

You Make Meaningful Moments *Possible*



SPRING 2019



Our team, your neighbors

Get to know: *Ann Blue*

Why we give

Volunteers needed



visiting Nurse

Visiting Nurse provides compassionate care to alleviate suffering and ensure quality of life for those affected by serious illness. We care for those who go on living as well. Our grief services are available at no charge for any adult who has experienced the loss of a loved one. We proudly serve these Indiana counties: Adams, Allen, DeKalb, Huntington, Noble, Wabash, Wells and Whitley.

HOSPICE HOME HOSPICE CARE PALLIATIVE CARE GRIEF SUPPORT

www.VNFW.org

Visiting Nurse Board of Directors

Vicki Bendor-Braun
Joseph Byers, Chair
Dustin Crider, Treasurer
Carmen DeBruce
Elizabeth Frederick
Patti Hays, Vice Chair
Doug Kline
Kurt Ness
Angela Nevers
Kay Novotny
Laurisa Roper
Chris Schenkel P.E.
Molly Soberalski
Jesica Thorson,
Secretary
Gina Zimmerman
Jarrod Wilson,
Board Intern
Leslie Friedel

Visiting Nurse Foundation Board of Directors

Stephen Adair
Anne Cavanaugh
Brian Fehlhaber
Eleanor Marine
Dar Richardson
Elizabeth Regedanz,
Vice Chair
Kim Sabrosky,
Secretary/Treasurer
Nancy Stewart, Chair
Leslie Friedel
Joseph Byers

Letter from the CEO



Dear friends –

As I reflect on my first few months as Visiting Nurse's CEO, I'm struck by how deeply ingrained Visiting Nurse is in northeast Indiana. Since 1888, we've cared for families facing serious illnesses with compassion and love. We walk alongside you in your journeys: we understand what families like yours go through, because we've also walked in your shoes. Our medical team is homegrown, our nurses are your neighbors, our aides, volunteers, social workers and chaplains live and work in the same places you do.

We are only able to carry out our mission of providing compassionate care because of the support of caring neighbors like you. Your generous financial support means we've been able to expand our Palliative Medicine program to serve more families. Every week, our Palliative Medicine team helps patients who are facing life-limiting illnesses and are seeking curative treatment manage the side effects of their illnesses and treatments.

Your donations mean our Grief Support team can provide comfort and coping skills for any adult in the community who has suffered a loss due to death – at no charge – and hospice involvement is not required. Our Peggy F. Murphy Community Grief Center is a healing place of solace for those left reeling by the death of a loved one, and we're able to provide this vital community service because of the generosity of people like you.

Because of your support, no one who needs our services is turned away due to an inability to pay. In 2018, we were able to provide over \$230,000 in financial assistance, meaning that these families were able to get care for their loved ones without the headaches of financial strain at an already difficult time.

I have been humbled to see how your support enables Visiting Nurse's ability to care for the community. Your generosity means we can encircle our families with love and supportive care during the most challenging times of their lives. Thank you for your continued support of our programs and services that impact your family, friends and neighbors.

Serving with you,

A handwritten signature in dark ink, reading "Leslie Friedel". The signature is fluid and cursive, written on a light-colored background.

Leslie Friedel, CEO



Visiting Nurse

HOSPICE HOME HOSPICE CARE PALLIATIVE CARE GRIEF SUPPORT

Our Team, Your Neighbors

Visiting Nurse is blessed to have a strong medical team that guides the care for our hospice and palliative care patients. With three full-time physicians and four nurse practitioners with more than 110 years of combined palliative and hospice experience, Visiting Nurse provides expert care to those facing serious, potentially life-limiting illnesses.

Our medical team is also comprised of registered nurses, certified nursing assistants and home health aides who provide much of the day-to-day care for our patients in their private homes, assisted living facilities and skilled nursing homes. We walk alongside our patients and their families, with the experience of 130-plus years of providing care in northeast Indiana,

THANKS TO SUPPORTERS LIKE YOU.

Having a robust medical team means each patient is cared for in the unique ways Visiting Nurse has honed over the past 130 years. Thanks to the generosity of donors, we've been able to expand our Palliative Care program to offer palliative consultations and care to hundreds of people who are still seeking curative treatment for their illnesses. This allows them to focus on their lives, free from debilitating symptoms such as nausea, pain and anxiety.

Visiting Nurse's outpatient palliative medicine clinic is located at 7802 W Jefferson Blvd.
To learn more about this service,
call (260) 435-3222 today.

Meet the team



Hometown:
Roanoke, IN

20 years of hospice and
palliative care practice

Dr. Ann Moore, Chief Medical Officer

A graduate of Indiana University-Purdue University at Fort Wayne, Moore attended medical school at the Chicago College of Osteopathic Medicine and completed her internship and residency in internal medicine at Pontiac Osteopathic Hospital, as well as a Fellowship in Geriatric Medicine at William Beaumont Hospital in Royal Oak, Michigan. She is board certified in internal medicine, hospice and palliative medicine and has a certificate of added qualifications in geriatric medicine.

She has provided patient care in outpatient clinics, hospitals, assisted living and nursing facilities, Visiting Nurse Hospice Home and private homes in the Fort Wayne area since 2000. She has held various positions with administrative responsibilities in areas of quality assurance, regulatory compliance, and program development for retirement communities, home health and hospice organizations. She has participated in national, state, and local community professional boards and committees.

Hometown:
Payne, Ohio

25 years of hospice and
palliative care practice

Fritzi Nodine, Hospice & Palliative Nurse Practitioner

Frederica “Fritzi” Nodine is the newest member of the Visiting Nurse medical team. She joined Visiting Nurse in March 2019, coming from a palliative clinic in Bluffton. The Indiana University and University of Saint Francis graduate has worked in many different aspects of health care, starting with nursing, education and staff development, community education, market development, and physician recruitment. “My heart brought me back to nursing,” she said. “I am a patient advocate, at all times. I realize that my patients count on me to provide them with meaningful information to guide decisions that will impact their life.”

She said working with patients is rewarding. “The ability to help individuals and families adapt to life situations,” is satisfying, she said. “It can be difficult to navigate the health care system when healthy, let alone with a life-altering illness. Providing information, and options to help individuals and families make difficult choices,” makes her work fulfilling.



Hometown:
Columbia City, IN

7.5 years of hospice and
palliative care practice

Jamie Peppler, Hospice & Palliative Nurse Practitioner

Jamie Peppler has been with Visiting Nurse for over seven years. (She started on her birthday!) The Purdue University graduate says working with patients is a joy. “They are what give my work purpose. They are my greatest teachers. They hold a piece of my heart,”

she said. “I love the privilege of walking with patients and families through some of the most delicate and difficult moments of their lives. The words palliative and hospice tend to stir up a certain degree of uncertainty for folks. Helping them understand that we are truly an added layer of support to help make the journey more comfortable in any way we can is an ongoing challenge we face. None of us know how long the final chapter will be, but making each one of those moments matter, matters to me.”



Hometown:
Fort Wayne, IN

25 years of hospice and
palliative care practice

Kathryn Smith, Hospice & Palliative Nurse Practitioner

Kathy Smith has been a nurse for 40 years and has been with Visiting Nurse for five years. She was certified as an Advanced Practice Hospice and Palliative RN in 1997 and earned her degrees from Ball State University. She really loves being able to work with

patients and families who are in a vulnerable situation and in need of support, guidance and someone to really hear them.

"It has been so rewarding to meet patients at the Palliative clinic and work with them through treatment, and sometimes onto hospice and through their life's end," she said. "I enjoy them all, have been blessed to care for so many. Someone once told me I would have quite a crowd to welcome me in heaven! As will we all!"



Hometown:
Milwaukee, WI

3 years of hospice and
palliative care practice

Dr. Mary Wilger, Associate Medical Director

Dr. Mary Wilger joined Visiting Nurse in 2016 after a career in emergency medicine. The Michigan State University medical school graduate and self-professed "dog person" finds hospice work compelling. Helping families navigate the many ins and outs that a life-limiting diagnosis can bring is a challenge, but it's one she takes very seriously. Dr. Wilger sees hospice as "being able to plan life's exit strategy as opposed to just accepting it, as comfortably as possible."

Hometown:
Bluffton, IN

7 years of hospice and
palliative care practice

Laura Thomas, Hospice & Palliative Nurse Practitioner

A Visiting Nurse employee since August of 2012, Laura Thomas is a Purdue University and Ball State University graduate. Prior to coming to Visiting Nurse, she worked with Lutheran Hospital as a member of the opening team for the hospital's heart failure unit.

She experienced hospice care with her grandfather and was attracted to Visiting Nurse after working with the agency's beginnings of the inpatient palliative consults at Lutheran Hospital in 2011. She enjoys being able to sit with patients and their families to get to know them and their goals for care. For her, hospice means compassion.



Hometown:
Sacramento, CA

27 years of hospice and
palliative care practice

Dr. David Tribble, Associate Medical Director

After a career traveling in other parts of the United States, Dr. David Tribble joined Visiting Nurse in 2012 and served for two years before moving to Florida. Board Certified in Hospice and Palliative Medicine, Dr. Tribble returned to Visiting Nurse in 2017, "deliberately, willing to tolerate the winters to have this wonderful group of colleagues," he said. Dr. Tribble has 27 years of hospice and palliative care medicine experience.

Visiting Nurse's outpatient palliative medicine
clinic is located at 7802 W Jefferson Blvd.

To learn more about this service,
call (260) 435-3222 today.



Outpatient Palliative Clinic

FREQUENTLY ASKED QUESTIONS

What is Palliative Medicine?

Palliative medicine is patient and family-centered care, provided by physicians and nurse practitioners, for those facing serious and chronic illnesses. Palliative medicine involves addressing physical, emotional and social needs to help patient autonomy, access to information and choice. Palliative medicine also focuses on providing relief from symptoms and stresses of a serious illness. The goal is to improve quality of life for patients and families.

1 How can Visiting Nurse's physicians and nurse practitioners support patients and families through our Outpatient Palliative Clinic?

- Symptom management services include:
 - Pain
 - Neuropathy
 - Nausea/poor appetite
 - Anxiety/depression
 - Shortness of breath
 - Weakness
 - Fatigue
 - Delirium
 - Constipation
- Goals of Care Conversations
- Advance Care Planning

2 When is the right time to refer a patient to Visiting Nurse's Outpatient Palliative Clinic?

- Patient sees 3 or more specialists
- Undesired weight loss
- Fatigue
- Declining function, including increased falls and/or declining ability to complete day-to-day chores
- Oxygen dependency
- Condition persists after treatment ends
- Discontinuation of dialysis
- More than 2 hospitalizations for the same condition in past year
- Patient or family requests palliative consult

3 What are common diagnoses that qualify for Visiting Nurse's Palliative Clinic?

- Cancer
- Congestive Heart Failure (CHF)
- Cirrhosis
- Chronic Obstructive Pulmonary Disease (COPD)
- Renal Disease
- Dementia
- HIV/AIDS
- Pulmonary Fibrosis
- Stroke
- Degenerative Nervous System Diseases including:
 - Huntington's Disease
 - Multiple Sclerosis
 - Parkinson's Disease
 - Amyotrophic Lateral Sclerosis (ALS)

4 Who Provides Care at Visiting Nurse's Palliative Outpatient Clinic?

- Ann Moore, DO, FACOI, CMD
Chief Medical Officer/Medical Director/Palliative Physician
- David Tribble, MD, FAAPC/CAQHPM
Associate Medical Director/
Palliative Physician
- Mary Wilger, DO, FACEP
Associate Medical Director/
Palliative Physician
- Jamie Peppler, MSN, FNP-C, ACHPN
Palliative Nurse Practitioner
- Kathryn Smith, MSN, FNP-C, ACHPN
Palliative Nurse Practitioner
- Fritzi Nodine, RN, BSN, MPA, MSN, NP-C
Hospice & Palliative Nurse Practitioner
- Laura Thomas, MSN, RN, FNP-C
Palliative Nurse Practitioner

5 What are the benefits of referring to Visiting Nurse's Palliative Outpatient Clinic?

- The earlier the patient and family are seen, the sooner the palliative care team can begin to provide additional support, manage symptoms and work toward goals.
- Goals of care conversations can help patients and families in the next steps in their journey.
- Collaboration between the referring physician and Visiting Nurse's team helps develop a cohesive treatment plan.
- Quality of life is improved and emotional distress is reduced with the involvement of Visiting Nurse providers.

To learn more, call (260) 435-3222.

PLANNED GIVING

Have you been thinking about making a gift to Visiting Nurse to support our programs and services but are unsure how to do so?

Something to consider is making a gift from your retirement plan as a part of your estate plan. A retirement plan gift can be a tax-efficient way of including Visiting Nurse in your estate plan. The best method is to name Visiting Nurse as a beneficiary on your plan's beneficiary designation form. A tax advantage is that most retirement plans are subject to income taxes if left to an individual beneficiary. If a charity, like Visiting Nurse, is named as the beneficiary there is not an income or estate tax placed on the distribution. The full value of what is distributed can then be made as a gift directly to Visiting Nurse, supporting a program or service that you designate.

There are many ways to make a gift to Visiting Nurse. We recommend you consult with your financial advisor and/or attorney to select the best way to make a planned gift that supports the mission of hospice while ensuring your family's financial security.

Consider joining Josephine's Planned Giving Society at Visiting Nurse by contacting Mary Shankster, Chief Development Officer, at (260) 435-3222.

State Farm Neighborhood of Good

In the month of February, Visiting Nurse teamed up with Christine Moring from State Farm to promote their Quotes for Good Campaign! As part of a national effort to raise awareness on volunteering opportunities and services provided through area nonprofits, select State Farm agents have chosen nonprofits to collaborate with on this exciting awareness campaign. Visiting Nurse was lucky enough to take part in this exciting opportunity!

Thank you Christine for choosing Visiting Nurse!





10

QUESTIONS

GET TO KNOW

Ann Blue
Volunteer Coordinator

- 1 **If you could have lunch with anyone, who would you choose and why?**
I'd have lunch with Joni Mitchell, my all-time favorite singer/songwriter. She's lyrical, artistic and magical. She doesn't know I'm her best friend!
- 2 **What do you find fulfilling about your job?**
This job never ceases to surprise me. I think I've got it all nailed down and then a volunteer walks in.
- 3 **Who are your heroes?**
My heroes are the hospice volunteers who cross my path. They are extraordinarily brave, caring, committed, selfless and vulnerable. I learn so much from them!
- 4 **Why Visiting Nurse and not another job?**
I'm trusted at VN and allowed to stretch and make volunteer support happen.
- 5 **What does "hospice" mean to you?**
Hospice means a change of tactics.
- 6 **What is your super power?**
My super power is a sweaty session at the gym.
- 7 **What is your secret ingredient?**
My secret ingredient is laughter.
- 8 **What is your favorite memory?**
My favorite memory is my younger daughter playing "Ave Maria" at my older daughter's wedding.
- 9 **What excites you?**
Blasting off on my bike on a cool spring day excites me!
- 10 **What is something about you that nobody knows?**
I built a bridge!

WITH
Your Help

we can care for the
seriously ill and their families.

Donate today!



To ensure that no one goes without the services they need, simply fill out and return the attached donation envelope. You can also donate with a credit card online: www.vnfw.org/donate-now



Everyone's Epidemic

Visiting Nurse Speaker Series on Substance Use Disorder

Mark your calendars for the upcoming entries in "Everyone's Epidemic," Visiting Nurse's speaker series on substance use disorder. On Tuesday, April 23, join family members who have lost loved ones to substance abuse and Visiting Nurse's grief coordinator David Wust for "Sharing My Healing Pathway."

And on May 16, join Visiting Nurse for the final event in the speaker series. Captain Kevin Hunter of the Fort Wayne Police Department's Vice and Narcotics division will discuss "Signs and Symptoms of Substance Use Disorder." This informative presentation will help family members understand what to look for in a loved one suspected of using substances and provide resources to help.

These events are free and open to the public. Each begins at 5:30 p.m. at the Peggy F. Murphy Community Grief Center, 5920 Homestead Road in Fort Wayne.

Tuesday, April 23
Thursday, May 16

Call 260-435-3261
to reserve your seat!

SAVE THE DATE
Mark Your Calendar for
Visiting Nurse's Signature Event

**THURSDAY,
SEPTEMBER 19, 2019**

**VISITING NURSE
PRESENTS**

11TH ANNUAL

**A TOAST TO
LIFE**

**CLUB SODA
5:30 pm**

SAVE THE DATE

**Sunday,
November 24, 2019**

34TH ANNUAL

***Holiday Memorial
Tree Service and
Tree Lighting***

University of St. Francis's Robert Goldstine
Performing Arts Center at 5:00 pm

For more information,
call Visiting Nurse 260-435-3222



Visiting Nurse

HOSPICE HOME HOSPICE CARE PALLIATIVE CARE GRIEF SUPPORT

5910 Homestead Rd., Fort Wayne, IN 46814 • P: 260-435-3222 • 800-288-4111

www.VNFW.org



Why we give:

Steven and Annemarie Rhinehart

Music has always been a part of the Rhinehart family.

Growing up, Dr. Steven Rhinehart always had music fill his home, as his mother, Ruth Rhinehart, taught music in elementary schools for three decades. Steven, a talented pianist himself, and his wife, Annemarie, are supporters of Visiting Nurse and in January, they donated an electric piano to Visiting Nurse's Music Therapy program.

"Music is a thread through everything," Steven said. "It adds a little touch of comfort."

Visitors to Lutheran Hospital may recall a life-sized fabric mannequin who "played" the

keyboard in the lobby of Steven's medical practice, Fort Wayne Medical Oncology & Hematology.

Visiting Nurse Music Therapist Emily Paar said she was grateful for the donation of the baby grand piano, which forms the nucleus of a new Music Therapy room in the Peggy F. Murphy Community Grief Center.

The Rhineharts said they were glad to donate to Visiting Nurse.

"We all benefit from Visiting Nurse," Annemarie said, noting that several family members had received services from Visiting Nurse's hospice and grief programs. "The grief center is so helpful for people."

Hospice Volunteers Needed!

April is National Volunteer Month, and Visiting Nurse, a community-based, non-profit hospice and palliative care provider, is seeking hospice volunteers to assist in a variety of roles serving patients in the community as well as in Hospice Home, a free-standing hospice facility dedicated to end-of-life care for both the patient and the family.

This special volunteer work is for people who seek a meaningful volunteer experience and requires individuals who are emotionally mature, compassionate and comfortable with issues of death and dying. Volunteers are needed to visit patients in area homes and nursing facilities to provide support to patients and respite to caregivers. Volunteer activities also include errands, administrative work and bereavement services. We have a special need for veterans to visit and recognize our veteran patients, as well as for volunteer cooks/clerks on weekends in Hospice Home.

Volunteers are a vital and essential part of the hospice team that brings broad end-of-life support to patients and families. Visiting Nurse has a well-established volunteer program that provides ongoing support and guidance for the volunteer.

Volunteer interviews will be held on Thursdays, April 11, April 18 and April 25 from 3:00-4:00 p.m. at Visiting Nurse, 5910 Homestead Road, Fort Wayne. Prospective volunteers may choose one session to attend. Required 25-hour training will be held evenings in May.

Visiting Nurse serves patients in Adams, Allen, DeKalb, Huntington, Noble, Wabash, Wells and Whitley counties. For additional information or to request an application, please call Ann Blue, Volunteer Coordinator, at (260) 435-3222 or annblue@vnfw.org.





ONGOING GRIEF SUPPORT GROUPS

Awareness that grief may affect every aspect of our life is the beginning of our healing process. These programs, focusing on grief and loss, are designed to provide any adult who has suffered the death of a loved one an opportunity to explore, learn and feel supported in a safe environment. Please contact the Grief Support Team at (260) 435-3261 for more information.

These community programs are available at no charge and hospice involvement is not required. For information on any of these programs or individual grief support please call (260) 435-3261 or visit our website: www.vnfw.org.

Grief Support Group

For any loss due to death

Every Monday evening

7-8:30 p.m.

Ivy Tech's Aviation Center at Smith Field
405 West Cook Road, Fort Wayne, IN 46825

Recent Loss Grief Support

For those who have lost a loved one within 2 years

2nd & 4th Tuesday of each month

5:30-7 p.m.

Peggy F. Murphy Community Grief Center
5920 Homestead Road, Fort Wayne, IN 46814

Grief Support for Women

After the death of a spouse or significant other

2nd & 4th Wednesday of each month

2-3:30 p.m.

Peggy F. Murphy Community Grief Center
5920 Homestead Road, Fort Wayne, IN 46814

Men's Group Grief Support

After the death of a spouse or significant other

1st & 3rd Tuesday of each month

5:30-7 p.m.

Peggy F. Murphy Community Grief Center
5920 Homestead Road, Fort Wayne, IN 46814

Anticipatory Grief Support Group

Support for those in anticipation of a death

2nd Monday of each month

5:30-7 p.m.

Peggy F. Murphy Community Grief Center
5920 Homestead Road, Fort Wayne, IN 46814

We the Living

Support for those who have lost a loved one to suicide

2nd Wednesday of each month

7-9 p.m.

Peggy F. Murphy Community Grief Center
5920 Homestead Road, Fort Wayne, IN 46814

Pet Loss Support Group

For those who are grieving the loss of a pet

3rd Wednesday of each month

6-7 p.m.

Peggy F. Murphy Community Grief Center
5920 Homestead Road, Fort Wayne, IN 46814

Auburn Grief Support Group

For any loss due to death

Last Tuesday of each month

6-7:30 p.m.

YMCA EndZone of DeKalb County
620 N. Grandstaff Drive, Auburn, IN 46706

Compassionate Friends

For grieving parents, grandparents & siblings

1st Tuesday of each month

7 p.m.

First Presbyterian Church, 300 W. Wayne St.,
Fort Wayne, IN 46802

and the following Thursday of each month

7 p.m.

Peggy F. Murphy Community Grief Center, 5920
Homestead Road, Fort Wayne, IN 46814

Healing Pathway Support Group

For those who lost a loved one to substance abuse

2nd & 4th Wednesday of each month

5:30-7 p.m.

Peggy F. Murphy Community Grief Center, 5920
Homestead Road, Fort Wayne, IN 46814

Listening Session Support Group

1st & 3rd Thursday of each month

11 a.m.-12:30 p.m.

Renaissance Pointe YMCA
2323 Bowser Ave., Fort Wayne, IN 46803





You Make Meaningful Moments *Possible*

SPRING 2019

We provide compassionate care to all persons, regardless of race, age, creed, sexual orientation, disability or nationality. Translation services available. To make a difference in the lives of Visiting Nurse patients and families, consider making a gift to the Visiting Nurse Foundation. Please visit www.vnfw.org/donate-now or call (260) 435-3222.



visiting nurse

HOSPICE HOME HOSPICE CARE PALLIATIVE CARE GRIEF SUPPORT

5910 Homestead Road, Fort Wayne, IN 46814

Phone: 260-435-3222 • Toll-Free: 800-288-4111

Nursing and Patient Referral Line: 24 hours a day, 7 days a week

Administrative Office Hours: 8 a.m.-5 p.m. Monday-Friday

Please let us know if you would like to be removed from our mailing list. Call 260-435-3222 or 800-288-4111

Mary Shankster, Editor. ©2019 Visiting Nurse. Articles may be reproduced with proper attribution.

www.VNFW.org



Visiting Nurse provides compassionate care to alleviate suffering and ensure quality of life for those affected by serious illness. We care for those who go on living as well. Our grief services are available at no charge for any adult who has experienced the loss of a loved one. We proudly serve these Indiana counties: Adams, Allen, DeKalb, Huntington, Noble, Wabash, Wells and Whitley.