

Highlights & Happenings



In This Issue

Message from CEO	1
Palliative Care	1
Life and Death: The Spectrum of a Human Life	2
2012 Spirit of Hospice Awards	2
Kindness, Compassion and Friendship: The Story of Marsha, Laura and Brian	3
Board of Directors	4
Upcoming Events	4
Social Media	4

Message from Toni Eaton, President & CEO



As we head into 2013, I find myself reflecting on the 34 years Old Colony Hospice has been in this community caring for patients and their families. Our non-profit organization has come so far from our first little office with 3 employees in the basement of NE Sinai Hospital to our present

location in Randolph, where we have over 85 employees and 90 volunteers. It is with confidence that I share the belief that our success is based on our reputation—the care that we provide is truly first rate. It is the best of the best due to our amazing staff. They are highly committed and dedicated to providing the best possible care to our patients and their families.

I want you to know that as the health care industry continues to change and many of your choices become

more limited, you can depend on Old Colony Hospice. We are an independent, non-profit hospice. End of life care is all that we do—we are truly experts in the provision of hospice and palliative care.

In fact, we are actually different from other hospices BECAUSE we are the same. We offer quality and consistency to our patients, their families and our referring providers and we have been doing this for almost 35 years.

So remember—not all hospices are the same and YOU have a CHOICE when considering hospice care. Make sure to ask for us by name—**Old Colony Hospice**. We are here because we care.

*Toni L. Eaton, RN, BSN, MS
President and CEO*



Palliative Care Consultation Service

Old Colony Hospice is pleased to welcome Rhonda Perkins, Acute Care Nurse Practitioner, to our Palliative Care Consultation Service. Rhonda comes to us with a strong background in acute care medicine. She graduated from the nursing program at Northeastern University and has worked in the emergency room at two local hospitals, two correctional facilities and most recently, as a Hospice Nurse.

Rhonda received her Master's Degree from Northeastern University as an Acute Care Nurse Practitioner. As part of our Palliative Care Consultation Service, Rhonda works with patients during acute hospital stays to help them with pain and symptom management. She also works with patients in skilled nursing facilities, assisted living facilities and private homes.

Palliative Care is a misunderstood and underutilized component of patient care. It is truly a missing link in the healthcare chain and may be appropriate for patients who are suffering from progressing chronic illnesses but who are not yet ready for hospice care. Palliative Care is about **symptom management**. We can help patients suffering from serious or advanced illnesses like Heart Failure (CHF), Chronic Obstructive Pulmonary Disease (COPD), Parkinson's Disease, Cancer, and Alzheimer's Disease, when they have complex pain or other symptom management issues.

We work with patients to manage their symptoms from the very onset of disease, but our services can also be initiated at any time, including throughout the period when a patient is undergoing curative treatment for their disease. Rhonda states "My focus is to provide patients with relief from the symptoms, pain and stress of serious illness in order to improve the quality of life for both the patient and the family. We take the time to listen to patients so that we can assess all of their needs. Together with the patient, family and primary physician, we will help manage symptoms, coordinate care with the primary physician and other specialists involved in the patient's care, and provide education and support for the patient and family."

Palliative Care truly allows patients to have more control over their care, resulting in a better experience for the whole family. If you know of someone who might benefit from a Palliative Care Consultation, please call us for further information:



Rhonda Perkins, RN, MSN,
ACNP-BC

781-341-4145



I think we can all agree that we are all human beings. We are not immortal. At some point our lives begin and all will inevitably end.

When birth is approaching—it is an exciting time. We share the news with family and friends. We accept the changes in our bodies necessary to bring a child into the world. We take time to prepare ourselves and our families for the new arrival. Life as we know it will never be the same.

We seek help from experts in the field. We may plan for a drug-free labor but we are allowed to change our minds and choose medications for comfort. When the “big day” arrives we surrender ourselves to its process, knowing that nature will take its course to bring new life into the world.

When death is approaching, we may hear “we have done all we could” and it is time to “get your affairs in order”.

We share the shocking news with loved ones. We know that this process will occur over time, the length of which is not pre-determined. It is certain that there will be changes in the body over this time.

We may need professional help to prepare our loved ones for this loss and we may even need to make plans for the care of other family members. We may hope to avoid pain, anxiety and medications, but we are allowed to change our minds to meet our needs for comfort.

When the situation becomes scary, as it often does, we could instead rely on experts in the field of Hospice and Palliative Care to advise and guide us. We could use the remaining time to set some goals, resolve

conflict, complete final arrangements or plan a legacy gift.

We should spend quality time with those we love and begin the difficult process of letting go and saying goodbye. Life as we know it will never be the same.

As death approaches, could we begin to accept that it, too, is a natural part of life? Maybe it would help to know that every effort will be made to make death as peaceful and comfortable as possible. This is what we do and how we can help.

Life and death: the two inevitable, non-negotiable ends of the life spectrum for human beings.

Let the experts in the field of Hospice and Palliative Care help you and your loved ones navigate the end of life process in the pursuit of a more peaceful death.

Old Colony Hospice presents: Spirit of Hospice Awards 2012

The Board of Directors of Old Colony Hospice in Randolph, MA is proud to announce the recipients of our 2012 Spirit of Hospice Awards. This year’s recipients were Doris Sinkevich and Joyce Nolan who were honored at our Annual Meeting and Recognition Event on November 7th. The Spirit of Hospice Award recognizes individuals who have enhanced the compassionate mission of Old Colony Hospice, provided leadership to the outreach and work that we do, and/or brought distinction to our mission of service at the end of life.

Doris Sinkevich is the interim CEO at Beth Israel Deaconess-Milton Hospital. She is a true advocate for hospice care and has been instrumental in helping Old Colony Hospice implement a Palliative Care Consulting Service in BIDMC-Milton Hospital. Doris is accessible, responsive, collaborative, generous and compassionate. The “human side of patient care” is what motivates Doris and distinguishes her as a health care professional and leader. Doris resides with her family in Wrentham.

Joyce Nolan, RN, has been a member of the clinical staff at Old Colony Hospice since 2007. Her sense of humor and compassionate care to our patients and families is well known. Joyce is also a wonderful mentor to the student nurses who train with us and she participates in many of our events. Most recently Joyce was the team captain of the “Hospice Hoofers” at our 14th Memorial Walk. Joyce resides with her family in Quincy.



Toni Eaton, Old Colony Hospice CEO, Joyce Nolan, RN, Doris Sinkevich, interim CEO of BI Deaconess -Milton Hospital, James DeCoursey, Chairman of OCH Board of Directors

A Family Says Thank You.....

“I want to express my deep and heartfelt thanks to everyone who came into my parents’ humble home to deliver the kind, compassionate care and support that helped us to deal with the physical, emotional and spiritual needs of the 2 most precious human beings on God’s earth. With your help, we did our best to honor their final wishes to die in their home in the bosom of our family. As difficult as it was for all of us who had to help them through their final battles, we have a sense of peace knowing that we did our best, with your kind assistance, and we did it with love...”

Kindness, Compassion and Friendship: The Story of Marsha, Laura and Brian

Laura and Brian Kittery are longtime friends and supporters of Old Colony Hospice. They recently informed us that they have left us a bequest in their will. We asked if they could share with us the reason for their bequest and Laura sent us an amazing story about their first experience with Old Colony Hospice. Below is an excerpt from their story:



One day in late September, 2002, Marsha Waszily, 55, of Cleveland, Ohio suddenly experienced debilitating dizziness and nausea. With no health insurance she was issued a prescription for antibiotics at the local emergency room and sent home. Two days later she was admitted to the hospital and received her diagnosis: lung cancer metastasized to the brain. Marsha said after that fateful day: "I went from roller blading around the block one day to being totally disabled the next day, with no warning whatsoever."

Marsha had no one who could care for her. My husband, Brian, and I knew Marsha from meeting her several years before while vacationing on the island of Maui. We had gone back to Maui annually and had developed a community of friends there who we looked forward to seeing each year. Through this network, we learned that Marsha was ill and we began to reach out to her with get well wishes when we heard the words— brain tumors.



Marsha

Brian and I decided that we wanted Marsha to come to our home here and let us help her during this time of ill health. We had experience taking care of my parents, so we felt we were prepared. We presented this scenario to Marsha. Our message was: "Please come live in our home and let us help you seek out the best treatments to give you an optimal shot at getting well. Don't worry about rent, shopping, meals, or anything like that. Let us take care of all of that and focus on your health and getting well, period." Thankfully, Marsha agreed and Brian drove out to Cleveland to bring her back to Stoughton to live in our home.

In the three months that Marsha was here, the doctors at Dana-Farber offered what hope they could to prolong her life perhaps two to three months. She declined the treatments, which shocked us, but after hearing her out, we respected her carefully thought-out decision and poured our energy into helping her with all of her remaining endeavors.

During this time Old Colony Hospice came in to assist us. Not only did they provide for Marsha's physical needs, they provided all of her medicines and medical equipment. They sent CNA's and nurses - angels all. A social worker came to help us with our emotional needs and a chaplain was available to us. A volunteer came to visit with Marsha - to read to her, or watch TV - whatever she wanted to do. This was especially crucial for Marsha, who had come here from another place, with no other friends or acquaintances here but us.

And when her time was near, a nurse came at 10:00pm to hold our hands and assist us in this final, and frightening stage of caring for our friend - and to provide as much comfort to Marsha as she could, helping adjust her pain medicine and managing the many physical symptoms she was experiencing.

When all was done, Old Colony Hospice helped us with our grief. Many staff attended Marsha's memorial service. They even asked whether we wanted Marsha's bed to stay for a while or did we prefer to have it removed right away. You don't know how you will feel about the answer to this question until you get there . . . they know this. For months after, we heard from the grief counselor and we know they are still there for us, offering counseling and groups, or the opportunity for catharsis offered by their volunteer program - the chance to "pay it forward" and receive something back for yourself in the process.

And so we have been there for Old Colony Hospice in return, attending fund raisers and events. Each year we make a donation in Marsha's memory to the "Circle of Remembrance" which I attended this past October. I walked away with so much more than my dollars could give - the ceremony was beautiful

We give to Old Colony Hospice but we can never repay what we have received and what we continue to receive from this invaluable service organization. I feel that Old Colony Hospice, its people and the services they provide, help to mend the fabric of our lives, indeed of our society as a whole, through their many acts of care, compassion, and kindness - for it is said that a society is judged by how it cares for and treats its most vulnerable citizens - the premise of Old Colony Hospice is that you and I matter, each and every day of our lives, even at our most vulnerable time, when we are ill and unable to care for ourselves - they give all of us the greatest gift any of us could ever hope for - respect, dignity and palliative care in our final moments. Including Old Colony Hospice in my will with a bequest will be my final "Thank You" to OCH - to its professionals and volunteers - for all that they gave to me, my loved ones, and to the greater good of us.....



Laura and Marsha

To read Laura and Brian's beautiful story in its entirety, visit www.OldColonyHospice.org.

For more information on how you can help patients by including Old Colony Hospice in your will, please contact Linda Werman, Director of Philanthropy at 781-341-4145 or lwerman@oldcolonyhospice.com

Old Colony Hospice

& Palliative Care

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<http://www.oldcolonyhospice.org/blog/>

Back by Popular Demand—Maria Sirois, Psy.D!

If you were lucky enough to be at our 4th Annual Educational Symposium on November 29, 2012 at The Lantana, you will be happy to know that we have scheduled our 5th Educational Symposium based on your comments and feedback. Maria Sirois spoke about “The Resilient Life” and the feedback was so positive that she agreed to come back next year with a follow-up to this wonderful presentation.

Make sure to save the date for this wonderful event:

Thursday, November 14, 2013

Time: 4:30 to 7:30pm

Location: The Lantana in
Randolph, MA

Maria Sirois, Psy.D.



SAVE THE DATE

15th Memorial Walk

Sunday, April 28, 2013

Check in: 11:00am
Start 12:30pm
The Irish Cultural Center, Canton, MA

10th Annual Jazz Brunch

Sunday, May 19, 2013

11:30am to 3:00pm
Four Points Sheraton, Norwood, MA

Golf Classic XI

Monday, August 19, 2013

Check in: 11:00am Start 12:30pm
Thorny Lea Golf Club, Brockton, MA

If you would like to volunteer for one of these committees, Call Linda Werman at 781-341-4145

