

Celebrating Life's Stories[®]

A NEWSLETTER FOR OUR FRIENDS

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Hospice of Central Ohio Honors Patients Through the Nursing Honor Guard

The Nursing Honor Guard of Ohio's Hospice honors nurses who are in the care of Hospice of Central Ohio. Dressed in traditional and historical uniforms comprised of a blue cape, white dress and cap, the Nursing Honor Guard conducts a ceremony at the patient's bedside, paying tribute to nurses who have dedicated their lives to caring for others and providing compassion.

During the past year, our nurses have performed several Nursing Honor Guard ceremonies. Mindful of the COVID-19 pandemic and social distancing, they have honored patients in parking lots, at the Hospice of Central Ohio inpatient care center at The Ohio State University Wexner Medical Center, churches, assisted living facilities, and elsewhere.

Kim Chupka, crisis care team leader at Hospice of Central Ohio, recently shared her touching experiences with the Nursing Honor Guard ceremonies. She has witnessed the healing effect it has had on patients and the staff during this challenging time.

"The Nursing Honor Guard ceremonies are some of the most humbling experiences we have as nurses. Performing them has a way of breaking down barriers with our staff and patients," Kim said. "We learn so much about the people we are honoring, as our patients often welcome the chance to discuss their careers."

As a nurse, she is awed by the scope of what these nurses have done, their service, and their sacrifice. "I'm grateful for the path they have forged for us today. The honorees have gone through wars and pandemics without the technology we have today," she said. "They sacrificed a lot. It makes me proud that I belong to this group of people. It makes me proud to be a nurse."

Kim and her fellow nurses are honored and privileged to pay tribute to the nurses in our care. "We went into the nursing field to help people. We understood the dangers. We knew that there would be times that would test us, and we knew there would be challenges," Kim said. "It makes us that much more appreciative of the recognition we are able to give to our nurse patients."

The Nursing Honor Guard ceremony is yet another way we seek to provide superior care and superior services to our patients. It is our greatest privilege to celebrate the lives of those who have sacrificed so much for the greater good.

The Nursing Honor Guard ceremonies are made possible through the support of the community and donors like you. For more information on how you can support these special ceremonies, please contact 740.788.1488.



Ensuring the Safety of Patients and Families



Renee Sparks
General Manager and Executive Vice
President, Hospice of Central Ohio

The pandemic caused by COVID-19 has not only changed the way we work and interact, but also the way in which we approach healthcare. Health and safety are of utmost concern. To ensure the safety of patients and their families, the pandemic has necessitated change in the approach of hospice care delivery. Despite the pandemic's severity and changes that have resulted, Hospice of Central Ohio remains committed to providing superior care and superior services.

During the pandemic, infection control and prevention have taken on greater meaning. To ensure safety of our staff and those we serve, Hospice of Central Ohio follows the guidance of the Centers for Disease Control and Prevention (CDC), the Ohio Department of Health (ODH) and The Joint Commission. All staff complete daily health and temperature screenings prior to beginning their day. In addition, all staff have received education on hand hygiene, respiratory hygiene, and proper use of personal protective equipment (PPE).

When making in-person visits, staff wear appropriate PPE to keep patients and families safe. When in-person visits are not advisable, Hospice of Central Ohio uses technology to help connect with patients. While in-person hospice care can never be replaced, Real-Time CareSM, a collection of telehealth and support tools, enable our professionals to care for patients remotely while reducing exposure to COVID-19. In the inpatient care centers, PPE is provided to visitors when needed, and visitation is structured to allow for social distancing. Every interaction and every process involving patient care is developed with mindfulness to safety and infection prevention.

With support from the community, our teams have persevered through the COVID-19 pandemic. We remain steadfast to our commitment of providing superior care and superior services to each patient and family. While we look forward to being on the other side of this pandemic, Hospice of Central Ohio remains vigilant and ready to serve the community.

Looking Toward a Better Year Ahead



Stacy Geller
Vice President of
Philanthropic Development,
Hospice of Central Ohio

As the cold winter's end ushers in the promise of spring, daffodils and tulips emerge. Stark tree lines begin to bud with color, and temperatures gradually rise. After a year of fear and isolation, we anticipate the return of familiar comforts – the eventual gathering with friends and family, birthday and anniversary celebrations, graduations and weddings. We can look toward better times as a community, a nation and a world.

Through a year of uncertainty and change, patients of Hospice of Central Ohio have benefited from your continued support. Your generosity allows Hospice of Central Ohio to remain a constant presence in the community. Your support secures a future where everyone who needs superior end-of-life care is able to receive it, regardless of their ability to pay.

As you consider your financial plans for the year ahead, please consider a gift to Hospice of Central Ohio. Your donations, large or small, provide comfort, peace and dignity for more than 2,000 people each year.

Please contact me at Stacy@HospiceofCentralOhio.org or call me at 740.788.1488 with any questions.



Pathways of Hope Grief Counseling Center Offers Support Through Real-Time CareSM

As we have seen over the past year, businesses and individuals have had to shift their ways of thinking and operating to comply with health and safety measures, due to the COVID-19 pandemic.

At Hospice of Central Ohio, the bereavement counselors at our Pathways of Hope Grief Counseling Center have found creative ways to connect with people in the community who are experiencing grief.

Through Real-Time CareSM, a collection of telehealth and support tools, Hospice of Central Ohio is now able to deliver care and support to patients and families while reducing exposure to COVID-19 and maintaining social distancing. Real-Time Care has been instrumental in the delivery of bereavement support services.

Maria Johnson, manager of Patient and Family Support Services, explains the future of bereavement support services and the importance of mental healthcare during these times.

Q. As the need for emotional support shifts to be more telehealth focused, are there any positives that you see to administering service in this format?

A. We are just now diving into the complex world of telehealth. There are some benefits to the format that might not be available in a more formal setting. Through Real-Time Care, we have been able to open the door for more people to reach out for support, from those who have a compromised or weakened immune system to those who have busy schedules and limited time. Real-Time Care allows more people to access these services. People are often more relaxed or comfortable in their own space. It can be easier for some people to tackle the hard subject of grief when they are in their own environment. Many will still prefer to meet in person, but for some, Real-Time Care opens up another option for receiving help.



Maria Johnson
Manager of Patient and Family Support Services
Hospice of Central Ohio

Q. In a world where we are merging the stresses of a pandemic with personal loss, what are some tactics for combating stress and depression? What are tools that everyone can use?

A. Bereavement support is so important, now more than ever. As a society, we have experienced so many losses over the past year. Not only have we lost loved ones, but we have lost elements of our way of life, including some outlets and events that would normally help us cope in times of stress. Coping skills are different for everyone. There isn't one option that will work universally. Creative outlets are helpful when stress levels are high. Listening to music, drawing, painting, journaling, or reading a good book can all be ways to help de-stress. Many people also benefit from physical activity. A hike or bike ride can be helpful, especially now that spring is here. Whatever tools you find helpful, schedule time for them, do them intentionally, and let them become part of your routine so that self-care becomes a habit, not an afterthought.

Q. How do you see emotional support being administered in the future?

A. Again, everyone is different. Some people feel support is not the same over the phone or video conference. However, some people find it very convenient. The ideal solution is a mix of whatever makes the person receiving care feel most comfortable. The pandemic has made the entire healthcare system take a good look at service and try to find new and innovative ways to meet the needs of those in our care. We will continue to grow and adapt, and we will constantly look for new ways to offer our support.

This new normal can be difficult for people to navigate alone. Your support of the bereavement services at Hospice of Central Ohio helps us offer grief support to anyone in the community struggling with a loss. We're grateful to members of the community for their support of our bereavement services.

For more information on how you can help support our bereavement services, please contact the philanthropy office at 740.788.1488.



Memorial Opportunities at Hospice of Central Ohio

Every day in our quest to provide superior care and superior services to our patients and families, we are reminded that time is a precious gift. The gift of time is something that cannot be measured. Families in our care may seek to find a tangible way to show their love. Hospice of Central Ohio offers special ways for you to memorialize a loved one, while helping to continue our mission.

With a plaque on our Tree of Life at the Selma Markowitz Care Center in Newark, Ohio, or the Celebrating Life's Stories® memorial wall at the Hospice of Central Ohio inpatient care center at The Ohio State University Wexner Medical Center, you can honor a loved one.

Tree of Life – The name of your loved one will be engraved on a beautiful, brushed metal leaf. Two sizes are available:

Large Leaf (6.75" x 2.75"): \$1,000
Small Leaf (4" x 1.5"): \$500

Celebrating Life's Stories® – Name plaques are available at the memorial wall located in the inpatient care center at The Ohio State University Wexner Medical Center. Four sizes are available:

15" x 4" name plaque: \$10,000
15" x 2" name plaque: \$5,000
10" x 2" name plaque: \$2,500
5" x 2" name plaque: \$1,000

More than a gift, these memorial plaques are a lasting tribute that provide support to our patients and families. Thank you for your support of our mission.

For more information on naming opportunities, please contact Stacy Geller at Stacy@HospiceofCentralOhio.org or call 740.788.1488.

Save the Date: Golf Outing Set for Friday, June 18

Warm up your swing for a day of golfing, giving and enjoying the great outdoors at a safe distance! Hospice of Central Ohio is bringing back its annual golf outing. Proceeds from the event will support patient and family care.

Sponsorship opportunities are now available. Contact Stacy Geller for more information on ways to give and ways to golf by emailing her at Stacy@HospiceofCentralOhio.org or calling 740.788.1488.

When: Friday, June 18

7:30 am – Registration
8:30 am – Shotgun start

Where: The Links at Echo Springs

5940 Loudon Street Rd.
Johnstown, OH 43031

Registration includes green fees, on-course snacks, raffle tickets for an exciting grand prize, and lunch!

To support Hospice of Central Ohio, please visit:
www.HospiceOfCentralOhio.org/Donate or call 740.788.1488.