

HOSPICE *Happenings*



FALL | 2013

VOLUME 31

in this issue

Roaming WYOMING *and beyond...*

**FRIDAY, NOVEMBER 15 at 6 PM,
BEST WESTERN RAMKOTA**

The Bucket List, a 2007 comedy-drama film, starring Jack Nicholson and Morgan Freeman, follows two terminally ill men with a wish list of

things to do before they “kick the bucket.” Most people could finish a sentence that starts with “I wish I could...”

ROAMING WYOMING, the fall gala and fundraiser for Central Wyoming Hospice and Transitions, is collecting items that belong on a bucket list! The live and silent auctions will no doubt include more than one item wanted on everyone’s bucket list. Proceeds from this fundraiser will benefit patients, families and community members in Natrona County and the Glenrock area.

ROAMING WYOMING’S live auction packages include:

- **Cabo San Lucas Vacation for 8** – donated by Gail Zimmerman
- **Tour of Wyoming Bed & Breakfast for 2** – donated by Nagel Warren Mansion, Residence Bed & Breakfast, The Mansion House Inn, The Wort Hotel
- **Buffalo Hunt** – donated by Twin Pine Ranch, Pat’s Meat Discounter, Doyle Land Survey and Jeff & Kristen Atkinson
- **Teton Valley Ski Package for 6** – donated by Tom & Pam Walker, Jackson Hole Ski resort and Grand Targhee Resort
- **Pasta Making Weekend in Lander for 6** – donated by Kate Sarosy & Scott Sissman & Holiday Inn Express
- **Palm Springs Vacation for 6** – donated by Realty Executives of Casper



Annie Oakley (aka Brenda Evans, Volunteer Coordinator at CWHTP) showcased the raffle item she’s best associated with at the 2012 Roaming Wyoming.

continued ➤

- *The President’s Corner*
- *Hope is Welcome Here*
- *In the Beginning*
- *I Wish...*
- *New Director of Nursing Always Wanted to Relieve People’s Pain*
- *Busy Boxes and Memory Aprons*
- *National Hospice Month*
- *Filling the Tree with Love*
- *Hospice Wish List*





ROAMING WYOMING SPONSORS

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- McMurry Foundation
- KCWY - Channel 13
- Casper Star Tribune
 - Town Square
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 - Rocky Mountain Oncology
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- Edgeworth Real Estate Firm
 - Wyoming Medical Center
 - Doyle Land Survey
 - Ball Advertising
- Elkhorn Valley Rehabilitation
 - Jeff & Kristen Atkinson
 - Mary Atkinson
 - Wink and Carol

► from front page

- **Teton Springs Golf package for 2** – donated by Teton Springs Lodge & Spa
- **Walleye Fishing at Glendo for 2** – donated by Howard Ewart
- **White Stallion Ranch in Arizona for 2** – donated by Mike & Russell True
- **Winter Dinner on Casper Mountain for 6** – donated by Dusty & Vickie Johnson, Gegi & Mountain Sports
- **Frosty Fun Package at Yellowstone for 2** – donated by Xanterra Parks & Resorts
- **Quilt of Love** – squares from \$100 to \$5000 to directly support patient care for those who cannot otherwise afford it.

Many silent auction items will also be available.

Live entertainment will be provided by the Swing Sounds.

Tickets for the event are \$50 each, and may be purchased at CWHTP Resource Center, 319 S. Wilson St., Monday through Friday, 8 AM to 5 PM, or by calling 307-577-4832. You may also e-mail cwhp@cwhp.org for more information. 🦋



Terry Hlibichuk, Mrs. Casper, 2013, and CWHTP Hospice volunteer, displayed auction items at last year's Roaming Wyoming event.

THE PRESIDENT'S CORNER *by Russ Weller*

I am always amazed by the generosity of business owners in the Casper community.

Over the last 2 months, I have been visiting small businesses to ask for donations of goods and services to auction off during our Roaming Wyoming event on November 15th.

At Central Wyoming Hospice & Transitions, we strive to provide quality and compassionate end-of-life care to everyone in the community, regardless of their ability to pay. Fulfilling this mission becomes more difficult every year with rising costs of providing care and falling insurance reimbursement rates. We depend on donations made throughout the year and monies raised during Roaming Wyoming to meet the shortfall and continue providing care to the community.

Talking with business owners has been a wonderful opportunity for me to hear stories about the many positive ways Central Wyoming Hospice & Transitions has impacted the lives of people throughout the community.


It's encouraging to see that the work of our volunteers and staff is so appreciated. And these business owners have been more than happy to show their appreciation by donating to our live and silent auctions.

We have an amazing collection of experiences for our live auction this year, from a week in Cabo San Lucas, to an Arizona Dude Ranch excursion, to a tour of Wyoming Bed and Breakfasts.

continued ►

► For our silent auction, we have too many exciting packages to list here, but there will be something for everyone, from artwork lovers to wine lovers.

Please join us for Roaming Wyoming on Friday, November 15th. You can purchase tickets for the event at the Central Wyoming Hospice & Transitions Office.

And in our next newsletter, we will be recognizing all of the business who sponsored and donated to the event. Please take a look at the list, and make an extra effort to patronize those businesses that are giving back to Central Wyoming Hospice & Transitions, and our community. 

HOPE IS WELCOME HERE

by Marilyn Connor, Executive Director

Contrary to popular belief, I have never seen a hospice facility that requires patients to leave their hope in the parking lot! Choosing hospice does not require an individual to give up hope. It allows you to continue to hope for days and months filled with quality, comfort, compassionate support and dignity.


“I wish we had been referred to Hospice sooner” is a comment we hear over and over from surviving families of our patients, and one that is echoed across the country.

The Medicare hospice benefit is for patients who have a prognosis of six months or less if their disease is left to run its natural course. Yet half of our patients die within the first 14 days following admission to services.

The premise of hospice is to provide quality to an individual’s final stages of life. Our emphasis is on life, not death. Individuals and families admitted to hospice early in their disease process receive the optimal benefit hospice services can offer. Many individuals have the misconception that they have to be very near to the end-of-life, and requiring a great deal of nursing care, before they can access hospice services. Ironically, just the opposite is true.

You may not need a lot of help when starting hospice services; however, the amount of support needed may increase as the patient’s condition and needs change. The earlier you begin hospice services, the sooner you can get that support.

While hospice does provide expert pain and symptom management, it also offers a wide array of resources to help families deal with the many issues that surround chronic and terminal illness. Financial challenges, sadness, medical advocacy to ensure choices are being respected, and interruption of family dynamics are just a sample of the issues that can be addressed when hospice is allowed to companion the end-of-life journey sooner than later.

It is important to know that you don’t have to wait until the last minute to call hospice. And you don’t have to wait for your physician to bring up the subject. If you are at all unsure as to when the time is right for hospice services, pick up the phone and call us! The earlier you begin hospice services, the sooner you can get the support need. And bring your hope with you! 




Our Mission

To Companion the
End of Life Journey
with
Skill and Compassion

Central Wyoming Hospice
and Transitions Program

Serving Natrona County
and Glenrock area


Sunday Church Services
are held as follows:

Kloefkorn Home 10:30

Chapman Home 11:00
(when occupied)

All are welcome



BOARD OF DIRECTORS

Russ Weller,
Board President

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NEWSLETTER EDITOR

Neva Bodin

IN THE BEGINNING

The first hospice in America was established in 1974 in Connecticut. The first hospice in Casper was organized by a team of doctors, nurses, and volunteers in 1981. Part of the cancer treatment center, it was called "The Central Wyoming Treatment Center and Hospice."

"No other hospices were affiliated with cancer treatment centers," says Terri Marnell, RN, the second paid employee of Casper's newly organized hospice. Marnell, who still works as an oncology nurse, was one of the first two certified chemotherapy nurses in Casper.

Jill Alsup, a hospice volunteer since the beginning of hospice in Casper, was a member of the founding board. Living in Houston, TX in 1980, she was familiar with hospice care.



Inge Kutchins (left) and Jill Alsup were among the first volunteers of Casper's new hospice in 1981, and are still active volunteers at CWHTP today.

Traveling to Casper to visit her mother who had cancer, she shared her knowledge of hospice care with Dr. Paul Johnson, Oncologist, and Dr. Carol Fellows, the first trained Radiation Oncologist in Casper.

"Dr. Johnson was excited," she says. Alsup made a donation for hiring a lawyer to see to the legalities of starting a hospice in Casper. By 1982, Alsup had moved to Casper to care for her mother, and became a board member of Casper's new hospice, serving several different terms.

Inge Kutchins has also volunteered in various capacities since hospice began, and continues to do so. She worked in the office in the original building on South Jackson.

She was on the board when the Charles M. and Cara Lou Chapman Home was built, serving several terms. She smilingly recalls, "I was there for the first Trees of Love." She now greets visitors in the Kloefkorn Home on Monday evenings.

Casper's first hospice began in a two-story four-plex on Jackson Street. The bottom story was used for chemotherapy; the top had bedrooms, a kitchen and dining area. Patients from outside the Casper community could come for treatment and stay overnight for free. Clinics were held twice a week where patients met with a team of doctors and nurses.

"We always had two or three doctors who met with the patient for follow-up," says Marnell. Drs. Fellows and Johnson were the impetus in beginning this team concept. "They wanted the best quality of care from diagnosis to end of life. They wanted it comprehensive...it was all done in one visit," she explains. Patients did not have to go from office to office; the team came to them at the treatment center.

Hospice was free for everyone. Palliative care (team minded care with a goal to relieve pain, stress and symptoms of serious illness), was provided along with treatment. Hospice care was given in the home and volunteers were trained to assist with care.

Funding for the program was provided by the Blue Envelope Cancer Fund. The Blue Envelope program was generous to the new organization, buying equipment and providing for training of personnel.




Terri Marnell, RN, who worked with Dr. Johnson and Dr. Fellows when they began the first Hospice in Casper, says, "They wanted the best quality of care from diagnosis to end of life."

continued ➤



Brenda Wilking fondly remembers her volunteer work with CWHTP. "It's just a completely different spirit in hospice," she says.

► Brenda Wilking, age 97, while not among the first volunteers hospice trained, was a volunteer when Dr. Johnson was still director and has fond memories. "I just wished I could take this Casper group around and show others; they were so good. It's just a completely different spirit in hospice," she says.

People with foresight, people who saw the importance of all stages of life, including end-of-life, created and formed what still lives in Casper—a hospice—a group of people who know everyone matters, and care enough to help every person live with quality and dignity, right to the very end. Only now, the name is Central Wyoming Hospice and Transitions Program and serves anyone who has any terminal illness with prognosis of six months or less. 

BUSY BOXES & MEMORY APRONS

Central Wyoming Hospice and Transitions Program (CWHTP) provided an in-service to their volunteers on "Caregiving for People with Dementia." It sparked an idea in Rebecca Moonen's mind. Moonen, a volunteer for the past year and a half, decided to take the knowledge gained and put it into practice.

Moonen became acquainted with hospice in another state over twenty years ago when her infant son needed twenty-four-hour end-of-life care.

"It allowed me to be a mother again," she says, stating hospice was there to provide that care during his short life, so she could just enjoy loving and being with her son. "It took the anxiety away."

She wanted to give back and took the volunteer training at CWHTP. She now greets visitors, visits with patients, plays piano for worship services there, and works on her new project.

She learned dementia patients often need to be busy doing something. A "memory apron" or "busy box" fills that need.

She'll take donations for her new project. She would like different size boxes, such as plastic sweater boxes or recipe boxes, to place a variety of items in. These boxes could be checked out by volunteers, staff or families. Items to put in the boxes may include: old pictures, poker chips, large, sturdy necklaces, clothes pins, large bolts and nuts, or "fidget" items.

On the memory aprons, she is sewing Velcro flaps, large zippers, colorful pockets, keys and key rings, carabiners, or anything with a hole that can be put on a string, such as old thread spools, washers, and measuring spoons. She emphasizes the items should not be childish items, but familiar items to adult patients. She would like caps for the men to put on, hats for women. She has made some aprons out of overalls.

CWHTP thanks Moonen and all volunteers for the wonderful ways each gives to hospice and transitions. Moonen replies, "Thank you so much for the opportunity to use my talents, and to find and build new ones."

To donate, call the Volunteer Coordinator at 307-577-4832. 



Becky Moonen models a "Memory Apron" she is making for hospice patients who like to "fidget" with something.



YOU ARE INVITED!

HOSPICE | Care on Your Terms is the theme for National Hospice Month in November! And you are invited to help us celebrate this special health care.

A hospice back in the 1800's in Europe was a place to stay for someone on a journey to religious shrines to seek healing—a place of refuge. It comes from the root word—hospitality. Today, it's also a place of refuge, for a special time—the last part of life's journey.

Central Wyoming Hospice and Transitions Program, the only non-profit hospice in Natrona County, celebrates the privilege of being part of that journey for many, with an Open House for the community.

Please join us on Thursday, November 7, 2013 from 5:00—7:00 PM at the Charles M and Cara Lou Chapman Home, 319 S. Wilson St.

We will display the 2012 Quilt of Love during the event and have quilt squares available for sale. Information on Roaming Wyoming, as well as tickets for the event, will be available for purchase at the open house.

There will be background music, and refreshments will include an assortment of wines and hors d'oeuvres.



NEW DIRECTOR OF NURSING ALWAYS WANTED TO RELIEVE PEOPLE'S PAIN

COMING EVENTS
*National Hospice Month
 Open House,
 Central Wyoming Hospice
 November 7, 2013
 5:00 - 7:00 PM*

•

*Roaming Wyoming
 Best Western Ramkota
 November 15, 2013
 6:00 PM*

•

*Tree of Love Celebration
 Central Wyoming Hospice
 December 8, 2013
 6:00 PM*

Teresa Davis, RN, loves Wyoming. "I just love the wide open spaces and fresh air, the wild flowers and wildlife!" Davis is Director of Nursing at Central Wyoming Hospice and Transitions (CWHTP). She began her new position with hospice in July.



Teresa Davis reads "Hospice Happenings" near her new office in the Kloefkorn home. She's anxious to become acquainted with the staff at CWHTP.

Davis grew up in a rural area of Pennsylvania. She attended a diploma nursing program in Reading, Pennsylvania, and continued working at the hospital where she trained for fifteen years, specializing in cardiac care. Her next move was to Jackson, Wyoming in 1990. Since that time, she and her husband, due to his work, moved to several different states, but returned to make Casper their home three years ago to be near their children. She says her husband, now retired, "is my best friend." Together, on Davis's time off, they enjoy the outdoors with their two golden retriever dogs.

Davis has worked in her profession wherever they have lived. Most recently before joining hospice, she did home nursing for children with special needs.

"I always wanted to relieve people's pain," she says of her desire to be a nurse. She worked in a pain clinic while living in Michigan. Along with medications, she hopes to explore additional relief measures for pain, such as aromatherapy, music, and massage in hospice patients.

"In Jackson, we did a lot of things with aromatherapy," she says, noting certain aromas are gender-specific for promoting relaxation in individuals.

She would like families and patients to know they can bring special music or items to help provide comfort to the patient at hospice. They may also let staff know of things that might be done or used to help diminish pain for someone.

Davis feels the most rewarding aspect of her career is helping people of any age deal with their last days. "I see death as part of an ongoing journey," she says. "I hadn't realized how much I had been missing this type of care. It's a good place for me to utilize all the skills

The Bustard family has been assisting the families of Central Wyoming with their funeral and cremation needs since 1937.

Bustard's

Funeral Directors and Crematory

BUSTARD'S

Bustard's is Casper's only locally owned and operated funeral home and crematory.


~ We also offer complimentary prearrangement services. ~

and experience I've accumulated over the years...This place has such a wonderful reputation in the community."

Davis is beginning her job by meeting with individual staff before setting all her goals and priorities. She says it's a positive experience. "The staff are welcoming, knowledgeable and compassionate; they work so well together as a team."

She also hopes to learn more about community needs and expectations as well.

"Our role [as hospice staff] is providing all the information we possibly can and allowing the patient and family to make decisions about their care," she says. "It's such an honor for them to allow us to share that [end-of-life] experience."

The office of CWHTP's new Director of Nursing is located in the Kloefkorn Home. 

I WISH...

"I didn't want to hear it was the end, but he could have been saved some suffering. He could have been more comfortable...I would have had a few more days to get my mind prepared," says Carol Chapman. Her husband had an inoperable brain tumor they had already dealt with for 28 months, twice as long as predicted for his survival. Told it was a brain bleed with 60% chance of recovery, she never considered his hospitalization in 2009 would be for the last time.


"We'd been through two and a half years of ups and downs," she says. Given his history of multiple recoveries, she told herself he would be okay.

Although hospice was mentioned, she hadn't been told results of a test sent to Denver. She called the doctor in Denver and heard the truth—his tumor was out of control. He was admitted to Central Wyoming Hospice on a Thursday, and passed away on Saturday.

Even though he was comatose in the hospital, Chapman felt her husband was in pain. He was trembling and making jerky movements, but she was told it was the effect of his being on prednisone. After a hospice nurse made a referral visit to Chapman and her husband in the hospital, transfer to Central Wyoming Hospice inpatient care was arranged.

"Then our own doctor said to give him whatever med he needed," she says. He was given pain medication and the trembling and jerking stopped.

She wishes there had been communication sooner from the physician regarding her husband being terminal that time.

"The thing I regret is not being able to give him the comfort [more quickly]," she says with tears of remembrance. It has been four years since then, but memories know no time. She tells her story to say that even though it's painful, someone needs to tell a patient and family what they need to hear—if a patient is appropriate for hospice. Comfort and support are waiting there. 



Carol Chapman wishes her husband had been admitted to hospice earlier in his illness. "He could have been saved some suffering," she says.



WISH LIST

- Baby Wipes
- White and Colored Copier Paper/Cardstock
- Tide Free High Efficiency Liquid Detergent
- White-Out Tape
- CD Players for Patient Rooms
- New Flat Screen Monitors
- 9-Volt Batteries
- Permanent Markers
- Disposable Razors
- Travel-sized Deodorant
- Toilet Paper
- Shampoo
- Kleenex
- Paper Plates, Napkins, Cups, Plastic Flatware
- Quart and Sandwich Sized Bags
- Distilled Water
- Coffee
- Dry Erase Markers
- Postage Stamps
- Letter Sized Envelopes
- One-third Cut Letter Sized Folders
- Chapstick

FILLING THE TREE WITH LOVE

On December 8, 2013 at 6:00 PM the annual Tree of Love celebration will be held at Central Wyoming Hospice and Transitions. All are invited.

The Tree of Love celebration is a long-standing tradition at Central Wyoming Hospice and Transitions. It serves more than one purpose. While it helps the hospice program provide care to those who can't otherwise afford it with much-needed donations, it is also a way to honor those we love and hold dearly in our hearts. And by doing so, it helps us deal with the grief of losing someone who was important to us, or to remember someone who is an important part of our lives.

Specially cut-out ornaments that will be mailed to many, or can be picked up at the Resource Center at 319 S Wilson, may be hand decorated and creatively personalized. These symbols of honored loved ones, may be returned with memorials to the hospice program. As they glow with love from the branches of an evergreen tree, celebrants will enjoy hot drinks, cookies and a special program that Sunday evening.

Holiday spirits and warm feelings will wrap around us as we celebrate lives and life. Please join us and bring a friend. Call 577-4832 for information or to order an ornament. 