

“We never felt like we were facing this alone.” – *One family’s journey of end of life.*

In 2002, George and Eleanor Fabyan decided it was time to have a conversation with their adult daughters Cyndy, Jennifer, and Deb about their finances and the plans they desired for facing end of life. They felt the timing was right to discuss the details of their will and trust and to make their wishes known about cremation.

George and Eleanor had always provided their daughters with an “open door” policy for honest and open communication. “We didn’t avoid issues when they came up” states Cyndy who remembers close family dynamics from childhood. “As a family we spent a lot of time together and we always found time to laugh”. In keeping with that tradition, George and Eleanor decided to have the conversation over breakfast one morning at their West Olive home.



Deb (left), Eleanor (seated), Cyndy (right),
George (back center) Fabyan

For some, a conversation like this might seem unnecessary or one that can wait until “the time comes”. The Fabyan’s, however, took the time to communicate with their daughters in advance so when the time did come, they would be prepared and the process would flow smoothly.

Part of the discussion at breakfast that morning was centered on George and Eleanor’s decision to be cremated. Sharing their residency between

Michigan and Florida, it was important to them to use the services of an organization that had branches all over the U.S. For George, that meant peace of mind. He knew his wishes would be honored whether he died in Florida or Michigan.

Time passed after that conversation and several years later, in early 2008, at the age of 88, George was faced with making some important healthcare decisions. He was battling lymphoma, and after a conversation with his physician, George found himself coming to terms with the reality that he was facing his own end of life journey. He made the decision to receive hospice care at his home in Florida.

Cyndy recalls, “when Hospice contacted us in Florida, my sister and I both sat with my parents in their Florida living room with the North Ft. Myers Hospice social worker and reviewed the Hospice documents and DNR request. The discussion was candid, open, and loving just like it was in 2002 when my parents’ will was reviewed.” The only difference this time was Cyndy, her sister Deb, and her mother were without the support of Jennifer, who had passed away in 2007.

As George’s condition declined, the family decided to return to their primary residence in Michigan for his final days. Enlisting the services of Hospice of Holland early on smoothed the trip back to Holland and allowed the focus stay on George’s care and comfort. Any concerns about transitioning to a new hospice provider were quickly diminished. Hospice of Holland’s team of caregivers picked up right where Florida left off.

“You can see the mission of hospice is all about the patient” states Cyndy, speaking of her appreciation for hospice and Hospice of Holland services. Regarding the caregivers assigned to her father’s care she mentions, “The staff was immediately accessible and visible if we needed them to be. It was the little things and the attention to detail that made

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the difference. It was all done with such class and **we never felt like we were facing this alone.**”

In May 2008, George Fabyan passed away pain free in his own home according to his wishes. Cyndy credits the information she received at breakfast in 2002 as the first step in making George’s dying process smooth. Having the details settled and communicated in advance decreased any burden of doubt for her and her family at what was an emotional and overwhelming time. Knowing her father’s wishes throughout the entire process was

key in her family’s ability to walk with him through the journey, and afterwards, begin their own process of moving forward.

For Cyndy, moving forward has meant using Hospice of Holland’s bereavement services, and recently completing training to become a Hospice of Holland volunteer. Cyndy and her mother and sister agreed to share their story about the importance of planning and communicating one’s end of life wishes, stating, “if we can help one family it will be worth it”.

A Message from our Executive Director

Dear Friends of Hospice,



Torrey Husmann,
Executive Director

“Plan for the worst, hope for the best” is a phrase that I hear often these days; however, it refers more to financial planning than any other topic. The same phrase applies to healthcare planning, especially at times when individuals may not be able to speak for themselves. Legal documents that give direction after someone dies are important in helping direct how

one’s estate or finances are distributed. A document that gives clear direction for one’s healthcare wishes, prior to death, is called an advance directive and is also important.

Advance directives provide a way for a person to express their wishes on what they do and do not want to happen should they, during a time of serious illness, become unable to speak for themselves. This issue recently hit close to home for me. In early June 2009, my 101 year old grandmother became ill and went to the hospital for care and treatment. She was suffering from a serious infection and her body was quickly shutting down making her unconscious. She was no longer able to speak.

Thankfully in 2001, at the age of 93, my grandmother had the foresight to write down her wishes using an advance directive. She gave that document to one of her daughters, who was her

primary caregiver. Because of the advance directive, her family was able to use that as a guide in carrying out her end of life wishes according to her instructions. She was admitted into a hospice program in her area and she passed away comfortable and pain free, just as she had wanted.

My grandmother’s decision to make her wishes known helped in making not only the last days of her life a little easier but also those of her family.

Anyone can complete an advance directive at any time, at any age, as long as one is of sound mind. Many legal experts say the sooner, the better. I have one, my parents each have one, my wife has one, and it was easy to complete. The last thing I want in my life is to be a burden to my family by having them make tough healthcare decisions if I cannot speak for myself.

Hospice of Holland encourages everyone to plan for end of life. Develop your end of life plan, communicate your wishes in the form of an advance directive, and share that information with your loved ones.

A handwritten signature in black ink, appearing to read 'Torrey Husmann'.

Torrey Husmann

Note of Correction

In the May 2009 issue of the Heartbeat Newsletter, the last name of Laverne Doornbos was spelled incorrectly in the article that was written in her honor. We apologize for that error.

Individuals Honored by Donations April 22, 2009 through September 29, 2009

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IN HONOR OF:

Chuck & Sandy
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 Dr & Mrs David
 Graham
 Pine Creek Elementary
 School Staff
 Corky Tillema
 Jan VanFaasen

The Bill Colby Event



Thursday, September 24th, Hospice of Holland hosted Bill Colby, General Counsel for Truman Medical Centers in Kansas City, and nationally known author of *Unplugged: Reclaiming Our Right to Die in America* and *The Two Deaths of Nancy Cruzan*, to share his message on the importance of healthcare decisions and end of life legal issues.

With sponsorship from Priority Health, Cunningham Dalman PC, Lakewood Family Medicine, and Holland Hospital, the event was held at Evergreen Commons Senior Center in Holland.

144 healthcare professionals, attorneys, clergy, academics, college students, community members and their families were in attendance to hear Bill speak about the challenges individuals face at end of life and the many facets of navigating through a world where the law, medicine, technology and demographics intersect.

Hospice of Holland will continue to offer community education on end of life as a part of its overall mission to provide the highest quality and most compassionate end of life care.

Thank you to everyone who participated in making this a successful event. If you were unable to attend and would like to see a video of the event, please contact the Hospice of Holland main office for assistance.

Survey Says

In a recent survey conducted by the Carl Frost Center for Social Science Research, members of our community were asked to rate the importance of eight aspects of the dying process.

- * having things settled with family (87.4%) and
- * not being a burden to loved ones (79.6%)

were identified as being “very important” by the greatest percentage of responders.

Camp Hope

CAMP HOPE, Hospice of Holland’s day camp for bereaved children, was held on August 3 and 4. Using the LOFT, Hospice of Holland’s dedicated children’s/teen center, 11 children, ages 6-12, interacted with peers who have experienced a significant death. With this particular group, the deaths were parent, grandparent and sister. Facilitated by bereavement counselors, Tara DeRoo, LMSW, and Kathy Miedema, LMSW, along with professional volunteers Paul Kehnle, Colette DeNooyer & Cathy Dryer, this two day community offering was a most meaningful experience.



Paul Kehnle, HOH volunteer, assists with volcano demonstration teaching kids the benefits of expressing their emotions.

Activities such as reading stories related to change and loss, puppet shows, body drawings to show where grief feelings are stored, story telling through pictures and sharing of linking objects, allowed children to understand and express grief related thoughts and feelings. Decorating memory boxes, writing letters to loved ones & creative movement served as ways to commemorate and stay connected to camper’s loved ones, as well as learn the importance of exercise as healthy coping activity.

To hear the children share their stories of who their loved one was, to see other children listen attentively, discover common experiences and support one another in their sadness and remembering, was a beautiful expression of healing and caring. Our closing activity where the children wrote a note to their loved one, tied it to a balloon, and then as a group released the balloons, was a powerful expression of love and connection.

As one camper summarized; **“It feels good to talk about my dad. And now I know its okay to cry, and I’m not the only one who feels sad.”**

2009 VanderLeek Cup

Thank you sponsors, sailors, spectators, volunteers and Macatawa Bay Yacht Club. You made the 2009 VanderLeek Cup Hospice Regatta a WOW event and raised funds for the Tulip Tree Fund for Hospice House room & board for patients in need.

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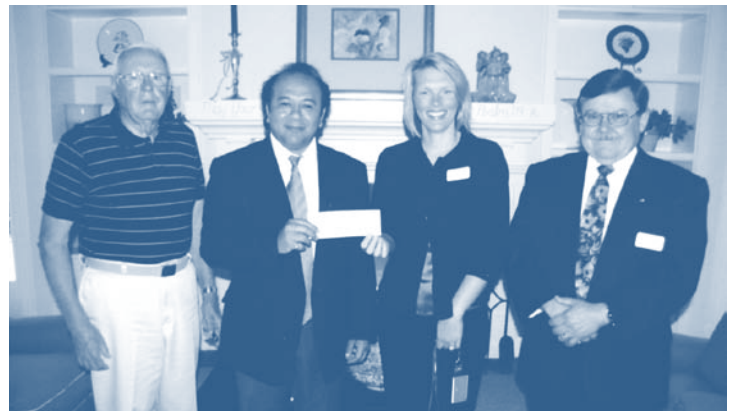


VanderLeek Cup Regatta: Capricious and Drumbeat
[photo credit Cliff Williams]

The Tulip Tree Fund

Your gift to Hospice of Holland's Tulip Tree Fund will help hospice patients and their families with Hospice House room and board, medication, and durable medical equipment expenses that are not covered by Medicare/Medicaid or their insurance plan.

Donors of \$1,500 or more may have their name or a memorial name listed on the Tulip Tree Fund glass panel displayed at the Hospice House. See the enclosed donation envelope or call Ann Schutt, 616.355.5540 with questions.



Unity Lodge 191 F&AM members Herb Olney, Leroy Hernandez and Martin Clatanoff present \$1,500 check to Hospice House Director Amanda Olson RN for the Tulip Tree Fund.

Honor Loved Ones with Memorial Bricks

Families or individuals can honor their loved ones by purchasing an engraved memorial patio brick in one of three sizes below. All proceeds from memorial bricks fund patient care needs at Hospice House.

Brick Sizes:

4" x 8" Brick - \$100

8" x 8" Brick - \$250

12" x 12" Brick - \$500

The engraved bricks are installed in the two patios outside the Hospice House. To purchase a memorial brick, please pick up an order form at 270 Hoover Blvd or at the Hospice House, or call 396.2972 to have the form sent to you. Completed forms may be turned in with payment to Hospice of Holland's front desk. Questions? Call Ann Schutt at 616.355.5540.

Grant a Wish – Please!

Due to the increasing needs of our patients, Hospice of Holland has established a “wish list” of items that allow donors easy access to needed resources and allow them to specify where they would like their funds to go. “Wish list” items range in value and upon receipt will go directly towards Hospice of Holland’s on-going effort of providing the highest quality and most compassionate end of life care. See below for current “wish list” opportunities:

Blanket Warmer: Cost \$2,700.

This piece of equipment warms blankets for patient use. If a patient is cold, the staff can place a warm blanket on the patient and provide immediate warmth to the patient. The unit can hold several blankets and quickly re-warm cold blankets. This item is for use at the Hospice House.

Sleeper Sofa: Cost \$1,500 per sofa.

Each patient room at the Hospice House has a sleeper sofa for family/friends to stay the night near their loved one. Several of our current sleeper sofas are in need of replacement.

Carpet Cleaner: Cost \$850.

The Hospice House is in need of a carpet extractor to clean the carpets and furniture in order to help keep the look of the House in immaculate condition. The carpet extractor is a commercial grade piece of equipment that can handle the needs of our facility.

Bariatric Bed: Cost \$15,000.

This bed will allow a patient to lie comfortably in a bed designed to fit plus size patients. The bed is longer and wider and has special features built in just for this patient population.

Bariatric Lift: Cost \$3,575.

This device can safely lift a patient who weights up to 600 pounds, helping reduce patient and staff injuries and assists the patient in making transfers.

A complete listing of the Hospice of Holland “wish list” can be found at www.hollandhospice.org. To donate a wish list item, please contact Ann Schutt or Torrey Husmann at 616.396.2972.

New Staff Members join Hospice of Holland Team

Serving at the Hospice House

Araceli Munoz – *Certified Nurse Aide*
Amy Lamb – *Certified Nurse Aide*
Hollie Harcourt – *Social Worker*
Lynda Bylsma – *Registered Nurse*

Serving at the Hoover Building

Londa Kurburski – *Social Worker*
Heidi De Kraker – *Certified Nurse Aide*
Nancy Pifer – *Registered Nurse*
Anna Kalmbacher – *Registered Nurse*

Did you know:

23 of our clinical staff hold a special Hospice and Palliative Care Certification.

78% of our full time and part time staff are involved in direct patient services.

Hospice of Holland currently has over 225 trained volunteers ready to assist staff in delivering the highest quality of care.



Levi Bross presents Hospice House Director, Amanda Olson RN, with a supply of knitted slippers for patients residing at the Hospice House.

A special thanks to Levi and his Zeeland Cub Scout Pack 3048 for this caring and thoughtful donation to our patients.

24th annual Celebration fund raising event

Hospice of Holland would like to thank the wonderful group of individuals and businesses who recently donated their services and time for our 24th annual Celebration fund raising event.

We couldn't do it without you!



Friends of Hospice Committee

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To receive future newsletters by email, or request no further mailings, call 616.396.2972, or email info@hollandhospice.org

Save the Date

**Tuesday, December 1
is Hospice Night at
Piper Restaurant**



The Piper will donate 20% of total food and beverage sales to Hospice of Holland.

No ticket purchases, no pledges, no bids on auction items.. just dine out and have fun in a beautiful waterfront restaurant . You will order from the regular Piper menu that includes small plates to share, fresh salads and soups, day boat fish and seafood, natural aged beef, wood-oven pizzas, signature sandwiches, unique desserts, vegetarian dishes, and special daily creations. Bring your friends!

As you plan your holiday entertaining, plan to eat at the Piper on Tuesday, December 1.

Reservations are strongly encouraged.
Please call 335-5866.

FUNDRAISER

Washington Square Art Gallery
453 Washington Blvd
Holland (next to Perreddies)

Friday, November 20, 2009
5:30pm-8:30pm reception

\$5 per person donation at the door

40% of selected art sales for the
entire day will go to Hospice of Holland

Perreddies will donate food and wine.

Washington Square Art Gallery