

2013 Remembrance Walk Sets Another Record Attendance

By Marsha Bernard, Special Events Manager

Top Sponsors: Reynolds & Reynolds and Premier Health Partners

Clear blue skies, the scent of fall in the air, a great day for a walk, that was Hospice of Dayton's ninth annual 5K Remembrance Walk with another record setting attendance of nearly 1,600 walkers on Saturday, November 2, 2013! The walk generated over \$58,000 for our patients and families. Thanks to donor support, we are able to provide several vital programs to the community such as Pathways of Hope providing grief support to anyone in the community, regardless of whether they have used our hospice services or not.

Retired WDTN TV2 Chief Meteorologist Carl Nichols served as the Grand Marshal. Thank you to our sponsors; The Reynolds and Reynolds Co., Premier Health Partners, Brown and Bills Architects, Exhibit Concepts, Inc., Routsong Funeral Home, MetLife, Calvary Cemetery and Cintas Document Solutions. Their support and generosity will make a difference in the lives of our patients and their families.

Thank you to all individuals and teams that participated in this year's walk:

Diamond Team 1st Place: Reynolds and Reynolds Co., 2nd Place: Premier Health Partners, 3rd Place: Thanks for the Memories and Salon EXP
Sapphire Team 1st Place: Exhibit Concepts, 2nd Place: Wiemer Warrior's, 3rd Place: Cheryl's Team
Ruby Team 1st Place: MetLife, 2nd Place: Harl's Harem, 3rd Place: Routsong Rowdies and Team Bulpin with a grand total of \$33,213



Team Exhibit Concepts



Team Reynolds & Reynolds

Hope Society Members

By Lori Poelking-Igel, Director, Leadership Giving

Hospice of Dayton Foundation has established the **Hope Society** as a way to support the unique programs and activities that Hospice of Dayton offers every day of the year to our community. As part of the **Hope Society** your donations will support Hospice of Dayton's one-of-a-kind programs and make future initiatives possible. Thank you for being a member of this special group!

ASPIRATION LEVEL

Kent & Teri Anderson
 Robert H. Brethen Foundation
 Therapy Support
 Lisa Hanauer & Sue Spiegel
 The Steve Mason Family

BELIEF

Thompson Hine LLP
 Pamela Morris & David Lemmon
 Tom & Lois Mann
 Jerome Tatar
 DP&L Foundation
 Brown & Bills Architects

PROMISE

Brenda Humfleet
 Chirag & Rana Patel
 Kim Vesev
 Dick & Mary Kay Wick
 Advantage Benefits Group
 PNC Bank

HOPE

Jack & Carol Adam
 Jerry & Donna Durst
 David & Evie Freimuth
 Franz & Margaret Hoge



Miriam & Jay Morrison

Mary & Donald Murphy
 Wallace & Carol Nugent
 Jeff & Lori Poelking-Igel
 Randy Ray & Family
 Dr. John M. Roll
 Colleen Ryan
 Dr. Jules & Ava Sherman
 Christopher & Beverly Shillito
 Bob & Toni Sprinkel
 Lois & Roger Sutherland
 The Dr. Ruth Thomson Family Fund
 Greg & Carolyn Toman
 PJ & Amy Wagner

Jack Whitmer

Fidelity Health Care
 Nova Creative Group
 Parker Carlson & Johnson Inc.
 The Schade Family
 Taft Stettinius & Hollister LLP
 Weber Jewelers
 Gosiger Foundation

Enshrined Service

By Miriam Morrison, Director Volunteer Services, Ret.



Anna K. Beall



Lawrence V. Fornes

Fifteen Ohio veterans, among them a 30 year Hospice of Dayton volunteer, were honored at the Ohio Veterans Hall of Fame induction ceremony on the morning of November 7. The state recognizes those who put their skills towards bettering the country after leaving military service. The new inductees, Anna Beall and Lawrence Fornes, will join the 428 veterans who have already been enshrined in the hall, including those from every service and every era.

Anna Beall served honorably as an Army nurse in the Pacific Theatre during World War II. She returned home and began a long career at the Dayton Mental Health Center, retiring in 1983. She continued to serve the community and started

volunteering at Hospice of Dayton. Anna has enjoyed a multitude of volunteer roles for the last 30 years! She has enjoyed making the emotional connection with others and developing new friendships.

Lawrence "Vic" Fornes was a United States Marine Corps Veteran of World War II. He was honored for his service in the Marines and for his community service. He has served his church, adopted foster children, was an athletic director, a Boy Scouts cub master, as well as, volunteering at Hospice of Dayton. Vic is an active volunteer at Hospice of Dayton for 20-years, in particular, assisting veterans who are patients at hospice. Vic is a person who truly symbolizes the meaning of unselfishness!



Hospice of Dayton Journey is published quarterly for patients, families, staff members and friends of Hospice of Dayton, Inc.

Kent Anderson, President/CEO
 Brenda Humfleet, President Hospice of Dayton Foundation

Founded in 1978, Hospice of Dayton had served more than 109,000 families. Send suggestions and comments to Lori Poelking-Igel, Director, Leadership Giving. If you would like to be removed from our mailing list, please call us at 937-258-5537 or visit www.hospiceofdayton.org and choose the newsletter link and follow instructions for removal.



Hospice of Dayton meets the Better Business Bureau of Dayton/Miami Valley Charity Standards.

www.hospiceofdayton.org
 937-258-5537



JOURNEY

A PUBLICATION FOR OUR FRIENDS | VOL. 4, ISSUE 1 | WINTER 2014

Gone Fishing

By Laura Colliflower, OTR/L

I was fortunate to meet Jack during his first stay at the Dayton Hospice House. Jack talked about being down because he had given up fishing. It took too much energy to go out, walk down to the creek and stand there the whole time. I met Jack on a Monday, the week the first fishing group of the season was scheduled at Hospice of Dayton. I explained to Jack that there was a fishing group planned for Friday morning, that the paths were paved out by the pond and we could get him out to the pond by wheelchair, if he was too fatigued to walk that distance. Jack was encouraged to invite family. That entire week every time I passed Jack's room or talked to a staff member working with him, they said Jack was looking forward to the group on Friday.

When Friday came—Jack's grandson Taylor came. Jack went out to the pond in a wheelchair to save his energy and then once there he stood on the banks beside his grandson where he was proud to announce that he caught the first fish of the day. Jack and his grandson were invited to come back and fish whenever he desired after his return home. Jack transferred home later that day but returned one month later to the Dayton Hospice House. This time he returned for end of life care. His family brought the picture of he and Taylor and placed it on the

nightstand by his bed. His Social Worker from home care came to visit him just a couple of days before he died. He opened his eyes and said with a smile on his face, "Holly, is it warm enough to drop a line?"

For our patients in the course of their disease process, their lives can become solely focused around the ability to perform basic self care and they lose ability to engage in tasks that support quality of life. In a sense our patients can begin to feel like they are losing who they are.

As Hospice of Dayton Occupational Therapists, our focus is to assist in improving or maintaining a person's ability to safely engage in activities that are meaningful in their life. These tasks can include; dressing, bathing, preparing meals, mobility, and also leisure activities.



Counting Our Blessings

By Kent Anderson, President/CEO



Kent Anderson, President/CEO

As 2014 approaches, Hospice of Dayton embarks on a 36th year of service to patients and families faced with life-limiting illnesses. Our mission began with a generous community coming together to ensure that access to hospice care at the end-of-life was available to any member of the community who needed and wanted it. Thanks to the generosity of our community, we continue to serve this mission with a passion for superior care and superior services, having served over 72,000 patients and hundreds of thousands of family members in the 35 years of our existence. Our community has experienced dramatic change over these decades, but the community will and commitment to sustain our mission has never faltered. We are blessed by the faith our community has entrusted to us and are honored to begin a new year of addressing the needs of patients and families by celebrating the lives of those in our care. We are grateful for your trust and faith.

For Everything There is a Season

By Brenda C. Humfleet, President, Hospice of Dayton Foundation



Brenda Humfleet, President, Hospice of Dayton Foundation

Many visitors to Hospice of Dayton's campus have received comfort by either enjoying the view of our grounds from their loved one's patient care suite or they have found solace when strolling the brick walkway or sitting for a few quiet moments on one of the outdoor benches overlooking our ponds. Comfort can be found in nature. Nature quietly assures us that for everything there is a "season".

Brick by brick, garden by garden, and heart by heart – our grounds memorialize and pay tribute to many of those for whom we have provided end of life care. Our campus and its special plaque, brick, garden and water features provide tangible ways for friends and

family to remember or honor loved ones. Proceeds from these naming opportunities also serve to help support our Mission by providing extraordinary care and services to patients and families.

If you are interested in memorializing your loved one or honoring your family in this unique way, please let me know: bhumfleet@hospiceofdayton.org or by phoning 937-258-5537.

Another easy way for each of us to help provide funding for patient and grief support services at Hospice of Dayton is to register our preference for "Hospice of Dayton" as our charity-of-choice with Kroger or Dorothy Lane Market (DLM). A percentage of your grocery sales at either of these two fine organizations will be given to Hospice of Dayton. As my grandson, Noah, says, "That's easy peesie!"

Community Service Abounds

By Linda Corey-Simpson, Volunteer Specialist

Hospice of Dayton has benefited from a strong community support effort in recent years by LexisNexis. In addition to providing almost 100 volunteers during their annual "LexisNexis Cares" Days, departments donated their time by creating items to comfort our patients and create special memories with families, maintain the grounds of our 17 acre campus, cleared a huge area of thick undergrowth and honeysuckle, built a garden pergola for our wheelchair accessible garden and hand painted "no parking" curbs along the perimeter of our parking lots. During the holidays, the staff in one building conducts a drive to collect yarn for blankets; coloring and puzzle books, crayons, small toys, and treats for child care packs. We thank LexisNexis for touching hundreds of lives every year with their service.



Surviving a Winter of Grief

By Brenda L. Wolfe MSLPCC-S, NCC

As we approach winter each year we are aware of the lack of daylight and the lengthening of the darkness. This knowledge takes on a new meaning when we are grieving the death of one we love. We are trying to cope with the confusing emotions of grief and the season makes that more difficult. There are a few things that we can do to help us manage our unexpected and difficult responses:

Give yourself permission to grieve. Crying is a healthy response.

Remember that your brain and body are designed to survive this journey.

Initiate a self care plan. Be gentle with yourself.

Expect the unexpected. Each loss is different and each loss must be grieved separately.

Feel what you feel. Don't avoid it. Grief is a process. True healing can only happen when you work at it.

Live each day, being present and engaged in the living.

Intend to find joy again with friends and family.

Forgive others and yourself for any guilt, real or imagined.

Embrace opportunities for growth and positive change.

There are negative and positive ways of processing grief and living your life. The positive path will allow you to heal and learn to live without the physical presence of your loved one. The negative path will prolong your pain and unhappiness. You do have a future and you are living it every day. You are creating your future even as you read this.



Thank You, Thank You!

By Marsha Bernard, Special Events Manager

Thanks so much to our local community and individuals who through their generosity and support raised money by organizing an event and donating a portion of their proceeds to Hospice of Dayton or participating in one of our signature events. Hospice of Dayton is blessed with a strong support base with individuals who want to make a difference and give back. This year over 4,000 patients received our care surrounded by family, friends and caregivers who met their needs and provided grief support to their loved ones. Thank you:

Fraternal Order of Eagles	Loyal Order of Moose	American Legion's
Taft, Stettinius & Hollister LLP – Employee Donations for Casual Friday	Greeneview High School Service Club	Rocky Couch Golf Outing
Greek Philoptochos Society – Flower Sale	Payless Distribution Center – Giving Campaign	Kira Petrykowski - Yoga Fundraiser
Matthew R. Shomper – Flying Pig Marathon	Dayton Wingmasters – Hobbies for Hospice	Jan Atkinson – Massage Square One Salon & Spa – Salonthon
3G Tactical, LLC	Seepex, Inc.	Gary Catron Golf Outing
5K for Kelli	John P. O'Donnell – March Madness Basketball Pool	Mike Long Golf Outing
		Bourbon Chase
		Coco's Bistro

16th Cosmic Bowl Strikes Again!

By Lori Poelking-Igel, Director, Leadership Giving

Top Sponsors: Kettering Meijer, Inc. and Linda Poelking

The Annual Bowl for Hospice of Dayton benefit was held on Sunday, October 6 at Poelking - Woodman Lanes. This event is the continuance of a family tradition and a legacy started 16 years ago by the late Jon Poelking. The event was started to honor the lives of Jon's brothers and over the years has grown to involve hundreds of participants and a growing group of sponsors, including:

Kettering Meijer	Brookville Memorial Post	Dick Witt Realty
Linda Poelking in memory of Jon Poelking	3288 V.F.W. of U.S. Inc.	Linked Technologies
McGohan Brabender	Moose Lodge #73	American Legion 675
Thaler Machine	Mullenbrock & Associates	Dave Leff
Flynn & Company	The Robert H. Brethen Foundation	Macy's
Calvary Cemetery	Ethan Allen	Lynn Poelking Family
Jet Express	Detmer & Sons	Parker Carlson & Johnson
Greg & Patti Atkinson	Riffle & Associates	Weprin Realty
Bill & Mel Jividen	Yeck Brothers Company	Joe Poelking Children
Newcomer Funeral Home	Robert K. Jones Insurance Co.	Roger Hedrick
Routsong Funeral Home	Helen Witt	Papa John's
		Poelking Bowling Centers

To date, a total of \$786,041 has been raised through Bowl for Hospice of Dayton. This benefits hospice patients and families and helps ensure continued funding for terminally-ill patients and their families.



Left to right: Barbara Bostick and Amy Cook.

Local celebrity models shared the spotlight with Hospice of Dayton employees and vied for title of "Top Model." Barbara Bostick, last year's winner, crowned Amy Cook of Merrill Lynch-The Schade Team as this year's "Top Model" at the luncheon. Coming in a close second and third place were models Sue Spiegel and Chris Danis.

The program host was radio personality Kim Faris of Hot NEW Country – B94.5. A special thanks to our heroes who donated their time, Beaver Creek Professional Firefighters Local 2857 and the Dayton Police Department. Fashions featured by Bello One, Pieces of Style, Talbots and Joli Boutique, and a special, one-of-a-kind gown featuring transient layers designed by Erika Berthy-Gowns by Beartie.

A special thanks to our sponsors of the event:

Levin Family Foundation	Carolyn R. Brethen	Sinclair Community College	Chris & Debbie Danis
Premier Health Partners	Clark Schaefer Hackett	CareSource	Garland & Johnson Dental
Freund, Freeze & Arnold	Dayton City Paper	Howard Michaels	Jay & Miriam Morrison
Key Bank	Dayton Power & Light	5/3 Bank	Marilyn Scher
Progressive Printers, Inc.	Deloitte	Economy Linen and Towel Service	Taft Stettinius & Hollister LLP
Jan Rudd-Goenner	Sandra Greenberg	Lisa Hanauer & Sue Spiegel	
Vectren	Med-Trans	Greg & Patti Atkinson	
Wright State University Foundation	In memory of Joseph A. Rogers	Coolidge Wall Co., L.P.A.	

Community Celebrity Models



Sue Spiegel



Jim and Chris Danis



Karen Levin

Colors of Care Style Show & Luncheon

By Marsha Bernard, Special Events Manager

Top Sponsors: The Levin Family Foundation and Premier Health Partners

The Colors of Care Style Show and Luncheon to benefit Hospice of Dayton was held Friday, September 20th at the Ponitz Center at Sinclair Community College. This year's event showcased the latest in men's and women's fashions with all proceeds benefiting patient care at Hospice of Dayton.

Premier Health Partners and the Levin Family Foundation were the presenting sponsors raising nearly \$90,000 in support of programs and services at Hospice of Dayton. Colorful fashions and accessories were worn by our celebrity models to provide a visual reminder of the individuals for whom we have provided care and bears witness to the myriad of diseases and diagnoses that our patients fought during their lifetime.