



A Passion for Hospice

When Carolyn Cassin lost her baby son, she went back to work the following Monday, devastated.

The year was 1976 and people didn't talk openly about grief and loss. She remembers the platitudes: "you're young, you'll have other children," and the silence. Cassin realized that nothing much had changed in the 10 years since the death of her father. She swallowed that loss, too, returning to high school a few days after the funeral.

"I never grieved for my father or my baby," recalled Cassin, who now serves as president and CEO of the Michigan Women's Foundation. "I remember thinking: If death is a natural part of life, why don't we talk about it? Why don't we grieve? I was confounded by this. I didn't know what to do."

So Cassin channeled her energy and sadness into education. A fellowship program through the Kellogg Foundation enabled her to study the concept of hospice, which was still taking root in America.

"I became unbelievably taken by this," she remembered, "And the tears started to come."

I thought, "Oh, this is what death should be like. You should be surrounded by friends and family. You should be able to talk about, prepare for it, and say your goodbyes. It touched something very deep in me and I knew this was what I needed to do."

And so was born a passionate advocate for hospice. Cassin connected with the National Hospice and Palliative Care Organization in the early 1980s, helping to bring standards of care to hospice providers throughout the country. She was tapped to join the National Hospice Education Project, which worked to create the Medicare hospice benefit in 1982. As the CEO of Hospice of Southeastern Michigan, hers was one of the first hospice programs in the country to be certified under those new guidelines.

But the career achievement she's most proud of is uniting 10 nonprofit hospice providers around the state under the umbrella of Hospice of Michigan, where she served as CEO for more than a decade.

(Cont. on page 2)

A Message from Bob: Our duty: To preserve and protect the nonprofit hospice



Bob Cahill, President and CEO

Duty. Responsibility. Honor.

These words translate to doing the right thing...for the right reason...and for the greater good. In the nonprofit hospice arena, these words resonate as we seek to honor the legacy of hospice care—to put patient care above all else.

As a nationally respected leader in end-of-life care, we believe it's our responsibility to preserve and protect the nonprofit hospice mission. We don't take this lightly as we strategically seek affiliations with like-minded nonprofit

hospices to ensure that every person in every community has access to the care they deserve on their final journey.

Last December marked the first step toward this goal, when we announced our pioneer affiliate relationship with Arbor Hospice & Palliative Care. As this first affiliation takes shape, we are beginning to reap exciting enhancements within both organizations. Our collective census is strong and stable. And we're beginning to realize the benefits of scale, best practices and shared resources. The result: Arbor and Hospice of Michigan are even better positioned to be the preferred choice for hospice and palliative care in the communities we serve.

One of those notable benefits of affiliation has been the expansion of our relationship with the University of Michigan Health System (UMHS). For years, Arbor has been a valued partner in hospice and palliative care, providing excellent care to UMHS patients living in Washtenaw County and surrounding communities. These deep ties have enhanced HOM's profile at UMHS as our statewide reach provides an opportunity

for patients who come from across the state to seek treatment from a quality hospice referral when they return home.

Moving forward, our focus will remain on four key pillars that encompass the nonprofit principles of hospice. We commit to:

- Care for patients with complex diagnoses
- Care for those who are uninsured and under-insured
- Care for pediatric patients
- Care for those living in rural, urban and suburban communities.

We will do this because it's our duty. We will do this because it's our responsibility. We will do this because it's our honor.

Thank you for supporting our nonprofit mission.

Warm regards,

A handwritten signature in black ink that reads "Bob Cahill". The signature is written in a cursive, slightly slanted style.

A Passion for Hospice (cont. from page 1)

"Sometimes it takes being at the right place at the right time," Cassin said. "My sense was that hospice had two paths we could go down. We could each stay in our own community organization and fend for ourselves or we could start to band together as not-for-profit hospice providers and create the size, girth and expertise of a sophisticated organization that could compete with the for-profits."

That process continues today as Hospice of Michigan joined forces in January with Arbor Hospice. The affiliation of two like-minded, mission-driven, nonprofit organizations allows them to better serve patients and families while helping to strengthen and expand the future of nonprofit hospice in Michigan.

"Uniting 10 organizations under the banner of nonprofit hospice was quite the feat to pull off," said Bob Cahill, who serves as president and CEO for Hospice of Michigan. "It is Carolyn that we have to thank for our platform that

strengthens and supports nonprofit hospice."

Cassin continues to support the mission of nonprofit hospice through a legacy gift of \$1 million to the Hospice of Michigan Foundation in support of its Open Access program, which will bear her name. Open Access ensures that all patients, without regard to age, diagnosis or ability to pay, can receive compassionate care at the end of life.

Earlier this summer, Cassin hosted a private gathering of friends to share her passion for hospice, announce her special gift and encourage her guests to join her in supporting Hospice of Michigan.

Legacy gifts like Cassin's are critical to supporting the mission of nonprofit organizations. If you would like to learn more about how you can make a planned gift to Hospice of Michigan, please contact Stephanie Le at (248) 346-4253.

Volunteering – A rewarding experience



Debra Kingsbury

Debra Kingsbury first became interested in hospice work when she was a law student, but her busy life prevented her from pursuing her interest until she was nearing retirement. Kingsbury was finally able to start volunteering toward the end of her career as an attorney in Virginia, and now in her home state of Michigan.

Kingsbury has volunteered for Hospice of Michigan since 2013, and says the work has been incredibly rewarding, but that many friends are uncertain when she tells them where she volunteers.

“I do get a lot of questions. I think that a lot of people have a misperception about what it may take to be a hospice volunteer,” she said. “When they hear hospice, they think it means you spend your time sitting with people who are actively dying.”

Although Kingsbury has sat vigil at a patient’s bedside, it’s not typical “A lot of what I do with a patient is up to the individual,” said Kingsbury. “We color, watch TV, and even play Wii bowling. Sometimes I just sit and hold someone’s hand.”

Kingsbury bonded with one patient in particular who loved to joke and share stories. “I really believe that in the 11 months that I had been visiting with him, we both gained something,” Kingsbury said. “I am a better human being for having met him.”

For more information about becoming a Hospice of Michigan volunteer, please visit our website, www.hom.org, and follow the “Get Involved” link.

Meet Annelle Kaspor, Nurse Practitioner

The Michigan Council of Nurse Practitioners named Annelle Kaspor the 2016 Nurse Practitioner of the Year. Nominees were evaluated based on their demonstration of leadership in the profession and professional achievement.

Annelle has worked as a nurse practitioner for more than 30 years. As a member of the Traverse City team, she conducts the all-important face-to-face recertification visits for our patients. Annelle received her BSN from Wayne State University’s School of Nursing. Her NP degree was completed at Tulane University.

In addition to her work with Hospice of Michigan, Annelle volunteers her time with the Bay Area Nurses in Advanced Practice, Michigan Nurses Association’s Council of Nurse in Advanced Practitioners and the Michigan Council of Nurse Practitioners.

Hospice of Michigan is pleased and proud to have Annelle as part of our team.



Annelle Kaspor, NP

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Sizzling BBQs in Grand Rapids Benefit Hospice of Michigan



Hospice of Michigan Foundation Board Member, Andy Holtgreive, and his band, Domestic Problems, shared the stage with other local bands, Mid-Life Crisis and Big Dudee Roo.

Grand Rapids was sizzling in May for Hospice of Michigan. The 15th Annual John Clay Memorial BBQ kicked off a week of BBQ, serving more than 1,000 people a mouth-watering barbecue lunch at Miller Welding. This annual event was followed by an invitation-only barbecue fundraiser hosted by Mark and Barbara Gerson. The week culminated with the debut of Hospice of Michigan's Barley, BBQ & Beats.

A sold-out crowd filled the Van Andel Arena for Barley, BBQ & Beats May 21 to taste West Michigan pit masters' barbecue favorites, sample Michigan-based whiskey distilleries' cocktails, and the music of three popular local bands. Local radio celebrity Eric Zane emceed the event, which included a toast to remember loved ones.

Proceeds from the Grand Rapids BBQ events raised more than \$221,000 to support Hospice of Michigan's Open Access program – to ensure all patients receive compassionate care at the end of life regardless of their ability to pay.

Save these dates for 2017



Barley BBQ & Beats
May 20, 2017
5-9 pm
Van Andel Arena



John Clay Memorial BBQ
May 12, 2017
11 am - 2 pm
Miller Welding

Alpena's 3rd Annual Walk & Remember

Sunshine and warm temperatures were the order of the day for Alpena's Walk & Remember. More than 175 participants representing 20 teams gathered at Starlight Beach Pavilion to walk along the Lake Huron shoreline.

Part fundraiser and part memorial, Walk & Remember gives families the opportunity to remember loved ones. In addition, their fundraising efforts raised more than \$25,000 to provide compassionate, high-quality hospice care to the community.



As presenting sponsor for the 3rd year, we're grateful for Cliff Anschuetz Chevrolet's contributions to promote the event and inspire community involvement. Their enthusiasm the day of the event resulted in receiving the top awards for the Largest Team—with 27 teammates—and the Most Team Spirit, for their family "Nana Wagon" decorated in memory of Debbie Anschuetz by her grandchildren.



The Anschuetz's Nana Wagon

Top Fundraiser Julie Przeslawski is presented with her award from Hospice of Michigan's Marcie Hillary, VP Community Relations, and Patrick Miller, EVP and COO. Julie raised \$413.

A “Horsey House Call”

Earlier this year, four-year-old Emmanuel Charles was diagnosed with Diffuse Intrinsic Pontine Glioma (DIPG), an aggressive and difficult to treat brain tumor that usually affects children. Despite months of treatment, the disease continued to advance. Emmanuel’s family was advised that hospice care would be the best option to help manage his symptoms.



Jo Elyn Nyman

Programs for Children

Emmanuel was admitted to the Jo Elyn Nyman Anchors Programs for Children, and the

team immediately set to work to make his remaining time with his family as full as possible. Once they were convinced Emmanuel’s symptoms were under control, the team reached out to Camp Casey, an organization that provides “Horsey House Calls” to children diagnosed with cancer and other serious illnesses.

Knowing that Emmanuel is a big superhero fan, Camp Casey decked out their horse, Queen B, in a superhero cape for this special visit to their home. Emmanuel and his sisters, Shakira and Jalaia, were able to brush Queen B. and ride her, which made the day even more memorable.

This unique respite from the day-to-day reality of Emmanuel’s illness was greatly appreciated by each member of the family. Hospice of Michigan is deeply grateful to Camp Casey for helping to bring joy and a day of special memories to the Charles family.



Emmanuel Charles is hoisted into the saddle for his ride on Queen B.

Below: Hospice of Michigan’s Alpena Team, made up of employees and their friends and family members, raised \$2,074, earning them the Top Fundraising Team award.



Top Youth Fundraiser Evan Fairbanks with his mother, Karen Wagner, a Hospice of Michigan Social Worker.

A 10-year-old’s desire to help

Ten-year-old Evan Fairbanks earned this year’s Top Youth Award at the Alpena Walk & Remember, raising \$185. Evan and his mother, Karen Wagner, a social worker at Hospice of Michigan, participated in the walk for the first time last year. As soon as registration opened for this year’s Walk, Evan decided he wanted to do more.

Evan came up with two unique services he could offer his community to raise money.

- Dog walking – Evan picked a day to offer the service and asked his mother to promote it on Facebook. Receiving great response, Evan spent a busy Saturday afternoon giving some lucky dogs a 20-minute walk for a \$5 donation.
- Carrying out groceries – After receiving permission from the local food store to carry out customers’ groceries, Evan performed his helpful task in exchange for a donation in any amount.

Evan never expected any type of recognition for his efforts; he was doing it to help others. So he was completely surprised when presented with the hope artwork and named Top Youth Fundraiser.

Wagner said, “Evan’s already planning on something more next year.”

**WALK
REMEMBER
2017**

*Save the date for
next year’s Alpena
Walk & Remember:
Saturday, June 17
at Starlight Beach.*

A Crystal Rose Celebration of Life

You can support Hospice of Michigan in a fun and festive way this year by attending the 31st Annual Crystal Rose Celebration: Chandeliers on the Riverfront. At this year's



Kathy Antonini

strolling dinner, we will honor the philanthropic legacy of Kathleen Antonini. Philanthropy was at the heart of Kathy's life and her dedication to the mission of hospice care left a lasting impression on the Detroit community. For years, Kathy's service with the Women's Committee for Hospice and Hospice of Michigan helped patients and families receive quality, compassionate end-of-life care. Kathy served for many years on the Crystal Rose Ball committee and her husband, Joe,

was a founding board member of Hospice of Southeastern Michigan.



This year's event will be held Thursday, October 27, 2016 at the Waterview Loft at Port Detroit. The venue opens to the Riverwalk with a breathtaking view of the Detroit River, the

Canadian riverfront and the Ambassador Bridge.

Tickets are \$125 each and can be purchased online at hom.convio.net/crg16. Sponsorships are also available beginning at \$500. For sponsorship information, please contact Kim Ritter: (313) 578-6265.

June B. Hamersma Planned Giving Society

The June B. Hamersma Society recognizes individuals who have named Hospice of Michigan as a beneficiary in their estate plans, trusts or will. These individuals share in June's vision and passion of leaving a legacy for the future of Hospice of Michigan. For information about the Society, call Stephanie Le, director of planned giving, at (248) 346-4253.

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*In grateful memory

A Musical Legacy

Hospice of Michigan is grateful to have received a \$500,000 gift from the estate of Lillian E. Delmar. Reaching out to those closest to Delmar, we learned that she lived a very secluded life since the death of her parents and brother in the '90s.

Delmar, however, lived a remarkable life in her younger years, filled with many accomplishments. She was a dentist at a time when that wasn't a popular career choice for women. After a while, Delmar found the work unfulfilling, so she switched careers and turned to teaching. She taught many years at the high school and college levels, traveled the world, and was particularly passionate about literature and music.

Her love of music was no doubt ignited by her older brother's career as a concert pianist. Sadly, his musical career ended following the onset of Parkinson's disease.

As her brother's primary caregiver, Delmar was with him throughout his end-of-life journey. It's believed that her decision to leave a legacy gift to Hospice of Michigan was a direct result of the end-of-life care she provided to her beloved brother.

Through the generosity of Delmar's gift, Hospice of Michigan is able to continue its mission of serving everyone who needs our services regardless of ability to pay.

In addition, to honor Delmar's passion for music, a portion of her gift will help expand Hospice of Michigan's music

therapy programs, creating the Lillian E. Delmar Music Program, a multifaceted approach to bringing music to patients at the end of life.

The Lillian E. Delmar Music Program, facilitated by volunteers, will both expand upon existing efforts and introduce new components throughout 2017. Some of the highlights include:



Lillian E. Delmar

- The statewide expansion of the "My Music" pilot program. This non-medical intervention allows volunteers to use MP3 players and headphones with dementia patients to promote joy, healing, and peace.
- Establishing a Music Therapy pilot program in southeastern Michigan. This form of evidence-based therapy is facilitated by a credentialed professional who has completed an approved music therapy program. Music Therapy provides avenues for communication that can be helpful to those who find it difficult to express themselves in words, and can involve family and caregivers in the experience.

- The creation of a volunteer-based Musicians Group. Hospice of Michigan works to recruit musician volunteers and will now create groups in various cities across the state. These groups will be encouraged to meet regularly to learn from each other, play music for patients, and perform at facilities and events.

To learn more about leaving a legacy, contact Stephanie Le at (248) 346-4253.

Maire's Journey

Maire's Journey follows the story of U.S. Army Pfc. Maire Kent, a native of southeastern Michigan, who was diagnosed with cardiac sarcoma, a rare cancer of the heart.

A Hospice of Michigan patient, Kent's dying wish was rooted in her memory of the children's book, *Paddle to the Sea*, which she read as a young girl. Her hope was that her ashes would be placed into a wooden sailboat and sent on a journey through the Great Lakes to its ultimate destination: the Atlantic Ocean.

The film, which took three years to produce, follows Kent's story from her diagnosis to her death at age 24, and then her final journey from Lake Mich-

igan to the Eastern Seaboard. The three-foot pink sailboat carrying Kent's ashes during her journey was handcrafted by blind carpenter George Wurtzel and hand-painted by northern Michigan Odawa artist Tom Teuthorn.



The State Theatre's marquee for *Maire's Journey*

On May 1, 2016, Hospice of Michigan hosted a screening of *Maire's Journey* at the State Theatre in Traverse City, Mich. More than 250 people attended the film and participated in the question-and-answer session with director, Keith Famie, boat builder, George Wurtzel, and Hospice of Michigan spiritual care advisor, Rosemary Hagan.

To see clips of the film search for *Maire's Journey* on YouTube.



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OUR NONPROFIT MISSION

Ensure quality of life, comfort, and peace for our patients; provide support for their loved ones during their end-of-life experience. Serve everyone in our communities who needs and seeks our care; strive to improve the state of comfort care.



Dr. Atul Gawande

“Being Mortal” Debuts in Grand Rapids

The PBS Frontline documentary, *Being Mortal*, debuted in Grand Rapids August 3 at the Wealthy Street Theatre. The film is based on the best-selling book by Atul Gawande, MD. When Gawande’s own father was diagnosed with cancer, his search for answers on how to best care for the dying became a personal quest. *Being Mortal* explores the hopes of patients and families facing terminal illness and their relationships with the doctors, nurses and family members who care for them.

A panel discussion followed the one-hour screening. Panelists included Hospice of Michigan’s own Michael Paletta, MD, as well as local medical professionals Dr. Khan Nedd (who is also a Hospice of Michigan board member and long-time supporter), Dr. Kevin Foley and Carol Robinson. Dave Kampfschulte was the moderator.

The main theater was filled to capacity, so a second screening room was opened to accommodate the 400-plus attendees. The film was presented with closed captioning for the deaf and hard-of-hearing community, and a sign language interpreter was used for the panel discussion.

More screenings are planned in Ann Arbor, Alpena, Detroit, Cadillac, Gaylord, Livonia, Roseville and Traverse City, beginning in September. After these local screenings, attendees can participate in a guided conversation on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences. To register for an event near you, visit hom.convio.net/beingmortal.

If you wish to remove your name from future fundraising solicitations, contact the Donation Processing Center, 800-669-9335 or email: info@hom.org.

Locations

- Ada (Grand Rapids)
- Alpena
- Ann Arbor
- Big Rapids
- Bloomfield Hills
- Cadillac
- Clinton Township
- Detroit
- Fremont
- Gaylord
- Ludington
- Muskegon
- Southfield
- Traverse City