:30 a.m. to noon we are
looking for volunteers to help with the annual Christmas Cookie
Exchange.

We need volunteer bakers and wrappers to help us bring a bit
of the season to our patients, families and those in our bereave-
ment program.

The more cookies we have, the more trays we can assem-
ble. For questions, information and to RSVP, please contact Sue
Dougherty at 973-383-0115 ext. 121 or sdougherty@KarenAnn-
QuinlanHospice.org.

**Makes a great
Stocking Stuffer!**

Proceeds benefit:
**Karen Ann
Quinlan
Hospice**



Harley-Davidson
2016 Softail Slim S
in Olive Gold Denim
Valued at \$18,899.00

2016 Harley-Davidson Raffle

Tickets are \$20.00 each, with only 1,500 sold!

Tickets can be purchased year-round by visiting our website at:
www.KarenAnnQuinlanHospice.org or call 800-882-1117.

Winning ticket will be drawn on January 1, 2017 (winner need not be present)
at the Chilly-Chili Run in Ogdensburg, NJ

If you wish to be taken off the Karen Ann Quinlan Hospice mailing list, please call 973-383-0115/800-882-1117.