



CARE FOR THE CAREGIVER

Caregivers are compassionate people who care for a chronically or terminally ill patient on a day-to-day basis. Both professional and lay caregivers may not meet their own needs as they try to provide the care for the sick or dying patient. This frequently results in "Compassion Fatigue," and the caregiver ultimately experiences burnout or becomes ill themselves.

If you are a caregiver, you know this is an overwhelming but rewarding responsibility. In order to continue this intense and fulfilling work, you must give yourself permission to take care of yourself by reducing stress on a daily basis. Here are some tips:

REST

- Practice stress reduction activities before bedtime. Try reading, meditating, journaling or other quiet activities.
- Get into a routine of good habits to fall asleep and remain asleep.

EXERCISE

- Exercise programs can be simple and short to maintain strength and motivation and decrease stress.
- Walking is one of the best ways to reduce stress and tension. You can have time to think, reflect, discharge emotions and make plans.

NUTRITION

- Keep quick, nourishing foods such as yogurt, cheese, turkey slices, fruits and vegetables in stock. This helps you to avoid skipping meals or eating foods that are high in calories and low in nutritional value.
- Ask others to take charge of planning and preparing meals on a routine basis.

ASK FOR HELP

- Keep your own appointments for your health and take moments to de-stress.
- Attend caregiver groups for support and education.

As a caregiver, taking care of your own body, mind and spirit should be a daily routine. Practicing good stress management does not require a lot of money or time. Permission to take care of yourself will be invaluable to maintain your health forever.



Georgine Saffo-Dodson, MSN, CRNP, CHPN, serves as a Hospice Family Nurse Practitioner and Clinical Nurse Specialist to ensure excellent care for Hospice and Palliative Care patients in a variety of settings, such as their homes, long-term care facilities or hospitals. She helps patients manage their symptoms and assists family members with difficult decisions as the patients' diseases progress. Georgine also provides staff education and development so that the Hospice team can help patients to have

the highest quality of life while living and to die comfortably with dignity while their family has 24/7 support.

CENTRE COUNTY HOSPICE PATIENTS RECOGNIZED THROUGH 'We Honor Veterans' INITIATIVE

Last November, Home Nursing Agency Hospice patients who are veterans were honored throughout the service region. Two of the Centre County Hospice patients/veterans have passed away since being recognized, but Adrian Meister [World War II Navy serviceman], Donald Brouse [World War II Army pilot] and their families were able to celebrate the thoughtful acknowledgment of their sacrifices and accomplishments while they were still alive to enjoy it.

Home Nursing Agency is actively involved with 'We Honor Veterans', an innovative program of the National Hospice and Palliative Care Organization [NHPCO] created in collaboration with the Department of Veterans Affairs.

Melissa Coble, Hospice Patient Care Supervisor in Centre County, pinned Hospice patient Adrian Meister as part of 'We Honor Veterans' program. Also present at The Fairways at Brookline in State College for the special ceremony were Adrian's sons, Randy Meister, left, and Steven Meister, right. "It was a very meaningful tribute for my father, who has been awarded several Medals of Honor for his service in Normandy and Okinawa," said Randy. "These efforts gave veterans like my father the opportunity to experience a special commemoration while they are alive to enjoy it," added Randy. He also shared, "From the moment they initiated Hospice care with my father, we witnessed a complete transformation from improved pain management to an increased appetite and a better all-around sense of well-being. Our visits were more meaningful."



Hospice patient/veteran Donald Brouse (center) was happy to receive a new American Flag from PA State Senator Jake Corman (left), who represents Centre, Mifflin, Juniata, Perry & Union counties. Senator Corman visited the Brouse home in November to meet Donald, his daughter Donnis (right) and the Agency's Hospice staff who all provided excellent insight on the cost-effectiveness & quality of services provided by the Agency. As Senate-Majority Appropriations Chairman, Senator Corman is a pivotal lawmaker on decisions related to the state's spending initiatives and priorities. Agency staff also asked for his consideration on re-directing Medicaid dollars by amending obsolete statutes that currently act as formidable barriers for Pennsylvanians to access Home & Community-Based Services (HCBS). Senator Corman appreciated the first-hand account from Donald, and his daughter, Donnis, on the type of care and support he receives from the Agency.



our caring tradition

As Pennsylvania's first home health agency to become a Medicare-certified Hospice, Home Nursing Agency has been working with physicians since 1968 to meet the needs of patients coping with a chronic or life-limiting illness. Partnering with board-certified Hospice and Palliative Care physicians and nurses, our specially-trained staff of physical, occupational and speech therapists, social workers and home health/Hospice aides work closely with patients' healthcare providers to develop a plan to provide treatment, support, personal care and a number of specialized services for both the patient and family. The Agency's Hospice care team provides symptom and pain management, emotional and spiritual support, and our Hospice volunteers offer respite and companionship to patients/families.

Hospice Medical Directors:

- | | |
|------------------------|----------------------|
| Franklin Berkey, D.O. | Gregory Kimble, D.O. |
| Brett Scharf, D.O. | Beth Clark, D.O. |
| Anthony Maniglia, M.D. | Amy Swindell, D.O. |
| Jennifer Good, M.D. | John Pagnotto, D.O. |
| Stephanie Young, D.O. | |

"Integral to providing high quality Hospice care is the role of the Hospice Medical Director. Our medical directors are invaluable to the Hospice program and those we serve within our community. Their medical education and expertise in Palliative Care is accessed through the Hospice team. They work together with the Hospice patients' attending physicians for the ultimate purpose of ensuring their patients are receiving excellence in end-of-life care," said Kim Kranz, RN, MS, CHPCA, the Agency's Vice-President of Hospice & Palliative Care.



STOMACH FLUTTERING, TOES CURLING
Hospice chaplain brings horses to visit Blair County patient

"I felt like a kid on Christmas morning," says Karen Worley, Home Nursing Agency Hospice patient.

When Pastor Kathy Colebank, Hospice chaplain, arranged for her two horses (Sophie and Charlye) to visit Karen, the effect was profound. "My stomach was fluttering, and my toes curled. Those horses are just amazing. It's like they know what you're feeling."

Karen drew comfort from Sophie especially, as the two spent much of the visit nuzzled against one another.

"Karen has a way of communicating with animals," Pastor Kathy shares. "It's quite phenomenal. For her, it was like no one else was there. It was just her and the horses."

Pastor Kathy often uses her horses as a form of therapy for people. She describes it as a way for people to get out of their houses without actually leaving their homes.

"The horses are my peace, inspiration and solace," Pastor Kathy explains. "They are for me, but I have them to share with others. They are a gift from God to me and everyone who can benefit from them."



"I am so thankful...It brings me joy every day & night."

Echoing Pastor Kathy, Karen expresses how she draws on the memory of that visit to endure through trying times. "It doesn't leave me - that feeling will stay with me always," she says. "I am so thankful I got to experience what I did. It brings me joy every day and night."

Home Nursing Agency Hospice patient Karen Worley (center) is pictured with Charlye and Sophie, horses owned by Hospice Chaplain Pastor Kathy Colebank (left). After learning of Karen's unique connection with animals, Pastor Kathy arranged for her horses to visit Karen. Waking up feeling like a kid on Christmas morning, Karen now recalls the joy of that experience each day.



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On the cover: The late Ronald Michelone of Williamsburg is pictured with his granddaughter Levada. While Ronald formed close bonds with many Home Nursing Agency Hospice staff, he was able to maintain his relationships with his loving family as Hospice care enabled him to remain at home.

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Every Breath is a Gift:

Home Nursing Agency Hospice volunteer gains valuable perspective through his service

Ray Lawler of Alexandria has volunteered many hours serving on various committees and boards in his community.

After retiring as the Superintendent of the State Correctional Institution at Huntingdon in December 2010, Ray, 59, considered several pathways for individual volunteer work. The Home Nursing Agency Hospice volunteer program appeared to best suit his desire for continued community involvement.

"It is very individual, personal and spiritual," he explains. "It's the most rewarding thing I've ever done in terms of community service. It is a gift to provide a service in such a profound way."

Ray's role varies with every patient and family he meets, as he recognizes each one as uniquely different, but one thing remains the same - his presence.

"My main responsibility is just to be there," Ray shares. "Sometimes I read to patients, or we talk about their lives. For bereavement cases [those grieving the loss of a

loved one], I share in their lives and experiences. Sometimes our presence is enough and words are not needed."

Grateful for the patients and families welcoming him, Ray considers it a privilege to be with people in their final days.

"I receive more than I could ever possibly give," he says. "I have a clearer sense of mortality and know that every breath is a gift of time which should be shared."

WOULD YOU LIKE TO BE A VOLUNTEER?

Have you ever considered using your time to make a difference for others by serving as a volunteer? Home Nursing Agency is now looking for compassionate, caring volunteers.

Many volunteer opportunities are available, including office work, visiting patients to offer relief and companionship and providing support for grieving family members. You have the ability to profoundly impact the lives of others by sharing your time.

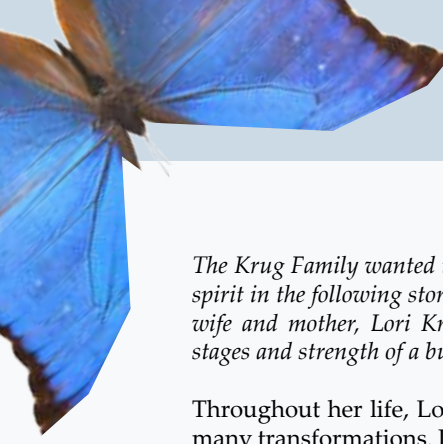
For more information about volunteering, call 1.800.445.6262 or visit www.homenursingagency.com.



Summer 2013



Hospice
Measuring Life by Quality,
Not Quantity, of Moments



THE STRENGTH OF A Butterfly

The Krug Family wanted to share the butterfly's spirit in the following story about their beloved wife and mother, Lori Krug, whose life mirrored the stages and strength of a butterfly.

Throughout her life, Lori Krug, 36, went through many transformations. Light hair. Dark hair. Short hair. Long hair. No hair.

It was in the "no hair" stage, when she was undergoing chemotherapy, that Lori's true strength surfaced.

The Caterpillar

Lori's zest for life drew husband Ron to her when they first met more than 15 years ago. The couple's love was evidenced in their family of Lori's older daughter Alexis and their four children Brooke, 14; Hannah, 10; Andrew, 6 and Mia, 4.

The Krugs' lives changed considerably after a visit to the Emergency Room in 2010 for back pain revealed a mass in Lori's breast that was determined to be malignant. Ron and Lori spent many days in hospitals after that discovery, trying to find the best treatment and prolong Lori's life as much as possible.

Lori continued with life as usual, sometimes at a much slower pace, since she was often tired and didn't feel well. "She used to do everything," Ron explains. "And she didn't want the cancer to stop her from living her life."

The Cocoon

In February 2012, after more than a year of treatments, Ron and Lori decided, at the advice of her physician, to consider Hospice care. As Home Nursing Agency's Home Health nurses were seeing Lori to treat a wound, she transitioned to the Agency's Hospice program and was surrounded by a caring and compassionate team.

"They take a horrible situation and lighten it up to make it easier for the family members," Ron shares. "When they first came in, they were strangers to us. Then they became part of our family."

About a month after Lori enrolled in Hospice, she nearly died. The Hospice team saw signs of approaching death and advised Ron to call family and friends to say their goodbyes. Somehow, Lori fought and made it through that dark night.

"Even the Hospice staff couldn't believe she made it through the night," Ron says. "If she wasn't the stubborn person she was, we wouldn't have had that extra time with her. And we made the most of it."

The Hospice team's involvement of providing direct care for Lori, coordinating medicine delivery to the home and helping the children cope with the impending loss of their mother lessened the burden for Ron and allowed the family to cherish every moment together.

"The care they gave her was phenomenal," Ron explains. "They took time to listen to her stories. She wasn't just a patient they had to come and see. She was a human being, and that's how they treated her."

When she began having a hard time walking around the house, she told Hospice LPN Brenda Causer that if she had to use a cane, she wanted it "blinged out." Although it was an unusual request, Brenda responded, "We can do that."

Brenda and Hospice Patient Care Supervisor Sandy Ebersole did "bling out" a quad cane for Lori, and Brenda was able to present Lori with a metallic pink, bedazzled cane that still stands by the front door of the Krug home.

The Home Nursing Agency Hospice Team was a comforting presence not only for Lori and Ron, but also for each of the children who developed special bonds with the staff.

"Scott [Harding] the nighttime nurse would let Andrew shoot him with the Nerf gun," Ron recalls. "Christy [Gerwert] the case manager would hand over her personal iPhone to Mia when she walked in the door so Mia could play games, and the female staff let Mia paint their nails and fix their hair."

The Butterfly

As Lori experienced good days and bad days, she often reminded Ron and the kids that she would not be leaving them forever – she said she was coming back as a butterfly.

In mid-July, Lori declined considerably and one day requested Brenda come to be with her. Brenda did come, and she was joined by fellow staff Christy and Lou Ann [Clark] for Lori's final transformation with her passing on July 16, 2012.

In the difficult days that followed, Ron and the kids were reassured that Lori had kept her promise, as a monarch butterfly kept appearing in their yard. "They were filled with amazement and joy and began to shout, 'A butterfly, it's Mommy!' Every time we see a butterfly, we are reminded of the special angel looking over all of us."

The family wanted to share the butterfly's spirit and Lori's memory with the Agency's Hospice Team as they were so important to the family in the previous months. The family presented the staff with a butterfly water globe inscribed with the words: "Lori is free, flying and beautiful like a butterfly."

The team did not need a memento, as this special family left an imprint on their hearts and minds. Ron had a glimpse of just how much his family meant to the Hospice staff a few days after Lori's passing at her funeral.

"I saw Christy at the funeral, and she still had on the nail polish that Mia put on the night Lori passed," he shares. "I couldn't believe it."

"What they do is not just a job; it is a calling. It takes a special kind of person, someone who is loving, compassionate and strong, and they all have those special qualities. They did so much more than they will ever know."

"Lori is free, flying and beautiful like a butterfly."

Above right: The family of HNA Hospice patient Lori Krug is pictured with the Hospice team after her passing. The family presented the Hospice team with a butterfly water globe in Lori's memory.

From front left, Shannon Chille, Hospice Social Worker; daughter Mia; Kellie Craig, Hospice Evening RN; middle, son Andrew; daughter Hannah; back, husband Ron; daughter Brooke; mother-in-law Diane; Christy Gerwert, Hospice RN Case Manager; Debra McGhee, Hospice Social Worker and Brenda Causer, Hospice LPN.

Right: Lori is pictured with her "blinged out" cane, courtesy of Hospice LPN Brenda Causer and Hospice Patient Care Supervisor Sandy Ebersole.



Do you know someone who is facing a serious illness and may benefit from Hospice care? Anyone can make a referral 24 hours a day, 7 days a week. 1.800.445.6262

YOU HOME NURSING AGENCY FOUNDATION have the power to CHANGE LIVES!

The simple act of giving a gift to the Home Nursing Agency Foundation holds the incredible power to change a life. Just ask Allison Stockley, who used contributed dollars to help three young children understand what was happening to their mom who was diagnosed with a terminal illness.

Allison is the manager of The Healing Patch: A Program for Loss and Hope for Grieving Children and Their Families, and its companion service, the Bridge Program, designed specifically for children who are anticipating the pending death of a significant family member. Allison used Foundation dollars to purchase three \$10 photo frames – a purchase totaling only \$30.18 but valued at being priceless.

'RECONNECTING WITH MOMMY'

Allison used the photo frames as a project to help the children (all under five years) make a memory with their mom. One-by-one, each sat next to their mom in bed and created a picture of their hand and their mom's on an oversized mat surrounding the quote "A mother holds her child's hand for just a short time, but holds their hearts forever."

"It allowed for the children and mother to re-connect," Allison shares. "In the years to come, each child will have that frame with his/her small handprint alongside mom's as a special memory of their brief time together. That was a gift that is priceless and would not be possible without contributed dollars to our Foundation."

Charitable contributions to Home Nursing Agency Foundation are distributed annually through Foundation Mission Grants. Any gift, regardless of size, can make a profound difference in the lives of children, adults and families served by Agency programs and services.

Consider the reassurance these three young children will have in knowing their mother holds them in her heart forever.

To make a gift and to learn more about the impact of your support through Foundation Mission Grants visit www.homenursingagency.com or call Pam Seasoltz, Director of Development, at 1.800.992.2554, ext. 2565.

The official registration and financial information of Home Nursing Agency may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania 1.800.732.0999. Registration does not imply endorsement. If you would like to be removed from our mailing list, please contact Home Nursing Agency at 814.946.5413, ext. 2576.

Choosing to Live:

HNA Hospice helps Lewistown husband, father make the most of last days

"Research shows that those who have Palliative Care and Hospice services sooner live longer. People think once you come on Hospice that you're giving up, that you're going to die sooner, when indeed it's the exact opposite."

- Kim Kranz, Home Nursing Agency Vice-President of Hospice & Palliative Care

If your doctor told you tomorrow that you had only four to six weeks to live, what would you do?

For Russell McChesney of Lewistown, the choice was easy. He chose to live.

With the support of Home Nursing Agency Hospice, Russ lived – as long as he could, as well as he could – with the same determined spirit, sense of humor and love for his family that he had each day before.

The Fight

The provider for his wife Jamie and their children, Russ was the rock for his family through trying times and was committed to serving others as a local volunteer firefighter.

When diagnosed with advanced colo-rectal cancer in December 2010 at age 41, Russ was given four to six weeks to live. Undeterred by the prognosis, he continued smiling and fighting to stay alive for his family. A few months later, the cancer had progressed to his bones, and Russ was issued another four-to-six-week life expectancy.

McChesney family photo coordinated by the Home Nursing Agency Hospice Team



"With the support of Home Nursing Agency Hospice, Russ LIVED – as long as he could, as well as he could..."

"We found out it had been many years since they had a family photo," shared Amy Barraclough, RN, Hospice Patient Care Supervisor. "Our social worker Stu Miller took the lead on arranging for a photo shoot, and the family was so grateful for those photos and the memories they represented."

Supporting the family's annual tradition of attending the Grange Fair, the Mifflin County Hospice Team coordinated care with the team in Centre County to check on Russ, change his pain pump and provide any care as needed.

The Hospice team also transported Russ for continued chemotherapy, done intermittently for symptom management, not as curative treatment.

"They have done so much coordination for the equipment and care I need," Russ explained last fall, nearly two years after his initial diagnosis. "If I had to do all of that, I wouldn't still be here. They have done everything you could expect...No – everything that you could hope for."

With his symptoms controlled and a support system in place, Russ continued to be a strong presence for his family and set an example of how to face a difficult situation with grace. He lived every moment – making memories with his children, encouraging his loved ones to have preventative testing and planning a vow renewal ceremony for him and Jamie as an early observation of their 25th wedding anniversary.

His family continues to grow, with Courtney delivering Russ's first grandson weeks after his passing. Although grandson and grandfather never met, Courtney has already seen a striking resemblance to her father.

"One thing he got from my dad was the ability to smile when he's sick."

Above, Home Nursing Agency Hospice patient Russ McChesney is pictured with Shawna Mitchell, Hospice Aide, and Amy Barraclough, Hospice Patient Care Supervisor, at the vow renewal ceremony for him and his wife Jamie a week and a half before he passed away. The Hospice Team became an extended part of the McChesney family while caring for Russ.



MYTHS & TRUTHS OF HOSPICE

Myth - You must have cancer to be enrolled in Hospice.

TRUTH - Cancer is only one diagnosis of patients cared for by Home Nursing Agency Hospice. We care for ANY person of ANY age who, if his/her condition follows its natural course would have an estimated life expectancy of six months or less. Here are some conditions considered for Hospice:

- End-stage heart disease
- Respiratory disease or Chronic Obstructive Pulmonary Disease
- Multiple chronic health conditions with:
 - Unexplained weight loss 10% or greater in the past four months *or* frequent hospitalizations or Emergency Room visits
 - Decrease in physical activity or cognitive ability (dementia/Alzheimer's)
 - Adult failure to thrive or decline in status

Myth - You cannot enroll in Hospice care if you are undergoing aggressive treatment for pain and other symptoms.

TRUTH - Home Nursing Agency Hospice provides a unique "open access model", which permits patients to use chemotherapy, TPN (Total Parenteral Nutrition), radiation, IV antibiotics and other aggressive medical treatments to manage their pain and other symptoms.

As Pennsylvania's first home health agency to become a Medicare-certified Hospice, Home Nursing Agency partners with board-certified Hospice and Palliative Care physicians and employs more Hospice and Palliative Care-certified nurses than any other regional Hospice provider.

Myth - Hospice is where you go when there is "nothing else to be done."

TRUTH - With Home Nursing Agency Hospice, there is so much more that can be done – more for the patient and more for the family. Hospice neither hastens nor postpones death. Hospice affirms life and regards dying as a normal process.

Research has shown that patients on Hospice care actually live longer than those facing life-limiting illnesses without Hospice. With the appropriate care plan and specially-trained and compassionate individuals to support the patient and family, time and attention can be focused on the interests and preferences that matter most – and ultimately define – a quality of life.

For more information call 1.800.445.6262