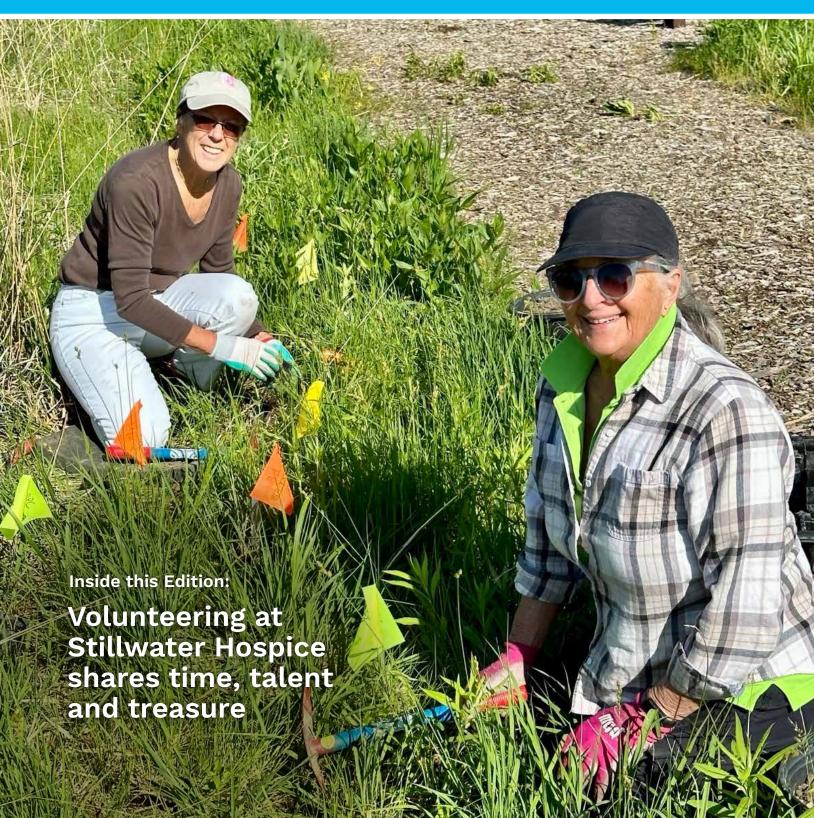


Stillwater Stories

First Edition | 2024

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



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There is a famous quote by Winston Churchill that states, "You make a living by what you get. You make a life by what you give." This could not be more true than what we experience at Stillwater Hospice. On any given month over 140 volunteers are giving their time

and talents to Stillwater Hospice. In fact, this dedicated group of volunteers visited our patients 1,186 times in 2023!

When we reflect on what we do at Stillwater Hospice, we know that whether you are employed by Stillwater Hospice, donate or volunteer your time with Stillwater Hospice, the impact this work brings by giving is far more than what we will get in our lifetimes.

During 2023 we have seen companies recognize the mission-focused and generous people that they have as part of their teams. They have shared that love and goodness with Stillwater Hospice by volunteering countless hours to ensure our campus looks the best it can for those family members, grief clients, patients, staff and volunteers who come to our campus. I cannot say enough about companies like Fort Wayne Metals, DWD and Amazon that have volunteered their time on our campus. Also, to Aboite Baptist Church and Blue Line Bins that graciously support us with their resources.

Many may not know that I started my hospice journey as a hospice volunteer when I was in college. I remember leaving my visits with my patient more energized than I would have ever imagined when I first signed up to share time with terminally ill patients. There is no question in my mind that giving to our patients and their families is more rewarding than many other aspects of our lives.

Volunteers do not just interact with patients on the front lines, they are often behind the scenes making the Stillwater Hospice world go around. If you are interested in becoming a volunteer, I encourage you to call (260) 435-3222 and ask for the Volunteer Coordinator. I promise it will impact your life in a very positive way!

Serving with you,

Leslie Friedel, CEO

YOU ARE INVITED TO OUR SECOND ANNUAL

TO BENEFIT STILLWATER HOSPICE



Come join us for our second annual Water Lily Women's Luncheon. This all-women's luncheon will help to raise funding for and awareness of Stillwater Hospice's palliative, hospice, and grief support programs while recognizing the important role that women play as caregivers, employees, and advocates for our organization.

The event program will focus on the faces and stages of caregiving. As women we care for our children, parents, spouses, friends and in many ways, we fail to pour back into ourselves. Through this luncheon you will learn more about how Stillwater can support you when serious illness occurs, or when you suddenly lose someone that you love and you don't know where to turn.

Wednesday, May 1, 2024

Event Registration 11:00-11:30 a.m. Lunch Served 11:45 a.m. Event to conclude at 1:00 p.m.

Mirro Event and Conference Center 10622 Parkview Plaza Dr, Fort Wayne, IN 46845

Please join us in celebrating, connecting and rejuvenating women in our community. If you are interested in sponsoring this impactful event, please reach out to Monica Chamberlain Director of Development at (260) 435-3236 or by email at monicachamberlain@stillwater-hospice.org to learn more about how to join us as a partner through sponsorship!

Sponsorship opportunities are still available.



Tickets: \$100 per person

RSVP: April 12, 2024 to

Stillwater-hospice.org/water-lily

or call (260) 435-3252









YOU'RE INVITED TO

Celebrate

- the completion of our -

Renovation



Friday, September 27, 2024

Hospice Home 5910 Homestead Rd, Fort Wayne, IN 46814

Ribbon cutting at Hospice Home 10:30AM

Small group tours following the ribbon cutting!

Remarks provided by Leslie Friedel, CEO



Thank you for the support we have received from each of you to make the renovation of Hospice Home possible! We are so thankful for our updated spaces for our patients, their families, our staff and volunteers.

We're grateful for the opportunity to celebrate with YOU!

THERE IS NO COST TO ATTEND THIS EVENT.

Time, talent and treasure: Volunteering at Stillwater brings teams together

Volunteering is baked into the core of Stillwater Hospice. Volunteers ensure that hospice care is provided seamlessly, whether that's through greeting families at Hospice Home, tending our campus or by sitting at the bedside of a dying patient through our Watchful Passage program, which ensures that no one dies alone. Volunteers support Stillwater Hospice by freeing up our staff so they can focus on providing the best hospice, palliative and grief care possible.

More than 140 individuals volunteer their time, talent and treasure to carry out Stillwater's mission of compassion, comfort and guidance through life's journey.

And several times a year, businesses in our region send teams to Stillwater's Homestead Road campus to carry out bigger projects, including painting, washing windows and tending to our eight acres of greenspaces. And as much as their work benefits our agency, those involved say they end up receiving even more benefits.

"Employees like the opportunity to get to know their co-workers outside the work environment, building comradery," said Alice Bowers, director of accounting and finance at Fort Wayne Metals, which has sent teams to Stillwater several times in recent years. "These opportunities also help with finding purpose and keeping focus on the truly important things in this crazy, chaotic life. Fort Wayne Metals supports employees

volunteering as they believe in supporting the community that supports them as an employer. The Glaze family values the community and believes in giving back to the community."

Bowers added that Stillwater Hospice was selected because of an employee's crisis.

"I had an employee reach out one evening out of desperation and exhaustion as she and her family were caring for her husband who was in the final stages of his battle with cancer. I sat with her husband through the night while she got some rest," she said. "From the experience, I felt I was being called to do more so I reached out to Stillwater Hospice. After learning more about the services provided by Stillwater, I knew I wanted to help where I could. It is a privilege and an honor that the patients and families allow me as a volunteer to be part of their journey. They are impacting my life in so many ways and helping me along my journey."

Amanda Gerber, marketing director at DWD CPAs and Advisors, said her agency decided to volunteer at Stillwater during the United Way of Allen County's 2023 Day of Caring project.

"When selecting our volunteer projects, the first thing we do is look at the mission of the organization. Our team selected Stillwater Hospice for our 2023 Day of Caring because we felt it was a service in our community that most people have a need for at one time or another," Gerber said. "We feel Stillwater Hospice's mission of providing compassion, comfort and guidance through life's journey is essential to supporting our community through difficult times."





The DWD team helped spruce up the Peggy F. Murphy Community Grief Center, painting hallways and cleaning windows during their Day of Caring experience.

"Community is one of our firm's core values – we believe in giving

back to the community in which we live, work and play through leadership, charitable giving and service projects. DWD supports employees through various volunteering activities, whether that be group service-type projects or serving on various boards and committees of local nonprofit organizations. At DWD, we place a strong importance on giving back and supporting our nonprofits through sponsorships and fundraising events as well. We also allow our team to devote time to volunteering during working hours." Gerber said.

"Volunteer activities are a great way for our team to come together and connect. Employees are able to work with others who they may not work with directly on a day-to-day basis. As supporters of our nonprofit community, it is also a great way to learn of the different services offered by the organization," she added. Also in the summer of 2023, eight staff members from Laura Stine Gardens and three Stillwater prairie volunteers planted 128 plants and nine shrubs in under three hours. Stine said both her company and Stillwater Hospice share "a connecting thread."

"At Laura Stine Gardens, we often create gardens for clients that serve as spaces where they can connect to nature on their personal journeys of healing. A husband will call us to clean up and maintain a beautiful garden that his recently deceased wife used to take care of. Having spoken to (Therapeutic Programs Coordinator) Vicki Eber, I understand that one way Stillwater facilitates healing space for family and friends is through the prairie and other garden spaces around (the) facility. There is nothing like spending quiet time in nature to soothe our souls. We take several opportunities each season to volunteer as a team. It's fun to pull everyone together designers, administrative staff and installation team - take a break from our day-to-day routine and learn about great organizations in our community," Stine said.

Director of Volunteers Sarah Plasterer said Stillwater Hospice is always looking to partner with companies seeking meaningful volunteering experiences.





"We greatly appreciate the support of community members and organizations in maintaining our outdoor spaces, which play a crucial role in providing a peaceful and serene environment for our patients and their families. Stillwater's campus has eight acres of landscaping features with a two-acre native Indiana prairie. Groups interested in volunteering for these specific activities are encouraged to contact our volunteer department to schedule and coordinate their participation.

"Having volunteers assist in maintaining the outdoor greenspaces is immensely beneficial to our hospice in several ways. Firstly, it ensures that our outdoor areas are well-maintained, creating a comforting and welcoming environment for our patients and their loved ones. Additionally, it allows our

staff to focus on providing essential care and support for our patients, knowing that the grounds are being tended to by dedicated volunteers. Furthermore, the act of volunteering itself fosters a sense of community and connection, enriching the overall experience for everyone involved," Plasterer noted.

Leslie Friedel, Stillwater Hospice CEO, said she welcomes the support of groups and individuals who choose to give of themselves to Stillwater Hospice and the Peggy F. Murphy Community Grief Center.

"We could not do what we do if we did not have the dedication, love and compassion of our volunteers. So many special moments and stories come from the way our volunteers serve Stillwater Hospice. Whether it is behind the scenes or in the front lines of hospice









work, our volunteers provide their most valuable resource in giving their time to support our hospice patients and grief clients."

Stine said there are many benefits for her employees when they choose to volunteer.

"As a team, we

benefit so much from volunteering. We learn about special places in our communities and the connecting threads that we share. It widens our worldview and usually creates fun and memorable moments that we talk about later. Of course, there's also the "feel good" aspect of doing something good for someone else that's ingrained in all of us."

It isn't only businesses who choose to volunteer with Stillwater Hospice: a team of teens from Aboite Baptist Church has volunteered to do greenscaping cleanup for several years. Youth Pastor Zach Olsen said the teens love serving at Stillwater Hospice.

"I would strongly encourage any group to serve at Stillwater Hospice. Oftentimes, individuals receiving hospice care are overlooked and their families are going through the grieving process of losing a loved one," Olsen said. "Perhaps there is no greater opportunity to serve someone than in one of their greatest times of need."





Brian Potts, owner of Blue Line Bins, donated the use of a dumpster to dispose of plant waste from the Fort Wayne Metals' cleanup

of the prairie. Potts has a personal connection with Stillwater Hospice, as his mother Elizabeth, known as Betsy, received hospice services as she was dying of a rare and aggressive form of liver cancer in 2019.

Soon after the family returned home from the oncologist's office, Potts said, Stillwater Hospice (then known as Visiting Nurse) was at the house with medical equipment, medications and supplies to make Betsy comfortable.

"I mean, like, I expected to see something in a few days. That's one of the things I remember - the quickness and responsiveness. And the other thing that really is that the (clinical staff) were amazing. They were very personable with Mom, and they were in and out. We got set up with the medicines that she needed. She passed away on a Sunday morning, in her bedroom, by her picture window, watching all of her bird feeders that we moved to that window so she could lay there and watch her birds."

Potts said the nurses were "so sweet."

"They were informative with us, and my mom hugged each and every one of them. They made such a personal connection in a short period of time."

What is Death Café?

Conversation around death and dying is not an easy topic. However, in the past decade, Death Cafés around the world have created a safe space to have those conversations over coffee and pastries. It was first founded in the UK in 2011 with the objective "to increase awareness of death with a view to helping people make the most of their (finite) lives" (deathcafe.com). It's since spanned 87 countries.

The Peggy F. Murphy Community Grief Center started hosting a monthly Death Café in 2023, which is not structured around any agenda, product, or course of action. Meetings start with attendees providing a brief introduction and what brought them to Death Café. Discussion is then shaped around a variety of topics on death. While personal stories of loss can be brought into conversation, it is not a space to process grief. Attendees are invited to come with an open mind, respecting everyone's perspective, which creates a safe space to learn from one another.

Past attendees provided feedback on Death Café throughout 2023:

"Death Café helps me find clarity and comfort in situations that have neither. I really feel I benefit from hearing experiences, questions, and ideas that others have about death. Death Café gives me hope for a peaceful end of life for myself and gives me the tools to be a comforting supportive friend to loved ones at their end of life or going through loss."

"Death Café has prompted me to look at my own views regarding death and dying- what it means to me along with taking in the stories and opinions of others. It has shown me that there are many other people questioning the variety of options concerning burial practices, legal rights, and the future of death care."

Death Café is held at The Peggy F. Murphy Community Grief Center on the 2nd Saturday of every month from 10-11:30am. If you would like to attend, an RSVP is required in order to prepare the appropriate space for the number of attendees. Please email or call the Grief Center to reserve your spot: 260-435-3261 or GriefCenter@stillwater-hospice.org.



Death Café

Second Saturday of every month 10:00-11:30 AM April 13, May 11, June 8, July 13 August 10, September 14

RSVP required by the Wednesday prior to the meeting date.

Call (260) 435-3261 or email GriefCenter@stillwater-hospice.org to register.







The Stillwater Hospice team is growing! We have different opportunities available:

RN Case Manager Opportunities – Adams, Grant and Whitley Counties

RN at Hospice Home -

Day and Evening Shifts Available

Social Worker -

Adams, Allen, Wells and Jay Counties

On Call RN After Hours

ON Call LPN After Hours

CNA - Allen and Grant Counties

Stillwater Hospice offers:

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

Join us today!

stillwater-hospice.org/careers

(260) 435-3222 • (800) 288-4111

Scan for complete career openings.







1. Why did you decide to volunteer at Stillwater Hospice?

Both my parents had hospice care at the end of their lives. Kind and loving nurses worked so hard to stay ahead of the terrible pain mom was having with lung cancer. My dad had leukemia and could hardly stand to be touched and the hospice nurses were so gentle with him. The loving care my parents received and the kindness shown to our family at those difficult times are the reasons I chose to volunteer.

2. Who had an unexpected influence on you?

As a teenager there was a lady in our church who had an "open door" policy at her home. We were always welcome to come and talk with her anytime we had a problem; sometimes she would give us advice, but mostly she just sat and listened. We always felt better when we left. She taught me the value of just being there for someone.

3. What would you tell your past self?

Life goes by so quickly. Savor every moment with loved ones. It's our relationships that matter most. Say "I love you" a lot, give lots of hugs, smile at strangers. Always be kind!

4. What makes hospice volunteering meaningful for you?

Watchful Passage has been especially meaningful. Just being there for someone or their family when life here is ending - holding a hand, whispering a prayer in an ear, reassuring someone they're not alone or hugging a family member - Doing the little things that mean so much - letting someone know someone sees them.

5. What would you tell someone considering becoming a hospice volunteer?

I would encourage them to give it a try. There are so many ways you can serve – sitting one on one with a patient, office work, gardening, preparing simple meals, providing respite for caregivers, Watchful Passage. Right now, I'm helping out at the Peggy F. Murphy Community Grief Center one day a week with its library, answering the phone and stuffing envelopes. Helping others gives you a better perspective on your own ups and downs.





Nanette Wallin RN, BSN

RN CASE MANAGER



1. What makes hospice nursing different than "typical" nursing?

There is a much more psychological component to hospice, and it takes patience and an ability to discover the patients' and their family's needs through good communication skills. I'm fortunate to get to know my patients and families.

2. How do you work with death/dying every day and keep coming back?

Like all people that work in challenging jobs, there will be good days and bad days. It's how you react to the bad days that pushes you onward.

3. What makes your job special?

I get to witness how resilient human beings can be under difficult circumstances by empowering patients and families to care for their loved ones by evaluating their needs, educating them how to care for their loved one and providing support along the way.

4. What do people not understand about hospice care?

Although we provide end of life care, it doesn't have to be about doom and gloom. By providing spiritual counseling, medical care in the home, emotional support and non-nursing needs through social workers, we can alleviate suffering which improves the patients' quality of life.

5. Who has had an unexpected influence on your life?

My niece Haley who at 18 months passed of a terminal illness in 1998. She was an amazing little gal who taught me so much in a very short time.



Haley Freeman

In 2023, Stillwater Hospice staff members like Nan cared for



1,337

HOSPICE PATIENTS

residing throughout Northeast Indiana.

Thank you, Nan, for all you do to support patients and families when they need support the most!





Why I Give Harold Hazen

Theodore Roosevelt was quoted as saying, "people don't care how much you know until they know

how much you care," but nothing is better than when knowing and caring come together. Stillwater Hospice combines the highest excellence of professional experience and expertise with the sincere commitment to caring and compassion so desperately needed when families are struggling with a loved one's end-of-life experience. My first wife, Phronsie, my childhood sweetheart, died on our 28th wedding anniversary. Later I met and married Linda, who had suffered through a similar loss of her husband. Sadly, the precious support of Stillwater Hospice was not available to us when I lost my first wife, but thankfully they were there during the last days of Linda's who I lost after 33 "twice blessed" years.

From the first time I spoke and met with a Stillwater administrator, we were made to feel as though we were "visiting royalty," receiving the singular sense of treatment that we were special. It was like everyone, nurses, doctors, staff and even Leslie Friedel, the Stillwater CEO, just wrapped their arms around us with

one enormous hug. I could sense that these folks really know, and understand, the hurt we all feel when loved ones are suffering the trauma of terminal illness. Nothing is more comforting to a grieving person than a hug. It's hard to describe a hug with words, just as I cannot express the unsurpassed feeling of a Stillwater Hospice "hug."

Linda received the most excellent care and medical treatment and our family could not have had more comfort and love than the welcoming, supportive and peaceful environment at Stillwater Hospice. As Linda received the most excellent care medically and humanly possible, cost was never an issue for these services. And their commitment to supporting grieving families continues even after your loved one has passed, with beautifully planned memorial services that create opportunities for families to honor them in meaningful ceremonies. For me, there is a no more worthy healthcare facility that is most deserving of generous support than Stillwater Hospice. Yes, I pledge my lifetime commitment to supporting the blessed mission of Stillwater Hospice, not only for my personal gratitude, but because I hope others may have the same opportunity to receive their matchless dedication to care during a family's most challenging time of their lives.



Willie Smith, a Financial Advisor with Thrivent, used one of his Thrivent Action Team grants to purchase new books for the Peggy F. Murphy Community Grief Center's grief library. Upon delivery, he volunteered his time to help tag the books and add in the appropriate section so they could be checked out by those seeking healing after loss.





Grief Support Special Programming

RSVP is required for all programs.

Please call (260)435-3261 or email GriefCenter@stillwater-hospice.org to register.

Grief support programs are designed to provide tools to cope with grief and stress. These programs are available at no charge for any adult who has experienced or is anticipating a loss.

Seasonal Programs

Yoga for Respite & Restoration Wednesdays | 5:30-6:20 PM April 10 & 24, September 4 & 18

Gentle, restful movements, open for anyone to practice on a mat or a chair.

RSVP by the Monday before meeting date.

Grief Hikes

Third Friday of every month | 10:00-11:00 AM May 17, June 21, July 19, August 16, September 20

Process grief through a group hike at various ACRES trail locations.

RSVP by the Monday before meeting date.

4 Week Series

Meditation & Mindfulness Mondays | 5:30-7:30 PM April 8-29, 2024

An introduction to meditation & mindfulness as tools for daily living. RSVP by Friday, April 5th.

Invisible Ink Thursdays | 10:00-11:30 AM May 9-30, 2024

Participants will express and process grief through writing letters to their loved one. RSVP by Friday, May 3rd.

Healing Through Hula Hooping Wednesdays | 5:30-6:30 PM June 5-26, 2024

Participants will explore emotions through mindful movement with a hula hoop. RSVP by Friday, May 31st.

Meditation & Mindfulness Wednesdays | 10:00-11:30 AM August 7-28, 2024

An introduction to meditation & mindfulness as tools for daily living. RSVP by Friday, August 2nd.

Healing Haiku Thursdays | 6:00-7:30 PM September 5-26, 2024

Participants will learn to express feelings and find ways to make sense of their loss through Haiku. RSVP by Friday, August 30th.

Special Events

Memories of Mom Saturday, May 4, 2024 10:30 AM- 2PM

For those who have lost their mother. For those who have lost their father. RSVP by Friday, April 26th.

Dedication to Dad Saturday, June 1, 2024 10:30 AM- 2PM

RSVP by Friday, May 24th.

Bereaved Parents Day Saturday, June 22, 2024 10:30 AM- 2PM

For those who have lost a child. RSVP by Friday, June 14th

All programs and events are in-person and located at The Peggy F. Murphy Community Grief Center 5920 Homestead Road, Fort Wayne, IN 46814 unless otherwise specified.



Ongoing Grief Support Groups



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

General Loss Grief Support Group

For any adult who has experienced loss due to death • 2nd & 4th Tuesday of each month • 5:30-7 p.m.

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.

We the Living

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

Finding Hope

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

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

Compassionate Friends

For grieving parents, grandparents & siblings Thursday following 1st Tuesday each month • 7 p.m.

Contact Kelly Pulley & Katy Leach for meeting locations, (260) 255-4530, 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:

▼ 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.

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

▼ 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

Third Friday of each month • 2-3 p.m.





Stillwater Stories

First Edition 2024

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.



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

Warsaw

1515 Provident Drive, Suite 250 Warsaw, IN 46580

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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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

f in www





Because of people like you, Stillwater Hospice is able to continue our 136-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!

