





## Making Life Easier for Children, Teens, and Parents

### Summer and Fall Camps Now Forming

Camp Forget-Me-Not provides caring support in a safe place where children can share their experiences as they move through their healing process. Camp Forget-Me-Not is not just for hospice families. Camps are open to any school-aged child or teen in Otsego, Delaware or Schoharie counties who has suffered a personal loss. Even a friend who has lost a friend is welcome. We recognize that loss outside the “family” can be just as profound as a loss within the family.

In any family system, if one benefits, all benefit. Parenting today is already challenging. When

a loss occurs, parents are now confronted with the challenge of effectively parenting their grieving children. Many parents aren’t prepared for this and haven’t gained the knowledge to confidently deal with this significant issue.

It’s comforting to know that their children are in the care of grief specialists and in most cases, relieves them of some of the pressure. If a child/teen is better able to deal with their loss, so will the parents and family members. During camp, education for parents or

guardians about child/teen grief is provided to better equip them to face the challenges ahead.

“Healing Circles” are each run by a professional with training and experience in child and adolescent grief.

Summer camp will take place on June 23-24 in Oneonta with the fall camp on October 3-4 in Delhi. There is no cost for the camp or for anything provided during the camp. To learn more, contact Rod Roberts at 607-432-5525.



## Tenth Annual Epicurean Better than Ever!



### Epicurean Festival

*Food Tasting and Auction*

Thanks to everyone who contributed and attended, the Tenth Annual Epicurean Festival, Food Tasting and Auction was another huge success this year. Total amount raised after expenses was \$63,000 to directly benefit local hospice families and children.

Held on March 22, at the Otesaga Resort Hotel, Cooperstown, this was made possible, in part, by our Lead Sponsors: A & D Taxi, A.O. Fox Hospital, Benson Agency Real Estate, Broome Oncology, Country Club Automotive Group, Eastman Associates, Inc., Dr. & Mrs. Bryan S. Evanczyk, Fox Medical Anesthesia Associates, Gregory Plumbing and Heating, Information Systems Division, Inc. (ISD), Jerry & Elisabeth Webster of Alfresco’s Italian Bistro, Liquor Depot, Dr. & Mrs. James McChesney, MeadWestvaco, and The Shipping Room.



Left: Director of Development Huemac Garcia and CEO/President Lola Rathbone presented Epicurean Co-Chairs Linda Evanczyk and Ann Wallace with roses for their dedication to the tremendous success of this wonderful event.

Below: Participating Restaurant Bella Michaels shares their delicious food to Hospice board member Dr. Carol Beechy.



Everyone attending thoroughly enjoyed sampling the delicious food provided by over 25 local restaurants, caterers and educational food programs, including A. O. Fox Hospital, Alex & Ika Restaurant, A Taste of Europe Restaurant, Bassett Healthcare, Bella Michael’s, Bull’s Head Inn, Cooperstown Itz A Hit, Doubleday Cafe, Elena’s, The Farmers Place, Fred’s, Gemini Cafe, The Golden Guernsey, Good Cheap Food, hoffman lane bistro, Italian Kitchen, Laura’s Chocolates, McCadam Cheese, O’Hanlans Steakhouse, Oneonta Job Corps, the Otesaga Hotel, Palatine Valley Dairy, Portabello’s, Sodexho Education and Stella Luna Ristorante.

The auction items, many and varied this year, were enthusiastically bid on and our raffle, won by three local residents giving winners \$500, \$300, and \$200 worth of groceries, helped us reach this grand total. The musical entertainment was by Big Fish Combo and lovely table arrangements were provided by A Rose is a Rose of Cherry Valley. A wonderful afternoon was enjoyed by our 300 guests. We wish to also thank the Benefactors, Patrons, Supporters, advertisers, everyone who attended and The Otesaga Hotel, for their participation. Support of this worthy cause is truly appreciated.

## Catskill Area Hospice and Palliative Care

### Vision Statement

To provide, by emphasizing accessibility and using innovation, excellence in End-of-Life and Palliative Care that is recognized and valued by patients, their families, our employees and the community.

### Mission Statement

Making Life Easier for patients and families facing serious illness or end of life by providing choices, dignity and compassionate care.

Connections strives to express the Hospice philosophy, share news about the organization, and keep us connected with our many friends and supporters.

Connections is made possible by a generous grant from the Robinson-Broadhurst Foundation.

Catskill Area Hospice and Palliative Care, Inc. is a member agency of the Sidney United Way.



## Sustaining and Expanding Excellence

### Continued from page 1

What will it take to sustain this excellence through this time of transition and economic downturn? I believe that sticking with these essential core values that have helped us succeed thus far:

- Our commitment to honoring the goals of the patient and family — basing all decisions on what is best for them.
- Our commitment to open access – caring for all patients with serious illness, bar none.
- Our commitment to making Catskill Area Hospice and Palliative Care a great place to work.

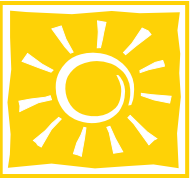
There will be challenges and changes along the way, but the core values established by the “Love Committee” 25 years ago will be the same.

Our vision has expanded over the years to include nursing home residents, adult home residents, children’s bereavement camps, palliative care, complementary therapies, and someday a hospice residence and inpatient facility. We will continue to expand until all needs of seriously ill people and their families in this area are met.

I am confident that with your support we will sustain our culture of excellence and expand our vision.

### Anyone can make a referral to Hospice

If you have a family member or friend that is dealing with an advanced, serious illness making their life easier is a good thing. Call our admissions department at 607.432.5525 to learn more about what services may be available to help them.



**Catskill Area  
HOSPICE  
and Palliative Care**

*Serving Otsego, Delaware and Schoharie Counties*

1 Birchwood Drive, Oneonta N.Y. 13820

# A Family Note

*There are no words to express my complete gratitude for the care that you gave my father. You made him very comfortable — I know he looked forward to your visits everyday!*

*All of you went beyond your duty and we all appreciate it. We also appreciate the wonderful support that you gave my mother during a very difficult time. We always felt our Dad had the best care possible through hospice.”*

### Your Support Means A Great Deal To So Many!

Yes, I / We would like to help Make Life Easier for others with a gift of: \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

This gift is In Memory of / In Honor of: \_\_\_\_\_

Please make checks payable to CAHPC

Visa  MC  Discover

Credit Card # \_\_\_\_\_ Expires: \_\_\_\_\_

Signature: \_\_\_\_\_

### Please clip out and return to:

Catskill Area Hospice & Palliative Care, 1 Birchwood Dr., Oneonta, NY 13820



MARK MAY



### Walter Rich Memorial

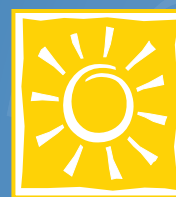
Wednesday, July 1, 2009  
Leatherstocking Golf Course Cooperstown, New York  
For information contact Bob Escher at 607.432.6773.

*Hospice Celebrity Party!*

See article on page 3

# Connections

The Newsletter of Catskill Area Hospice and Palliative Care



Catskill Area  
**HOSPICE**  
and Palliative Care

Serving Otsego, Delaware and Schoharie Counties

Spring 2009



## Still Building Bridges

### The Touching Story of "Rigger" Nichols

BY KAIMA NELSON-BOWNE

If you want to know how something works, "Rigger" is the one to ask. Why aren't the birds singing this morning? How do I build a house? What is that bright light in the evening sky? How do I build a bridge so that it stays up?

The ways of the physical world, the natural and built environment make sense to him. If he doesn't know the answer to your question he will figure it out.

Richard Nichols, better known as Rigger, even has a hunch as to why he developed ALS, or Lou Gehrig's disease. For the last five years, Rigger has been dealing with the symptoms of ALS.

His entire life has been one of seeing and doing with his hands; applying innovative solutions in a design-and-do-it-yourself way. He collects and loves tools. His body has been his major tool and his appropriate nickname attests to that.

Now he cannot use his arms and hands. Lifting his head is difficult and the prospects are not optimistic. Mentally he is quick and bright. His home is filled with innovative devices that he has designed, enabling him to live as normally as possible: pulleys, supports, levers, lifts, high and low stools, chairs that turn into couches and installations for massage. Even though he can no longer assemble them himself, he designs and supervises the work

performed by one of his many handy neighbors. Working since he was 14 years old, Rigger, now 75, would still be working if he had the physical capacity to do so. During his 60-year-long career he has been a farmer, house and silo builder, rigger, welder, electrician, real estate agent, fisherman, organizer of outreach services to homeless people, lover of nature and people.

Rigger lives at home and is supported by Shirley Grandsbury, his live-in caregiver. Rigger has been receiving hospice care since February 2008 by a team of caregivers and volunteers, who just love him to pieces. And he loves

Hospice patient Richard "Rigger" Nichols and his massage therapist, Kaima Nelson-Bowne enjoy one of their many happy moments in Riggers living room

Continued on page 2

Message from the New CEO/President:

## Sustaining and Expanding Excellence



Lola Rathbone  
CEO/President

What a joy it is to read the thank you notes from our families that often accompany their donations.

For 17 years I have been privileged to work for an organization whose employees are committed to this kind of care. Their every touch, word, and action is focused on providing comfort and support to their patients and families. This kind of excellence reflects the tremendous growth in the number of hospice families we serve on a daily and annual basis.

Last year, in caring for 819 hospice patients, 52,000 staff visits were provided, plus an additional 3,000 visits by our volunteers. We have become the most successful hospice organization in New York State by serving 40% of the patients who are eligible

for hospice services in our service area, far outreaching the average NYS hospice at 22%.

We also have the most successful Nursing Home Hospice Program in the state. Working as a partner with 5 area nursing homes, an average of 55 nursing home residents per day receive the very best care and compassionate one-on-one attention.

Over the past 25 years, we have grown from a small volunteer agency (the Love Committee) to the 11th largest employer in our area. Stepping into my new role as President/CEO I am challenged to sustain this culture of excellence.

Continued on page 6

# Coming Soon: New Ways to Connect With Hospice

You don't have to be a computer science wizard to recognize that there's a lot happening on the Internet these days. Most of us remember the days when a business or organization might debate whether or not it was a wise investment to even have a website. Today, more and more people view the web as their first avenue for information, a place to share their experiences and a real source of social support.

We believe these online tools could be of immeasurable value for people associated with Catskill Area Hospice & Palliative Care. That's why we have been working to vastly improve our existing website in a way that will make it much easier for people to connect with us and with each other.



We will still have all the great information that was on our previous website, but some of the new highlights will include:

- **Hospice Community Area.** Visitors will be able to log in to a private, CAHPC — only online community where they can find support, learn from each other, read about upcoming events and share stories.
- **Hospice Blog.** Using this web technology, we'll be able to keep visitors updated on news, events, research and other news important to Catskill Area Hospice & Palliative Care and the families we serve.
- **E-Newsletter.** It will be even easier to keep up with everything happening at Hospice with our new newsletter that will come right to your e-mail inbox when you subscribe.
- **A CAHPC You-Tube Channel.** Catskill Area Hospice & Palliative Care will have our own channel on YouTube, where we'll

be able to share exclusive video from our many entertainment and fund-raising events, as well as inspirational stories.

- **Online photo album.** Between our Celebrity Golf Classic and Party, the Daffodil Jazz Brunch, the Epicurean Festival and our other events, we've got plenty of great memories to share. Our new website will make it easy for visitors to remember good times, or see what they missed.

Catskill Area Hospice & Palliative Care already has an incredible community of individuals, families and professionals who make our work so special and rewarding. With this new website, it will be an even more powerful and supportive community.

If you would like to be the first to get the news when the new website is launched this summer, visit our current website and sign up to receive our newsletter.

## Still Building Bridges

*Continued from page 1*

them! Hospice support services have made a significant difference in the quality of his life.

Rigger doesn't respond to conventional medications very well and takes as little as possible. Therefore, hospice looked for solutions that would enhance his comfort. Touch therapy has proven to be one that he finds very beneficial in reducing the pain, cramping and stiffness that are his constant companions.

When Rigger first began to receive massage therapy he could not lift his head. His jaw was so tight that he could not chew food. He drank his meals. Following a few massage sessions he could lean his head back. He could open his mouth wide enough to receive food, chew and swallow. Once again he was able to go to summer picnics and share a meal of beans, potato salad and hot dogs with his friends. Beats Ensure!

For some hospice patients, movement can be difficult and minimal. With effective touch, the blood circulation is enhanced, muscles relax and warm, joints become more flexible, movement is eased and comfortable, anxiety and stress diminish. In order to expand hospice's capacity to bring touch therapies to their patients, a special program had to be developed.

It has been my privilege to develop our "Palliative Touch Program" which gives massage therapy to hospice patients. This program will also provide training to hospice Home Health Aides and LPNs so they can incorporate this welcomed service with their patients on a needed basis. We were very fortunate to have received a \$10,000 grant from The Community Foundation for South Central New York to help fund this valuable program.

You may be wondering about Rigger's hunch as to why he got ALS. He was hit by lightning and jolted 15 feet to the ground off a piling rig. There is some evidence, although not definitive, linking ALS with lightning. In the meantime, hospice will continue to care for and love Rigger. Every possible form of support that helps him maintain his quality of life and vital spirit will be provided.

*Kaima Nelson-Bowne, BA, LMT is a Massage Therapist for Catskill Area Hospice and Palliative Care*

**If you would like to support our Complementary Therapies Program with a contribution, please use the enclosed envelope including a note stating your wishes for your kind gift.**



## Help make someone's life easier.

*Be a Friend. Become a Hospice Volunteer.*

Hospice Volunteers help make life easier for our patients and families in small, meaningful and rewarding ways. Training is provided.

Classes are now forming for upcoming training programs.

To learn more, contact Kathy Stedman, Volunteer Coordinator at 607-432-5525



## Hospice Celebrity Party!

Presents

# Huey Lewis and the News

## It Just Keeps Getting Better!

Well, the bar has just been raised! Grammy Award Winning Artists Huey Lewis and the News will be performing at this year's "Charity Event of the Summer" on July 1st!

Guaranteed to sell out, The Hospice Celebrity Party is unique to any other event in Upstate New York. It's the perfect opportunity to join others who believe in the mission of hospice and have an amazingly fun time doing it!

This all-inclusive event includes: parking, delicious menu of hors d'oeuvres and dinner, open bar, mingling with ESPN and other sports celebrities, silent and live auctions and then enjoy an up-close and personal performance by Huey Lewis and the News.

Be one of the smart ones and say "I'm gonna be there!" before tickets sell out.

### TICKETS ARE LIMITED!

Tickets go on sale May 1st. To receive your personal invitation or for corporate sponsorship information contact Bob Escher at 607.432.6773 or bob.escher@cahpc.org

Wednesday, July 1, 2009, at Brewery Ommegang

## SHORT TAKES

### Helping Hospice Families for Generations to Come

You can assure the future of hospice in our community by making a provision in your will. Your bequest will serve as a timeless legacy for you or your family and provide support to thousands of individuals and families for generations to come. For more information, call Huemac Garcia, Director of Development at 607-432-6773.

### Community Events

Many community groups or individuals have created fund-raisers to support the efforts of our hospice program. Their efforts are meaningful and essential to the continuity of our services in Otsego, Delaware and Schoharie counties. We'd like to thank the following groups, their sponsors and volunteers who helped with these special events. If your company or group is interested in fund-raising for hospice, please contact our Development Office at 607-432-6773.

If your event is not listed below, please let us know and we will publish it in our next issue.

\$350	Schoharie United Presbyterian Church Helping Hands Benefit Concert	\$2,835	Morris Unicorns 4-H Club 2008 Ride-a-thon
\$4,776	Summit Sno Riders 14th Annual Poker Run	\$1,095	Leatherstocking Women's Golf Association Annual Golf Tournament
\$9,000	Goodyear Lake 14th Annual Polar Bear Jump	\$335	Sidney Federal Credit Union
\$1,053	Leatherstocking R/C Buzzards Giantscale Flying Fundraiser	\$1,100	Hudson Highlands Retreads Motorcycle Club Poker Run
\$600	3rd Annual "Hotdogs for Hospice" & Bake Sale	\$1,000	Delhi Telephone Company Open House Donation



**Catskill Area  
HOSPICE**  
and Palliative Care

*Thrift Shop & Boutique*

### Fashion Show and Luncheon

Join us in celebrating our 1st Anniversary!

Sunday, May 17, 2009, 1-4pm

Foothills Performing Arts Center Market Street, Oneonta  
Your \$25 donation includes a buffet luncheon  
Proceeds will benefit patients and families being cared for by Catskill Area Hospice and Palliative Care.

Please R.S.V.P. to Kelly Georgia at 607-432-6773 by May 8

