

A newsletter for family and friends of Aspirus Comfort Care and Hospice Services

Fall 2019

Hospice care is ...

by Amy Kitsembel M.Ed., CSW, FT Bereavement Coordinator

There may be different thoughts and images that play out for folks to complete the rest of the sentence "Hospice Care is...". As Aspirus Comfort Care and Hospice Services reflects on what the last forty years has taught, I would like to offer some insights on hospice care.

- ... It is a community of friends and colleagues gathered in a dining room as a lifelong teacher hosts a tea party which includes chocolate covered strawberries to share, laughter, and some of her finest insights and wisdom the week of her death.
- ... It is honoring the life of a man who chose to serve his country and then after six years of service returned to his family. In 60 years that family grew to over 100 members who gathered to celebrate his birthday one afternoon and surprise him with a special veteran appreciation ceremony.
- ... It is a quiet afternoon watching the deer feed out of the window of the home a husband and wife built next to the river. They share stories and memories of their lives together hours before the husband's last breath.



- ... It is about tradition as a family hangs one of their brass Tree of Love medallions engraved by a volunteer business owner in the community who contributes to the everlasting memorial.
- ... It is the deafening silence as each breath is watched in vigil as you watch your mom slowly leave her physical body, and you recall stories of how you have her same hands or learned how to make her bread at her side. With the tenderness of touch, you exchange with her this loving intent and instinctively know, as she taught you, how to love and find gratitude in being present to share with her.

(continued on next page)





Amy Kitsembel

- ... It is time spent in the sunshine wrapped in an afghan made by the hands of a volunteer community member you never met. The warmth you feel keeps you protected as your loved one takes you outside to experience the wind in your hair.
- ... It is sharing a beer with your buddies on the porch, or getting out to the dock to throw a line and hope you catch one last pan fish.
- ... It is listening to the young woman who wants to be assured that her family will be alright. It is listening to the family members who share they are alright as they express and tell stories about how they experience her every day long after her death.
- ... It is witnessing someone's reconciliation of experiences that have been so dark in life a spiritual awakening that fills them with light and healing in their last moment on earth.
- ... It is care provided by a team of professionals who are committed to honoring life. It is about offering safe space to words we may otherwise fear saying out loud. It is about honoring the human spirit and character till someone's last breath.
- ...It is about remembering.

November is National Hospice Month



We recognize and thank our staff and volunteers for their dedication and commitment to care for our friends and neighbors with end-of-life illnesses.





George Brahos, volunteer, makes a homemade meal for patients at Hospice House.

Festival of Trees 23rd Annual Event



Santa high fives children at the Festival of Trees.



November 27 - December 1 Stoney Creek Hotel & Conference Center

Experience the magic of Festival of Trees! Stroll through a glittering forest wonderland of over one hundred holiday trees, wreaths, mantels and specialty items decorated and donated by community members for raffle and silent auction. Visit with Santa, enjoy a complimentary cookie and beverage and be entertained by local musicians – all with your ticket purchase. Proceeds benefit Aspirus Comfort Care and Hospice Services. See Santa schedule on the website.

For information, to volunteer, or purchase tickets by credit card, visit **wausaufestivaloftrees.org** or call the Aspirus Health Foundation at 715-847-2470.

FESTIVAL OF TREES SPECIAL EVENTS-

Opening Night Gala

Tuesday, November 26 6:00 – 9:00 pm

\$50 per person prior to November 18.

\$60 starting on November 18.

Sample signature cuisine from Wausau's finest restaurants and caterers. Live music, Gala-only jewelry raffle, silent auction, complimentary beer, champagne and exclusive viewing of Festival of Trees.

Senior Stroll

Wednesday, November 27 9:00 am – Noon

\$4 per person. Tickets available at the door.

This special event allows senior citizens to get a sneak peek of the Festival's wondrous array of holiday items. It is a time especially designed for people with walkers or wheelchairs.

Teddy Bear Breakfast

Saturday, November 30 9:00 – 10:30 am, or

Sunday, December 1 9:00 – 10:30 am

Ages 13 & Over - \$15 Ages 12 - 2 - \$10 Ages Under 2 - \$3

Advance tickets are required for all attending to ensure adequate seating.

A magical event for children and their favorite teddy bear. Visit with Santa and Mrs. Claus and enjoy a variety of holiday activities geared toward children up to 12 years old including Teddy Bear health checks.

VIEWING HOURS

Wednesday, November 27 Noon to 5:00 pm

Thanksgiving Day 1:00 pm to 5:00 pm

Friday, November 29 9:00 am to 5:00 pm

Saturday, November 30 Noon to 5:00 pm

Sunday, December 1 Noon to 2:00 pm

Tickets Available at the door.

Ages 13 & Over: \$5

Ages 12 - 3: \$3 2 & Under: Free

See Santa schedules online.

SPONSORS

Presenting

Hosting





Tree of Love

The holidays are a special time to celebrate the lives of people we love—people who are living and those who have died. You are invited to celebrate the loved ones in your life by participating in the **TREE OF LOVE** tribute program.

You can start a Tree of Love holiday tradition by your purchase of a personalized two-inch polished brass holiday ornament engraved with the name of someone you love. Your ornaments will be mailed to you the third week of December — in time for this year's holiday celebrations.

You will be invited to participate in a special tree lighting ceremony featuring a memorial program and refreshments. A personal invitation will be mailed to you to inform you of the date, time and location.

Tree of Love Tribute Order Form		
Your Name	Phone Numb	er ()
Mailing Address	City	StateZip
E-Mail Address		
In addition to my ornament order, I would like to make a do	nation to the Grief Cente	r of \$
Total Payment Enclosed: \$ Total Numb	er of Ornaments:	
Payment Options: Please enclose payment of \$12 (tax includedCheck (Payable to: ACCHS FUNDS)Credit Card (•	
Name as it appears on Credit Card:		
Credit Card Mailing Address:	City	State Zip
Credit Card Number:		Expiration Date:
Signature:		*CSC Code
ORDERS MUST BE RECEIVED BY DECEMBER 1. *3 OR 4 DIG	GIT CODE FOUND ON BACK C	DF CARD
Tree of Love Engraving Information		
Each ornament will have two lines of engraving with 10 cletter. Blank spaces between words are equal to one letter	er. Sample: GEOR	GE
Please honor the following:	Sample: S M I T	H
Ornament 1: (line 1)	(line 2)	
Ornament 2: (line 1)	(line 2)	
Ornament 3: (line 1)	(line 2)	
Ornament 4: (line 1)	(line 2)	
Ornament 5: (line 1)	(line 2)	

Mail to Aspirus Health Foundation, 425 Pine Ridge Blvd., Wausau, WI 54401. For orders greater than 5, copy this form and enclose with your payment.

When the Holidays Hurt Two opportunities for helping you through the holidays

You've Got a Friend!

A Concert with the Living River Quartet



Holidays bring a mixture of emotions that sometimes feel overwhelming and challenging. Music provides a universal way to

connect. Though it may be difficult to explain how you feel, music connects your words and thoughts with your heart.

Come find a joyous healing moment in the blessing of music and allow us to help you appreciate the season ahead. Our holiday concert offers an opportunity to gather and find support in the company of others. You've got a friend! Bring them or make new friends there.

The Living River Quartet features friends who enjoy praising God and lifting spirits in word and song. This concert offers a blend of gospel, Christmas favorites, and heart-warming feel-good songs.

Saturday, December 7, 2019 4:00 – 6:00 pm

> Plaza Hotel and Suites 201 N. 17th Ave, Wausau, WI

Something Old. Something New.

Something Just to Get You Through.

24th Annual - When the Holidays Hurt Program

The death of a family member often changes the way holidays are celebrated. Some traditions may be too painful to continue while others still provide strong family bonds. How do you choose which to change and which to continue? How do you find joy and choose between the "old" and the "new"?

This program helps participants explore the memories of past holidays and preserve meaningful traditions. Also, it will help find a reason for introducing something new. And, above all, there are strategies for "something just to get you through." Discover the three gifts of the Past, the Present, and the Future that serve as reminders that you can honor your loved one and still find peace and joy in holiday celebrations.

Monday, December 9, 2019 6:00 – 7:30 pm

> Aspirus Wausau Hospital Medallion Room Wausau, WI

Public is welcome. Free will donation. Registration not required.

For information, contact:

Nan Zastrow

Wings - A Grief Education Ministry at 715.845.4159

Amy Kitsembel

Aspirus Comfort Care and Hospice Services at 715.847.2703

Other sponsors

Brainard Funeral Homes
Helke Funeral Home
Peterson Kraemer Funeral Homes

Thank you for your generous community support

Your donations are used to support our work beyond the reimbursement provided by insurance and other sources. This important funding is critical to meeting the needs of patients suffering from life-limiting and terminal illness and providing comfort for their families and friends. We are grateful to the many individuals, organizations, and corporations that help us fulfill our mission to provide compassionate hospice, palliative, and grief care for people in north central Wisconsin. Thank you!

Partners in Health donors

We are grateful to you and the following individuals who have chosen to celebrate the life of another through a memorial or an annual gift. This list represents gifts from January 1, 2019 to August 31, 2019. All attempts are made to accurately recognize donors. If you notice a misspelling, error, or omission, please contact the Aspirus Health Foundation at 715-847-2470.

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Thank you to the Edgewood Archers who held their 24th Annual Memorial Bow Shoot in honor of Bill Schuster. They raised \$1,000 to help support end-of-life care for patients of Aspirus Comfort Care and Hospice Services.

Jacob and Gail Hable

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Jenny Lipinski, from Wausau Homes, delivered 14 Calla Lily plants to residents and family members at Hospice House to celebrate Valentine's Day. Thank you!

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Musicians share the joyful sounds of the holiday season throughout the days of Festival of Trees

In-Kind Donors

Athens Acres 4-H Club Audray Brinkman

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Jenny Lipinski

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The team from Stifel presents "Naughty Elves" tree in 2018.

It's never too late to Thank a Veteran

Americans across the country celebrate Veterans Day on November 11, a special day to salute the men and women who have bravely served our country in the military. These fellow Americans have made profound sacrifices in defense of freedom and they deserve our heartfelt thanks and appreciation. Honoring our nation's Veterans includes supporting them throughout their entire lives, especially at the end.

It surprises many Americans to learn that every day, 1,800 Veterans die. That's more than 680,000 Veterans every year – or 25 percent of all the people who die in this country annually. A generation of World War II and Korean War Veterans are facing end-of-life care decisions now, and they are quickly being followed by younger Vietnam War Veterans, many of whom are confronting serious illnesses at an even earlier age.

As our nation marks Veterans Day, Aspirus Comfort Care and Hospice Services deepens our commitment to increase Veterans' access to compassionate and high quality hospice care. We are actively involved with We Honor Veterans, an innovative program of the National Hospice and Palliative Care Organization created in collaboration with the Department of Veterans Affairs. In 2014, we achieved Partner Level Four status – the highest level. This means that we provide veteran-centric education to staff, volunteers and the community, increase Aspirus' capacity to provide quality care to veterans, and develop and strengthen relationships with Veterans Affairs medical centers and other veteran organizations.



WE HONOR VETERANS

Ask your friends, neighbors, and others in your community whether they have served in the military (you may be surprised how many have)—and thank those who have served for their sacrifice. If you know a Veteran who is in need of the special care hospice brings to people facing serious and lifelimiting illness, please reach out and help them learn more about care options by visiting aspirus.org or by calling us at 715-847-2424 or toll free at 866-331-2467.



Veteran Volunteer Ed Humpal

Interested in becoming a hospice volunteer?

Maybe you've had a loved one die and recognize the important role that hospice played in their final months. Perhaps you have a special gift that you can share to bring comfort and peace to patients and families when they need it most. The hospice team, including hospice volunteers, helps to support patients and families so that they can experience the best quality of life possible during their last months of life.

Hospice volunteers provide various kinds of support for patients and their families such as: visiting, reading, watching TV, taking walks, or helping with simple household chores. Or they may help with our bereavement program, get involved in fundraising activities, or provide administrative support by filing or helping to prepare mailings. The talents offered by a hospice volunteer are determined by his or her skills and interests.

If you would like to learn more about how to become a hospice volunteer, please call the Aspirus Volunteers office at 715.847.2848.



Ann Brandt and Lee Borneman

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Aspirus Corporate Compliance

2200 Westwood Drive, Suite 315 Ph.: 1.800.450.2339 Wausau, WI 54401 Fax: 715.847.2984

compliance@aspirus.org

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Aspirus Corporate Compliance is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

Language Assistance



English

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-283-2881.

Español (Spanish)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-283-2881.

Hmoob (Hmona)

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-283-2881.

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注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-800-283-2881。

Deutsch (German)

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-283-2881.

(Arabic) ال عربية

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 2881-282-800-1 (رقم هاتف الصم والبكم:

Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-283-2881.

<u>한국어 (Korean)</u>

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-283-2881. 번으로 전화해 주십시오.

Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-283-2881.

Polski (Polish)

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-283-2881.

Shqip (Albanian)

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-800-283-2881.

Tagalog (Tagalog - Filipino)

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-283-2881.

<u> ကျွဲ့လူ (Assyrian)</u>

ابهة، کے کی برسلان کے کہ بہداری ایقت کی بران کی دور اللہ کی اللہ اللہ کی اللہ اللہ کی اللہ اللہ کی اللہ اللہ ا مستکہ -1881-281-1890

বাংলা (Bengali)

লক্ষ্য করুলঃ যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নিঃখরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুল ১–৪০০–2৪3–2৪৪1)।

Italiano (Italian)

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-283-2881.

日本語 (Japanese)

注意事項:日本語を話される場合、無料の言語支援をご利用いただけます。1-800-283-2881まで、お電話にてご連絡ください。



COMFORT CARE AND HOSPICE SERVICES

333 Pine Ridge Blvd. Wausau, WI 54401 Non-Profit Organization
U.S. Postage
PAID
Wausau, WI
Permit #615

Grief Support Opportunities

Monday, November 11

Veterans Day Service 11:00 a.m. Hospice House flag pole

Saturday, December 7

You've Got a Friend! – concert 4:00 – 6:00 p.m. Plaza Hotel and Suites, Wausau

Please notify us if you change your address, or if you prefer not to receive *Comfort Care*.

715.847.2470 - ahf@aspirus.org

Monday, December 9

Something Old. Something New. Something Just to Get You Through. 6:00 – 7:30 p.m. Aspirus Wausau Hospital

Monday, December 16

Tree of Love lighting 6:00 p.m. Aspirus Wausau Hospital Medallion Room