

# Circle of Care

Horizon Hospice

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## From the President



### 25th Anniversary Year Highlights

By Michael E. Preodor, MD, FACP

**O**ur 25th anniversary year has been one of great accomplishments. Despite a faltering economy, our fundraising efforts have proved successful and our average daily census has ballooned to 75. While such developments ensure Horizon's day-to-day financial stability, these new initiatives point toward our future success:

- **Investigating Establishment of an In-Patient Unit:** Horizon leaders are vigorously pursuing the goal of developing an in-patient unit. Establishing a Horizon-operated hospice unit in an existing facility seems the most realistic approach, and discussions are underway with several potential partners.
- **Complementary and Alternative Medicine (CAM):** Dr. Marschke and our staff CAM team are receiving incredibly positive feedback from patients and families who are experiencing dramatic reductions of pain and anxiety from complementary treatments like massage therapy.
- **Educational Programs:** The American Medical Student Association chose Horizon to host 13 medical students from around the country this summer for an extensive six-week training program in end-of-life care.
- **Palliative Care Consultation Services:** Horizon's medical staff currently provides consultative services on pain and symptom management at Chicago's St. Joseph Hospital and Mount Sinai Hospital. A palliative care service model permits the delivery of

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## Horizon Meets National Standards of Excellence

**A**n independent, not-for-profit organization, the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) is the nation's predominant standards-setting and accrediting body in health care. Since 1951, JCAHO has developed state-of-the-art, professionally based standards and evaluated the compliance of healthcare organizations against these benchmarks.

Horizon was first awarded a three-year JCAHO accreditation in 2000. The organization's second triennial survey occurred this summer.

In July, a surveyor from JCAHO spent three days interviewing almost all of Horizon's clinical staff, accompanying clinicians on numerous home visits, reviewing a huge stack of clinical records, sitting in on team meetings and investigating every aspect of our business operations. The JCAHO survey includes an examination of our practices in the areas of patient rights and ethics, leadership and governance, patient assessment, treatment and services, organizational performance improvement, management of the environment of care and administrative management. When it was all over, Horizon was awarded another three-year accreditation from JCAHO.

Clinical Director Brenda Clarkson, RN, took charge of preparing the staff for our second JCAHO survey. Brenda says Horizon put so much effort into getting ready for our first survey, the second was not as challenging since we've been in compliance for three years. Nonetheless, lots of team involvement and organization-wide efforts were required to make sure we put our best foot forward.

As surveys go, ours was pretty relaxed, and there were no surprises. The surveyor went out of her way to include all team members in her patient care visits, so she got to see every discipline in action. She seemed favorably impressed with Horizon's interdisciplinary team meetings and both the skill and compassion of our staff.

The significance of JCAHO accreditation is that it provides solid evidence that we have adhered to national standards of excellence on an ongoing basis. The standards are quite comprehensive in that they cover not only patient care, but the way we do business and our level of commitment to continuous quality improvements.

JCAHO accreditation is particularly important when we seek to establish new contracts with nursing homes and hospitals for in-patient care. It immediately identifies Horizon as an organization that provides quality care and services. 🌿



*JCAHO accreditation...provides solid evidence that we have adhered to national standards of excellence on an ongoing basis.*

## From the President

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comfort care to those who may be very ill but do not meet the requirements of the hospice benefit. Horizon is exploring various vehicles for extending this service to other community facilities.

We also had a great celebratory party in June at our annual benefit...quickly followed by a successful Joint Commission survey! And, as this issue goes to press, we're gearing up for our November 4th medical conference, "Celebrating 25 Years of Advances in End-of-Life Care." We are proud to sponsor this one-day conference featuring nationally known speakers Dr. Kathleen Foley of Memorial Sloan-Kettering Cancer Center and Dr. John Lantos from the University of Chicago.

Lastly, we're excited about an upcoming honor for our founder, Ada Addington. On December 5th, Ada will receive the "Outstanding Community Leader Award" from the Association of Fundraising Professionals at its Annual Philanthropy Awards Luncheon for her dedication to Horizon Hospice. Congratulations, Ada!



Michael E. Preodor, MD, FACP  
President

# Save The Date

May 22, 2004 — Horizon's Annual Benefit Dinner

## How You Can Help

Those who support our mission to provide comfort for the dying and preserve dignity at the end of life may donate in several ways:

### A 25th Anniversary Gift

Consider a special 25th anniversary gift — in honor of founder Ada Addington, president Michael Preodor, MD, or one of the dedicated members of our board or staff. You may designate gifts for these needs: Care for Indigent Patients, Unreimbursed Services, Physician or Nursing Education, Complementary Therapies, Bereavement Counseling, Care for Pediatric or AIDS Patients.

### Memorial and Tribute Gifts

Honor the memory of someone special or celebrate milestones like birthdays and anniversaries with a gift that brings care to the dying.

### Bequests

A bequest is an investment in the future of end-of-life care. These life changes should prompt a review of your will and estate plan: changes in assets, tax law, marital status or beneficiary's status; retirement; birth or adoption of a child; moving out-of-state. Name Horizon Hospice, Inc. in your will by designating a specific amount or a percentage of the residue.

### Gifts of Stock or Mutual Funds

Giving long-term appreciated stock or mutual fund shares results in a two-fold savings: the avoidance of capital gains tax and a tax deduction for the full fair market value of the gift.

### Gifts of Life Insurance

To receive a charitable deduction on a life insurance policy you don't need, name Horizon Hospice, Inc. as both owner and beneficiary. You may take a charitable deduction approximately equal to the cash value at the time of the gift, as well as an annual deduction on premiums paid. Ask your insurance agent for the forms.

### Charity as an IRA Beneficiary

At your death, individuals designated as your IRA beneficiaries may pay as much as 75% or more in income and estate taxes on what they receive. But any part of your IRA or other retirement plan with a charity as beneficiary will escape both taxes. Name Horizon Hospice, Inc. as the beneficiary for a 100% tax-free gift. Contact your plan administrator for the forms.

### Lifetime IRA Donations

After age 59 ½, you can withdraw funds from your IRA or other retirement account. The income is taxable, but if you donate it to Horizon Hospice, the deduction will affect the income, within certain limits. Even better, keep the cash and donate appreciated property. You'll avoid tax on the gain and turn the property into cash.

### "Pay on Death" Savings and Checking Accounts

You may register your checking or savings account so that your named beneficiary becomes the owner upon your death. You open the account in your name, but list it as "in trust for" Horizon Hospice, Inc. The account is owned solely by you while living, and, at your death, it passes to Horizon. Contact your bank for the forms.

We recommend that you consult a professional tax advisor to ensure you accomplish your goals.

For more information, contact Licia Chiazim at 312.773.2233 or [lchiazim@horizonhospice.org](mailto:lchiazim@horizonhospice.org).

PROVIDING A CIRCLE OF CARE



FALL/WINTER 2003-04

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# 25 Celebrating years

## A Party Sets the Stage

On Wednesday, April 9th, Horizon founder Ada Addington and her husband, Dr. Whitney Addington (center), threw a fabulous kick-off party for our 25th anniversary benefit held in June. Ellen Klutznick (left), among our first board members, flew in from San Francisco for the occasion. Longtime supporter Louise Leetsma (right) joined the fun.



## A Vision Comes True

Board member Carol Asher imagined a breathtakingly beautiful setting at the Chicago Cultural Center for the benefit — with silver chairs and elegant floral arrangements. Thanks largely to her creativity and generosity, the idea became a reality. On June 7th, nearly 400 friends of Horizon gathered to enjoy this lovely décor.



## A Committee Makes It Happen

Benefit Planning Committee members Carol Asher (left), Martha Mabie and Jean Foss congregate at a quick break from a busy meeting.



## An Auctioneer Raises the Bar

Tobina Kahn, of House of Kahn Estate Jewelers, conducted a live auction at the benefit — and Auction Committee Co-Chair Jim Foley, of James Patrick Salon, procured many, many items for the silent auction. The auctions raised about \$60,000 for our mission.



## A Pianist Wows the Crowd

New York Cabaret pianist and consummate entertainer Mark Nadler treats our guests to an energetic performance!



## A Singer Steals Our Hearts

KT Sullivan sang to us with incredible vitality — moving deftly from funny to sad, romantic to charming — in her inimitable style.

Benefit photos by Kerry Bolger

More Celebration photos >

# Horizon Develops End-of-Life Care Training Program for Medical Students

Reports suggest one barrier to quality end-of-life care is that many capable physicians still have limited knowledge of hospice and palliative care. This results in a reluctance to refer the terminally ill to hospice in time for patients and their families to fully benefit from hospice care. As expert educators in end-of-life care, the staff at Horizon Hospice seeks creative solutions to this problem.

This summer, Horizon Hospice and the American Medical Student Association collaborated to offer an End-of-Life Care Leadership Training Program to medical students from across the nation. From June 16th to August 1st, 13 students from as far away as New Jersey and Nebraska lived in Chicago to learn from Horizon. The program included lectures and discussions on end-of-life care topics and supervised home patient visits with staff from Horizon, as well as two other hospices.

Clinical nurse educator Lori Hedges, MS, NP, and Horizon medical director Michael Marschke, MD, developed the curriculum and provided students with support and guidance.

Lectures covered critical issues in end-of-life care, ranging from "Talking with Patients at End-of-Life" to "Common Physical Symptoms." Local experts augmented presentations by Horizon's medical, nursing and psychosocial

staff with special lectures. Mary Fry, MD, a geriatrician from St. Joseph Hospital, gave the "talk on talking," as well as one on "Advance Care Planning." Kathy Neely, MD, Northwestern Memorial Hospital, gave presentations on legal and ethical issues in end-of-life care. Jeanne Martinez, RN,

Education for Physicians on End-of-Life Care Project, led students through important concerns in the "Last Hours of Living."

Pre- and post-program attitude surveys and examinations were given. Dramatic improvements in students' "post" scores demonstrated the program's success. Perhaps more importantly, students' remarks about how the program affected them personally suggested many had a life-changing experience. Below are some of their answers to the question, "Has this experience affected your view of yourself as an individual, scientist, physician or healer?"

- "Yes. I am much more cognizant of my own mortality. I have learned to think of death as a natural part of both life and medicine."
- "Yes. [I've learned that] personal contact with dying patients is sacred and should be viewed as a privilege."
- "Yes. I am more comfortable doing primary care, and I see more value in helping patients prepare for death, while supporting the highest quality of life and health."
- "Yes. I am now seriously considering a career in palliative medicine. At the very least, I have a better sense of when to refer patients to hospice and what happens when patients enroll in hospice."

An exciting aspect of the curriculum is that it was designed to be reproducible at students' home institutions. Many are excited about incorporating end-of-life care training into medical education. Horizon is proud to be part of the effort to teach young medical professionals how to continue to care, even when there's no longer a cure. 🌿

*"I cannot say enough positive things about this program. I really feel this is going to make a HUGE impact on my practicing as a physician. This experience proves that doctors can be human and offer their hearts in support of their patients."*

Student Evaluation, End-of-Life Care Leadership Training Program

*"I really am quite impressed with the way Dr. Marschke [Horizon's Medical Director] interacts with all of the patients. He is really caring and patient with each of them. I can tell that the patients are very pleased with the quality of care they receive from him."*

Student Evaluation, End-of-Life Care Leadership Training Program



Students in AMSA's End-of-Life Care Leadership Training Program at Horizon Hospice included [Back Row, L to R]: Richard Lin, Harvard University; Jim Richter, University of Nevada; Erin Wright, University of Oklahoma; Andy Huchingson, Tulane University; [Middle Row, L to R]: Donna Kim, State University of New York at Stony Brook; Heather Goffinet, Chicago College of Osteopathic Medicine; Melanie Johnson, Wake Forest University; Horizon's clinical nurse educator Lori Hedges; Elizabeth McCormick, University of Connecticut; Angie Chmielewski, Wayne State University; Hamayun Nawaz, University of South Carolina; [Front Row: L to R]: Mabel Obeng, Virginia Commonwealth University; Ashley Nichols, University of Texas Southwestern; Munish Bakshi, University of Medicine and Dentistry of New Jersey.

## “Spa Night” Kicks Off CAM Fundraising

**O**n Friday night, September 5th, medical director Dr. Mike Marschke opened his home to about 40 members of the Horizon community for “Spa Night.” Dr. Marschke, CAM coordinator Colleen Doman, RN, and members of the CAM Committee organized the event as a fundraiser and an “experiential learning opportunity.” CAM, or complementary and alternative medicine, includes such treatments as massage therapy, aromatherapy, healing touch and meditation. Horizon has begun offering these treatments to patients with impressive results, but CAM is not currently reimbursed by insurance programs.

At Spa Night, guests had a chance to purchase gift baskets to raise money for Horizon’s CAM program — and actually sample some of the treatments. A massage therapist, healing touch practitioner and aromatherapy expert were on hand to demonstrate the effectiveness of these complementary therapies. “Totally relaxed” guests also were treated to a poolside buffet.

Horizon’s volunteer coordinator Noel Gilligan shared his expertise in aromatherapy by putting together special gift baskets to sell at Spa Night. The baskets were designed to treat specific symptoms. For example, one for insomnia, called “Sweet Dreams,” included a blend of essential oils of chamomile, mandarin and lavender. The oils can be put in a diffuser that plugs into an outlet and fills a room with soothing aromas.

Horizon thanks these Spa Night sponsors, whose contributions helped raise a total of \$3,000 for Horizon’s CAM program: Aion Tea House, Aroma Workshop, Tommy Campbell and Noah Davidson, Dubbys Buy The Ounce, Vivian Grimbau, Mertz Apothecary, Tedd Neenan, Paper Doll, Inc., Pompeii, Abdul and Rita Qaiyum, Stacy and Kelly Swett, Trader Joe’s, and John Wallace.

We’re also grateful for the generosity of Mariegold Bakery owner Millet Bagcus — office manager Cari Bagcus’ mom — for her donations of delicious food to Spa Night. 🌿



*Friends of CAM from the Horizon community gather beside Dr. Marschke’s pool (lower left to right): Karen Horinek, Maryellen McGreevey, Linda North, Terra Solove, Chris Shepherd and Ruth Ultmann.*

## Is CAM Working?

Our patients are enthusiastic about complementary and alternative therapies. Below are some of their success stories. Note: The names are fictitious to protect patients’ privacy:

**Jane** — Jane is a 40-year-old woman with a terminal diagnosis of cervical cancer. Already on a high dosage of narcotics to control extreme pain, Jane took her “as needed” dosage almost hourly. When Horizon’s massage therapist visited, Jane experienced breakthrough pain jumping from a 6 (on a severity scale of 1-10) to a 10. Being massaged through the episode brought her pain level down to a 4.5. Regular massage has made her more comfortable and peaceful and improved her quality of life. After one of her sessions, she said, “I feel a lot better. I feel alive.”

**Frank** — Frank is a 42-year-old man with a terminal diagnosis of pulmonary hypertension. He was suffering from severe pain, aching joints and very limited movement. Frank was offered “healing touch” treatments, but wasn’t sure it would help. Our healing touch practitioner uses hand-on techniques that help patients relax, which, in turn, promotes self-healing. Frank experienced complete relief of his most painful symptoms and a deep relaxation response after his very first treatment. He stopped needing his “extra” pain medication and requested the treatment at the time of his death.

**Lydia** — Lydia’s husband died recently. She was deeply bereaved and struggling with severe insomnia, often getting only one to two hours of sleep at night. An aromatherapy blend of oils known to induce sleep was diffused into her room, and Lydia began to sleep through the night. She was comforted by dreams of her husband and gradually recovered her physical, emotional and spiritual health.

## Did you know?

A center at the National Institutes of Health is specifically dedicated to research on Complementary and Alternative Medicine. To find out more about the latest CAM discoveries, check out this website: [www.nccam.nih.gov](http://www.nccam.nih.gov)