



Stillwater
HOSPICE

Stillwater Stories

Second Edition | 2022



HOSPICE CARE • HOSPICE HOME • PALLIATIVE CARE • CHRONIC DISEASE MANAGEMENT • GRIEF SUPPORT

Inside this Edition:

Teaching the whole family

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Your donations raise roofs and diplomas

Earlier this month we announced three recipients of the Betsy Waterfield Chapman Employee Education fund (read more about them on page 6). The impact these three employees make on our

organization, not only on our patients, but also on our other team members, is incredible. Jessica and Devora are going to further their education in nursing, while Contessa plans to obtain her Master's in Business Administration. This opportunity to be able to fund these employees' education was possible only because of **generous supporters like you**. We knew that we needed to support our employees by offering an opportunity for them to grow in their careers with Stillwater Hospice. That need became a reality when our generous supporters helped make this dream happen.

Similarly, we spent 2021 celebrating the 20th anniversary of Hospice Home. What started out as a need to replace our roof, windows and carpet has evolved in being able to dream with our architect about ways we can improve our patients' and our families lives. **Thank you to the generous supporters** who helped us exceed our initial goals to meet our dire needs. Because of your support, we are going to be able to do so much more! **Your gifts** will help us provide calming, beautiful spaces that help families connect and provide comfort to patients. The impact of your financial gifts goes far beyond what you can imagine. **We are so incredibly thankful and humbled by your generosity!**

With gratitude,

Leslie Friedel, CEO

A family affair: Generations supported by Stillwater

We like to think of ourselves as a family at Stillwater Hospice, and often, once one family member experiences our unique brand of compassionate care services, they often refer other family members when they need supportive care. That was the case for the Mount-Mespell families. In the past several years, they've had four family members cared for by our organization.



The Mount family grew up in the shadow of St. Henry's Catholic Church on the southern edge of Fort Wayne, with 10 kids racing

around their tree-filled yards. Mom Joan Mount watched over their growing brood, while Gene Sr. worked in the aerospace industry.

"We had so much laughter and fun," daughter Maureen Mespell said.



In early 2012, Joan's dementia worsened, and the family called in our agency, then known as Visiting Nurse. Maureen's

husband's family had previously experienced Visiting Nurse's services for her brother-in-law and mother-in-law, and the Mespells were pleased with the care their loved ones

received. Joan passed in January of 2012, after being on service for a time. A few years later, patriarch Gene began experiencing multiple medical issues, and the Mounts turned once again to Stillwater for help.

Jim Mount provided the bulk of care for their dad, and he said the education that our nurses and other caregivers provided was invaluable.

"They taught me a lot," Jim added. "They taught me how to care for a catheter. They taught me how to clean my dad."

That role reversal, when the child becomes the caregiver, is something many hospice families experience. Jim said the support and guidance provided by the agency made caring for his dad an honor.

"As Dad declined, there was a lot of support," Jim said. "I had a lot of questions. Having them here and just being supported" was invaluable.

Last fall, the family turned again to Stillwater Hospice when sister Kathy was diagnosed with pancreatic cancer. Her passing is still raw, but once again, the support the family received from Stillwater made all the difference.

Daughter Mary said the Stillwater staff are "angels of mercy – absolutely the best!"

"They got me through it," said Jim. "They got Dad through it. They gave me a lot of confidence."



Volunteer Spotlight

Joan Busch



1. How did you come to be a volunteer at Stillwater Hospice?

Back in 1988, I lost our 25-year-old son, Steve, unexpectedly due to an enlarged heart while he was playing a hockey game. Our family was devastated and shocked from this loss and I felt so helpless. Sometime after the passing of our son, I saw an ad recruiting for hospice volunteers. I thought this would be a great place for me to better understand the death and dying process and maybe I would be able to help and comfort others as they suffer a loss of a loved one.

2. What do people not understand about hospice care?

Many people think hospice is just for those with cancer. People do not realize that hospice is for anyone who has a life-limiting disease such as COPD, heart issues, or dementia. Many are surprised to learn that hospice is for the entire family. It includes spiritual and emotional comfort with the help of social workers, chaplain, and a compassionate staff, all working with a nurse case manager for each patient.

3. What is a typical day like for you?

No two days are ever alike. As of late, one day I could be sitting with a patient and the next day I could be making bereavement calls at home. However, my favorite memory is when I worked in the kitchen at Hospice Home making meals and visiting with patients.

4. Why hospice care?

Mother Teresa once said, "We do no great things, only small things with great love." Hospice care has offered me the opportunity to do many "small" things each time I volunteer. Sometimes it's simply reading a patient's Bible to them. One time I tied a balloon to the end of a hospice patient's bed in a nursing home. The patient loved it. I was told that the patient hadn't smiled in a long time or very often. But that day, she was all smiles and very happy.

5. What makes your job special?

My favorite quote is "To the world we are just one person. But to a patient in hospice, we can be the world." That to me is very special.

Why We Give

Beth & Tim Breuning



There are three reasons why we give to Stillwater Foundation. We know

that our gifts will be used for the most important needs... and that is for patients. Life is hard enough without having to stress over where the money is going to come from when one's journey on earth is done. If a family cannot afford hospice services, Stillwater can help through Stillwater Foundation.

The second reason we give is because the staff and volunteers are so compassionate and caring. This was very important when our family called on Stillwater Hospice for services. The intake person knew exactly what we needed and answered our questions with caring and knowledge. And the nursing staff was there when needed. We were treated with dignity and respect. Thus, our stress level was diminished considerably.

Thirdly, we know that Stillwater is run efficiently and effectively. They do not take short cuts and quality of service to patients is always on their minds. Thank you to the staff, volunteers and the entire organization for being with our family the whole way.

Put Yourself in our Scrubs



Stillwater Hospice offers:

- Tuition program
- Career advancement
- Health, Dental, Vision and Life Insurance
- Flexible scheduling
- Positive work-life balance
- Retirement matching
- Team-forward environment

Stillwater Hospice needs RNs, LPNs and CNAs to care for patients.

stillwater-hospice.org/careers

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Join us today!

Companion Volunteers needed!

Stillwater Hospice has a special volunteer experience available where you can make a real difference in families' lives. We need companion volunteers who can sit at our patients' bedside to allow family caregivers to have a break. This will allow them to run errands, go to doctor's appointments, church, the grocery store or other reasons. In this role, you'll be able to sit with patients, sing, reminisce or offer a quiet presence. Please contact Sarah Plasterer, director of volunteers, for more information or email VolunteerDept@stillwater-hospice.org.



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Prairie Restoration In Progress

The two-acre Stillwater prairie situated behind Hospice Home was planted 16 years ago to provide a natural place of comfort and inspiration to the families of our patients, our staff members, and to community neighbors. Only native Indiana prairie grasses and flowers were planted with the goal of restoring another parcel of Hoosier land to its native state to benefit the wildlife that depends upon native species.

As can happen on any land, though, invasive species moved in and started to overtake native plants. Invasives get an edge by greening earlier and continuing to grow longer than natives. They are aggressive and propagate quickly. By 2021, the prairie was overrun.

Stillwater volunteer John Gevers, who had gained solace by walking the prairie in 2014 while his family kept vigil at his mother's bedside in Hospice Home, offered to develop and lead a multi-year project to restore the prairie to its natural native state, and a dedicated team of ten volunteers miraculously formed. The "Prairie Posse" worked with invasive species specialists, Indiana Master Naturalists, staff from Little River Wetlands Project, and original installers of the prairie—Heartland Restoration—to give the boot to over 500 (and counting) invasive trees, shrubs, and plants. In 2021, BAE Systems volunteered through United Way's Annual Day of Caring to lay down fresh mulch on our prairie walkways. The City of Fort

Wayne donated a dumpster to get rid of the removed invasives.

European settlers arriving in Indiana found Native Americans using controlled fires every few years to keep native prairie land healthy. Native plants have much longer root systems than invasive species plants which allow them to easily survive fire and drought conditions, as well as to absorb more water and better filter ground water. They also provide seeds, nectar, and shelter that native animals and pollinators depend upon. The low-to-the-ground prescribed burns quickly kill off shallower-rooted invasive species and deposit carbon onto the ground that the sun's rays can then reach, which collectively encourages native plants to thrive.

There wasn't time to carry out a prescribed burn in spring of 2022, so the Stillwater prairie was brush-cut and the resulting "duff"—or thatch—was raked and removed from the prairie to give the native species a fresh start this spring. The United Way of Allen County staff took on a Day of Caring itself and descended upon the prairie to help remove much of the duff. Areas where invasives were removed last year have now been planted with 160 donation-funded flowering plants and grasses representing nine species that were not found among 30 other native species of grasses and flowers already growing.





Restoration efforts were rewarded this spring when a pair of Killdeer birds nested in the prairie, bringing four chicks into the landscape. Other wildlife observed in the prairie include prized monarch butterflies, bees, praying mantises, deer, mink, coyotes, hawks, Sandhill Cranes, bald eagles, and songbirds.

The removal of some invasive species will take 3-5 years given their growth habits, which explains why portions of the prairie will remain inactive while the seed bed is sterilized. Gevers, who has since been hired as part-time groundskeeper for the Stillwater campus and is now a certified Indiana Master Naturalist, continues to oversee the prairie and urges “patience while enjoying the prairie and its pathways during the process.” Additional volunteers are needed to join the effort and are encouraged to send an email to volunteerdept@stillwater-hospice.org.

Donations are also needed to fund the prairie restoration project, which includes a prescribed burn in March 2024 followed by additional reseeding, and can be made by making a donation to Stillwater Foundation and indicating you would like your donation designated to our Prairie Restoration efforts.

A taste of hospitality at Hospice Home



Recently, families whose loved ones are being cared for at Hospice Home have been presented with hospitality gift baskets,

thanks to generous donations from families who have experienced the love and care at Hospice Home. Each family is presented a basket containing refreshing snacks and beverages for them while they are visiting their loved ones. You can provide a care basket for a Hospice Home family with your \$25 donation to Stillwater Hospice.

Support Stillwater when you shop:



Amazon makes us Smile!

Thanks to customers shopping at smile.amazon.com, or with AmazonSmile turned

on in the Amazon shopping app, everyday purchases generated over \$236 million in donations to charities worldwide so far. Shop at AmazonSmile and Amazon will make a donation to Stillwater. Go to <https://smile.amazon.com/> to register and choose Stillwater Hospice, Fort Wayne, Indiana.



Attention Kroger shoppers

Kroger has a Community Awards Program in which a portion of your grocery bill can benefit

Stillwater Hospice caring programs. Please visit www.krogercommunityrewards.com and choose Stillwater Hospice, Fort Wayne, Indiana (organization number WL594)!



Quickly support Stillwater Foundation by scanning the QR code to make your safe, secure online donation. Thank you!

Hospice Home Update

On June 24th, the Stillwater Hospice team celebrated an official groundbreaking ceremony with members from MKM Architecture + Design, Shawnee Construction, Board Members, staff, volunteers and supporters. Through the generosity we have received from individuals, foundations and corporations we are embarking on the renovation and expansion of Hospice Home this summer. We will continue to keep each of you updated as we move through the demolition and construction process. Hospice Home will continue to be open and utilized by patients and families as we are working hand-in-hand with Shawnee Construction and MKM

Architects to ensure there will be no disruption in our ability to care for our community's most vulnerable. Although construction is underway, we continue to have naming opportunities available! To learn more, please reach out directly to Mary Shankster, Chief Development Officer at (260) 435-3211 or by email at maryshankster@stillwater-hospice.org.

We look forward to celebrating with each of you in the Spring of 2023 when construction is complete and Hospice Home has received an updated look! Thank you for your support in ensuring we can comfortably care for our community for the next 20 years and beyond.



Judy Hill, HR Director, and supporter Howard Chapman stand with award winners Jessica Salazar, Devora Zamora-Ice and Contessa Crumbley.

Betsy Waterfield Chapman scholarship winners

Three Stillwater Hospice employees are the recipients of this year's Betsy Waterfield Chapman Employee Education Fund tuition support program. Contessa Crumbley, an Intake representative, will be pursuing her MBA at Indiana Tech. Devora Zamora-Ice, a certified nursing assistant, will finish her studies at Ivy Tech to become a registered nurse. Jessica Salazar, a QMA/CNA, will earn her nursing degree at Ivy Tech. We are so grateful to the Betsy Waterfield Chapman Foundation for helping Stillwater begin this valuable program that will help our employees further their educations.

Still Serving You



In May and June of 2022 we launched a fundraising campaign to support our mission programs such as Grief Support, Hospice Home and Palliative care. Funding received through this appeal allows for our staff to continue to provide quality, compassionate programming to those who need us most. Special thanks to our corporate sponsors who have supported this campaign and are allowing for us to:

- Serve patients at Hospice Home, regardless of their ability to pay for services.
- Provide access to grief support a widow who unexpectedly lost her young husband.
- Support a patient who is still seeking curative treatment but is in need of palliative medicine consultations.

Thank you to each of you who has supported this campaign and for all of our corporate sponsors who have been so generous in their continued commitment to our mission!

Thanks to supporters like you, we are still serving you. We have been providing compassion, comfort and guidance through life's journey for almost 135 years and though our name has changed, we are the same not-for-profit organization, same caregivers, same leadership and same dedication to our mission.

Many of our supporters, like you, have a connection to us and our services. Perhaps you had a coworker or family member stay at Hospice Home in Fort Wayne. Maybe your company had a tragic loss and you sought out the support of the Peggy F. Murphy Community Grief Center.

Possibly, you had a family member or friend who is a veteran receive our hospice services. Or you may have had loved ones call upon our palliative services in Berne, Marion or Fort Wayne.

With your help, we can offer these caring mission programs that rely on generous donors, like you, to continue to serve the seriously ill in 11 northern Indiana counties! Would you please consider a gift to help ensure we can provide patients and their families the greatest comfort at a time when they need it most?



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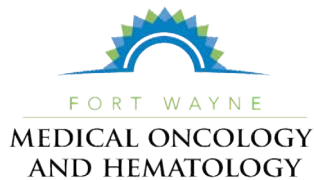


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Staff Spotlight

Monica Chamberlain

DIRECTOR OF DEVELOPMENT



1. How did you come to be at Stillwater Hospice and what is your role?

I knew and respected a couple of members of the leadership team and knew that if they were the kind of women working here, then it must be a place where impact was made! I am proud to serve as Stillwater Hospice's Director of Development.

2. What do people not understand about hospice care?

While it can be sad, it's not depressing. It's quite the opposite. It gives joy, peace and laughter to families so that they can continue to be there for one another and with one another—with a little bit of help from Stillwater.

3. What is a typical day like for you?

There isn't one. Some days I am on the road meeting with foundations, potential corporate sponsors or individuals to help them understand how they can help Stillwater care for our patients. Other days, I may be meeting with colleagues or volunteers about the best ways to ensure we can meet the needs of the families we serve or the needs of the staff and programs that serve our families. Then we strategize on ways to get those needs met.

4. What do people not understand about philanthropy and its effects on agencies like Stillwater Hospice?

Without the generosity of individuals and community support, we could not offer our grief services, veterans' programs, music therapy and more. The gifts we receive from individuals just like you allow us to offer expansive wraparound services to support our patients and families when they need it the most. Also, every dollar counts. There is NO such thing as a small gift. Every gift is so important to families dealing with serious illness or grief.

5. What's your secret talent?

I can talk to anyone anywhere anytime. (I am not sure that this is a secret, though.) I am very comfortable with all kinds of people. I grew up in a very rural area and worked at the local diner whose customers were farmers and factory workers. I am a first-generation college graduate and worked in the factory during college summers. In my career after graduation, I have worked with college athletic coaches, engineers, childcare workers, CEO's and business owners. I joke that I can go from the barnyard to the boardroom!

Ongoing Grief Support Groups



THE PEGGY F. MURPHY
**Community
Grief Center**

A service of Stillwater Hospice

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.

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

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.

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.

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.

Anticipatory Grief Support Group

For those in anticipation of a death
2nd Monday of each month • 5:30-7 p.m.
Please call (260) 435-3261 to register in advance.

Pet Loss Support Group

For those who are grieving the loss of a pet
3rd Wednesday of each month • 6-7 p.m.

Finding Hope

For those who have lost a loved one to suicide
4th Monday of each month • 6:30-8 p.m.

We the Living

For those who have lost a loved one to suicide
2nd Wednesday of each month • 7-8:30 p.m.

Men's Grief Support Group

After the death of a spouse or significant other
3rd Tuesday of each month • noon-1:30 p.m.
Attendees should feel free to bring their own lunch.

▼ **Messiah Lutheran Church**
7211 Stellhorn Road, Fort Wayne, IN 46815

Stellhorn Grief Support Group

1st & 3rd Monday of each month • 6:30-7:30 p.m.
Call (260) 435-3261 to register.

▼ **First Christian Church**
910 N. Indiana Ave., Auburn, IN 46706

Auburn Grief Support Group

For any loss due to death
2nd & 4th Tuesday of each month • 6-7:30 p.m.

▼ **Café of Hope**
900 E State St., Huntington, IN 46750

Huntington Grief Support Group

For any loss due to death
2nd Tuesday of each month • 6:30-8 p.m.

▼ **Meeting Location Varies**

Compassionate Friends

For grieving parents, grandparents & siblings
1st Tuesday and following Thursday
each month • 7 p.m.
Contact Doug & Kay Smith for meeting locations,
(260) 493-7724, leave a message to receive a
return call. No meetings in July or December.

For information on any of these programs or
individual grief support please call (260) 435-3261
or visit our website: stillwater-hospice.org.



Help guide grief programs by Aug. 30 by taking
our survey by using the QR code or visiting
<https://stillwater-hospice.org/grief-support-2/needs-assessment-survey/>.

Stillwater Stories

Second Edition 2022

Stillwater Hospice provides compassion, comfort and guidance through life's journey, regardless of race, age, creed, sexual orientation, disability or nationality.

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.



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Because of people like you, Stillwater Hospice is able to continue our 134-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!



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