

**Horizon  
Hospice  
&  
Palliative  
Care**

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**Winter  
2004**

**Letter from the President**

Dear Volunteers,

Happy Holidays to Everyone!

When I reflect on the holidays, I think of being with family and friends --- and of gift giving. Many of the greatest gifts are those given by all of you as volunteers. Whether you give time with a hospice patient or family, spend hours in the office helping with administrative tasks, participate as a board member, help with the benefit, or offer any other wonderful services --- you are giving special gifts. It is that unselfish gift of your time and talent that is so rare in today's busy world! Thank you for sharing these many gifts of love --- not only during the holidays but all year 'round.

About this time last year, I decided to come to Horizon Hospice. I have been here 10 months now, and I am just as excited about being here today as I was a year ago. I was attracted to Horizon because it has a committed board and staff; a rich history; strengths in cultural diversity, medical direction and volunteer spirit; a wide range of complementary approaches to treating pain and suffering --- and, most importantly, a willingness to change and grow! These aspects of Horizon continue to sustain and deepen my personal dedication.

To say there have been a lot of changes is probably an understatement! There have been many staff changes, which have

meant both some "good-byes" and some "hellos." Our census has grown by 30%, and we have added a new palliative care program. We have continued to train many students, including a terrific group of medical students over the summer. We have entered into a joint venture with Children's Memorial Hospital to provide pediatric palliative care, and we have started some exciting faith-based initiatives in the African-American community. Our bereavement services have continued to grow and flourish, and this year we held a cooking class for "men only."

Next year, we look toward expanding our palliative program; working in more depth with the African-American, Hispanic, and Jewish communities; expanding our pediatric team and services; adding advanced practice palliative care nursing students to our list of trainees; continuing to collaborate with other hospices, hospitals, and home health agencies; and researching the possibility of building a residential hospice facility in the city. It looks like another busy and exciting year at Horizon! I look forward to working with all of you --- and hearing all your wonderful stories!!!

I wish you and your loved ones every happiness for the coming New Year!

Mary Runge, RN, MBA  
President

***Any changes in your contact information?***

If you've moved, changed names or addresses, or started at a new place of employment, please let us know. You might be surprised at the number of people who change telephone numbers, e-mail addresses or other important information, and then are surprised twelve months later when they call and wonder why they haven't heard from us! Please call in with your updates. We especially need accurate daytime contact information.

Thank you for your cooperation with this important matter.

Dear Volunteers,

On behalf of my colleagues and other volunteers with Horizon Hospice and Palliative Care, I'd like to take this opportunity to wish you a peaceful and blessed holiday season.

You've probably noticed by now: our newest news is that the organization is changing its name. From now on we will be known as Horizon Hospice and Palliative Care. While we have always been doing palliative care, adding it to our organization's name allows us to expand our patient base so that not just those who are at the end of life can benefit from pain and symptom management and a wide range of other services, including volunteers. Palliative care also allows those who are not ready to enter "hospice" from an emotional standpoint to benefit from the scope of services we offer. A special evening workshop on the topic will be offered to volunteers in January. Please see the attached "Events" page for details.

Training and education of hospice volunteers, and others, continues to be a priority for our organization. During 2004 we trained 12 medical students from across the nation as part of the AMSA program, fifteen medical students and fellows completed medical rotations with us, and we provided volunteer services both in patient care and bereavement to over 600 patients! In addition we completed a number of training programs, both the traditional volunteer modules in spring and fall, and also a late fall program with Apostolic Church of God on the South Side where we brought hospice skills to 47 ministers of care. This endeavor is part of our wish to bring the message of hospice in general and the mission of Horizon Hospice and Palliative Care in particular to every diverse community in the City of Chicago and Cook County.

Our patient census has grown considerably, and during the month of November, 2004, we saw our census reach over 100 patients. While this is good news for the organization from a financial standpoint, it also places considerable demand on our volunteers, and we remain committed to recruiting and training the very best. We also have some new staff to meet this increased number.

Finally, our complementary therapies program continues to flourish. We welcome Connie Ahme, a

newly Certified Massage Therapist on board. Connie is also a patient care volunteer on the South Side. I am also pleased to report that I am newly certified by the Aromatherapy Registration Council, having passed their national exam. To earn the designation Registered Aromatherapist™, I had to document over 200 hours of training in patient safety, and the appropriate uses of essential, therapeutic-grade botanical oils, and sit for a 4-hour exam! Horizon is now one of the very few hospices in the nation, and perhaps the only one in Illinois, to have a full-time staff member with this designation. Earning the designation is important because it lets people know that I believe in what I'm doing and that patient safety and comfort are top priorities.

I look forward to another wonderful year of hospice compassion and healing with all of you, and wish you, again, happy holidays!

Noel Gilligan  
Volunteer Coordinator  
Registered Aromatherapist™

## Hospice Provides "Extreme Home Makeover" for a Patient

The Fairygodmother Foundation, social worker Margaret Westbrook and volunteer Tricia Teater made a dream come true for one of our patients. They arranged for the patient and her sister to be taken by limousine to her favorite restaurant for a gourmet meal. While they were gone, a team of volunteers repainted the patient's bedroom, put up new window treatments and artwork, added plants, and new bedding and furniture. The patient got quite a surprise on her return. She's been beaming from ear to ear ever since! This is a typical volunteer activity! Tricia is an ordained Buddhist chaplain currently in Calcutta doing hospice work with the Missionaries of Charity. She'll share her experience with us upon her return.

## TIPS for staying healthy during cold and flu season

Due to the shortage of the flu vaccine this year, you might find the following suggestions helpful.

1. Effective hand-washing. Strange as it may sound, most people do not wash their hands effectively. For hand-washing to be effective, hands should be briskly washed under warm running water for at least 15 seconds (It's the friction and water together that gets rid of germs). Avoid bar soap (the cracks often harbor germs) and use clean towels or disposable paper towels. The Center for Disease Control recommends carrying hand sanitizer if effective hand-washing is not possible. Small bottles are available for purchase at your local pharmacy.
2. If you get the flu, don't spread germs by coming in to work. You will be sent home immediately if you appear unwell at this office.
3. Essential oils: add a couple of drops of the following to a Kleenex and carry it with you throughout the day:
  - Ravensara (Ravensara aromatica)
  - Eucalyptus var. radiata
  - Niaouli (Melaleuca viridiflora var. quinquenervia)
  - Cajeput (Melaleuca cajeputi)

These are all rich in anti-viral compounds. Studies show Ravensara is clinically proven to kill the influenza virus. You can also add these oils to steam inhalations for respiratory infections. (Note: While Niaouli and Ravensara are safe to use directly and indirectly, avoid using Eucalyptus or Cajeput directly on skin as they can cause dermal irritation).

Essential oils are available in Chicago at Sherwyn's, Life Springs, Whole Foods, and other health stores, or you may prefer to purchase them online.

4. Elderberry extract: at first symptoms, regular use of elderberry extract (added to water and consumed) can lessen symptoms considerably and aid the immune system. --- **Stay healthy!**

## Welcome to New Staff:

CNAs: Beatrice Hill, Sandra Espinoza, Dora Spearman, Stephanie Waters.

RNs: Miriam Barzilai, Noël Dohmier, Mary Pat Dillon, Carmen Harris, Binh Nguyen, Jo Marie Thompson.



## Hospice Websites

[www.epec.com](http://www.epec.com)

[www.nhpc.com](http://www.nhpc.com)

[www.horizonhospice.org](http://www.horizonhospice.org)

# Horizon Hospice

PROVIDING A CIRCLE OF CARE

## **DEALING WITH LOSS? SUPPORT GROUPS AVAILABLE**

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Support groups offer a safe environment for those who are grieving the death of a loved one. Horizon Hospice invites all those in need to attend these professionally-facilitated groups at no charge; however, donations are accepted. Pre-registration is required --- just call the contact person named. All meetings are held in our office located at:

Horizon Hospice, 833 W. Chicago Ave. (just west of Halsted), Chicago.

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### **"SORROW TO WISDOM" -- FOR ADULTS GRIEVING THE DEATH OF A PARENT**

Monday evenings: 6:00 -7:30 pm, a 12-week group beginning January 10, 2005

- Discuss how to re-adjust to life without your parent.
- Learn how to integrate wisdom from your parent into your life today.

*Call Karen Horinek at 312.733.8900*

### **"SHARING LOSS: REBUILDING LIFE" -- FOR ADULTS GRIEVING THE DEATH OF A SPOUSE OR SIGNIFICANT OTHER**

Tuesday evenings: 6:00-7:30 pm, a 12-week group beginning January 11, 2005

- Explore common feelings of disbelief, loss of meaning, loneliness and guilt.
- Process key ways to move through grief.
- Begin taking steps to rebuild your life.

*Call Terra Solove at 312.733.8900*

### **"HORIZON SOCIAL GROUP" -- FOR ADULTS GRIEVING ANY DEATH**

This is a once a month get-together with people who are experiencing loss and who would like to be socially active. Outings include dinner, theatre, zoo and other activities that participants suggest. Monthly outings vary. *Call Terra Solove for details at 312.733.8900.*

### **INDIVIDUAL COUNSELING**

We offer 12 weeks of individual counseling. Please contact Karen Horinek at 312.733.8900.

Horizon Hospice, 833 W. Chicago Avenue, Chicago, IL 60622

312.733.8900 [www.horizonhospice.org](http://www.horizonhospice.org)

# HORIZON HOSPICE EVENTS

## **New Volunteer Orientation:**

Starts Wednesday, January 26<sup>th</sup>, 6:00 pm - 9:00 pm, and runs for six consecutive Wednesdays, finishing on March 2<sup>nd</sup>. Limited spaces still available.

## **The Calcutta Hospice Experience:**

Friday January 21<sup>st</sup>, 9:30 am - 11:00 am  
(for staff and volunteers)

A meeting with hospice volunteer Tricia Teater who will have just returned from Calcutta, India, and a one-month volunteer experience with the Missionaries of Charity.

## **What is Palliative Care?**

An educational event for volunteers to explain the differences and similarities between traditional hospice care and palliative care with Donna Myers, our new Palliative Care Nurse Practitioner.

Tuesday, February 8<sup>th</sup>, 6:00 pm-7:00 pm.

**Phone-A-Thon Evenings:** All evenings are from 5 pm to 7 pm. Dates are:  
January 10, 2005, January 24, 2005  
February 7, 2005, February 21, 2005  
March 7, 2005, March 21, 2005

(Our gratitude to volunteer Heather Brown-Palsgrove for help with newsletter formatting)

## **Making Memory Cloths:**

February 17, 2005, 12:30 - 4:00 pm.

Join us at the Horizon Hospice office to make memory cloths. Using beads, yarn & fabric, we will tell our own stories of life and loss by creating cloth pictures. Bring along any special clothes or jewelry you might want to include on your creation.

Call Bereavement Coordinator Karen Horinek, LCPC, at 312-733-8900 for more information.

## **An Evening Meditation:**

Thursday, March 10, 2005, 6:30 - 8:00 pm.

Join us at Horizon's office to learn basic Lovingkindness/Metta meditation. This practice focuses on wishing ourselves & others well-being. It enhances relaxation in a quiet atmosphere. We will also learn about a grief ritual that promotes healing.

Terra Solove, MSW, Bereavement Counselor & Spiritual Mentor, will facilitate. Wear comfortable clothing & bring a pillow or mat if you like. For more information or registration, call Terra at 312-733-8900.

## **Complementary and Not So Alternative:**

A report from Dr Mike Marschke, Horizon Hospice Medical Director, and Noel Gilligan, Registered Aromatherapist™, on how complementary therapies make a real difference to patient comfort. Thursday, February 24<sup>th</sup>, 6:00 pm - 7:30 pm.

## **Ongoing: Clinical Team Meetings**

every Tuesday morning: 9:00 am and 11:00 am (please call to find out whether North or South Team is meeting first).

**NHPCO National Conference:** Atlanta, Georgia, April 19-22, 2005.

## **Volunteer Appreciation Dinner:**

Thursday, April 28<sup>th</sup>, 6:00 pm-8:00 pm at Ina's Restaurant on Randolph Street.