



Stillwater Stories

Second Edition | 2023



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

Inside this Edition:

Burmese songbird reflects on life

Burmese songbird reflects on life



You may know that Fort Wayne boasts the largest population of Burmese immigrants outside of Burma, the Southeast Asian nation now known as Myanmar. It's that fact that drew Mar Mar Aye to Fort Wayne after fleeing governmental crackdowns

in the 1990s. The diminutive 78-year-old is widely known in her native land as possibly the most famous Burmese language singer ever.

She's also a patient who is receiving hospice services from Stillwater Hospice. Stillwater aides provide personal care, while a nurse case manager ensures that any troubling symptoms of her illness are well controlled.

Because of the support of Stillwater's nurses, aides, social workers and volunteers, Mar Mar Aye is able to remain in her home, surrounded by the Buddhist altars, peacock decorations

and orchids that beautify her life. The walls of her living room are covered with family photos, paintings of Mar Mar Aye performing, and a revered photograph of her and Nobel Prize winner and opposition leader Aung San Suu Kyi sharing an embrace. She noted proudly that her mother and Aung San Suu Kyi's mother grew up in the same village in Burma.

She was born in Myaungmya, in the Ayeyarwady region of southwestern Burma. Mar Mar Aye started singing when she was 3 years old and made her second album, "Let's Play on the Rainbow," which was a national breakthrough, at the age of 13. She worked for Burma's Broadcasting Service for 16 years and became a member of the National Music Council.

A politically active artist who has written songs in support of the Saffron Revolution and advising citizens to "Vote No!" in a national referendum on a new planned military-backed constitution, Mar Mar Aye left the country for the U.S. in 1998 and has lived here ever since. Because she left Burma due to her outspoken support of democracy, she wasn't allowed to release her albums and her songs were banned on the radio. Undeterred, she has written two novels,





Listen to Mar Mar Aye perform the Burmese song, "May Kwet Ko Shar."



founded a singing academy, and run a music publication house and recording studio. In 2012, she was allowed to visit Burma for a solo outdoor concert in Yangon.

She comes from a musical family: her father played a traditional Burmese instrument called a "hne," which is similar to an oboe. Her mother was also a singer, and Mar Mar Aye joined her parents in the limelight. They would travel from village to village, performing at the openings of temples and other events.

Burmese traditional music "is like a play," she said on a recent spring afternoon.

"I play a little bit of everything," including piano and the harp, she said as her eyes crinkled in a smile.

Mar Mar Aye has a son and a daughter, along with grandchildren. And while she's not performing publicly, she's able to host visiting family members, spending meaningful moments with loved ones because the symptoms of her illness are well controlled by interventions from Stillwater Hospice. Music therapy, social support and the compassionate care provided by the Stillwater team have meant that Mar Mar Aye is able to continue living her life, caring for her beloved orchids, and – always – singing.



Here for *you.* Here to *help.*

Our team at 3Rivers wants you to be able to focus on what matters most in trying times — **your well-being** and **peace of mind**. We strive to go above and beyond to assist our members and our community by listening to your concerns, discussing your options, connecting you with resources, offering support, and providing hope. **If you're facing financial hardships or uncertainties, or would like to discuss estate planning, let's talk about how we can help.**

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Dear friends,

We are already halfway through our 135th year anniversary! It's humbling to think of all the lives we've touched since 1888. I feel honored to serve this organization as we continue

to grow and stretch our mission to reach more people facing life-limiting illnesses and grief.

In 2020, we expanded from eight to 11 counties and this year we added Kosciusko County as we expanded our mission when we brought the Kosciusko Home Care & Hospice organization under the Stillwater Hospice organization. This has been an incredible journey as we have met the faces behind this mission-focused organization.

In May, we held our inaugural Water Lily Women's Luncheon where more than 400 women attended and learned about how Stillwater Hospice can support them through their seasons of caregiving. Our goal was to be a beacon of hope for someone who may be going through this or may meet someone along their way that is facing these difficult times.

We are also well on our way to completing our Hospice Home renovation. As you may remember, we started this capital campaign hoping to be able to replace our roof, some windows and flooring; however, because of your support we are able to do much more. We are putting the finishing touches on our new family entrance that will welcome families and friends visiting their loved one to the heart of Hospice Home, our nurses station, as soon as they walk in the door. Thank you for your generous support in making that happen!

I am so encouraged by the first part of 2023, and I know we will finish our 135th year providing our unique compassionate care throughout our region.

Serving with you,

Leslie Friedel, CEO

Hospice Home Update

Thank you for your support of Stillwater Hospice's Hospice Home campaign and renovation project. Construction continues to move forward at Hospice Home with an estimated completion date in August for all internal portions of this project.

In the fall, we will be moving forward with installing new landscaping and additional external features to our gardens that surround Hospice Home. In the spring of 2024, we will invite you to celebrate with us as we set an event to tour our updated spaces inside and around the building.

A unique portion of this project also includes an art collection that will feature photography from local artists. Each piece of art has a tie to northeast Indiana and tells a story of the seasons that we all experience.

There is still time to be involved in supporting Hospice Home and our programs! Please reach out to Mary Shankster, Chief Development Officer at (260) 435-3211 or at maryshankster@stillwater-hospice.org to learn more!



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We're still reveling in the glow from more than 400 women who attended our inaugural Water Lily Luncheon on May 3 at the Mirro Center in Fort Wayne and raised needed funding to support Stillwater Hospice's full suite of compassion services. Missed the action? Don't worry: **our next Water Lily Luncheon is set for Wednesday, May 1, 2024.** Learn more and show your support at Stillwater-Hospice.org/water-lily.



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WOMEN'S LUNCHEON

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Thank you Stillwater Hospice for all you do!

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WOMEN'S LUNCHEON

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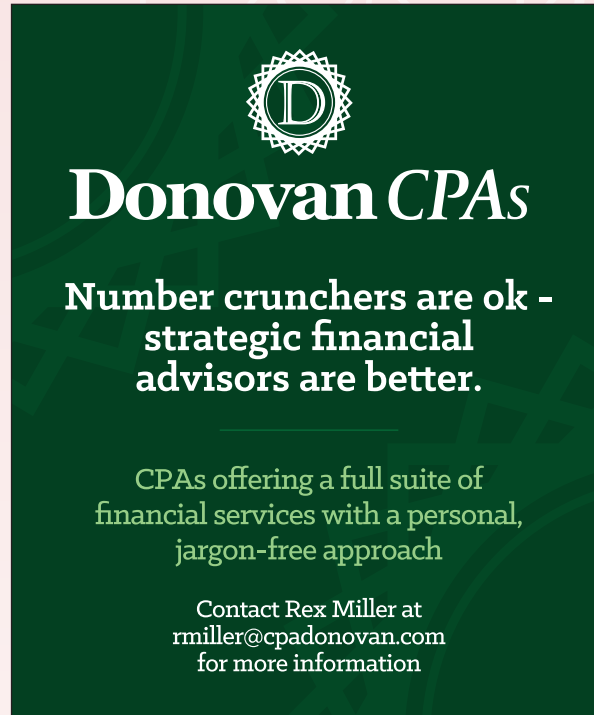
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SYM Financial Advisors is proud to support
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Luncheon.
Congratulations to Stillwater Hospice!

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38TH ANNUAL

Holiday Memorial Service & Tree Lighting

Sunday, November 19, 2023 • 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 light to take home and commemorate this event. Please RSVP to the event and reserve your memorial light online at Stillwater-Hospice.org/HMT, call the Stillwater Foundation at (260) 435-3207.

RESERVE YOUR MEMORIAL LIGHT AND RSVP ONLINE AT
stillwater-hospice.org/HMT



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Did you know that you can make a gift to Stillwater Hospice through your IRA?

- ▶ If you are 70 ½ years or older, you can give up to \$100,000 per year to a nonprofit organization and count that toward your minimum distribution! By taking this step, you may avoid being pushed into higher income tax brackets and prevent phaseouts of other tax deductions.
- ▶ Qualified charitable distributions are made directly to the nonprofit organization, like Stillwater Hospice from a traditional IRA, inherited IRA, and inactive Simplified Employee Pension (SEP) plans among others.
- ▶ For married couples, each spouse can make a gift up to \$100,000 for a potential total of \$200,000.

WOULD A GIFT THROUGH MY IRA WORK FOR ME?

- ▶ If you are required to make a minimum distribution from your IRA, but don't need the funds and would face increased tax liabilities if you took the distribution as income.
- ▶ If you would like to reduce the balance in your IRA to lower future required minimum distributions.
- ▶ If you do not wish to make your contribution to a foundation or donor-advised fund.
- ▶ Or if you would like to make a gift to Stillwater Hospice with a substantial gift to support our programs and projects.

If this kind of a gift sounds of interest to you, please contact your financial advisor for professional advice that will also help you maximize the tax advantages of your gift.

WE ARE HAPPY TO SUPPORT



Stillwater
HOSPICE



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Why We Give

Kirk and Kim Sabrosky



Our first experience with hospice touched our hearts in ways we hadn't expected. Kirk's mom died in 2001 after suffering with dementia. Her last few weeks were spent in a neighborhood home that was a hospice facility. It was beautiful and the staff was so loving and caring. We realized then the wonderful gift of peace that she was given at the end of her life by being in the hospice home.

Then, in 2013, a very dear friend passed while in the care of Stillwater Hospice. The warmth and care our friend received was amazing. The family was also embraced and provided the same care and love as their loved one by hospice staff.

Several years later while employed at Indiana Michigan Power, I (Kim) joined the Stillwater board of directors.

"I learned so much about how Stillwater serves our community," said Kim. "I have seen for myself how the organization works every day to provide excellent care with integrity and the utmost compassion."



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Stillwater Hospice was pleased to celebrate Kosciusko Home Care and Hospice joining our combined organization with a ribbon cutting ceremony in Warsaw on June 2, 2023.



Volunteer Spotlight

Misha Thomas



1. Why did you choose to volunteer your time with Stillwater?

My dear friend, Dianne Sengstack, invited me to participate in the Threshold Choir and shared with me her passion for the mission of Stillwater. After talking with Dianne, coming to rehearsals, and going through the volunteer training, I learned even more about the incredible work that Stillwater does for its patients and the community as a whole. This is why I have decided to volunteer in more areas than just the choir.

2. Where can we find you on your days off?

In the pool, for sure! I love being outside and enjoying the beautiful weather we are having lately. I also LOVE to sing, so you will find me going to the Blues Jam at the Club Room at the Clyde on many Monday nights and singing the blues with friends.

3. What's your superpower?

This is tough because I don't really feel that I have one other than maybe my ability to connect with people. I love chatting with people and getting to know them while learning about their life experiences. My favorite volunteering activities are working at the check in (or coat check!) areas at events because I love greeting guests and making them feel welcome and comfortable.

4. Who had an unexpected influence on your life and in what way?

I have some very dear friends who have shown me that it's OK to be me and not to sweat the small stuff in life. This may sound a bit corny, but I really try to be happy and spread joy and positive energy to those around me as best as I can. Take the trip, eat the cookie, enjoy that belly laugh, and most of all have fun doing all of it. (See? Corny!)

5. What do you wish people knew about hospice?

I truly wish people knew that hospice care is not just for those nearing the end of their lives, but for entire families. Through support, grief counseling, and various activities at Stillwater, families are more able to cope with a very stressful time. I hope that through my time volunteering, I can spread the word about the myriad of wonderful services Stillwater offers.



Saturday,
September 16, 2023

9AM • Health Services Pavilion
1515 Provident Drive, Warsaw, IN 46580

Registration Due

Friday, August 11, 2023

Registration Pick Up

Saturday, September 16, 2023
from 8-8:45AM

Cost per Participant

\$30: Before August 11

\$35: After August 11

**Are you interested in participating or
supporting our Still Running With You 5K?**



REGISTRATION

runsignup.com/Race/IN/Warsaw/Stillwater5K



DONATE

stillwater-hospice.org/5K

We are excited to hold a 5K Run-Walk to raise funding and awareness to support Stillwater Hospice. Stillwater Hospice is a nonprofit organization serving 12 counties in Northeast Indiana. On March 1, 2023, Kosciusko Home Care and Hospice joined Stillwater Hospice to ensure that this community will still have a nonprofit, community-based hospice organization to serve patients and families.

Stillwater is committed to providing high-quality, palliative, hospice, and grief support services to residents of Kosciusko County and beyond. We can do so because of the support of individuals just like YOU!

If you have any questions, please call
Stillwater Hospice at (260) 435-3222.

Stillwater Hospice is proud to
be a Fort4Fitness Charity Partner

At no cost or commitment to you, you can help us raise funds for our organization. When you sign up for a Fort4Fitness event, choose STILLWATER HOSPICE as your Charity Partner!

Fall Festival

Saturday, September 30, 2023

4 Mile, 10K, Half Marathon, Triple Crown

Winter Wonderland Dash

Friday, November 17 - Saturday November 18, 2023

2K & 5K Walk/Run



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Staff Spotlight

Jon Tyler

HUMAN RESOURCES DIRECTOR



1. Describe your family's connection with our agency.

When I was offered the Human Resources Director position at Stillwater early in 2023, I learned that Kosciusko Home Care and Hospice would soon be operating under the Stillwater name. I was excited about this because my family lives in that area, I grew up and worked in Kosciusko County all my life, and I already knew some of the team members there. I thought I could start my career with Stillwater and help my community resource (KHCH) transition into the Stillwater team simultaneously. Win for me, win for the Kosciusko County crew, and win for Stillwater. I learned that my grandmother, Jane Chinworth, was instrumental in establishing KHCH and, in fact, was one of the original six founding volunteers and one of the eight people on the founding committee. My grandmother helped my single mother care for and raise me and my brother. She had a huge impact on the person I have become. While looking at the commemorative "tree" plaque in the KHCH office listing KHCH founding members, I found the name of my father, Dave Tyler, among the many names and organizations. I didn't know I would find my father on that list. The more I learned about Stillwater Hospice, its team, the work environment, its mission, the communities it serves and was expanding to serve, and my family's support of hospice providers, the more it seemed I was destined to be part of this team.

2. Where is your happy place?

This is a toss-up. I love Lake Tippecanoe, and there is nothing like that first boat ride of the season in the early spring when you feel like you're the only person out on the water. I also love being out on my motorcycle, with my wife on the back, as we take an afternoon cruise in the sun or ride off to have dinner in a nearby small town.

3. What's the one thing that you wish your 20-year-old self would have known?

I wish I had known how fast the years go by so I could slow down and enjoy more and live more in the moment.

4. If you could get paid to do a hobby, what would it be?

I love to drive. I'm not a mechanic and don't work on cars, but I love driving them. In a sense, I got paid to drive for many years and even was paid to teach driving while I was with the Sheriff's Department. I would be in heaven teaching people how to drive the best cars on the fastest tracks to the best of their ability.

5. What's your superpower?

People watching. I am a people watcher, and I love to observe people in social situations, see their mannerisms, and make up a crazy backstory for the person. I promise... I only use this power for the good of mankind.

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.

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.

Compassionate Friends

For grieving parents, grandparents & siblings
Thursday following 1st Tuesday
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.

Please call (260) 435-3261 or email griefcenter@stillwater-hospice.org
to register in advance by the Wednesday prior to meeting date:

Anticipatory Grief Support Group

For those in anticipation of a death
2nd Monday of each month • 5:30-7 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 or email griefcenter@stillwater-hospice.org to register in advance
by the Wednesday prior to meeting date:

▼ **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.

▼ **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.

▼ **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.

▼ **Health Services Pavilion**

1515 Provident Dr., Warsaw, IN 46580

Warsaw Grief Support Group

Last Friday of each month • noon-1 p.m.

For information: (260) 435-3261 or stillwater-hospice.org.

Stillwater Stories

Second Edition 2023

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, Kosciusko, Noble, Wabash, Wells and Whitley.



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

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Because of people like you, Stillwater Hospice is able to continue our 135-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!

