



# Hospice & Palliative Care of Westchester

# TODAY

SPRING 2012

## Happenings & Gatherings



(L to R): Kevin Hanlon, Director of Catering, the Hilton Rye Town, Event Sponsor; Mary K. Spengler, MS, Executive Director, HPCW; Jennifer Watts, HPCW Board Chair; and William F. Flooks, Jr., HPCW Board Vice Chair and Proprietor of Beecher Funeral Home, Event Sponsor

## Tree of Life

Hospice & Palliative Care of Westchester (HPCW) hosted its annual "Tree of Life" in December. Community members participated in the event by placing a personalized gold star in memory or in honor of a loved one on our "Tree of Life." HPCW is grateful to event sponsors, Beecher Funeral Home; Co-Communications, Inc.; Cuddy & Feder, LLP; Efficiency Printing; Hilton Rye Town; North Street Community, LLC; Polchinski

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## Complementary Care Program BENEFITS HOSPICE PATIENTS

**H**ospice & Palliative Care of Westchester (HPCW) established their Complementary Care Program in 1999 and was the first hospice in Westchester County to offer this service to its patients. The Complementary Care program treats the whole person and has proven to help hospice patients by providing them with alternative therapies such as massage, reflexology, reiki, art, music, and acupuncture, as well as a Volunteer Pet Visit Program.



Hospice volunteer Wendy Hollander and her therapy dog Shana

Therapeutic massage is a form of touch which can relieve muscle tension, reduce anxiety, boost the immune system, and hydrate the skin. Reflexology is a gentle stimulation of the hands and feet and can relieve stress and tension and improve circulation, resulting in feelings of deep comfort and well-being. Reiki is a Japanese technique for relaxation that is administered by "laying on hands" and is based on the idea that an unseen life force energy flows through us. Reiki treats the body, emotions, mind, and spirit. Music therapy brings comfort and serenity to patients by tuning into the rhythm of their breathing through the use of musical instruments. Art therapy

The therapies and pet program help increase well-being, decrease stress and improve patient quality of life. While not a cure, they serve as a supplement to the exceptional medical care provided by HPCW. The Complementary Care Program is offered to all patients, at no cost. Together with their team, HPCW patients decide which therapy might best fit their needs.

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## Message from the Executive Director



This year marks the 20th anniversary of Hospice & Palliative Care of Westchester (HPCW). I am honored to be a part of an organization that provides exceptional end-of-life care that emphasizes compassion, dignity and respect.

From the beginning, the dedicated staff has provided a full range of hospice services at the highest levels of caring, expertise and professionalism, to over 9,000 Westchester County residents. Our programs and services are offered to anyone with any life-limiting illness, regardless of their ability to pay. These programs address the patients' medical, physical, psychosocial, and spiritual needs as well as provide help and assistance to their family members.

As we have grown in the numbers of patients cared for, we have also seen a shift in

where those patients reside and their diagnoses. Currently, approximately 50 percent of our patients reside in settings other than their own homes. These include skilled nursing facilities and assisted living residences. Only 30 percent of our patients have a cancer diagnosis – a marked shift from when the Hospice movement began and when we were established 20 years ago.

As we usher in a new era, I want to extend my deepest gratitude to our dedicated Board of Directors and our exceptional staff who celebrate and exemplify our mission and values every day. Thank you to the Westchester community and to our donors and supporters for their financial support and the important role they play in our success.

While much has changed at HPCW since we opened our doors 20 years ago, our mission has remained the same and is the hallmark of our role as the "Hospice of Choice" in Westchester County.

A handwritten signature in black ink that reads "Mary K. Spengler". The signature is fluid and cursive, written in a professional style.

Mary K. Spengler, MS  
Executive Director

## Hospice & Palliative Care of Westchester Celebrates 20 Years

In 1991 Hospice & Palliative Care of Westchester (HPCW) was incorporated as a new, free standing, not-for-profit corporation by the merger of two existing programs: the Hospice program at Visiting Nurse Services in Westchester and the Palliative Care program at White Plains Hospital.

At inception, HPCW served approximately 18 adult patients per day. Today, the organization has grown to provide services to over 120 patients a day, including children. Care is rendered in a variety of settings including the patient's home, skilled nursing facilities and inpatient hospital care.

HPCW began with a staff of 17. Today it employs a team of 65 staff members. The clinical team includes a medical director, registered nurses, licensed social workers, spiritual and bereavement counselors, volunteers, complementary care providers and home health aides. In addition, the HPCW staff includes finance, human resources, development and community liaison departments and a team of administrative support staff.

In order to meet the ever-changing needs of patients and the community, HPCW continues to embark on new and exciting initiatives. In 1995, through the generosity of Mrs. Anna L. Shereff, the Anna & Louis H. Shereff Care-giver Program was established. In 1999, the Complementary Care Program was introduced and continues to be offered to all of

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our patients at no cost. In 2008, HPCW moved into a new headquarters that features the Anna & Louis H. Shereff Pavilion. In 2012, Mrs. Shereff expanded her sponsorship of The Caregiver Program to include the Complementary Care Program.

Last year, the organization added a very special memorial service to the Bereavement Program with its first Memorial Butterfly Release. This event offers HPCW families, friends, and community members a unique way to remember their loved ones by releasing butterflies during a memorial service.

As HPCW continues to celebrate this milestone anniversary, the agency will host a number of annual events, including the Golf Invitational to be held at Westchester Hills Golf Club on June 26 as well as its In Celebration Gala Cocktail Reception, which will be held at Westchester Country Club on September 27. At this event and in commemoration of the 20th anniversary, HPCW will recognize former honorees who continue to play a significant role in the success of the organization.

HPCW is proud of its past and confident in its future ability to continue to offer extraordinary hospice programs and services, without compromise, to patients and families during their very special journey.

## Happenings & Gatherings *Continued from page 1.*

Memorials, Inc.; Ross Mailing Service, Inc.; The Kensico Cemetery; and Westchester Medical Pavilion.

### *For Those Who Have Served: Veterans Recognition Breakfast*

HPCW commemorated Veterans Recognition Month in November with the Second Annual Inter-Hospice Veterans Recognition Breakfast, *For Those Who Have Served*. Nearly 200 people attended the breakfast,

which was co-sponsored by Westchester County's hospice organizations.



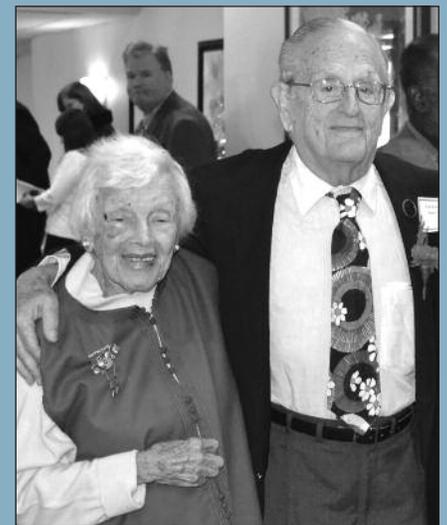
(L to R): Mary K. Spengler, MS, Executive Director, HPCW; Staff Sgt. Kenneth Barnes; William F. Dawe, Community Relations Liaison, HPCW

## NEWS FROM THE VOLUNTEER DEPARTMENT

### Volunteer Opportunities

We are always seeking warm, compassionate, and dedicated volunteers for our programs. Current needs include patient visitor volunteers in nursing homes and assisted living facilities located in the Yonkers, White Plains, Rye, and New Rochelle areas. We are also seeking an administrative volunteer to assist with daily clerical needs in our White Plains office and a volunteer beautician and an art therapist to work with our patients.

If you are interested in volunteering, please contact contact Mary Jane Schaumann, Director of Volunteer Services, at 914-682-1484 ext.116 or mjschaumann@hospiceofwestchester.com. *Thank you.*



Ruth and Lou Jaskow

### *Congratulations, Lou!*

We are proud to announce our longtime volunteer, Lou Jaskow, was inducted into the 29th Annual Westchester County Senior Hall of Fame in December 2011.

## Edward M. Simas Educational Fund

As part of our 20th Anniversary celebratory year, we are pleased to announce that we have received funding through the Edward M. Simas Educational Fund. This donation has enabled us to educate our staff and the Westchester community through a series of diverse seminars and lectures. To date, we have hosted three seminars for staff: one on grief counseling, a second on legal issues concerning hospice staff and decision-making for patients, and a third on engaging patients as whole and spiritual people. Additionally, we hosted a community lecture on the importance of advance directives and end-of-life care planning.



(L to R): Carol Townsend-Ross, Director, Clinical Services, HPCW; Kenneth J. Doka, M.Div., Ph.D, guest speaker, at HPCW's Edward M. Simas Educational Series kick-off lecture about grief counseling



Mary K. Spengler, MS, Executive Director, HPCW (left), and Andrew E. Blustein, Esq. (right), at HPCW's second educational lecture featuring guest speakers Blustein and Eve Green Koopersmith, Esq., both of Garfunkel Wild, P.C.



(L to R): Koshin Paley Ellison, guest speaker; and Daniel Beltran, Director of Counseling Services, HPCW, at HPCW's third educational lecture featuring Ellison, Co-Founder, New York Zen Center for Contemplative Care

HPCW hosted a community lecture, "The Importance of Advance Directives – The Greatest Gift You Can Give to Your Family." Mary K. Spengler, MS, Executive Director, HPCW (left) is pictured with guest speaker, Michael J. Amoruso, Esq., Managing Partner, Amoruso & Amoruso, LLP (right)



## 2012 Bereavement Support Groups

Evening  
Adult Loss of Parent

Evening  
Loss of Spouse

Daytime  
Senior Loss of Spouse

Men's Evening  
Bereavement Support Group

Evening  
General Bereavement  
Support Group

All of our support groups are facilitated by experienced professionals with expertise in grief counseling. Please contact our bereavement department for further information regarding start dates and registration.

Bruce Page, MAT., M.Div.,  
Bereavement Coordinator  
914-682-1484 ext. 118 or

Janice Sauer, LCSW,  
Bereavement Coordinator  
914-682-1484 ext. 130

*Pre-registration is required.*

## OUR MISSION

*Hospice & Palliative Care of Westchester provides extraordinary and dignified comfort, care and compassion to every individual and family facing a serious or life-threatening illness.*

Visit our website: [www.hospiceofwestchester.com](http://www.hospiceofwestchester.com)



Anna L. Shereff

## Thank You!

Hospice & Palliative Care of Westchester (HPCW) is grateful to Mrs. Anna L. Shereff who has generously expanded her sponsorship of the Anna & Louis H. Shereff Caregiver Program to include HPCW's Complementary Care Program. HPCW patients who receive complementary therapies will now be able to receive additional visits.

## Hospice Is About Living

*Hospice & Palliative Care of Westchester is so much more than you think.*

*It's about living as pain free and comfortably as possible.*

*Living with laughter and love.*

*Living with dignity and respect.*

*Living with care and compassion.*

*Living with the best quality of life possible at home with family and loved ones around you.*

*Living on your terms to the last moment of your life.*

## Hospice & Palliative Care of Westchester Thanks The Dow Chemical Company Foundation for its Donation

Jaquelyn Pirri (left) presents a grant to Mary Jane Schaumann, Director, Volunteer Services, HPCW (right). The grant was awarded to HPCW by The Dow Chemical Company Foundation in support of the hospice concept of care and to recognize the hospice volunteers' contribution which is the heart of the program. The donation will be allocated to support volunteer activities throughout the year.



## STAFF ANNOUNCEMENTS

We would like to welcome new staff members:

**Guy Barbara**, Accountant, **Christine Speck**, Social Worker, **Mary Velez**, RN, QAPI Coordinator, **Leslie Demchuk Nieves**, RN, **Jeanette McGinness**, RN Pt. Care Coordinator, **Joanne Arbusto**, RN, **Suzanne Cottle**, RN and **Veneta Popow**, RN

*Complementary Care Program continued from page 1.*

often involves both the patient and the family in a "co-creative" project. It especially benefits young family members by providing a safe outlet through which to get in touch with difficult and confusing emotions about death. The Volunteer Pet Visit Program provides comfort to patients and helps to improve their social, emotional, and cognitive functions.

HPCW's gifted therapists are licensed or are certified practitioners. They are highly skilled in their areas of expertise with years of experience working with hospice

patients. HPCW patients and their families have shared feedback such as, "Visits from the hospice staff and you (the reflexologist) are the highlights of my week," and "HPCW and its Complementary Care Program are the best things that have happened to this family in months."

The Anna & Louis H. Shereff Complementary Care Program, with its gentle and non-invasive therapies, continues to have a positive impact on HPCW patients' comfort and quality of life.



# Hospice & Palliative Care of Westchester

311 North Street, Suite 204  
White Plains, NY 10605

## Board of Directors

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Mary K. Spengler, MS – Executive Director

YOUR LIFE, YOUR DECISION, OUR HELP.

## SAVE THE DATE

**June 9, 2012**

### **2nd Annual Celebration of Life Memorial Butterfly Release**

Morning release: 10:30 a.m.

Afternoon release: 1:30 p.m.

Rye Nature Center, 873 Boston Post Road, Rye, NY

*For more information or to make reservations, please call 914-682-1484 ext. 118*

**June 26, 2012**

### **10th Annual Golf Invitational**

Registration & Brunch/Lunch 10:30a.m. – 12:15 p.m.

Shotgun start – 12:30p.m.

Cocktail Reception, Dinner and Awards – 5:00 p.m.

Westchester Hills Golf Club, White Plains, NY

*For more information, reservations, or sponsorship opportunities,  
please call Holly K. Benedict at 914-682-1484 ext. 122*

**September 27, 2012**

### **20th Anniversary "IN CELEBRATION" Gala Cocktail Reception**

Recognizing all former honorees

5:30 pm – 7:30 pm

Westchester Country Club, Rye, NY

*For further information please call Holly K. Benedict at 914-682-1484 ext. 122.*