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Hospice & Palliative Care of Westchester is a private, not-for-profit, tax-exempt agency.
If this was received in error, please call 914-682-1484 ext 122.

OUR MISSION

Hospice & Palliative Care of Westchester strives to provide extraordinary and dignified comfort, care and compassion to individuals and families facing a serious or life-limiting illness.

YOUR LIFE, YOUR DECISION, OUR HELP

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**NEWS FROM THE
BOARD OF DIRECTORS**

Hospice & Palliative Care of Westchester (HPCW) is pleased to announce its new officers for 2014: William F. Flooks, Jr. as Chairman of the Board, Susan Yubas as Vice Chairman, Sr. Rita Dougherty as Secretary, and Stephen Landon as Treasurer.

HPCW also warmly welcomes four new board members this year: Joanne Ciaramella, Esq., Peggy LoCastro, Michael Palumbo, MD, and Pat Walsh.

**BETTER BUSINESS
BUREAU ACCREDITATION**

Hospice & Palliative Care of Westchester is pleased to announce that it has been named a Better Business Bureau (BBB) accredited nonprofit, receiving a stamp of approval from the prestigious accrediting organization's Charity Accountability Program.

The distinction confirms HPCW's ethical practices, fosters public confidence and encourages philanthropists to engage with the nonprofit. The accreditation comes after a BBB Charity Review, an in-depth process that places nonprofits under the microscope. HPCW met all 20 of the BBB's "Standards for Charity Accountability."

SAVE THE DATE

December 3, 2014
TREE OF LIFE

Friends, families and community members are invited to remember a loved one by purchasing a gold star in their memory. The evening also includes a reception with entertainment.

Hilton Westchester

5:30-7:00pm

For further information about the event or to make reservations, please call

Holly K. Benedict at
914-682-1484 ext. 122.

Hospice & Palliative Care of Westchester

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www.HospiceofWestchester.com



Complementary Care at Hospice & Palliative Care of Westchester

The importance of alternative therapies

FOR THOSE RECEIVING SERVICES FROM HOSPICE & PALLIATIVE CARE OF WESTCHESTER (HPCW), QUALITY OF LIFE IS A PRIMARY TENET OF CAREGIVING. Along with traditional medical care, HPCW believes in the added benefits of alternative therapy – or complementary care – such as massage therapy, art therapy, reiki, music therapy and reflexology. The mind-body connection is a well-documented physical relationship that has been shown to respond beneficially to complementary therapies.

Our patients and their team decide together which therapy might best alleviate pain, anxiety, discomfort, and stress. Additionally, these therapies can promote equilibrium, increase well-being, and – most importantly – improve quality of life. Thanks to the generosity of Anna L. Shereff, HPCW is able to offer patients additional alternative therapies at no cost to the patients. The Anna & Louis H. Shereff Caregiver and Complementary Care Programs include:

Massage Therapy: According to the American Massage Therapy Association, massage therapy can improve the quality of life for those receiving hospice and palliative care. Massage is a form of structured therapeutic touch which can relax,

relieve muscle tension, reduce anxiety levels and blood pressure, boost the immune system, and moisturize the skin. "Massage helps support a mind-body connection and can help distract the patient from pain," says Beddy Piekielek, a licensed massage therapist (LMT) with HPCW. Massage offers more than just relief for tight muscles. "Massage therapy enables the patient to feel less isolated, and gives them a touching reassurance," adds Piekielek.

Art Therapy: Integrating art with hospice and palliative care means involving both the patient and their family in a "co-creative" project. The art therapist encourages expression of emotions through artistic activities such as painting, drawing, or sculpture. HPCW art therapist Mia de Bethune is adept at working with children, and helps bring their emotions to the surface. "The magic of art therapy, particularly with children, is that they can show you what they're thinking and feeling," de Bethune says. de Bethune will start therapy early for children dealing with loss or a life-limiting illness, often beginning with clay rather than pen and paper. "Children will use clay to tell a story to cope and work through the grief," she explains.

Reiki: A Japanese technique for stress reduction and relaxation, reiki is administered by "laying on hands." Reiki is based on the idea that an unseen



2014 Golf Invitational

HOSPICE & PALLIATIVE CARE OF WESTCHESTER (HPCW) hosted its 12th-annual Golf Invitational at Westchester Hills Golf Club on June 24, 2014, where business leaders and individuals enjoyed a day on the links to support HPCW. A special thanks to our sponsors, which include Hildegarde D. Becher Foundation, Inc., Atlantic Tomorrow's Office, Beecher Flocks Funeral Home, Inc., Entergy, Zanzarella Marketing, and Arroyo Chevrolet-Cadillac of Mount Kisco. ★



L to R: Golf Invitational Co-Chairs Jack Geoghegan of Rye and Larry Dix of White Plains; Bill McLaughlin of Atlantic Tomorrow's Office in Manhattan



L to R: Larry Weiss of Atlantic Tomorrow's Office in Manhattan; William F. Flocks, Jr., of White Plains, Chairman of the Board of Directors at Hospice & Palliative Care of Westchester and proprietor of Beecher Flocks Funeral Home in Pleasantville; Golf Invitational Co-Chair and Coordinator John Zanzarella of Zanzarella Marketing



L to R: News 12 meteorologist Brysen Van Eck; HPCW Executive Director Mary K. Spengler, MS; Golf Invitational Co-Chairs Tim Murphy of Arroyo Chevrolet-Cadillac in Mount Kisco and James P. O'Toole of James P. O'Toole Consulting.

Butterfly Release



A child looks as a butterfly lands on his finger during the Monarch release

Hundreds of family, friends, and community members gathered for two remembrance ceremonies at Hospice & Palliative Care of Westchester's fourth-annual Memorial Butterfly Release on June 1, 2014 at the Wainwright House in Rye, NY. ★

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"life force energy" flows through us and causes us to be alive. It treats the whole person – including mind, body, and spirit – creating beneficial effects like relaxation and feelings of peace, security, and well-being.

Music Therapy: Music therapy allows a music practitioner to use the intrinsic healing elements of live music to provide a healing environment for patients and their families. These sessions are effective throughout the living/dying process and do not require the patient to play or sing along. "Music is often referred to as the 'anointing of the sick,'" says David Devine, an HPCW music practitioner and classical guitarist and singer. "In my two-and-a-half years with Hospice, I have seen music touch the lives of so many patients. And it is just as beneficial to the family as it is to the patient."

Reflexology: This therapy is based on the belief that different areas of the feet and hands correspond with different parts of the body. Gentle stimulation of these areas with the thumbs and fingers relieves stress and tension, improves circulation, promotes normal body function, and results in deep relaxation. HPCW reflexologist Gabrielle Zale explains reflexology as a helpful way to allow patients to attain much needed sleep. "The benefits can sometimes be immeasurable to family members, who sometimes feel helpless

when they see that their loved one is being cared for," Zale says.

All of HPCW's therapists are licensed or certified practitioners with deep experience in providing services to hospice patients.

"We use complementary care to respect the patient, focusing on them and not their illness," says Maryanne DiDonato, RN, CHPN. DiDonato is a Home Team RN and the Nurse Facilitator of the Complementary Care Program, and has been a member of the HPCW team for almost five years. "These alternative therapies provide physical and emotional comfort that help to reduce stress and anxiety."

DiDonato recently shared a memory of sitting in on a patient's music session. "Hearing the patient whisper a few words of the Elvis song David was singing reinforced what HPCW and the Complementary Care Programs are all about – powerful, deep empathy."

DiDonato also explains how these therapies enhance the patient's quality of life. Families are overjoyed when they see their loved one peaceful and comfortable. All therapies offered through the Complementary Care Program are free of charge, and are offered to all patients.

"I'm proud to be part of an organization that values and encourages these therapies," DiDonato says. ★

Message from The Executive Director



HOSPICE & PALLIATIVE CARE OF WESTCHESTER (HPCW) has been providing exceptional hospice care to residents of Westchester County for over 22 years. Dedicated, professional staff, and volunteers have sought to meet the ever changing needs of our community by continually improving and developing our programs and services.

This year, we enhanced our vital bereavement program to accommodate children struggling with the loss of a loved one. HPCW staff understand how devastating this loss can be for a young person. At the core of the new Children's Bereavement Support Group Program is the lesson that grief is a natural, normal process moved through at one's own pace.

In 2013 HPCW improved our pediatric palliative care program and launched Comfort Crew. We continue to expand this new program that serves children who have been diagnosed with any serious or life-limiting illness. Comfort Crew also allows us the opportunity to continually work in conjunction with area pediatric, medical professionals and facilities to better meet the needs of this very special population.

Our Complementary Care Program continues to thrive. These alternative therapies are offered to all of our patients, along with our traditional medical care. These sessions are generously supported through the philanthropy of Anna L. Shereff.

Recently, HPCW was named a Better Business Bureau (BBB) accredited nonprofit, receiving a stamp of approval from the prestigious accrediting organization and affirming our commitment to excellence.

We are cognizant of the financial impact of recent government cuts and how they have impacted our bottom line. It is paramount to note HPCW continues to maintain its exceptional medical expertise to our patients and their families and the financial cuts will have no impact on the compassionate care offered to our patients.

HPCW would not be able to deliver its extraordinary level of care without the continued support of individuals, corporate neighbors and the Westchester Community. We are grateful to you, our donors, without whom we would not be able to enrich and expand our services and continue to be recognized as the "Hospice of Choice" in Westchester County. ★

Mary K. Spengler

MARY K. SPENGLER, MS

Healthcare Heroes

Mary K. Spengler, Executive Director, Hospice & Palliative Care of Westchester, was honored as an inaugural "Healthcare Hero" by *Westchester Magazine* in May of 2014, and featured in the magazine for her commitment to and compassion for patients. As an astute healthcare provider, Mary was also celebrated for her integral role in forming the HPCW pediatric palliative care program Comfort Crew. ★

Hospice Receives Salvation Army Award

HOSPICE & PALLIATIVE CARE OF WESTCHESTER was honored with the Community Service Award from The Salvation Army White Plains Corps at the 26th Annual Community Service Awards Breakfast on March 27, 2014. ★



L to R: HPCW chairman of the board William F. Flocks, Jr.; Salvation Army Advisory Council president Toby Markey; HPCW executive director Mary K. Spengler; Salvation Army Advisory Council member Barbara Vrooman.

2014 Bereavement Support Groups

- "Evening Parent-Sibling Loss"
- "Daytime Spouse/Partner Loss"
- "Evening Spouse/Partner Loss"
- "Flying Solo" spouse loss after a year
- "Evening Friends In Deed-crisis program for life-threatening illness"
- "Comfort Crew Child/ Family Bereavement Program"
- All support groups are facilitated by HPCW professionals with expertise in grief counseling. Please contact our bereavement department for further information regarding dates, times, and registration.

Karen Dreher, LCSW-R
Bereavement Coordinator
914-682-1484 ext. 130

Kim Gordon, CT
Bereavement Coordinator
914-682-1484 ext. 163

Bruce Page, MAT, MDiv
Director of Volunteer Services/
Bereavement Coordinator
914-682-1484 ext. 118

VOLUNTEER OPPORTUNITIES

Our Volunteer Department is seeking warm and compassionate "friendly visitors" to visit our patients and their families who live in a private residence. We also need visitors for our patients who live in a Nursing Home or in an Assisted Living Facility.

If anyone would like to share their hair cutting skills, we have a need for your services for patients who live in private residences.

For further information, please call Bruce Page, Director of Volunteers at 914-682-1484 ext. 118.