



Stillwater
HOSPICE

Stillwater Stories

Third Edition | 2022



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

Inside this Edition:

The Peggy F. Murphy Community Grief Center: a space for healing

The Peggy F. Murphy Community Grief Center



Stillwater Hospice has provided a formal grief program for more than two decades, and since 2015 those grieving the death of a loved one have a physical location where they can help process their feelings of loss in the Peggy F. Murphy

Community Grief Center. One of the main reasons that Grief Center exists is because of Brian Fehlhaber: board member, family member, and community volunteer.

Along with another dozen community supporters, the board of directors and organizational leadership, Brian enthusiastically endorsed the concept that any adult in the community should be able to receive grief counseling, regardless of hospice involvement. From the beginning, there was the desire that services should be offered at no cost to the griever. Planning for the grief center began in 2010.

“So many of us on the board of directors knew it. It was just obvious there was a gap in the community,” Brian said.

It was important that there would be references to the healing properties of nature throughout the Grief Center, which would feature individual counseling offices, as well as rooms that could hold up to 150 people for presentations. An innovative “green

roof” carries on the natural themes, and a water feature provides soothing sounds for those who wish to sit at its side.

Thanks to the support of supporters like you, in 2015, the Grief Center opened its doors. A year later, the Grief Center was named in honor of Peggy Frank Murphy, whose family has been involved with our organization since the very beginning.

But Brian’s involvement wasn’t just because he’s civic-minded. He lost his father, his sister and his best friend in quick succession and relied on support from the grief center to help him process his feelings of loss.

“I saw a counselor after each one,” Brian said. He grew up with a mother who experienced depression, “so I can definitely relate to mental health needs.”

Men in particular need to be aware of their own mental health needs.

Men in particular need to be aware of their own mental health needs. “It’s an ego thing,” Brian said. “We think of (caring for mental health needs) as a ‘weakness.’ But you need to address this in life. It’s so beneficial to talk through the issues.”

Grief support services at the center include individual and group grief counseling, retreats and other special programming. More than 2,100 individual grief counseling sessions were held in 2021, while many more people attended



Center: a space for healing

one of the 15 monthly grief support groups that meet at the grief center or in other locations in northeast Indiana.

The types of grief we encounter are complex, and our trained grief counselors continually educate themselves on the latest in mental health and grief support education.

Since 2010, when planning for the Grief Center began, we have seen an increase of 286 percent in those seeking grief support services. Hospice involvement is not required to receive grief support from Stillwater Hospice; in fact, for each hospice-related client, we see two people from the community who may have lost a loved one to an accident, sudden death, suicide, homicide or overdose. The types of grief we encounter are complex, and our trained grief counselors continually educate themselves on the latest in mental health and grief support education. Our goal is to provide a quality grief and loss education program for our families and the community at large. We provide educational webinars, workshops, retreats and more to support the community. When COVID-19 struck we quickly transformed our face-to-face counseling to phone counseling and then to a telehealth platform. We also provided a series of webinars about grief during the pandemic that were viewed nationwide. We are excited to present new grief programming, such as Meditation and Mindfulness, Invisible Ink and more, in the coming year. See more offerings and our grief support calendar at Stillwater-Hospice.org/grief.

This support is critical to help griever heal from loss. More and more, society has become grief avoidant, meaning that there are numerous misconceptions and expectations put on the mourning public. The trauma of loss affects an individual's life emotionally, physically, socially, cognitively and spiritually. The bereaved person benefits from specific education in all of these areas to gain a better understanding of the natural process of grief. A common complaint is the feeling of isolation. Support and companionship of the bereaved has proved to be essential in their healing process.

In addition, in recent years, we have seen an increase in complicated grief. Those who have lost a loved one due to overdose, suicide or homicide may feel conflicted about how their loved one died. Normal mourning traditions have been upended by the pandemic. Unresolved grief often manifests in physical symptoms, which can increase demands on the medical system. Physical manifestations of grief can include nausea, higher blood pressure, depression, suicidal thoughts or actions, substance abuse, increased inflammation and increased vulnerability to infections of all kinds. Those who are able to find healthy ways to address their grief report a higher sense of well-being and are better able to move forward.

"There was a gap in the community," before the Grief Center's construction, Brian said. "It's a benefit for anyone who has trouble dealing with death well. It's good to talk to an expert."



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From Leslie's desk

Often, I view fall as a time of reflection. As the year winds down, I reflect on the seasons that have passed and set an intention of what I would like to accomplish in the last few months of the year. One area that remains top of mind is the Peggy F. Murphy Community Grief Center, one of the compassion services we offer at Stillwater Hospice.

This year, we evaluated the grief programming we have provided and conducted a survey of the community about its needs for grief support. Through individual grief counseling and grief groups supporting those who have lost someone close to them, we have supported many individuals, so they do not have to face grief alone. Through this time of evaluation, we recognized that we wanted to reach more people and further our mission. We have begun new programming to include a Mindfulness and Meditation series and a program called Invisible Ink, which includes writing letters to loved ones and learning the art of Healing Haikus. Our goal with additional programming is to provide many different mediums and outlets for those facing grief. Our grief programs are offered at no charge to the grieving person, thanks to generous supporters like you!

As we come to the end of the year and reflect on those who have passed, I encourage you to join us for the 37th annual Holiday Memorial Service and Tree Lighting. We will gather together on Sunday, Nov. 20 at 5 p.m. at Baker Street Train Station, 221 W. Baker St. in beautiful downtown Fort Wayne. This moving time together is powerful and allows you to honor those we have loved and lost. I look forward to the Holiday Memorial Service every year and I hope to see you there!

Serving with you,

Leslie Friedel, CEO

Why I Give

Beve Cincotta



“When angels come among us, you know you’re in the right place.”



That’s what Beve Cincotta says about the care her brother, Randy, received when he was a patient at Hospice Home. Beve became a donor to Stillwater Hospice following her brother’s passing in the spring

of 2022, investing in a memorial brick that will be etched with Randy’s name and placed outside Hospice Home in the gardens that soothed Beve when she visited her brother, and she’s also contributing to the overall care of the gardens as well.

“The campus here saved me. I wanted Randy’s name to be out there.”

Randy was treated with care and dignity by the caregivers at Hospice Home, Beve said. “You have to be a special kind of person to do this on a daily basis.” Randy was Beve’s only sibling, and she wants people to know that “he was valued, and he was loved.”

You can leave a lasting memorial to a loved one by contributing to the Stillwater Foundation. Please call Monica Chamberlain at (260) 435-3222 to learn more or visit [Stillwater-hospice.org/donate](https://www.stillwater-hospice.org/donate).

37TH ANNUAL

Holiday Memorial Service & Tree Lighting

Sunday, November 20, 2022
5-6 p.m.

Baker Street Train Station
221 W. Baker Street, Fort Wayne, IN 46802

This season, remember someone special by adding light to the Holiday Memorial Tree, and join us for the inspirational lighting ceremony. Please reserve your symbolic memorial light by November 1.

RSVP required by Nov. 1. Attendees this year will receive a small ornament to commemorate this event. Space and ornaments are limited.

RESERVE YOUR MEMORIAL LIGHT AND RSVP
[stillwater-hospice.org/HMT22](https://www.stillwater-hospice.org/HMT22)
or Kelsey Weil at 260-435-3207

Holiday Memorial Tree Sponsors



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www.stillwater-hospice.org



Volunteer Spotlight

Merle Brown



1. How did you decide to become a hospice volunteer?

I have always been a volunteer in my community. After the wonderful care my husband had with Family LifeCare (now Stillwater Hospice), I decided I wanted to become a hospice volunteer.

2. What are your typical volunteer duties?

I meet with patients and offer comfort. I enjoy singing to them. I always start each of my visits by asking what their talents are. I will bring magazines and books related to the patient's talents. I show pictures that I think they would enjoy, like pictures of birds or dogs.

3. What drew you to caring for others?

My parents have always instilled in us to serve others. My father served our community as a fisherman, builder, farmer, and in World War I under the British West Indies Regiment. My mother was domestic help and was a wonderful cook. If anyone was sick in the community, my mother would cook for them. As children, we delivered the meals with flowers and get-well cards that we made. I want to continue their legacy of helping others.

4. What's a typical day like volunteering for Stillwater?

I am back to work teaching, so I leave straight from work to visit my patients. Depending on where they live, I might visit one patient one day then another the next day. Sometimes I talk to them about my day and ask about their experiences going to school. I love having conversations with my patients. On the 1st and the 5th Sunday of each month, I read devotions to our patients and residents at Suite Living.

5. Why is hospice important?

Hospice is important. Even after cancer stole my husband's ability to speak in his final days, he specifically thanked hospice workers for the care and treatment they provided to him. The social worker, nurses, aides, and even the chaplain – we appreciated all of them and what they did to take care of him. This created a lasting impression on me. It is what drove me to want to volunteer.

2021 Annual Report

FINANCIAL INFORMATION

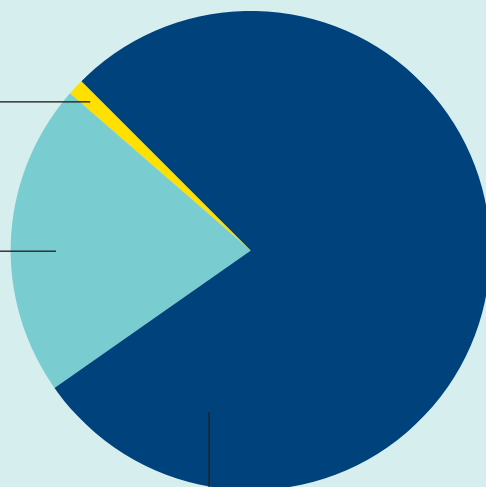
Expenses

Total: \$17,919,558

Fundraising 1%
\$255,735

Administrative 21%
\$3,715,890

Functional 78%
\$13,947,933



Patient Services Revenue

Total: \$22,958,797

Individuals and others 2%
\$352,607

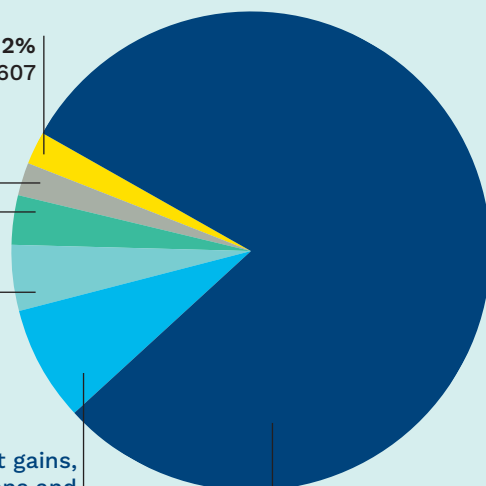
Medicaid 3%
\$759,626

Insurance 4%
\$1,016,623

Charity & contractual allowances 7%
\$1,597,121

Investment gains, contributions and others 12%
\$2,731,79

Medicare 72%
\$16,501,022



Assets

Cash:.....	\$5,380,608
Investments:	\$13,832,795
Accounts receivable:	\$2,247,396
Prepaid expenses:.....	\$148,709
Contributions Receivable:	\$0.00
Property and equipment:.....	\$5,912,056
Goodwill*:.....	\$124,170
Total Assets	\$27,645,734

Liabilities

Accounts payable:.....	\$1,271,208
Provider Relief Fund-Refundable:.....	\$0
Accrued expenses:.....	\$445,061
Total Liabilities.....	\$1,716,269

Net Assets

Unrestricted:.....	\$24,874,848
Donor restricted:.....	\$1,054,617
Total Net Assets	\$25,929,465

Functional Expenses

Hospice at Home:.....	\$9,557,701
Inpatient facilities:.....	\$2,977,716
Palliative Care:.....	\$1,412,516
Total.....	\$13,947,933

* Goodwill is an intangible asset that accounts for the excess purchase price of another company. Items included in goodwill are proprietary or intellectual property and brand recognition, which are not easily quantifiable.

Our Mission:

Stillwater Hospice provides compassion, comfort and guidance through life's journey.



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2021 Patient Data



1,437

RECEIVED

Hospice Care

668
MALE

769
FEMALE



1,489

RECEIVED

**Palliative
Care**



197

RECEIVED

**Home
Health Care**



2,144

**Counseling
Sessions**

HELD

Stillwater Hospice Patients by County

Noble: 3%

DeKalb: 1%

Whitley: 2%

Wabash: 4%

Huntington: 8%

Wells: 5%

Adams: 7%

Grant: 9%

Blackford: 1%

Jay: 2%

Allen: 58%



Volunteers

137

TOTAL NUMBER OF

Volunteers

6982.75

TOTAL NUMBER OF

Volunteer hours

1,131

TOTAL NUMBER OF

Patient visits

Veterans

WERE HONORED WITH AN

American flag blanket

216



Prairie Restoration

Multi-year project to restore our 2+ acre prairie back to its natural native state.

452

Invasive Species

IDENTIFIED
& REMOVED
total of 14
different species!

23

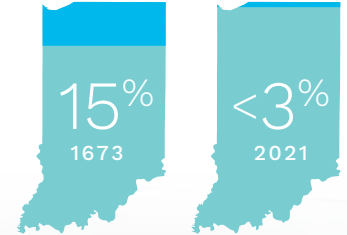
Volunteers

WHO WORKED
ON THE PRAIRIE

9

Volunteers

ENROLLED IN OR
GRADUATED FROM
the Indiana Master
Naturalist program



Percentage of Indiana
land growing as prairie
upon arrival of European
settlers vs. 2021

Total Mileage

1,023,336.48

THE EARTH'S CIRCUMFERENCE IS 24,901 MILES

In 2021, Stillwater Hospice's dedicated hospice
caregivers drove the equivalent of more than

41

Trips around the globe!



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Wondering about a career change?

Stillwater Hospice wants you!

STILLWATER HOSPICE IS HIRING!

Here's what two of our caregivers have to say about working in hospice and at Stillwater.

JENNIFER HOCH, RN CLINICAL TEAM LEAD

1. How is hospice care different from “traditional” nursing?

Hospice nursing is focused on slowing down and meeting our patient and their families where they are, not focused on the next steps of a treatment plan. Hospice nursing focuses on quality of life and comfort for our patient; and providing the family with the time and resources they need to create memories with their loved ones in the time they have left. We know the projected outcome for our patient, we are not aggressively trying to treat and fix. We are instead focused on the here and now, which allows our patients to be fully present in the here and now with their loved ones.

2. Why did you choose to come to work at Stillwater?

At Stillwater I know my leadership team cares about our patients, our patients' families, and Stillwater's employees and our families. I am not just another nurse or another number. I am an essential member of a team working together to provide the best hospice care we can.

3. What do people not understand about hospice nursing?

For most, they believe hospice comes in right at the very end, in the days just prior

to death. Some people even believe hospice nursing expedites death. However, hospice nursing is available for anyone looking at a prognosis of 6 months or less. We prefer to be available to patients and their families much sooner than the last few days, closer to the beginning of the six-month prognosis if possible. We certainly do not expedite the dying process, but instead we look to provide quality and comfort in the time our patients have. We have a team available to provide support to families as they navigate their journey with serious illness. Hospice nursing meets the patient where they are at and stays beside them allowing the patient to be in control of their final days, however many days that may be.

4. What would you say to someone considering working at Stillwater?

I would encourage them to research Stillwater Hospice and hospice care in general. Educate yourself on what hospice care is, and what your role might look like. Talk it over with your family, come job-shadow us to determine if this is a career you might truly be interested in. Hospice nursing and hospice care is not for everyone; however, if you are called to hospice, you will find a family here at Stillwater to walk beside you.

5. Is hospice care depressing?

Hospice deals with death and death can be depressing, and it's OK to feel the weight of death. Death isn't supposed to be easy. Every day we are present with patients as they take their last breaths and families as they say their last goodbyes. However, there are also many days that are beautiful, and we have a large support system to not only walk beside our patients and families, but also our staff. Amongst the heavy days, there are also many days of families sharing stories, embracing one another, mending family feuds, lots of time spent truly being present with one another. Hospice care provides time and space for grace and forgiveness. It is an honor to be among the few who choose to walk this path and work in hospice care—we are blessed to be the ones bringing comfort and peace to those who are navigating a difficult time.

MARCIE SPENCER, ADMISSIONS RN

1. How is hospice care different from “traditional” nursing?

We as nurses always want the best for our patients, we want them to be comfortable, and to be in their own home setting with their families enjoying their moments together, not in hospitals or doctors' offices. We all strive to be nurses to help our patients and to lend a compassionate helping hand.

2. Why did you choose to return to work at Stillwater?

I chose to come back and work at Stillwater because it's family. I came to work at formerly known as Visiting Nurse 8 years ago as a newer nurse trying to find my niche. My mom always said I should be a hospice nurse, so I said let's give it a try.

Even though I ventured out to different areas of nursing to broaden my skills, I have always come back to Stillwater. The way they treat and respect their employees, the compassion to one another – we are a team, aiming to provide the best compassionate and selfless care to not only our patients but to each other. Stillwater is home. It's family.

3. What would you say to someone considering working at Stillwater?

Do it! I have tried other companies large and small, and nothing compares to Stillwater and the quality of care and employees they provide. Trust me it will be the best decision you have made!

4. Is hospice care depressing?

I think of it as an honor to be invited to our patient's final journey. It's about providing comfort when our patients need it most! And WE can do that, not just physically but mentally, emotionally and spiritually with all of our disciplines we provide. Our team can provide the best most vulnerable care when it matters most! To me that's so rewarding and exciting. Not depressing.

5. How is Stillwater different from other opportunities?

We take time with our patients to meet them where they are. We are able to provide the right care for the specific journey our patients may need. So many other organizations I've been to have been about numbers. 'Let's see how many people we can see to make a profit.' Stillwater is not for profit. It's all about the people and our community. We have the time. We make the time for our patients. That's how we differ.

Stillwater-Hospice.org/careers

Hospice Home Update



Thank you for the generosity you have provided to make our 20th Anniversary Hospice Home Campaign

a success! We are happy to report that construction will soon be underway! Our architects, MKM Architecture, have created a phenomenal design that will enable our patients and their families to be greeted into a warm and welcoming space and also provide greater access to the gardens that surround our campus. Meetings are taking place to lay out the schedule of the work to be completed so that we can continue to utilize Hospice Home for its purpose:, to care for patients and their families.

In 2023 we will hold a Hospice Home Celebration event to recognize each of the supporters that have made this project possible!

We will continue to serve patients and families at Hospice Home during the construction project and are ensuring that services will not be disrupted in any way.

As construction progresses, we will be sure to provide you updates along the way! In 2023 we will hold a Hospice Home Celebration event to recognize each of the supporters that have made this project possible! To learn more about how you can support this much-needed project, please reach out to Mary Shankster, Chief Development Officer at (260)435-3222.



On June 24th, Stillwater Hospice board members and other supporters gathered to symbolically break ground for the Hospice Home renovation project. Construction begins this fall.



One World Medics

After our organization's name change in March (from Visiting Nurse to Stillwater Hospice), we donated our gently used Visiting Nurse-branded scrubs, bags and other supplies to One World Medics, which outfits medical organizations and schools in Mexico.



Volunteers and staff collect seeds from the maturing native plants in the Stillwater Hospice prairie. The seeds will be grown to replant native species in the prairie, which is adjacent to Hospice Home.



Joining our band of 100+ volunteers were Paramita Dey, Jennifer Westropp, Martha Lawler and Jim Porter in our summer 2022 class of new volunteers. To learn more about volunteering at Stillwater, please call Volunteer Director Sarah Plasterer at (260) 435-3222.



Northrop High schooler Noah Haeffner helps out in the prairie as a way of giving back to Stillwater after his grandfather received services at Stillwater, and as a way to earn volunteer hours for his school's honor society.



Stillwater's development team worked at the Cornerstone Youth Center in Monroeville for the United Way Day of Caring in August, pulling weeds and harvesting produce.



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Grief Support Special Programming

RSVP REQUIRED FOR ALL PROGRAMS: 260-435-3261 or vickieber@stillwater-hospice.org

All programs held at Peggy F. Murphy Community Grief Center • 5920 Homestead Rd., Fort Wayne, IN 46814

Invisible Ink with Kathy Curtis

January 5-26, Thursdays 6-8pm

Invisible Ink is a 4-week writing program for anyone needing help with expressing and processing their grief to find greater healing. Writing prompts are provided each week, in which participants write about specific feelings through letters to their loved one. Participants are invited to read *Invisible Ink: Reaching Out to Loved Ones in Spirit* to hear Kathy's story and past participant experiences prior to attending, but it is not required.

Yoga for Respite and Restoration

2nd and 4th Wednesdays 5:30-6:20pm

A bi-weekly, 50-minute practice of gentle movement, breath work, and meditation to provide the tools to be present in your body and being, while moving through the tough stuff life throws at you. There will be plenty of props and a safe and welcoming space to navigate your own personal space—mentally, physically, and emotionally. Come as you are, no experience necessary.

Death Café in collaboration with Death Done Differently's Lauren Richwine

2nd Saturdays 10:00-11:30am

A monthly gathering of individuals to enjoy a cup of coffee/tea and baked goods while joining in on a discussion of death and dying.

Book Club in collaboration with Death Done Differently's Lauren Richwine **3rd Thursdays 7-8:30pm**

A monthly book themed around death, loss, and grief, with a gathering to discuss.

Art Therapy for Ages 18-24 with Ada Dickenson

1st and 3rd Tuesdays 4-6pm

Support group for young adults to process grief and emotions through art, while also connecting to peers who are also going through grief and loss.

Meditation and Mindfulness:

March 6-27, Mondays 6-8pm

4-week program that introduces meditation and mindfulness as tools for daily living. Mindfulness is a moving meditation, carried throughout life's daily activities and interactions. Learn the basics to help you be present with sensation, mood, and thought while moving about your day.

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



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 • 5:45-7:15 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.
Please call (260) 435-3261 to register in advance.

▼ **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.

▼ **Fort Wayne Pride Center 527 W. Berry St., Fort Wayne, IN 46802**

LGBTQ+ Grief Support Group

For members of the LGBTQ+ community
who have lost partners or loved ones
2nd Monday of each month • 5:30-7 p.m.
Please call 260-435-3261 to register in advance.

▼ **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.

Updated: 10-10-22

Stillwater Stories

Third 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.



Stillwater HOSPICE

Main Office: Fort Wayne

5910 Homestead Road
Fort Wayne, IN 46814

Marion

705 S Baldwin Avenue
Marion, IN 46953

Berne

108 S Jefferson Street
Berne, IN 46711

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

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

stillwater-hospice.org



Translation services available. To make a difference in the lives of Stillwater Hospice patients and families, consider making a gift to the Stillwater Foundation. Please visit stillwater-hospice.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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CHAP Community
Health
Accreditation
Partner



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!



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

