



# Journey

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The quarterly newsletter of  
**Family Hospice  
&  
Palliative Care**

## Refining Our Journey...

The *Journey* in 2010 was full of twists and turns. I am not sure that in healthcare you are ever on a straight path, but this was a year of many changes in healthcare and hospice! Family Hospice & Palliative Care eagerly awaited the changes that would come from healthcare reform. Although the hospice community was hit with a 6.8 billion dollar rate reduction over the next nine years, one positive outcome did result from the Patient Protection and Affordable Care Act and that is the ability to provide hospice care to Medicaid and CHIP pediatric patients who are terminally ill while not foregoing curative treatment for their terminal illness. Now, young families can receive the support of hospice without having to make that difficult decision of giving up treatment for their child.

Family Hospice & Palliative Care also realized with the numerous changes in both the healthcare and economic climate that it was time to investigate the stability of the organization's ownership by Adams Memorial Hospital, Caylor-Nickel Foundation and the Wells Community Health Services Foundation. These three owners have supported Family Hospice & Palliative Care's *Journey* for the past nine to fifteen years, but they also recognized the emerging need for the organization to become independent so its mission of bringing hope, comfort and dignity along life's final journey, would remain perpetual. Therefore, the owners rescinded their corporate membership and at the same time, the organization established a community Board of Directors. (See page 5)

I am pleased to announce that after these numerous years of support from friends like you, we have finally established a \$500,000 Legacy Endowment. This endowment was established so Family Hospice & Palliative Care would have the financial

resources in the future to care for people with life-limiting illnesses and their loved ones when they do not have insurance coverage, are under-insured, or do not have the financial means to pay for our support services. We thank you for this greatest gift.

For the past two years, Family Hospice & Palliative Care has already been providing services under cuts in reimbursement. It is our goal that these and future cuts do not affect the quality of services we offer. Therefore, we will remain good stewards of our reimbursements and the funds gifted to us so that we can continue to cultivate the Legacy Endowment.

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# From the Doctors...

## When and how should I discuss hospice services with my loved one?

Coming to a decision to adopt hospice care can be difficult, because it often comes at a difficult time in life. The decision to begin hospice care often comes at a time when curative care may no longer be the best option, and a time when hopes for medical treatment which will cure or extend life may no longer be realized. The decision often comes when hopes have to be redefined, and when goals for care will need to be adjusted. Some guidelines can help to know when that time has come:

- The disease can't reasonably be helped to improve—it is too far advanced.
- Numerous hospitalizations have taken place, but health is not really improving.
- The burdens of medical care: the hospital stays, the doctor's appointments, the outings for tests and procedures; all this becomes harder to deal with than the disease itself. It begins to seem like just staying at home and doing one's best and feeling one's best represents better quality of life than all the "doctoring."

These are times when one might say to an ailing loved one: "Do you think you might want to simplify your life, stop the running to doctors, and get someone in to help you feel as good as you can, even though you know your disease can't be cured? Let's call hospice to learn how they could help."

## How does Palliative Care lessen Fall Risk?

There is risk in falling at any age, yet as we get older, the risk of serious injury or resultant death increases. Our bones become thinner, our balance can falter, and our thinking may be slower. The medications that we take daily may also play a role in this risk. It is estimated that of those on five routine medications, about 50% may be having some side effects from those medications. If the number of medications increases to around nine or ten, then 80% may have side effects. Common side effects include sleepiness, tiredness, and confusion. With these types of side effects added into our already aging abilities, the risk of falling and injury increases further. Within this discussion comes a basic goal of palliative care which is to reduce medications, especially those that are no longer helping and/or are adding side effects which could make problems worse. We no longer should assume the medication is truly doing what we hope it is. For example, an antidepressant medication can help lessen depression in some, but can worsen depression and increase suicide thinking in others.

It is very important to ask oneself, "Did this medication do what we wanted when it was started?" and, "Is this medicine still doing what it seemed to do in the past?" With appropriate "trial and observe" measures, one might find certain medicines were unnecessarily expensive and doing nothing discernibly helpful, or unfortunately even adding to unwanted side effects. Reducing such medications will decrease the risk of falling, preventing unnecessary suffering.



**Bernie Wiebe, MD**  
Medical Director  
*Board Certified in Family Medicine and in Hospice and Palliative Medicine*



**Roger Lemmen, MD**  
Palliative Care Director  
*Board Certified in Neurology, in Pain Management and in Hospice and Palliative Medicine.*



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### EXECUTIVE LEADERSHIP TEAM

President & CEO ..... SueAnn Reynolds  
Medical Director..... Dr. Bernard Wiebe  
Patient Care Director..... Cheryl Hoover  
Supportive Care Director ..... Polly Edwards  
Marketing Director..... Olivia Reeves  
Finance Director..... Brandy Campbell

### MISSION STATEMENT

Bringing hope,  
comfort and dignity  
along life's journey.

# Bereavement expands Grief Workshops



Simply stated, grief is the internal thoughts and feelings we experience when someone we love dies.

— Dr. Alan Wolfelt

Grief is a normal and natural response to loss, and Family Hospice & Palliative Care recognizes that each loss experienced by an individual is unique and affects every aspect of life differently. For individuals who may be struggling with the day to day activities after losing a loved one, and experiencing new roles as they transition into another phase of their life, the Bereavement Program has developed some innovative programs as follows:

## Help For The Journey

A seven-week educational group that supports you on your journey of mourning and grief.

## Educational Series: Sleep

A 90-minute workshop which will examine the need for sleep and discuss ways to cope with grief when it affects sleep.

## Educational Series: Cooking for One

A program on cooking for one that includes suggestions for shopping, different menu ideas, and tips on managing your health to help you during your time of healing.

## Educational Series: Finances

We will give you information to support your needs when financial changes occur at the death of a loved one, involving developing a household budget, balancing the checkbook, and searching for financial services.

All bereavement programs offered by Family Hospice & Palliative Care are free to the public. To view details to these upcoming events, go to our website at [www.fhpc-in.org](http://www.fhpc-in.org) and click on “Upcoming Events” on the opening page.

## Refining Our Journey...

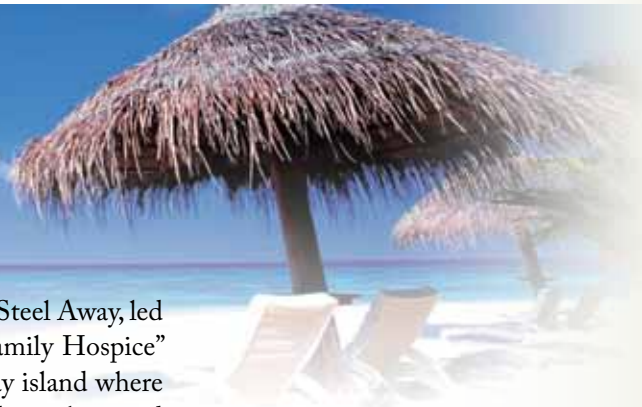
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Our *Journey* over the years has been enhanced through the relationships that we have created and this year was no different. Our Comfort-Focused Palliative Care program partnered with Heritage Pointe in Warren, Indiana, to establish a Palliative Care Wing. This specialized team focuses on addressing an individual’s distressing pain or symptom needs while being situated in a beautiful but comfortable setting. It is truly one of a kind!

As I turn my eye to our *Journey* in 2011, I am filled with anticipation for the development of some new programs that will further benefit the communities we serve. But... that is for the next *Journey* Newsletter.

# CRUISING THE CARIBBEAN

*with Family Hospice*



The sounds of the Caribbean by the steel drum trio, Steel Away, led the attendees at the "Cruising the Caribbean with Family Hospice" fundraiser on Saturday, November 6, 2010 to a faraway island where they enjoyed an elegant Caribbean style meal and quick-witted auctioneers, John P. Kintz, and Suzy and John Fuelling. As a result of the island escape, Family Hospice & Palliative Care raised \$35,600 which will go into the Family Hospice & Palliative Care Legacy Fund. Our island adventure would not have been possible without the generosity of the following corporate sponsors who assisted in underwriting the expenses for the event. A special thanks also goes to our auctioneers who generously volunteered their time.

## **\$2000 Level**

Bluffton Regional  
Medical Center  
Dale, Huffman & Babcock  
DRG/EP Graphics  
Paul & Lula Belle Reiff  
Porter Family Foundation

## **\$1000 Level**

Adams Memorial Hospital  
Advacare  
Bakers and Daniel  
Berne Ready Mix  
Caylor-Nickel Foundation  
Diane Humphrey  
First Bank of Berne  
James S. Jackson Co.  
Kaup Pharmacy  
Kintz Insurance  
National Oil & Gas  
Zurcher Tire, Inc.

## **\$500 Level**

Berne Hi-Way Hatchery  
Lehman & Bixler Optometrists  
Lehman Feedmill  
Meshberger Bros. Stone Corporation  
Troyer's Market  
W & M Manufacturing  
Yager-Kirchhofer Funeral Home

## Watch and learn from our Doctors:

### **Docs on Call**

**on 21Alive**

**March 23, 2011  
at 7:30 pm**

Join Dr. Bernie Wiebe and the physician team of Family Hospice & Palliative Care to learn more about our services.

## Watch and learn on PBS

Family Hospice & Palliative Care and PBS 39 have partnered to address issues in end-of-life care, palliative care, and bereavement support care to viewers within "Senior Spotlight," a live, half-hour, call-in show. Please plan to join us for our upcoming Senior Spotlight shows on PBS 39:

**The second  
Wednesday of  
each month  
at 7:30 pm**

- February 9th
- March 9th
- April 13th
- May 11th
- June 8th

If you have not had the opportunity to tune in, we invite you to join us and experience what others have been talking about.

# New Community Board

As our needs and goals have evolved, so has the governorship of Family Hospice & Palliative Care, which is now maintained by a Community Board. We are pleased to announce the following individuals who have committed to assisting us in “bringing hope, comfort and dignity along life’s journey” to the individuals we serve daily:

- **Marvin Baird** *Adams Memorial Hospital in Decatur*
- **William (Bill) Brockmann** *Community Member in Bluffton*
- **Tom Clark** *Community Member in Bluffton*
- **Keith Huffman** *Dale, Huffman & Babcock Lawyers in Bluffton*
- **John P. Kintz** *Kintz Insurance in Decatur*
- **Roger Muselman** *EP Graphics and DRG in Berne*
- **Grant Porter** *Thunderbird in Decatur*
- **SueAnn Reynolds** *CEO and President of Family Hospice & Palliative Care*

## LE VIAN *Chocolatier*



*Accented with diamonds, this spectacular 18 karat yellow gold ring features 3 carats of Le Vian Chocolate Diamonds and is valued at \$9,000.00.*

Family Hospice & Palliative Care will be selling **150 raffle tickets** for **\$50.00 each** beginning **January 1st - February 10th**.  
Winner will be drawn February 11th at 10:00 am.

*Proceeds from the sales of fundraisers conducted by Family Hospice & Palliative Care go towards an endowment fund to extend our services to community members who are under-insured or have no insurance benefit, and to pay for advanced symptom management that is non-reimbursable by a third party payer. With the on-going cuts to our Medicare reimbursement, this endowment fund is even more important in meeting the needs of our patients and their families.*

**For more information or to purchase tickets, please call (800) 355-2817 or visit [www.fhpc-in.org](http://www.fhpc-in.org).**

*Enriching Lives through Compassionate Care.*

# In the know...

On November 11 and 12, Family Hospice & Palliative Care partnered with the Alzheimer's Association of Northeast Indiana to bring Douglas C. Smith to the area to speak on **Coping with Grief and Loss during the Alzheimer's Journey**. Mr. Smith is a professional speaker, trainer and consultant with over 25 years of experience as a counselor, therapist, and health care administrator. He is the author of several books including *The Tao of Grieving*, *Caregiving: Hospice-Proven Techniques for Healing the Body and Soul*, *Being a Wonderful Healer*, and *The Complete Book of Counseling the Dying and Grieving*. Several caregivers, families and community members enjoyed this presentation as Mr. Smith addressed various techniques to effectively cope with the many losses we may encounter as we care for a loved one with Alzheimer's. Other gold sponsors included Beers Mellers Backs and Salin, LLP, Attorneys at Law; Angel Corps; Dale, Huffman & Babcock Lawyers; and Thoma/Rich, Chaney & Lemler Funeral Home.

**Enhanced Care** is a pilot insurance program developed by the Indiana Comprehensive Health Insurance Association (ICHIA) for people who are high risk care. The purpose of the program is to enhance quality of life while reducing costs associated with the intense care required by this group of individuals. Clarian at Methodist Hospital in Indianapolis is coordinating this program and Family Hospice & Palliative Care was chosen as one of the five hospice agencies in the state partnering with Clarian to develop and implement this pilot program. ICHIA will identify and triage this group of individuals, and Family Hospice & Palliative Care will case manage their care.



Family Hospice & Palliative Care along with three other

healthcare agencies led the Marion community in a bowl-a-thon fundraiser, **Striking Dollars for Families**. On Saturday, November 20th, 16 bowling teams raised over \$3,500 for Family Services Society of Grant County who utilized the dollars raised to assist needy families in Grant County by purchasing food, toys and clothing during the Holiday Season.