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SPRING/SUMMER
2020

Happy 5th birthday
to the grief center

Get to know: *David Wurst*

Give a Gift in Your
Will Like the Sullivans

Jarrod and
Donna Wilson



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, Blackford, DeKalb, Grant, Huntington, Jay, Noble, Wabash, Wells and Whitley.

HOSPICE HOME HOSPICE CARE PALLIATIVE CARE GRIEF SUPPORT

www.VNFW.org



Happy 5th birthday to the grief center

April 2015 marked a momentous occasion in the history of Visiting Nurse. The community grief center opened its doors for the first time, becoming the only free-standing grief center in the state of Indiana. Visiting Nurse's community grief center provides individual grief counseling to those who have lost a loved one to death, plus ongoing grief support groups and grief education presentations and webinars at no charge to the community. The center is open to any adult, regardless of hospice involvement. In fact, for each hospice-related grief counseling client, the center sees three clients from the community at large who may have lost a loved one from a sudden death, homicide, suicide or overdose.

In 2016, the center was renamed the Peggy F. Murphy Community Grief Center, in honor of Peggy F. Murphy, whose family has long been supporters of Visiting Nurse. In fact, one of the founders of Visiting Nurse was a direct relative of Peggy Murphy.

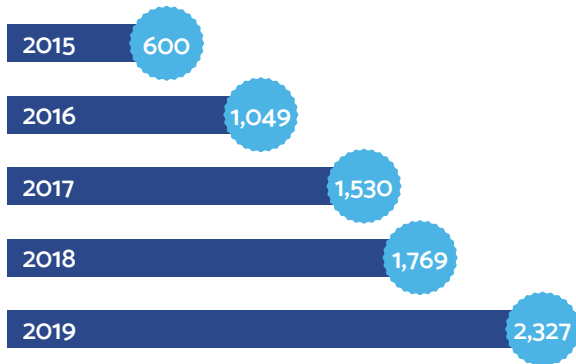
While the physical grief center is only 5 years old, Visiting Nurse has provided grief support services for quite some time. However, this new facility, which was built thanks to the generous donations of people like you, enabled its counselors to really focus on bereavement support not only for hospice families but for the community as well. At the time of the center's opening, the focus was on letting the community know that the center was available to receive clients, and therefore, the three counselors that made up its staff at that time began to promote their services by offering grief education presentations to area organizations. As community awareness grew, so did the number of client referrals each year, increasing an astounding **288 percent** from January 2015 to December 2019.

Since opening the grief center, we have added to the number of grief team members, going from three to six. This includes bereavement coordinator and grief counselor David Wust; and four additional grief counselors: Terrie English, Laura Guerrero, Chariee Reason and Jeff Luttrell, who will see clients anywhere in our 11-county service area. Bereavement administrative assistant Karen Sweney rounds out the team and is often the first point of contact for those seeking grief support.

Due to increased demand for grief support groups, in early 2018, the grief team developed the Grief Support Group Facilitator Training Program. This effort was designed to increase the center's presence in the community by setting up grief support groups in strategic geographic locations throughout the community so we can reach untouched people in need. Adding trained facilitators to help manage these groups enabled the center to extend its services further. These qualified candidates are volunteers who have an education, training, and/or experience in relation to caring for people who are grieving. Currently, the grief center has 12 facilitators and 15 ongoing grief support groups. Those groups cover all different kinds of grief, from those supporting people who have lost a spouse to those who anticipate a death, to those who have lost a beloved pet.

Today, The Peggy F. Murphy Community Grief Center is recognized in the community as a valuable grief support resource, offering high-quality grief support services. When COVID -19 struck we quickly transformed our face-to-face counseling to phone counseling and then to a telehealth platform. During the Covid-19 crisis, the grief center was invited along with other community mental health partners to take part in a "Grief Strike Team" led by the Allen County Department of Health. And, some

Peggy F. Murphy Community Grief Center Total Number of Clients



One grief counseling session costs approximately \$150.

of our grief support groups used video conferencing. We also created webinars about grieving during the pandemic that were viewed nationwide.

In 2019, we hosted “Everyone’s Epidemic,” a series of speakers addressing the opioid epidemic. The facility has also hosted many outside groups in its spacious meeting rooms, which are available for rent. Call (260) 435-3207 if interested in renting space for a meeting or other event.

In the five years since the grief center’s creation, area organizations and individuals alike have come to understand the Peggy F. Murphy Community Grief Center as a place that provides specialized grief care. This reputation comes from the community grief center’s grief team’s ability to uphold Visiting Nurse’s mission to provide compassionate care through the grief process by walking alongside of all of “those who go on living.”

The coronavirus epidemic disrupted plans for “Rise to Remember,” the grief center’s first fundraiser, which had been scheduled for June 20. Because we do not charge for grief support services, we rely on the support of people like you to help continue these vital services. You can support the grief center by making a donation today at www.vnfw.org/donate-now or by calling (260) 435-3236. And if you are in need of grief counseling, please call us at (260) 435-3261.



A comforting and caring place



Jarrod and Donna

After John Wilson passed away in his sleep in November 2016, his wife of 48 years, Donna, was lost.

“I was really struggling with this loss,” Donna says now. “I could not wrap my head around it – it was so sudden. My kids all thought I needed therapy but like most adults you think you can handle things on your own.”

Donna’s son Jarrod told her about the Grief Center and said if she went he would go with her so he made an appointment.

“I’m so thankful that I went,” Donna says. “I was in a bad place and also did not realize that I never completely dealt with (another) son’s death from many years before. After many sessions with my counselor, who was amazing, and a lot of tears I felt I could move on.”

Says Jarrod, “We participated in the grieving center resources (one on one) when my Dad passed away. I started going with my Mom and we worked through our grieving together. During this time, we learned a lot about each other and past experiences that challenged us. We were able to express how much we missed him and how to celebrate his spirit and not forget him. My mother continued going after me and we continued to have great conversations.”

“I think the outcome might have been different without the Grief Center.”

“I think the outcome might have been different without the Grief Center,” Donna says. “I would recommend the Grief Center to anyone with a loss. They understand and are there for you and at time of a loss we can all use a little therapy and it’s a comfortable and very caring place.”

If you are struggling with the loss of a loved one, please call (260) 435-3261 for help.



10

QUESTIONS

GET TO KNOW

David Wurst MA, MA-HSC

1 How did you become involved with grief counseling?

I have always had a place in my heart to care for others in their struggles with grief. I know that I have been called to do what I do. I have had several personal losses over the years that probably influenced my direction toward grief counseling as well.

2 Why did you choose to come work at Visiting Nurse?

I chose Visiting Nurse because of the work environment. I have never worked in an organization where there was so much emphasis on being a team and the presence of spirit in “working together to achieve a common goal” in caring for people in their direst of needs. And, I love it!

3 What are some myths people have about the grieving process?

That grief has an end date. Many people think that the grief that they experience will be over in a year or two. But that is not always the case. Another myth about the grief process is the common misconception that we can handle it ourselves.

4 What do you like about your job?

I love being a part of a team that has the same agenda, the same love and care for all, the acceptance of all, the determination to help whoever has a need, and the same desire to walk alongside with people in their struggles.

5 Talk about the Grief Center and its role at Visiting Nurse

The Grief Center’s role is to be a place where people can receive care in the form of counseling or support groups for their grief that they are experiencing, whether it is because of their loved one’s or even their own impending demise or the loss of a loved one.

6 Why is it important to allow yourself to grieve?

If we internalize our emotional responses to the trauma in which we have consumed through our senses then it will build up and find its own pathway out. This pathway is usually an unhealthy avenue. Grief can cause physical ailments and even death. Grief can cause emotional and psychological problems as well if not dealt with properly.

7 What do you do to blow off steam?

I love the outdoors, so I am always getting out in nature.

8 Tell us about your team.

I have to say that I have the best team at Visiting Nurse. Each member of the team brings so much-- their beautiful personalities, their beliefs, their work ethics, and so much more. When there is a need, each team member will always step up to volunteer to fulfill that need. This attitude extends beyond the team to the company as well. We are proud to be a part of the larger team of Visiting Nurse.

9 What’s something nobody knows about you?

That I love to cook, garden, write, paint/draw and work out.

10 What’s your superpower?

I don’t really have a superpower, but I am told that I do make a good cup of coffee.

Give a Gift in Your Will Like the Sullivans

Did you know you can help ensure that families in years to come will be able to receive Visiting Nurse's compassionate care through planned giving?

That's what Sandy and Steve Sullivan have done. Three years ago, Sandy became a Visiting Nurse hospice volunteer, visiting a patient or two once a week in area nursing homes. She finds it very fulfilling and rewarding. Steve's contact with Visiting Nurse was through his visiting hospice patients at various sites as a friend.

Each of them had extremely positive experiences with Visiting Nurse and were seeking a way to help the agency. They have decided that leaving a gift in their will is the perfect way for them to help. Legacy giving dovetails so neatly into their philosophy of helping others. Throughout each of their lives, Sandy and Steve have actively supported non-profits with time, talent, and treasure. They find fulfillment and joy in their relationship with Visiting Nurse and its personnel, so they joined Josephine's Planned Giving Society.

Josephine's Planned Giving Society was created as a way to recognize and honor those who have included Visiting Nurse in their estate plans. The Society is named after Josephine Shatzer, Visiting Nurse's first paid nurse. Hired in March 1900, Josephine tended to the "sick poor" of Fort Wayne largely on her own for a dozen years and spent 23 years with the agency. Her dedication to caring for the growing city's residents is reflected in Visiting Nurse's dedicated caregivers today, at a time our community needs it more than ever.

The COVID-19 pandemic has impacted our lives in so many ways physically, mentally and emotionally. For some of us, the constant confrontation with mortality causes reflection. However, for many of us, it is also causing action. Americans have taken the opportunity during this epidemic to create and update our wills. Many of us are also reflecting on what is important to us and what sort of legacy we would like to leave. If you are doing this and are passionate about providing compassionate end-of-life care, we hope that you would consider leaving Visiting Nurse a gift in your estate. Your estate gift would not only help further a mission important to you, but it will also help your loved ones who won't have to guess what you want. The emotional benefit to your loved one is great, but there may be financial benefit, as well either now or in the future.

Your financial advisor and your attorney can recommend various types of planned gifts that are best for your situation. Your options could include bequests of cash, life insurance policies, IRA distributions, stocks and bonds, charitable remainder trusts or more. Because of your planning, you can ensure long-term security and growth for a mission you care about, help protect your family from difficult decisions during a painful time and make a good financial decision for yourself and your loved ones.

If you make a planned gift, you can become a member of Josephine's Planned Giving Society. Your gift will ensure that Visiting Nurse can continue to provide compassionate care to those affected by serious illness in years to come. For more information, please contact Monica Chamberlain, Director of Development, at 260-435-3222.

Erin, Ethan and Cathy Klemencic join Sandy and Steve Sullivan at an escape room.

A gift from your estate will help Visiting Nurse ensure that we can provide compassionate care for years to come.



Visiting Nurse

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www.VNFW.org



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Letter from the CEO



Dear friends –

On March 1, 2020, Family LifeCare joined Visiting Nurse. I am thrilled to welcome the Family LifeCare supporters to the Visiting Nurse family. The decision to bring Family LifeCare to Visiting Nurse has created an even stronger non-profit presence in Northeast Indiana. Visiting Nurse and Family LifeCare will provide hospice, palliative, home health and grief services to 11 counties in Northeast Indiana.

Visiting Nurse was only five days into our partnership with Family LifeCare when the first person in Indiana was diagnosed with COVID-19. We quickly realized that this mystery illness was going to change our world in many ways. Ensuring we had proper personal protective equipment to equip our team members was the number one priority. With national shortages, we knew this was not going to be easy. We put the word out that we needed cloth masks and the response was overwhelming! Our generous supporters created more than 800 masks within a very short time period. Our suppliers were limited in availability and costs started adding up. The community's response with donating funds and personal protective equipment was amazing. Our team members have the protection they need, and we are able to continue to serve our patients in a safe way, thanks to the generous support of people just like you.

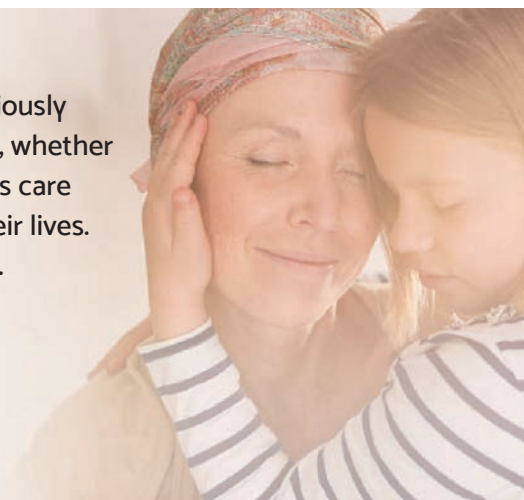
Although the response to this pandemic is unlike anything most of us have seen in our lifetimes, this is not the first time Visiting Nurse has served during a pandemic. Since our founding in 1888, Visiting Nurse has served during the polio epidemic in the 1940's and 50's and the influenza epidemic that began in 1918. Throughout our history, our mission has been to serve those who need us – no matter the circumstances. On behalf of the entire team of Visiting Nurse, I want to personally thank you for your support during COVID-19.

Serving with you,

Leslie Friedel, CEO

Because of people like you, Visiting Nurse is able to continue our 132-year tradition of caring for the seriously ill of northeast Indiana and their families. Your gifts, whether they be your time, talent or treasure, have helped us care for people facing the most serious challenges in their lives. Your support makes meaningful moments possible.

Thank you





ONGOING GRIEF SUPPORT GROUPS

Grief Support Groups resume July 5, 2020

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. 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.

Recent Loss Support Group

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

Women's Afternoon Grief Support Group

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

Women's Evening Grief Support Group

After the death of a spouse or significant other

3rd Monday of each month

6-7:30 p.m.

Peggy F. Murphy Community Grief Center
5920 Homestead Road, Fort Wayne IN 46814
First meeting: Feb. 17, 2020 6-7:30 p.m.

The Men's Group

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

We the Living

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

Finding Hope

For those who have lost a loved one to suicide

4th Monday of each month

6-7:30 p.m.

Peggy F. Murphy Community Grief Center
5920 Homestead Road, Fort Wayne, IN 46814
First meeting: Feb. 17, 2020 6-7:30 p.m.

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

Northwest 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

Auburn Grief Support Group

For any loss due to death

The last Tuesday of each month

6-7:30 p.m.

YMCA of DeKalb County
533 North St., Auburn, IN 46706

Anticipatory Grief Support Group

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

If you live in Adams, Blackford, Grant, Jay, Huntington, Wabash or Wells counties, you might be interested in the support groups that we provide listed below:

Companions of Hope - Marion

For any loss due to death

1st Monday of each month

6-7:30 p.m.

Family LifeCare facility
705 S. Baldwin Ave.
Marion, IN 46953

Grief Care & Share - Marion

For any loss due to death

3rd Monday of each month

10:30-12 p.m.

Holiday Inn
1000 N. Baldwin Ave.
Marion, IN 46952

Grief Care & Share - Marion

For any loss due to death

3rd Monday of each month

6:30-8 p.m.

Holiday Inn
1000 N. Baldwin Ave.
Marion, IN 46952

Companions of Hope - Berne

For any loss due to death

1st Thursday of each month

6-7:30 p.m.

Berne Facility
108 S. Jefferson St., Berne, IN 46711



visiting Nurse

SAVE THE DATE

Mark Your Calendar for
Visiting Nurse's Signature Event

**WEDNESDAY,
SEPTEMBER 23, 2020**

VISITING NURSE
PRESENTS

12TH ANNUAL

A TOAST TO LIFE

Mirro Center

5:30 pm

SAVE THE DATE

**Sunday,
November 22, 2020**

35TH ANNUAL

Holiday Memorial Service & Tree Lighting

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

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

Due to possible restrictions due to COVID-19, please watch our website for updates. www.vnfw.org/events

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Adams, Allen, Blackford, DeKalb, Grant,
Huntington, Jay, Noble, Wabash, Wells and Whitley.

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 or call (260) 435-3222.

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

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SPRING/SUMMER 2020



Visiting Nurse

HOSPICE HOME HOSPICE CARE PALLIATIVE CARE GRIEF SUPPORT

Main Office: Fort Wayne

5910 Homestead Road
Fort Wayne, IN 46814

Family LifeCare

A service of Visiting Nurse

Berne

108 S Jefferson Street
Berne, IN 46711

Marion

705 S Baldwin Avenue
Marion, IN 46953

Phone: 260-435-3222

Toll-Free: 800-288-4111

Nursing and Patient Referral Line:

24 hours a day, 7 days a week

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