

# FAMILY to FAMILY



Family Hospice  
& Palliative Care

Part of UPMC HNA

A caregiver in a blue uniform is assisting an elderly man with a cane in a bright room. The man is wearing a checkered shirt and dark pants. They are standing near a window with a striped curtain. The room has a wooden floor and a white bench with pillows.

**GRANT SUPPORT  
EXPANDS ACCESS  
TO CARE**



Dear Friends,

For all of us at Family Hospice, the word 'family' isn't just part of our name, it's at the heart of our culture. Our family is

constantly expanding. We not only open our arms to welcome loved ones into our care, but also open our minds to new innovation in business and fundraising avenues. We've recently embraced younger members of our community with an enhanced pediatric hospice program launched with Children's Hospital of Pittsburgh of UPMC. And we've created new opportunities to honor loved ones.

Growth for Family Hospice comes from the harvesting of these new ideas and ventures but also from the people of our donor community who believe in our mission. Steadfast supporters are also making an impact - like Judie Spiegel, a long-serving volunteer who designated Family Hospice in her estate plans, and Claire Bostrom, an active donor since 2002 who passed last year and made a very generous bequest to Family Hospice.

These financial gifts supply our Foundation grants, which help us to better serve our patients and their families. Through the Foundation, Dr. Keith Lagnese, our Chief Medical Officer, was able to secure a grant that allowed for quicker admissions with minimum disruption of care. His grant is featured

in this issue. This is one of five current grants improving lives of our family members. Every year new grants are fulfilled.

With our leadership's focus on vision for excellence working in tandem with the support of our family members, we are ensuring that Family Hospice and Palliative Care will continue to be here for those in need for generations to come.

Gratefully,

Barbara Ivanko  
President

## CELEBRATION OF LIFE

Every Family Hospice patient leaves an imprint on our hearts. And many of our family members wish to honor their loved one by imprinting their name on a memorial structure as a permanent remembrance.

Jim Gracey, who lost his wife Joyce in August of last year, chose to add her name to the Celebration of Life Wall and Fountain Plaque to honor her at her last resting place. "This is where she took her last breath and where I stroked her arm and hand until she was taken to a better place. I now go back to the Wall and have coffee with her, knowing that she can hear and feel my presence."

If you wish to consider a memorial tribute for your family or friend, there are several options available.

### CELEBRATION OF LIFE WALL: \$1,000 donation

The Celebration of Life Wall is a stately granite structure in a park-like setting on the grounds of Family Hospice in Mt. Lebanon and is accessible year-round. Names are engraved in the spring and fall, in conjunction with a short dedication ceremony which family members and their guests are invited to attend.



### FOUNTAIN PLAQUE: \$500 donation

This bronze plaque is mounted and displayed on the fountain in the picturesque courtyard at Family Hospice in Mt. Lebanon. The change of seasons makes this a beautiful setting to remember your loved one.

### SILVER DOVE: \$300 donation

Crafted by well-known Wendell August Forge, this hammered aluminum dove measures 5" x 6". This silver dove can be displayed anywhere. It can be hung inside your loved one's former room at Lawrenceville or Mt. Lebanon or in the hallway of either Inpatient Unit. Or, have this shipped to your home so that you may display it in your home or garden.

Leave a legacy of love. While providing emotional support, your memorial donation will also support Family Hospice's mission of providing compassionate, quality comfort care to other patients and families in need.

To secure your memorial, forms are available on our website at [FamilyHospicePA.org/How You Can Help/Celebration of Life Wall](http://FamilyHospicePA.org/How You Can Help/Celebration of Life Wall) (all options are listed on this page). Or you can contact Christine Jamison, Director of Development, at 412-572-8812 or [cjamison@FamilyHospicePA.org](mailto:cjamison@FamilyHospicePA.org).



# PLAN TO MAKE AN IMPACT BY SUPPORTING FAMILY HOSPICE

At the end of 2017, Family Hospice and Palliative Care was the recipient of a very generous bequest from the estate of Claire Bostrom. Her husband Bill lived out his life under our care in 2002, and she had been an active donor since that time. We were fortunate to be designated as a beneficiary. Many of our supporters have included Family Hospice in their will and other financial plans for reasons that are dear to them. Judie Spiegel is one of those supporters.



Besides living her life as a world traveler and avid outdoors lover, Judie has been a dedicated volunteer at Family Hospice for more than 30 years. She has participated in many facets of volunteerism at Family Hospice including bereavement support, spiritual care, singing with the Threshold Choir, and her work with the Friends of Family Hospice Treasures Sale.

When Judie began volunteering at Family Hospice, she sat in on patient team conferences weekly, listening to the medical review of each patient. It was here that Judie learned how short life truly is, and how it can

change so quickly and dramatically. When asked why Family Hospice was designated as a beneficiary in her will, she immediately smiled and said, "How could I not? Family Hospice has been such an important focus of my life." Picking a cause that is very close to Judie's heart and supporting it is something that is very meaningful to her.

Family Hospice has been so fortunate through the years to have grateful members of our family, like Judie, come forward to help others. Other than designating Family Hospice in a will, donors can lend support by joining the newly formed Giving Society. We invite you to become a member at a level that meets your interests. All monies raised from this society are designated for programs and services for other patients and families.

There are three levels of membership. The first level, 'Angels' Choir', includes committed supporters who generously donate annual gifts of \$5,000 or more. The next level, 'Distinguished Dove', is comprised of committed supporters who generously donate annual gifts of \$1,000-\$4,999. The premier membership level, 'Family Cornerstone', welcomes those who inform us that they have made a provision in their estate plan to support Family Hospice. There is no minimum gift required, and requests for anonymity are always respected.

For more information on the Giving Society and to pledge your commitment, visit our website [FamilyHospicePA.org](http://FamilyHospicePA.org) and click on How You Can Help, or contact Christine Jamison at 412-572-8812 or [cjamison@FamilyHospicePA.org](mailto:cjamison@FamilyHospicePA.org). Consult with your financial advisor before making arrangements. If you do not have one, Watermark Financial will be happy to assist you at 412-531-3533. We couldn't continue to do the work we do and provide care for so many families without your help. Thank you for including us in your plans.

## SWING FOR CHARI-tee

Monday, May 14 | McMurray, PA  
Valley Brook Country Club

### Update your scorecards!

The 31st Annual Golf Benefit & Auction will be held on Monday, May 14 at Valley Brook Country Club in McMurray, PA. Valley Brook is an exclusive club on 310 acres of beautiful rolling hills and a challenging course of 27 holes. The day includes 18 holes of golf in either format (Play Your Own Ball or Scramble), skill prizes, awards dinner, silent auction and raffle baskets, and a chance to win \$50,000, courtesy of our friends at USA Compression!

We invite you to enjoy the day with friends while at the same time raising money for a great cause. All of the proceeds are directed to patient and family services within your local community. Last year's event raised \$70,000, benefitting the more than 2,700 seriously ill people in our care annually.

Your support enables us to deliver the highest quality of care to patients, fund bereavement programs such as Camp Healing Hearts for grieving children, and educate the broader community about the benefits of hospice care. There are many ways to support this event: becoming a sponsor, registering a foursome, buying a tee sign, or making a general contribution.

For more information and to register, visit [FamilyHospicePA.org](http://FamilyHospicePA.org) or contact Special Events Coordinator Dianne Whetsell at 412-572-8874 or [whetsell@upmc.edu](mailto:whetsell@upmc.edu).





*Chief Medical Officer Dr. Keith Lagnese, MD, FACP, HMDC and Senior Clinical Manager Elena Nosal lead the expanded access program that allows eligible patients to receive Family Hospice care and continue palliative treatments.*

## **DONOR SUPPORT ENABLES EXPANDED ACCESS TO FAMILY HOSPICE CARE WITH PALLIATIVE TREATMENTS**

Imagine you are facing a life-limiting diagnosis and left with a choice: do I opt for medical palliative treatments that make me more comfortable and improve my quality of life, or do I enroll in hospice to have the emotional and spiritual support and physical care that I desperately need? For some patients whose comfort treatments are costly or complicated, that is the decision they must make.

Through donor support, Family Hospice is able to provide expanded access for patients like John\* who would benefit from both palliative treatments and hospice. At 79 years of age, John lived alone. His diagnosis of aggressive head and neck cancer led to severe symptoms of pain and bleeding.

His physician recommended radiation therapy to shrink the tumor with the goal of reducing his pain and bleeding, but patients receiving radiation treatments are often not admitted to hospice care because of the expense. Through Family Hospice's grant for "Complex Palliative Interventions" funded

through memorial donations throughout the year and other contributions, John was able to receive his remaining treatments and have the benefit of enrolling in Family Hospice care.

"John said that the radiation helped him to be able to swallow and decreased his pain," shares Elena Nosal, Senior Clinical Manager, who personally followed John's journey. While the treatments improved his quality of life to manage his physical symptoms, Family Hospice care allowed him to address other concerns, like the emotional and spiritual aspects of facing end of life.

"He was so appreciative of being able to come on Family Hospice care and formed a great bond with his nurse," Elena says. "He came full circle with having that support in the home and was able to talk about and set up his end-of-life wishes." John was explicit in his desire to not be alone when that time came, and the team was able to appropriately transition him to the Family Hospice Inpatient Unit at Lawrenceville, where he made many friends in his final days and passed away peacefully on December 15.

"John told us that if he had to make the choice, he would have chosen radiation and not elected hospice care. That means he wouldn't have been admitted until it was too late for him to share his wishes or for us to honor them," Elena explains. "From a psychosocial standpoint, we were able to have someone help him through this journey on his terms, and that is a hospice 'win' in our book."

*\*Name was changed to protect confidentiality.*

# 'FRIENDS OF FAMILY HOSPICE' TREASURES COMMUNITY DONATIONS

Preparing for the 'Friends of Family Hospice' annual Family Treasures Sale is no small feat. The time and energy that goes into accomplishing this two-day event is tremendous. For this year's Treasures Sale, which will take place on Saturday, October 6 and Sunday, October 7, the ladies of 'Friends of Family Hospice' will begin their planning process in May.

Jane Johnson, President of 'Friends', describes this sale as one of the largest upscale sales in the area. "People come from all over the South Hills and throughout the city for this," Jane declares proudly. "It has become a well-known event in the community!" For those people who attend the sale, it is often their first visit to the Family Hospice Inpatient Unit in Mt. Lebanon, and they are always very impressed with the facility.

In 2014, 'Friends' held the first ever Family Treasures Sale, raising approximately \$5,000 for Family Hospice. The event has exploded in recent years, garnering much more publicity and attention. By sending press releases about the Family Treasures Sale to local magazines and



newspapers, libraries, churches, senior centers, and local charities, last year's sale was the most successful to date - \$25,000 was raised on behalf of Family Hospice in two days!

Over the years, 'Friends' has been able to purchase a multitude of extremely helpful items for Family Hospice through the money raised from the Family Treasures Sale. Some items that have been purchased include a commercial-sized blanket warmer, futons, cordless bed alarms, computers, a massage chair, an ice crusher, and a box truck - which is instrumental in collecting items for the sale - adorned with the Family Hospice and 'Friends' logos on the side.

Whether you are contributing items to this worthy cause, or looking to purchase something new for your home, the Family Treasures Sale could not be successful without your participation! Be

sure to keep your eyes and ears open for more details regarding donations for this year's Family Treasures Sale. 'Friends' will begin to accept donations for this year's sale on May 1. Some popular items for donations include furniture, gently used jewelry, linens, lamps, mirrors, artwork, holiday decorations, kitchenware, small appliances, china, glassware, collectibles, and books.

Contact Jane Johnson at [jane341@aol.com](mailto:jane341@aol.com) if you have any questions. If you are interested in joining 'Friends of Family Hospice' or any other volunteer opportunities with Family Hospice, please contact Volunteer Coordinator Nick Petti at 412-572-8806 or visit [FamilyHospicePA.org](http://FamilyHospicePA.org).

*Photo above: Last year's Family Treasures Sale included a variety of housewares and other items that were popular with supporters.*

## "HOP & STOMP" FOR FAMILY HOSPICE

*Saturday, June 16 | Laurel Highlands*

Get wined and dined at Family Hospice's first "Hop & Stomp" fundraiser in the Laurel Highlands on Saturday, June 16. Our day begins with a leisurely visit to the Christian W. Klay Winery to sip and sample. Next, we'll revisit the past at the Ridge Runner Distillery, featuring local moonshine, vodka, and whiskey. Round out the afternoon with a scrumptious meal sharing tales and memories overlooking the vineyard. Includes motor coach transportation, wine/distillery tasting, and summer picnic. Cost is \$150 per person. The tour departs at 10 am and will return approximately 5 pm. Bring your dad or grandpa and make it a Father's Day to remember!

For information or to place a reservation, contact Special Events Coordinator Dianne Whetsell at 412-572-8874 or [whetsell@upmc.edu](mailto:whetsell@upmc.edu). All monies raised benefit patient and family services and programs in your community.



## CHARTING GROWTH WITH A NEW PEDIATRIC PROGRAM

When Mr. (Fred) Rogers was a boy and he would see scary things, his mother would always say, “Look for the helpers. You will always find people who are helping.” As frightening situations present themselves to the children in Family Hospice’s pediatric program, the team works to make them as comfortable as possible and ease their fears and concerns.

Jennifer Vennare, Director of Clinical Operations, reflects that, “No child should die alone, be in pain, or feel afraid. Our program’s goal is to provide relief of suffering and promote hope and dignity.”

In the fall of 2017, Jenn and her team recognized the need to enhance Family Hospice’s existing pediatric program to better serve the community, so they approached and built a partnership with Children’s Hospital of Pittsburgh of UPMC.

Jenn states, “Being a part of the UPMC healthcare continuum, we wanted to position ourselves as the hospice of choice for Children’s Hospital, so we offered our expertise and services.”

To learn how to best care for children, Family Hospice staff from all disciplines did rounds at Children’s Hospital. This included physicians, nurses, nurses’ aides, social workers, and spiritual counselors. This interdisciplinary approach enables Family Hospice to attend to the physical, emotional, social, and spiritual needs of children. The hospice team works in collaboration with doctors and nurses at Children’s Hospital. Kids and their families have around-the-clock access to members of the Family Hospice team who can assist and collaborate with them on complex or difficult decisions.

According to Megan Cameron, Pediatric Social Worker for Family Hospice, the interdisciplinary team cares for the children as they transition from hospital to home. This pattern can be repeated multiple times because there is more latitude with administering treatment based on legislation passed by President Obama in 2010. The “Concurrent Care for Children” Requirement (CCCR) permits children enrolled in hospice care not to forego curative care. Every state’s Medicaid program is required to pay for both curative and life-prolonging treatment and hospice services for children under age 21 who qualify.

“Every plan of care is individualized for the child and family,” comments Megan. “Cases involving children can be more complex with psychosocial factors.” Are the parents trying to balance the care of a sick child and healthy ones at home? Do they feel guilty and responsible for their child’s condition? Is the child’s care being compromised by physically or emotionally absent parents? Are aging grandparents acting as caregivers? Megan continues, “Overall our job is to consider these factors and establish a care plan that makes kids feel comfortable so they can still be kids.”

Family Hospice’s spiritual staff embraces that approach as well. The Rev. Mary Ann Trifaro shares that it’s important to keep in mind that kids’ needs are basic and the focus is on meeting their immediate needs. “Children understand living in the moment, and all they want is to feel loved,” reflects Mary Ann. “What better way of approaching hospice and life.”

# THANK YOU TO OUR SUPPORTERS

Donations of \$500 or more are recognized in print. List reflects donations made in 2017.

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Family Hospice  
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## Hospice and Palliative Care Symposium 2018: No Patient is “Typical”

Tuesday, May 1, 2018  
8 a.m. to 4 p.m.

Herberman  
Conference Center  
UPMC Shadyside  
5150 Centre Ave.  
Pittsburgh, PA 15232

### Presenters

**Dr. Rachel Levine**, Acting Secretary of Health and Physician General for the Commonwealth of Pennsylvania

**Dr. Robert Arnold**, Medical Director, UPMC Palliative and Supportive Institute (PSI)

**Dr. Keith Lagnese**, Chief Medical Officer, Family Hospice and Palliative Care

**Dr. Jennifer Pruskowski**, Palliative Care Clinical Pharmacy Specialist, UPMC Palliative and Supportive Institute (PSI)

**Dr. Scott Miller**, Inpatient Medical Director, Family Hospice and Palliative Care

For more information, contact Eric Horwith,  
[ehorwith@familyhospicepa.org](mailto:ehorwith@familyhospicepa.org)

1-800-513-2148  
[FamilyHospicePA.org](http://FamilyHospicePA.org)

### MISSION STATEMENT

The Mission of Family Hospice and Palliative Care is to provide compassionate, quality comfort care that enhances the lives of people with life-limiting illness and their families.

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